

VOL. 18, NO. 26

From the Beaches to the River District downtown Fort Myers

JUNE 28, 2019

Album Covers, Water Themes In Group Exhibition

he Sidney & Berne Davis Art Center will host two art shows in July, both opening during Art Walk on Friday, July 5 from 6 to 10 p.m. In the Capital Gallery, COVERS by

John "Crusher" Healy, an exhibition that pays homage to the album cover artists of previous musical decades, will be on display. In the Grand Atrium, six award-winning photographers – Katy Danca Galli, Rob Hoovis, Paul Marcellini, Alexis Horn, Dan Ivetic and Kyle van Emmerik - will come together in a group exhibition titled Visions of Clean Water, benefitting Captains for Clean Water and the Sanibel-Captiva Conservation Foundation (SCCF). Both shows will be on display through July 26. Cost is \$1.

Just as a local band covers songs of their music heroes, Healy's work involves artists' album covers of days past by enlarging them, making them three dimensional and taking artistic liberties. He likes to work with his hands



MW Fish Shacks Shooting Star by Rob Hoovis photos provided

by drawing, painting, sculpting and repurposing items into new forms. This particular series of work reflects his love for bands, their music and the artists who designed these iconic album covers.

Growing up during the '70s and



Be one with the water by Dan Ivetic

'80s, he experienced an explosion of pop culture and high energy music. His grandma, Elsie, bought his first three cassette tapes (all KISS albums), which helped to create the rock and roll fanatic he is today. His love for art and music has greatly affected his life. After

attending hundreds of live concerts over the years, his passion for music has become a huge part of who he is and inspired him to pursue art.

There may be a couple of unexpected, famous guests and continued on page 16



Heat E by Lisa Freidus **Open Themed** Show Debuts During Art Walk

rts for ACT Gallery will host the opening reception of its annual Mirrors, Reflections or Cantos, during Art Walk on Friday, July 5 from 6 to 10 p.m. The exhibition will feature a wide array image provided

of group artists that were given three creative themes using reflections, mirrors or cantos to create paintings, sculpture and other media.

Cash prizes will be awarded at the opening reception after a yet-to-beannounced judge picks first, second, third and honorable mention honors on Wednesday, July 3.

Mirrors and reflections are enormously important in art, and so common a theme continued on page 24

A Disney Treat At Broadway Palm



The Beast (James Arthur Douglas) prepares to dance with Belle (Jennie Nasser)

by Di Saggau

isney's Beauty and the Beast tells an old tale but the musical at Broadway Palm is fresh and alive with unforgettable characters and a beautiful score, along with colorful costumes and marvelous sets. Belle (Jennie Nasser) lives in a small town and, due to her penchant for reading books, the townsfolk think she's a bit strange. Gaston (Drew Stairs), the conceited town photo provided

oaf, plans to marry Belle, but not if she has anything to do with it. She prefers the books that take her to far away places. Meanwhile, her father, Maurice (Jerry Sciarrio), the town inventor, wanders off and ends up in the castle of the Beast (James Arthur Douglas). The Beast is not in a good mood because a spell has been cast on him and unless he can learn to love and be loved, he will never be continued on page 18

Historic Downtown Fort Myers, Then And Now:

Hancock Date Palm



by Gerri Reaves, PhD

ictured in this 1880s photo is the historic Hancock date palm surrounded by orange trees. Today, the location is the site of the Sidney & Berne Davis Art Center on First Street. The property, then owned by James E. Hendry Sr., is perhaps the most storied and historically significant parcel in Fort Myers. And, the story of the date palm that grew on the eastern side of the property for more than half a century is a poignant one

That land between Jackson and Lee streets was originally part of U.S. Army Fort Harvie, which had been built in 1841 during the Second Seminole War (1835-42). That fort was destroyed

and/or abandoned, but it was later reactivated.

Fast-forward to the Third Seminole War (1855-58), when Capt. Winfield Scott Hancock and his wife, Almira Russell Hancock, lived briefly in the officers' quarters of the renamed U.S. Army Fort Myers.

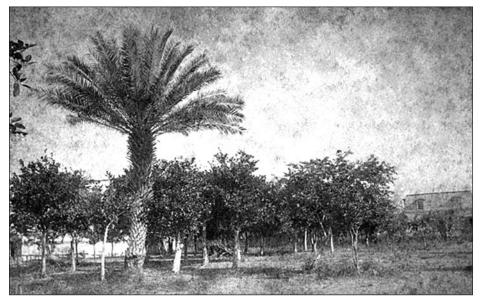
Sources differ on when the foundation timbers for that structure were placed some citing the 1840s and some circa 1850. However, it's likely that timber from the first fort was used in the rebuilding.

In 1857, Ada, a daughter, was born to the Hancocks while they were in residence at the fort.

Legend has it, according to historian Karl H. Grismer, that the day of Ada's birth, the father planted a date palm seed in front of the officers' quarters.

That date palm thrived and ultimately became one the town's landmark trees, partly because of its connection to the town's earliest history and partly because Ada died in 1875 just shy of her 18th birthday.

The Hancock parents reportedly returned to Fort Myers several times to see the



In the 1880s, the date palm planted by Capt. Winfield Scott Hancock in 1857 to commemorate his daughter's birth still stood. However, James E. Hendry, Sr. then owned what had been part of U.S. Army Fort Myers. Given the location of the river and the fact that the palm was on the west side of the property, the house in the distance is probably a neighbor's to the east. photo courtesy Florida State Archives

Today, the Sidney & Berne Davis Art Center stands on the First Street site between Jackson and Lee photo by Gerri Reaves

palm that reminded them of their daughter.

Almira Hancock wrote years later about her brief time in the wilds of Fort Myers, describing it as a "forsaken country." But she also remembered that it was there that "our sweet child Ada was born – sole daughter of our house and home," she wrote, attributing the phrase to her husband.

The renowned date palm nearly met its end in a 1910 storm that uprooted it. However, Harvie E. Heitman, who then owned the property and lived in the former officers' quarters, propped it up... but to no avail.

In June 1912, the Fort Myers Press reported that the landmark tree "has shed its last leaf and is dead." Interestingly enough, that article made no mention of Ada, but described the palm as "a monument to the memory of General Hancock.

That same month, a visiting botanist, writing his impressions of the town, mentioned "the historic Hancock tree" that had been "injured so seriously as to lose its crown" in a previous storm.

It should be noted that during its long service as a living quarters, the house sheltered many of the town's first and most influential settlers, beginning early in 1866.

The fort had been vacated at the end of the Civil War, so the structure was easy available housing. The family names of those who cycled through the house is an index of local history, among them Gonzalez, Vivas, Lanier, Travers, Hendry and Heitman.

Harvie E. and Florida Heitman were the last residents, and they, like their predecessors, cultivated a lush beautiful garden with plentiful fruit trees.

Following Harvie's death in 1922, the old home stood vacant but then found new life as a public library after being moved across Bay Street in 1926.

The U.S. Post Office, now the art center, was built on the site and opened in 1933. When the Hancock-Heitman house (by then moved again for safety reasons) was

razed in 1939, it was the oldest structure in Fort Myers. It was purchased for \$750 by someone who planned to build two cottages with the lumber.

Given its historical importance, it is unfortunate that the building was not saved for posterity.

As for Capt. Hancock, who planted the famous date-palm seed, he went on to be a prominent Union general in the Civil War and, in 1880, was a Democratic nominee continued on page 9

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KLCB Receives Statewide Recognition

eep Lee County Beautiful (KLCB) is gaining statewide attention for its work to clean and revitalize the community. Keep Florida Beautiful honored the Lee County nonprofit organization and presented it with an award for Outstanding Communication and Social Media Outreach during a recent state convention at the Hyatt Regency Coconut Point Resort & Spa in Estero.

The award is the result of a strategic marketing campaign CONRIC PR & Marketing created in partnership with Keep Lee County Beautiful for Keep America Beautiful's Great American Cleanup. The Drive It Home campaign initiative encouraged drivers to avoid the temptation to litter and keep any trash from a road trip with them until they arrive at their destination.

Roadside trash is a major problem, but thanks to this campaign, Lee County drivers will think twice before they toss something out the window," said Trish Fancher, executive director of Keep Lee

Sanibel-Captiva Independence Day Parade

he 29th annual Sanibel and Captiva Islands Independence Day Parade - themed Seas the Day – will be held on Thursday, July 4 beginning at 9:30 a.m. at the intersection of Periwinkle Way and Tarpon Bay Road on Sanibel. Captains for Clean Water will serve as grand marshal. The parade route runs from Tarpon Bay Road down Periwinkle Way and ends at Casa Ybel Road. Parade judges will be stationed in front of Winds on Periwinkle Way, across from Palm Ridge Road. Awards will be given in nine categories: Best Float-Commercial; Best Float-Small Entry; Best Float-Nonprofit; Best Float-Family; Best Nature Theme; Best Salute to the U.S. Military; Best Original Design; Most Patriotic; and Best Music.

Periwinkle Way will be closed from Donax Street to Tarpon Bay Road

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From left, Connie Ramos-Williams, Jaimie Miller, Trish Fancher, Joshua Savage, April Bordeaux and Josh Milton

County Beautiful. "We're really grateful for the effort our community puts into

this." Keep Florida Beautiful judged the meaningful and productive message to a large audience resulting in a significant impact. Strategy included development



beginning at 9 a.m. and will reopen around noon. Parade viewers are encouraged to arrive early to secure their spots, and bring lawn chairs or blankets. Parking will be available at Jerry's Foods, Sanibel Community Church, Tahitian Gardens Shopping Center, Forever Green/ ACE Hardware, Sanibel Congregational United Church of Christ, Periwinkle Place Shopping Center, The Community House,

photo provided of key messaging and visual concepts

to reach key audiences using television, social media and billboard advertising. The campaign shows how good

habits start at a young age. It starts by spotlighting a little boy named Johnny McGregor in a small red convertible toy car driving his trash home and later

Sanibel Square, The Village Shops, Palm Ridge Place and Bailey's Center. Handicap parking will be available at Sanibel Community Park until 9 a.m.

The use of devices such as water guns, launchers and hoses is prohibited during the parade.

transitions to show Johnny as a teenager, adult parent and senior driving his trash home in red convertibles.

'Our CONRIC PR & Marketing team is honored to have the opportunity to work collaboratively with our clients to develop and implement award-winning campaigns," said Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing. "We really enjoyed working on this campaign with Trish Fancher of Keep Lee County Beautiful that served to educate and encourage targeted audiences to drive their trash home rather than leave it on the roadways."

The Great American Cleanup encompasses an array of events held throughout the U.S. as local affiliates focus on getting people out to volunteer and make a difference in their community. Thousands of volunteers took action to clean, revitalize and beautify Lee County as part of the nation's largest community improvement program.

'Keep Lee County Beautiful's ability to provide inspiration, education and engagement is championed by the continued generosity of our supporters and volunteers," Fancher said. "This award is a testament to their hard work." Find out how to get involved at www. klcb.org.举

Commemorative T-shirts, designed by Dave Drotleff. are available at Bank of the Islands, located at 1699 Periwinkle Way. Tanks and T-shirts in light grey are available for \$10 each in sizes S to XL; \$12 for XXL. Shirts will also be sold along the parade route on July 4.举



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Groundbreaking To Be Held For Housing Project

ifeline Family Center will break ground for one-of-a-kind housing for single women with children graduating from its program on Thursday, July 18. The groundbreaking ceremony will be held in the four-plex adjacent to Lifeline Family Center, 907 SE 5th Avenue in Cape Coral, at 10 a.m. Cape Coral leaders and other dignitaries are expected to attend the event, which represents the first affordable rental housing offered by Lifeline Family Center.

"This is the next step in helping our moms and their children toward independence," said Lifeline Family Center CEO Kathy Miller. "Accessible and affordable housing in a safe neighborhood is difficult to come by in Lee County. As a single parent raising young children, it is almost impossible. The availability for community housing programs is often years of waiting on a list."

Lifeline Family Center provides a home on its campus for young women in crisis pregnancies for up to two years. During that time, they learn skills to become self-supporting through education, job training, parenting classes, professional counseling and spiritual guidance. It is the only residential program in Lee County for homeless young women in crisis pregnancies who



Rendering of the new residential rental four-plex

are not part of the foster care program.

With the escalating cost of rental housing, Lifeline Family Center officials saw a severe need for affordable housing for graduates of their Phase I program and began a fundraising campaign that now has topped \$400,000. An additional \$236,000 is needed to complete the project debt free.

The new housing will provide four two-bedroom apartments for their graduates so that they can continue to grow in their career path and utilize the on-campus day care facility while they work. "Rents" will be just what it costs for insurance and to maintain the facility, about \$500 a month, including water. Within the two-year housing agreement, each mom will be encouraged to cultivate a relationship with Habitat for Humanity, a collaboration that will develop into home ownership for her family.

family. "This is how we can break the cycle of welfare and government dependency. A successful, financially stable woman raising her family in a safe and loving environment creates a thriving community," Miller said.

Since the nonprofit organization was founded by Miller in 1996, 178 women and 117 babies have found a home at Lifeline Family Center.

In the current residential program, Lifeline Family Center serves up to 12 young women, ages 16 to 25, and up

Preserve Named To Honor Late Commissioner

The Lee Board of County Commissioners recently voted to name the nearly 4,000-acre Conservation 20/20 preserve in south Lee County the Larry Kiker Preserve in honor of the District 3 commissioner who passed away in April.

Lee County closed on the \$42.4 million purchase on December 4, 2017. Upon completion of the purchase, Commissioner Kiker said:

"Lee County citizens have been very consistent with their direction to Lee County: Purchase properties for preservation and conservation. As a result of this strategic purchase, future generations will enjoy and benefit from this historic accomplishment, a legacy for Lee County to be proud of."

The land, often referred to as Edison Farms, is the largest parcel purchased by the board since the Bob Janes Preserve, which is 5,620 acres. That preserve was named for the District 1 commissioner who passed away while in office in 2010.

County commissioners made acquiring Larry Kiker Preserve a top legislative priority for two years before voting unanimously for the purchase, saying it is an example of the type of environmentally critical land that the Conservation 20/20 program was created to protect and that voters overwhelmingly endorsed with an 84 percent majority in 2016. photo provided

to 24 babies at a time. In the Outreach Ministry program, more than 6,000 women have received assistance with material needs, adoption counseling and resource referrals. The nonprofit also operates a 24/7 Pregnancy Helpline, provides free pregnancy tests, free ultrasounds by appointment and does outreach to all areas of Lee County, including all college campuses.

Lifeline Family Center receives no government funding and is wholly dependent upon donations from generous individuals, churches and corporations that believe in Lifeline's mission as well as United Way funding. For more information, visit www.lifelinefamilycenter. org.

The preserve is adjacent to Hidden Cypress Preserve, a Conservation 20/20 preserve, and lands maintained by the Corkscrew Regional Ecosystem Watershed. The land includes habitat for listed species such as the Florida panther and the woodstork.

As a Conservation 20/20 property, the Larry Kiker Preserve will:

Protect a significant, diverse population of wildlife and plant communities.

Assist with the distribution of freshwater flows in a natural wetland slough system and adjacent uplands that are part of the headwaters to Estero Bay, the state's first aquatic preserve.

Help sustain the region's groundwater levels, a vital component to the area's drinking water supply.

Facilitate the restoration of historic flow-ways in the region, providing flood relief to those impacted from the existing altered system.

Provide opportunities for nature-based recreation in the southern part of Lee County.

Aerial footage of the preserve is available at www.youtube/ uETM3jHO4Gw.

Conservation 20/20, which has preserved more than 29,000 acres since its inception, is Lee County's environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide naturebased recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www. conservation2020.org.





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Fort Myers Art: Environmental Film Follows Art Exhibit Reception



by Tom Hall

The Alliance will be screening Albatross following the 5 to 7 p.m. opening night reception of Uncontained: A Juried Exhibition on Friday, July 5. There will also be a

talk-back following the screening.

Albatross is a powerful visual journey into the heart of a gutwrenching environmental tragedy. On a tiny atoll in the center of the vast North Pacific, tens of thousands of albatross chicks lie dead on the ground, their bodies filled with plastic.

"The experience was devastating, not only for what it meant for the suffering of the birds, but also for what it reflected back to us about the destructive power of our culture of mass consumption, and humanity's damaged relationship with the living world," wrote filmmaker Chris Jordan about his first visit to Midway Island.

Returning to the island over several years, Jordan and his filming team witnessed cycles of birth, life and death of these magnificent creatures as a multi-layered metaphor for our times.

"Through this journey, I held to a principle of emergence that served as the creative foundation for the project," said Jordan. "I wanted to experience the birds on their terms, imposing as few human judgments or preconceptions on them as possible. With this intention, I avoided scripting any aspect of the film in advance. The trips were approached as open-ended creative explorations, with no story or

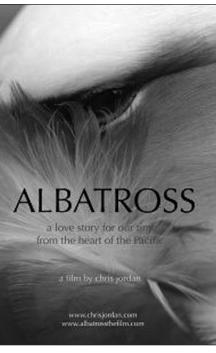


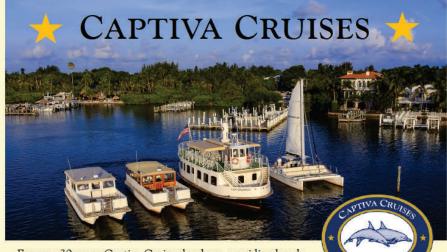
image courtesy www.artswfl.com

agenda in mind."

The 97-minute documentary walks us through the fire of horror and grief, facing the immensity of this tragedy – and our own complicity – head on. And in this process, we find an unexpected route to a deeply felt experience of beauty and love for the miracle of life on earth. Stepping outside the stylistic templates of traditional environmental or documentary films, *Albatross* takes viewers on a lyrical guided tour into the depths of their own spirits, delivering a profound message of reverence and renewal that is already reaching an audience of millions of people around the world.

There is no charge to see the film. At the insistence of the filmmakers, *Albatross* is offered as a free public artwork in an effort to raise consciousness about the deleterious effect we are having on myriad species and the planet as a whole.

Although the film is free, RSVP is



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Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. To RSVP, visit www.artinlee. org/event/albatross.

Play About A Teenage Girls' Soccer Team Is One Hot Ticket Between July 11 and 14, The

Laboratory Theater of Florida Arts Education program will be offering a limited five-performance engagement of Sarah DeLappe's *The Wolves*, a Pulitzer-nominated *Times* Critics Pick that's simply one of the hottest tickets in the nation right now.

The play is set in an indoor soccer facility. Each scene depicts the nine teenage girls who make up the soccer team The Wolves as they are warming up before their weekly games. Left quad. Right quad. Lunge. From the safety of their suburban stretch circle, the players navigate big questions and wage tiny battles with the vim and vigor of a wolfpack of adolescent warriors. Besides an all-female cast, *The Wolves* features such true-to-life, overlapping dialogue that you'll swear it was ripped from a reality TV show or hidden camera.

There's something about being an adult and consuming media that's geared toward teens: especially teen girls," said Director Madeleine Hayes. There's no way, out of the presence of adults, that kids swear that much, know so much about mature themes and have so many intelligent opinions about the world around them. Looking from the outside, we tend to think, 'do they really talk like that?' They do. And they crave to make art like that, too. There will be ten talented girls who talk like this, think like this, ready to make art like this. It's a demanding, in-demand script that I'm looking forward to tackling with an enthusiastic cast and crew.

The play presents a vivid portrait of life, liberty and the pursuit of happiness for nine American girls who just want to score some goals.

The Wolves will be the culmination of the Lab's immersive theatrical summer camp for teens, which covers not only singing, acting and choreography, but the basics of set design and build, lighting design and implementation, sound, stage management, costume planning and creation, and prop sourcing and creation. The three-week arts education camp started June 24.

With *The Wolves*, Lab Theatre continues its tradition of bringing edgy programming to the Southwest Florida theater community.

The Lab Theatre is located at 1634 Woodford Avenue in downtown Fort Myers. For more information and play times, call 218-0481 or visit www. laboratorytheaterflorida.com.

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.

Summer Camps At Science Center

The IMAG History & Science Center has new and exciting summer camps designed especially for students entering sixth, seventh and eighth grades. Camp IMAG is offering five new programs this year that are sure to be a blast for middle school students to have lots of fun and stimulation while learning new, exciting things to enrich their lives.

Registration is now open but limited. With every registration, the IMAG is also giving a free family 4-pack pass. The new Summer Camps include Ice Cream Wars; Drones, Droids, & Robots; Behind the Scenes of IMAG; A Game of Phones; and STEAM Hunt.

At Ice Cream Wars camp, campers learn about the colder side of science through experiments with dry ice and liquid nitrogen. At the end of each day, campers whip up unique batches of liquid nitrogen ice cream like purple root beer or neon green banana. During Drones, Droids, & Robots camp, campers explore the world of robotics. Using different types of technologies to complete different tasks, campers fly through obstacle courses, maneuver through mazes and navigate challenges with their creations.

With Behind the Scenes of IMAG camp, campers participate in the exciting exhibits and demos for live science shows as well as live animal shows. Campers learn what is required to manage and care for many of the natural and exotic animals at the IMAG as they also work as a team to create a new show for the IMAG. A Game of Phones camp provides campers fun, silly and wacky STEAM-based challenges throughout the week related to science, technology, engineering, art and mathematics. Every day, campers are stimulated with new challenges that create memorable moments of fun and learning.

Last but not least, campers in STEAM Hunt participate as a team in a scavenger hunt against other teams from around the country. Teams get their list of 100 scavenger hunt items and challenges at the beginning of camp and work to complete them. Items and challenges are related to science, technology, engineering, art and mathematics. During camp, campers share their accomplishments and interact online with other teams throughout the United Sates.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, dates, and camp registration, visit www. theimag.org.*

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Along The River

he Fort Myers Miracle, the Class A Advanced Minor League Baseball affiliate of the Minnesota Twins Major League Baseball club, are in town to play the Bradenton Marauders with plenty of promotions this weekend.

On Friday, June 28, it's The Office Night where game attendees can meet show character Stanley Hudson (Leslie David Baker), who will sign autographs and pose for photos. It is also Civic Organization Night and Fireworks Friday. Stick around after the game as the sky will be lit up with the biggest fireworks show in Southwest Florida. Game time is 7 p.m.

On Saturday, June 29, bring your dog or dogs to the game for Dog Days. All dogs get in to each Saturday home game for free, courtesy of Lee County Domestic Animal Services. There will be vendors on the concourse. It is also Perfect Game Night, Collier County Night and the first 1,000 fans will receive a free Taylor Grzelakowski bobblehead. Game time is 6 p.m.

On Sunday, June 30, it is Dairy Queen Family Funday. Stop by any local Dairy Queen for a special free ticket offer while supplies last. Young fans that arrive early can play catch on the field from noon to 12:30 p.m. before the game. After the game, all kids age 12 and younger can run the bases. Game time is 1 p.m.

The Fort Myers Miracle play at the CenturyLink Sports Complex in



Laser shows return to the Calusa Nature Center & Planetarium this weekend beginning on Friday

Hammond Stadium at 14400 Six Mile Cypress Parkway in Fort Myers. For more information, visit www.milb.com/ fort-muers.

The Calusa Nature Center & Planetarium is bringing back laser shows this weekend. On Friday, June 28 through Sunday, June 30, participants can listen to Pink Floyd, The Beatles, Led Zeppelin, Pink Floyd and other forms of music during laser light visuals. Shows are at 6, 7, 8 and 9 p.m. on each of the evenings. There are also kids laser shows at 3:30 p.m. Cost is \$10 per seat per show.

The Calusa Nature Center & Planetarium is located at 3450 Ortiz Avenue in Fort Myers. For more information, visit www.calusanature. org/laser-shows-2.



The Naples Beach Hotel & Golf Club will kick off its 34th annual SummerJazz on the Gulf concert series with a free concert by Alter Eagles this Saturday, June 29 from 6:30 to 9:30 p.m.

The concert will be held on the resort's Watkins Lawn overlooking the Gulf of Mexico. Hotel guests will receive complimentary parking at the resort. For those not staying at the resort, parking is available just north of the hotel at Lowdermilk Park, with complimentary parking for those with a Naples beach sticker and free trolley service to the resort and back. Guests may bring lawn chairs or blankets for seating, however no outside food and

Alter Eagles consists of professional touring musicians who pool their talents to provide the most accurate, authentic and engaging live recreation of The Eagles music possible. The band performs all of the Eagles classics, such as Take It Easy, Desperado and One of These Nights, as well as songs from their newer albums and solo careers, including Heartache Tonight and Hotel California. For more information on the band, visit www.altereaglesband.com.

Conducted one Saturday evening per month from June through September, the free concert series combines a diverse selection of music with Gulf views, sunsets, breezes and a relaxing atmosphere.

The Naples Beach Hotel & Golf Club is located at 851 Gulf Shore Boulevard North in Naples. For more information, call 800-237-7600 or 261-2222, and visit www.naplesbeachhotel.com.

Hodges University To Host Open House Saturday

odges University is hosting a Caffeine and Classes; Donuts Land Degrees Open House on Saturday, June 29 from 9 a.m. to 1 p.m. Donuts and coffee will be available.

The open house, which will be on both the Naples and Fort Myers campuses, is open to anyone who is

The Alliance for the Arts will host a three-night summer comedy series beginning on Saturday, June 29 with LOLGBTQ, a showcase of some of the top LGBTQ comedians in the country. There are also shows on July 20 and August 31.

Cost is \$20 per show or \$15 for Alliance members. Purchase all three shows for \$50.

The LOLGBTQ lineup involves Kaycee Conlee, Shana Manuel, David Murray and Jim Story.

Conlee has been featured on Jay Leno, Fortune Feimster and Preacher Lawson. She performs all over the United States sharing her unique perspective and anecdotes as a lesbian with terrible "gay-dar."

Manuel is a criminal defense attorney by day and stand-up comedian by night. Her quick wit and observations have quickly made her a crowd favorite and she was the winner of the 2016 Pride Comedy Festival in Miami.

Murray's humor is focused around his unique family cultural upbringings and his struggles as a non-conforming gay millennial. He currently resides on the East Coast of Florida, where he is ripping the stages and has featured for top comedians like Jimmy Shubert.

Story owns his own real estate company and currently resides in Deerfield Beach. When at home, he performs improvisation regularly with the Palm Beach Improv and Comic Cure in Delray Beach.

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

interested in learning more about the degrees and certifications offered, completing an application and enrolling in classes, and for current students who would like to meet with their student experience advisor.

Hodges University is a regionally accredited, private nonprofit institution founded in 1990.

Hodges University Fort Myers campus is located at 4501 Colonial Boulevard in Fort Myers. Hodges University Naples Campus is located at 2647 Professional Circle in Naples. For more information, visit www.pathways. hodges.edu.☆



STAR Scholarship Awarded To Future Scientist

ahlia Dry is the recipient of the prestigious PEO STAR Scholarship for the 2018-19 academic year. She is a graduate of Fort Myers High School where she achieved the highest GPA of all Lee County high school graduates.

The PEO STAR Scholarship is based on excellence in leadership, extracurricular activities, community service, academic achievement and potential for future success. She was recommended by Chapter FV of P.E.O. International. Linda Uhler and Karen Storjohann chair the chapter's STAR Scholarship committee.

It is fitting that Dry is a STAR scholar because she truly has her future focused on the stars. Dry will attend MIT in the fall to study astrophysics. She intends to become a research scientist working in computational astrophysics with the goal of making astronomy accessible to the general public.

For her research on that concept, she received a first-place award at the 63rd annual State Science and Engineering Fair of Florida, a second place on the national level at the NASA sponsored Intel International Science and Engineering Fair, and a fourth place on the international level in physics and astronomy at that competition. Her

From page 2 Historic Downtown

for U.S. president.

Walk down First Street to what is arguably the town's most important historical site and ponder the role that trees, as well as people, have played in local history.

Then visit the following two research centers to learn more about the Hancock family and their time at U.S. Army Fort Myers.

The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor

Boulevard on the campus of the Lee



Members of Chapter FV of PEO International celebrated Dahlia Dry being awarded a STAR Scholarship. Pictured are Karen Storjohann, Alison Dry, Dahlia Dry, Gwenda Hiett-Clements, Chapter FV of PEO International president. photo provided

project also won her the Best of Fair Award at the 2018 Thomas Alva Edison Kiwanis Science and Engineering Fair.

Dry, the daughter of Alison and Blaine Dry of Sanibel and Fort Myers, is a role model and strong leader in school and in her community. Her goal is to inspire other young women to share her

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, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on

Saturday by appointment only. For more information, call 332-8778 or visit www.leecountyblackhistorysociety. org.

Sources: Archives of the Southwest Florida Historical Society, The Fort Myers Press; Hancock, The Superb by Glenn Tucker; Reminiscences of Winfield Scott Hancock by Almira Russell Hancock; and The Story of Fort Myers by Karl H. Grismer.

passion for science and math. PEO is an international philanthropic and educational organization which

promotes increased educational opportunities for women. For additional information on all PEO scholarships, visit www.peointernational.org.☆

Sheriff To Discuss Public Safety **Solutions**

ee County Sheriff Carmine Marceno will discuss strategies for public safety issues and law enforcement priorities at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on July 9 at 11:45 a.m.

The program will include crime trends and prevention programs, community relations and implementation of new technology. Sheriff Marceno is also expected to address joint initiatives and coordination between area law enforcement agencies.

Following his presentation, Sheriff Marceno will respond to questions of specific interest to the real estate investment and development industry.

Marceno was appointed in 2018 to replace Sheriff Mike Scott. Marceno previously served as undersheriff in Lee County and as a deputy with the Collier County Sheriff's Department.

The meeting is sponsored by Alico ITEC Park. Cost is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by July 5.

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







A crowd of people check out the art vendors at a previous ArtFest

Call To Artists For 2020 Juried Show

rtFest Fort Myers, Southwest Florida's premier fine art festival, Lis currently accepting applications from professional artists for participation in the 2020 juried show.

The 20th annual downtown Fort Myers juried fine art festival is slated for February 1 and 2, 2020, with the opening night on Friday, January 31. The festival will include food.

continuous entertainment, free interactive children's art experiences, a sidewalk chalk competition and Art Under 20,

Churches/Temples

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

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

BAT YAM-TEMPLE OF THE ISLANDS Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296. **BETH YESHUA MESSIANIC SYNAGOGUE** Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

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

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

CHABAD LUBAVITCH ORTHODOX Friday 6:30 p.m., www.chabadswf.org, 5620

Winkler Road, 433-7708. CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalthouse@aol. com 10200 Cypress Cove Circle, 850-3943. **CHURCH OF THE CROSS** Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188. CONGREGATIONAL Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

COVENANT PRESBYTERIAN Sunday 10 a.m. 2439 McGregor Boulevard,

334-8937 **CYPRESS LAKE BAPTIST**

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

photo provided the largest high school art competition in

Southwest Florida. The festival features the work of 200 artists and brings an average of 90,000 art lovers and collectors to the largest outdoor gallery in Southwest Florida.

Interested artists can apply at www. artfestfortmyers.com. Application deadline is September 10.

Creating an artwork-selling festival for artists is the focus of the festival's yearround professional staff, with 20 years of consistent management. The festival targets art buyers throughout Southwest Florida and beyond – from Marco Island to Sarasota and east to West Palm Beach and includes all forms of media.

481-5442

CYPRESS LAKE PRESBYTERIAN Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233 CYPRESS LAKE UNITED METHODIST Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250. FAITH FELLOWSHIP WORLD OUTREACH Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m., 6111 South Pointe Boulevard, 278-3638. FAITH UNITED METHODIST Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030. FIRST CHURCH OF CHRIST, SCIENTIST Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christianscience fortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801 FIRST CHURCH OF THE NAZARENE Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511. FIRST UNITED METHODIST CHURCH Sunday 9:30 a.m. and 5:30 p.m. www. fumcftmyers.org, 2466 First Street, 332-1152. FORT MYERS CHRISTIAN Sunday 10:30 a.m., 5916 Winkler Road, 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**

Each October, ArtFest Fort Myers brings together a panel of professional artists who view submitted images and score each applying artist on a range of 1 to 7 points. The artists with the highest scores are then invited to participate in ArtFest. The jury panel varies each year but always represents a broad base of expertise with regard to artistic mediums - theirs is the difficult task of evaluating who is the "best-of-the-best" from the hundreds of artists who wish to join ArtFest Fort Myers.

For artist application information, contact ArtFest Fort Myers at 768-3602, email info@artfestfortmyers.com or visit www.artfestfortmyers.com.☆

Opening Dates For Two New Libraries

he Lee Board of County Commissioners recently announced the summertime opening dates for Lee County's two newly constructed libraries.

The Lee County North Fort Myers Public Library, located at 2001 North Tamiami Trail in North Fort Myers, will open on Monday, August 5, with a ribbon-cutting ceremony scheduled at 10 a.m. the same day.

The Lee County Bonita Springs Public Library, located at 10560 Reynolds Street in Bonita Springs, will open the week of August 19, with a ribbon-cutting

Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343. LAMB OF GOD Sunday 7:45 and 10 a.m., www. lambofgod church.net, 19691 Cypress View Drive,

267-352 **NEW BEGINNINGS CENTER** Friday 6:30 and 7 p.m. nbcministry@ embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416. **NEW COVENANT EYES**

Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519. **NEW HOPE BAPTIST**

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503. **NEW HOPE PRESBYTERIAN** Sunday 8, 9:30 and 11 a.m., www.newhope fortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

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

PEACE LUTHERAN Sunday 8 and 10 a.m., www.peaceftmyers. com, peace@peaceftmyers.com. 15840

McGregor Boulevard, 437-2599. **REDEEMER LUTHERAN** Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143

RIVER OF LIFE ASSEMBLY OF GOD 8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400. SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFort Myers.org, 567-9739. SAINT COLUMBKILLE CATHOLIC Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973. ST. FRANCIS XAVIER CATHOLIC Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland

ceremony scheduled for a soon-to-beannounced time and date that week.

The new 26,390-square-foot Lee County North Fort Myers Public Library replaces the 8,864 square foot building that was on the same site. It includes dedicated interior spaces for children, teens and adults with expanded comfortable seating and spaces for collaboration. The library features a large meeting room as well as three study/ conference rooms with audiovisual capabilities. Enclosed outdoor reading spaces and a courtyard are available for gathering and library programs. The Lee County Bonita Springs

Public Library will be located in the heart of downtown Bonita Springs at a new site. The modern 30,988-square-foot, two-story building replaces the existing 11,562-square-foot library a mile away on Pine Avenue. The first floor features a spacious area for children and a large meeting room. A monumental stairway leads to spaces for adults and teens. Conference/study rooms with audiovisual capabilities are also on the second floor. Reading decks overlook a large courtyard available for library events and programs.

Each library features an automatic materials handling system, a gaming area for teens, a storytime space for children and 50 public access computers. Both locations offer a covered, drive-up book return and ample parking. Both libraries will feature expanded book and audiovisual collections.

The \$27 million construction cost for continued on page 20

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.saintnicholasmonast ery.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.袋

crow case of The Week: Red-Shouldered Hawks



by Bob Petcher The red-

shouldered hawk (*Buteo lineatus*) is mediumsized with broad wings, a long tail and a reddish brown chest to match its shoulders. This

bird is majestic and distinctive with its checkered wings and breast barring.

There is a difference in the coloring of the heads of these hawks in regards to separate regions. Florida red-shouldered hawks have pale heads, while California hawks are rustier and their northeast cousins are browner.

Interestingly, like the Florida loggerhead, red-shouldered hawks return to the same nesting territory year after year. You can tell when a red-shouldered hawk visits your neighborhood by its distinctive whistle, a pronounced *kee-ra* that carries through the air.

At CROW, two juvenile red-shouldered hawks were admitted from two different Fort Myers areas during a five-day span. Both were suspected to be involved in vehicle altercations, and both suffered head trauma as a result.

On June 15, a juvenile red-shouldered hawk was admitted after it was suspected to have been hit by a car. On June 19, the second hawk was brought in after it flew into a vehicle.

During the intake exam of the first hawk, veterinarians noted it to have retinal tears and loss of vision in its left eye. The second hawk was noted to have pooling of blood in the front of the left eye, a painful condition known as hyphema.

"Eye injuries as a result of blunt force trauma to the head are not uncommon in raptors," said Dr. Robin Bast, DVM, CROW staff veterinarian. "So far this year, we have admitted 44 red-shouldered hawks for a variety of reasons (trauma, fell from nest, etc)."

Since a hawk relies on binocular vision to hunt, they need good vision in both eyes in order to be released. The first patient may or may not regain enough vision to be back in the wild.

"The evaluation of its health is very guarded, but there is still a chance that the hawk may see well enough to be released," said Dr. Bast. "Because of the way hawks hunt, they need good vision in both eyes in order to survive. The location and size of the retinal tear affects the chances at regaining vision – in this case, time will tell if the bird can recover."

X-rays did not show any fractures for either bird. Both birds were given pain medications and were treated with supportive care.

In regards of the second patient, the pooling of blood in its eye made it difficult to initially assess the back of the eye for retinal tears or detachment.

"Hyphema resolves over time. We do regular eye exams to assess both the front and back of the eye for changes and hopefully progress," said Dr. Bast.





The plight of two injured juvenile red-shoulder hawks yielded one (right photo) succombing to its initial trauma and the other fighting for a chance to be released

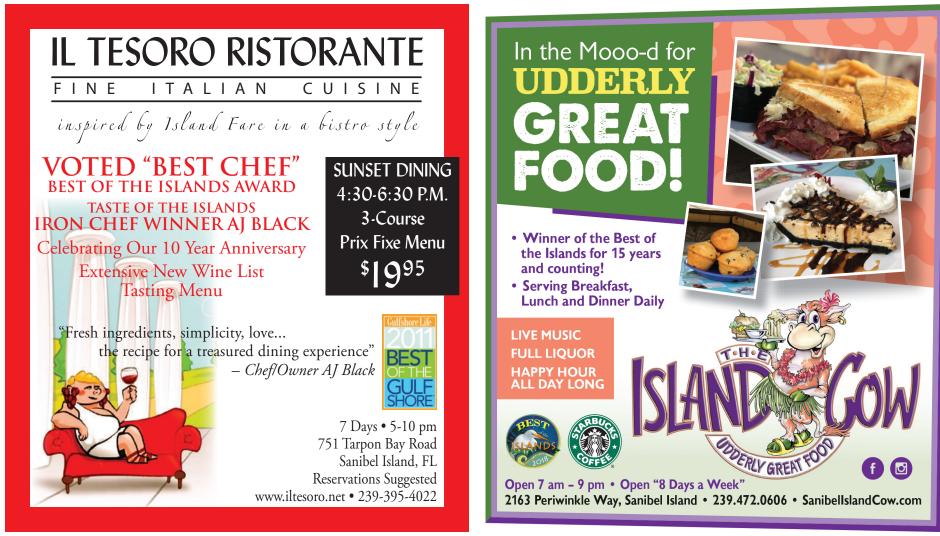
"We supported the bird with systemic pain medication and anti-inflammatories, but topical medications are not able to reach the inside of the eye. Unfortunately, the second hawk passed away due to complications from the initial trauma."

For now, the first young hawk is fighting for a chance to be cleared for release. At this time, it is unknown if enough eyesight necessary for independent living will be regained.

"The first hawk is in an outdoor enclosure to assess its ability to fly, track movement and navigate around objects. We will also have to assess if the hawk is capable of hunting on its own. If it passes these tests, then it has a chance at surviving on its own in the wild," added Dr. Bast. "It will take a couple of weeks before we will know if the hawk is going

photo by Brian Bohlman

to be releasable." 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.**



12 | THE RIVER - JUNE 28, 2019 Passes Heat Up

by Capt. Matt Mitchell

With slow morning outgoing tides this week, we mixed it up and did what we usually do this time of year and fished in the passes. When there is no moving water

Read us online at IslandSunNews.com

anywhere else, you can often find at least a little movement in the inlets. All of our passes offered a wide variety of species and, once the tide finally did flip over giving us a few hours of outgoing water, the bite was on with lots of quality fish.

Whe you're drifting or anchoring in the passes, you will catch fish though when I'm targeting docks I prefer to set up on the anchor. Live shiners, pinfish and grunts got the job done catching snook and redfish. Timing is everything. Depending on which pass you choose, the bite can be best on an incoming or an outgoing tide. Big jacks, bluefish and ladyfish kept clients busy until the snook and redfish found our baits. During the faster moving current, a split shot or even knocker rig will keep the bait down in the strike zone. During most of our fishing this week on the slower tides, we used freelined baits to get it done.

Starting in spring, pass fishing for snook is usually our go-to fishing. This year, this bite has only started to happen the past few weeks. Along with the passes, the beach snook bite has also turned on which is a real staple for our area all summer long.

Tarpon continued to pop up around the sound though, with the heat of summer really on us, they have been a little harder to locate. While spending the weekend on Cabbage Key, we found fish behind Cayo Costa and managed to jump two fish in two days. The first few hours after sunrise have been the best action and definitely the most comfortable time to be out fishing.

This past weekend marked the start of summer on the calendar, yet by mid afternoon, it was just oppressive to be outside. Staying hydrated is extremely important to avoid getting heat stroke. Get out on the water early or late to avoid the heat of midday. If you are going to head out, sunblock and protective clothing are a must if you wanna spend more than just a few hours out in this heat.

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.*

Jed Jerozal from San Ramon, California with a 29-inch snook caught while pass fishing with Capt. Matt Mitchell this week photo provided





Native Spanish bayonet, a member of the agave family, produces spikes of large fragrant flowers photos by Gerri Reaves

Plant Smart Spanish Bayonet

by Gerri Reaves

panish bayonet (Yucca aloifolia) is a member of the century plant, or agave, family and a real attentiongetter. Needle-sharp leaf tips command you to be cautious if you're anywhere near the plant, and the candelabra of large white flowers arising atop of the foliage are a sight to behold.

If you're looking for a security or barrier plant, you could hardly do better than this Florida native. And, if you want a low-maintenance, wildlifefriendly species, it fits the bill.

It's highly recommended as an accent plant.

This clumping evergreen is also called aloe yucca, mound-lily yucca and Spanish dagger. The stiff dark green leaves taper to dangerous points, thus the terms bayonet and dagger in the common names.

If you want a yard safe for children to play and pets to romp, be sure to exclude Spanish bayonet. Also avoid planting it near walkways or doorways.

It can grow as high as 25 feet with a single sturdy stem or with branching ones. Sometimes tall specimens topple over under their own weight and new branches continue the upward growth.

The dense and overlapping leaves form a rosette around the erect stems. Leaves are one to three feet long and about two inches wide.

Conspicuous clusters of bell-shaped flowers appear above the highest leaves, each flower hanging on its own stalk. Flowers have three petals and three sepals and measure three to four inches across.

Creamy white and fragrant, the flowers usually bloom in late spring and into summer.

The cylindrical capsule turns black or purple when mature.

The plant's natural habitat is dunes,

fields, shell mounds and the edges of salt marshes, so it's a good choice for coastal landscapes.

It's a slow-to-moderate grower, tolerant of salt and drought, and wind resistant.

Give it well-drained sandy soil in full sun or shade and avoid dousing it with regular irrigation. It will grow even in nutrient-poor

soil.

It spreads via rhizomes but can be propagated with root suckers, clump division, or seeds.

The species is the larval host for the yucca and the cofaqui giant skipper butterflies and a nectar plant for several other butterflies.

Its sex life and survival are interdependent with that of the yucca moth.

The moth collects pollen, forms it into a little ball and transfers it to the flower of another plant. She lays her eggs near the ovaries and spreads pollen on the stigmas (tips of female organ).

Upon hatching, the caterpillars eat most of the ripened seeds.

Thus, cross-pollination occurs and the caterpillars have a safe place to develop.

Most of the plant is edible for people. The petals can be eaten in a raw salad or batter fried. The fruit is said to be edible when raw but is unpalatable. Even the stalk can be peeled, boiled and eaten.

The fibrous leaves have been used for centuries in making baskets and clothing.

Sources: Everglades Wildflowers by Roger L. Hammer; 500 Plants of South Florida by Julia F. Morton; Florida Gardener's Guide by Tom MacCubbin and Georgia B. Tasker; Florida Landscape Plants by John V. Watkins and Thomas J. Sheehan; Growing Native by Richard W. Workman; Native Florida Plants by Robert G. Haehle and Joan Brookwell;



The many-seeded fruit turns black or purple when mature

National Audubon Society Field Guide to Florida by Peter Alden et al.; The Shrubs and Woody Vines of Florida by Gil Nelson; Wild Plants for Survival in

Morning Meander At Lakes Park

ake a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, July 6 at 8 a.m.

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

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

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

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, visit www.birdpatrol. org or call 533-7580 or 533-7576.☆



Needle-sharp leaf tips make this species a good barrier

South Florida by Julia F. Morton; and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.蓉



Little Blue Heron

photo by Erin White





Photographed on June 3 at 12 days of age, this snowy plover chick is still alive and being tended to by its father. The females often leave at this point to try and find another mate to nest again. photos courtesy SCCF

Shorebird Status On The Islands Still Uncertain

by Jeff Lysiak

The spring and summer months are the most active period for nesting shorebirds and their offspring, which for birding enthusiasts is a very exciting time on the islands.

However, early reports on the status of Sanibel's populations of snowy plovers, Wilson's plovers and least terns indicate that there may be cause for concern for the future of these shorebirds. "As for our snowy plovers, we lost several of our birds during red tide last year," said Audrey Albrecht, shorebird biologist for the Sanibel-Captiva Conservation Foundation (SCCF). "While we're still awaiting the necropsy results from FWC (Florida Fish & Wildlife Conservation Commission), I can say confidently that we lost three adults in 2018."

According to Albrecht, two Sanibelbased snowy plovers died during last summer's red tide incident. Another plover – which had been banded on the island but had relocated to Lido Key – also perished.

As for the lone snowy plover fledgling of 2018, it was found sick on Fort Myers Beach before being transported to the

Help SCCF Bring Back the Barn Owls

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

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

• brodifacoum • bromailone • difenacoum • difethialone

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





SCCF 472-2329 • www.SCCF.org



Pair of snowy plover chicks at 2 days old. Only one remains now.

Clinic for the Rehabilitation of Wildlife (CROW) for treatment. It passed away in September and SCCF has not received official necropsy results from FWC.

However, things are looking up thus far in 2019, with three nesting snowy plover pairs producing offspring.

The first nest, which yielded three eggs, was abandoned. The male (unbanded) disappeared, causing the female (also unbanded) to abandon her offspring. Unprotected by the parents, the nest soon filled in with sand.

A second nest, offspring from an unbanded male and the female banded Blue/Blue, produced three eggs. Two of those hatched on May 22. As of June 7, one chick remains and is doing well.

"Blue/Blue was banded as an adult near the Sanibel Lighthouse in January 2017," explained Albrecht. "She lost one nest to Tropical Storm Alberto in May 2018, and her second nest was eaten by crows. It is great that she produced a chick this year."

A third pair of snowy plovers, the banded female Orange/Black and an unbanded male, appears ready to nest soon. Orange/Black is Sanibel's oldest known plover. She was captured as an adult in 2009 and is at least 11 years old, but probably older.

Following a disappointing 2018 during which every Wilson's plover nest was either washed over or depredated by crows, early results are quite promising this season. From the island's two recorded nesting pairs, several eggs have already hatched. The first pair produced a two-egg nest, with both hatching on May 23; one chick remains now. The second pair produced a three-egg nest, which hatched on May 27. "All three are still alive.... amazing!" said Albrecht.

As for Sanibel's population of least terns, crows depredated all the nests last month, causing the colony to abandon their longtime home near Bowman's Beach.

"Around the same time, a small number of least terns appeared on a nearby rooftop nesting colony, and a colony settled down on North Captiva as well, so we are assuming that is where our birds went," said Albrecht.

SCCF received notice of an unmarked least tern colony on the northern end of North Captiva Island on June 3. Albrecht was able to coordinate with the SCCF Marine Lab to travel to North Captiva the next day to rope off the colony.

"People were (unknowingly) walking



A newly-hatched least tern chick next to its unhatched sibling on North Captiva

through the colony and some nests were accidentally destroyed," she added. "Least terns dive bomb and defecate on people that get too close to eggs and chicks, because they think we are predators."

In addition, SCCF is working on an agreement with a state agency to coordinate regular visits to monitor the North Captiva least tern colony, which may help better protect the shorebirds.

SCCF Snowy Plover Facts

Sanibel's beaches provide a year-round home to approximately 10 pairs of the state's 220 pairs of snowy plovers. Snowy plovers nest and raise their

chicks from February to August.

They create a small depression in the sand (called a scrape) which serves as a nest.

The female typically lays three eggs. The male and female take turns ncubating the eggs

incubating the eggs. Chicks hatch about a month after the eggs are laid. They are able to run and feed within hours of hatching.

The parents stay with the chicks until they are able to fly (about a month after hatching).

How To Help Snowy Plovers

Respect signed nesting areas. Plover nests are very difficult to see. The posted areas prevent beachgoers from accidentally trampling the eggs in a nest.

Honor the leash law. Plovers view dogs as predators. An unleashed dog can destroy nests and kill hatchlings.

Keep a respectful distance when photographing shorebirds.

For additional information, visit http:// www.sccf.org/our-work/shorebirds.

Lee County Port Authority Names Division Director

The Lee County Port Authority (LCPA) has named Brian W. McGonagle as division director of administration. The division oversees the areas of air service development, communications & marketing, finance, human resources, information technology and properties for Southwest Florida International Airport and Page Field in Fort Myers.

McGonagle was most recently the director of finance for the Lee County Port Authority, where he was responsible for all financial and accounting functions including purchasing, the annual budget and Capital Improvement Program. McGonagle joined LCPA in 1997 as a budget analyst, was promoted to manager of budget & accounting and then named director of finance in 2004. Prior to joining LCPA, McGonagle worked for more than 12 years in accounting and finance at the Bank of Boston. He started his career as a cost accountant for the United Airlines' flight kitchen in Boston, Massachusetts.

McGonagle holds a bachelor's degree in accounting from the University of Massachusetts-Boston. He is a member of the Airports Council International – North America Finance Steering Committee, as well as a member of the



Brian McGonagle photo provided

Florida Government Finance Officers Association and American Association of Airport Executives.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit www. flylcpa.com or Like Us on Facebook at www.facebook.com/flyrsw.¾

Marketing Firm Adds Digital Manager

ONRIC PR & Marketing named Joe Loverde as its digital marketing manager, welcoming his cutting-edge approach and multifaceted experience to the fullservice agency.

Loverde will develop, implement and manage comprehensive and innovative digital marketing strategies. He'll use search engine optimization, pay-perclick and other techniques to drive traffic to client webpages and generate interest in client products and services.

The Glendale Heights, Illinois, native brings a rare mix of experience on nearly every side of business in an array of fields. He worked in his father's truck repair shop, both as a technician and in digital marketing, developing advertising campaigns and marketing strategies to target specific consumer groups.

"Our clients depend on us to protect and promote their online brand, image, and reputation in order to build customer loyalty and increase sales," said CONRIC PR & Marketing President Connie Ramos-Williams. "Loverde's skills and experience in the development and management of Google advertising campaigns, social media strategy, SEO and analytics will add value to our clients' monthly digital marketing packages."



Joe Loverde

photo provided

Loverde went on to become a digital ad account manager for Haystak Digital Marketing, delivering measurable results in web traffic and search engine marketing campaigns. He later worked as internet marketing manager for Mercedes-Benz of Naples, where he was in charge of the dealership's entire online presence.

Loverde also started his own company, Project SetGo, which provided photography, videography, continued on page 19



Another Look At Euthanasia



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

Euthanasia or physician-assisted suicide remains a topic of conversation, particularly among families of those who suffer from dreaded, life-ending diseases, especially those that take a long time to conclude such as Alzheimer's, ALS, MD and terminal, inoperable cancer.

Some of my clients have voiced frustration that the law allows one to put down a pet in grave distress, but a human must suffer until the end. If you've ever witnessed a loved one die a slow, painful death, then you probably understand the desire to more freely allow euthanasia.

To that end, Switzerland, Holland and Belgium, as well as a growing number of American states, including California, Colorado and Maine, whose governor recently signed the Death With Dignity Act, have legalized euthanasia.

New medical guidance in Canada, where the practice has been legal for three years for terminally ill patients, hints at the troublesome ways that assisted suicide might be expanded in the coming years. I say "troublesome" because of the influence of the need for organ donations taken from individuals who choose to meet their end in this manner.

About 30 euthanasia patients in Canada have donated their organs after death since 2016. The Canadian Medical Association issued guidelines for how the process should work, clarifying that organ removal should not begin until the patient is medically deceased and the heart stops beating.

But some experts quarrel with this restriction.

In a 2018 New England Journal of Medicine article, two Canadian medical researchers and a Harvard bioethicist argued waiting until death occurs reduces the quality of donated organs. The authors suggest killing the patient by removing his

Attorneys Selected To Honor Lists



Beth Vogelsang

Michael Corso

Holt, PA recently announced that 18 lawyers were selected for inclusion in the 2019 Florida Super Lawyers and Rising Stars lists appearing in *Florida Super Lawyers* magazine. While only 5 percent of lawyers in the entire state are named to Florida Super Lawyers, no more than 2.5 percent are named to the Rising Stars list.

Two stockholders received top honors: Naples Family Law Attorney Beth Vogelsang was named to the Top 50 2019 Women Florida Super Lawyers list, and Michael Corso was named to the Top 100 2019 Florida Super Lawyers list for his work in professional malpractice defense.

Henderson Franklin's four attorneys who were selected as Rising Stars are: Kyle Dudek, civil rights Jarred Duke, business litigation Shannon Puopolo, business litigation Kayla Richmond, family law. Henderson Franklin's 14 attorneys

recognized as 2019 Florida Super

Lawyers are:

Scott Atwood, employment and labor

Matthew Belcastro, construction litigation

Michael Corso, professional liability defense

Ronald Eisenberg, estate and probate Thomas Gunderson, real estate Eric Gurgold, estate and probate Russell Schropp, land use/zoning Robert Shearman, employment litigation defense

David Sims, family law Bruce Stanley Sr., personal injury/ medical malpractice defense

Douglas Šzabo, business litigation Donald Thomson, real estate Beth Vogelsang, family law Guy Whitesman, tax.¾

Students Named To Dean's List

Two Southwest Florida natives were recently named to the Dean's List for the spring 2019 semester at the University of Alabama in Tuscaloosa, Alabama. They are Morganne Hoffmann of Cape Coral and Kylie Heitman of Fort Myers.

Cape Coral native Jaelyne Gary was recently named to its Dean's List for the spring 2019 semester at the University of Hartford in West Hartford, Connecticut.

Fort Myers native Wendy Waks was recently named to the Dean's List for the spring 2019 semester at the University of Delaware in Newark, Delaware.

Fort Myers native Nicholas Liccini was recently named to the Dean's List for the spring 2019 semester at the Georgia Institute of Technology in Atlanta, Georgia. organs. After all, the best organs come from live people, like those who donate a kidney.

Even a gap of a few minutes that it takes following death to remove the organ makes a difference in its quality. The *New England Journal of Medicine* authors admit to the ghoulishness of their proposal but note "many may want the option of donating as many organs as possible in the best condition possible."

By linking assisted suicide and organ harvesting, those in the medical community ratify the premise that euthanasia can help create a more efficient organ supply chain. An obvious criticism of Canada's guidance that organs may be harvested only from deceased individuals is that it focuses on the supply of organs while ignoring the demand.

One need only look to China to see where this might lead. There, organs are harvested from executed political prisoners. Executions are timed to maximize the organ-harvesting potential. After the sentence is handed down, doctors examine the condemned man to evaluate him as a possible organ donor. If he looks like a good candidate, the date of his execution is put on hold until, say, someone needs a heart transplant.

While you might say that China is the exception, it's not too hard to imagine the temptation for other countries to link the time of death with the demand for organs. You may recall these conversations over the implementation of Obamacare, where critics suggested that "death squads" might take the need for organ donation into consideration when determining resources allocated to a terminally ill patient.

One lesson from Holland's experience with euthanasia is that doctors and nurses may powerfully influence a person's decision to end his life. The most vulnerable patients are those who are depressed and dependent upon another's care. Some patients were reportedly influenced by their caregiver's cues of being physically, mentally and financially worn out.

In many circumstances, slippery-slope scenarios and arguments often seem foolish or unlikely. Here, however, the moral problems warrant serious philosophical discussion. There are two very real sides to the euthanasia coin, and hopefully we arrive at conclusions considering the consequences of each.

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From page 1 Water Themes



Frankenstein by John "Crusher" Healy

theatrical "treats" awaiting attendees of his exhibition's opening night.

Visions of Clean Water will offer a compelling mix of imagery, from the natural world to nightscapes and underwater scenes, and will showcase the compelling and unforgettable beauty of Southwest Florida. Each exhibiting photographer has a unique style, and each is fully devoted to where they call home in Southwest Florida. They all wake up at the crack of dawn, lugging 30 pounds of equipment just to catch the perfect highlight of the sunrise glazing the ocean, and each photographer has seen the gulf at its best and at its worst.

The ongoing water quality crisis has affected the region deeply, from

image provided

farmers and fishermen to artists and entrepreneurs, highlighting a need for unity and change to protect the fragile ecosystem of Southwest Florida. Galli, the organizer of Visions of Clean Water, said, "Organizations like SCCF and Captains have worked tirelessly, dedicating their lives to this cause, and I would love to give back to these ocean warriors. Our lifeblood is water. It feeds our bodies and, in Southwest Florida, our pocketbooks as well. We need clean water, and if we have no blue, we will have no green."

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

The Flight Portfolio

by Di Saggau



Julie Orringer's debut novel, The Invisible Bridge, was a lauded Holocaust epic. Her second, The Flight Portfolio, returns to the same era, focusing on Varian

Fry, an American who almost single-handedly took on the task of saving Europe's creative brain trust, the Jews, Surrealists and general insurrectionists whose "degenerate art" displeased the Nazi party and the Vichy government that marched under their thumb in occupied France. Fry, a Harvard-educated journalist and editor, was a true character. The book is historical fiction based upon his exploits.

With a group of like-minded New Yorkers, Fry formed the Emergency Rescue Committee, whose mission was to help threatened artists and writers immigrate to the States. Those contributing large amounts of money to the case included Peggy Guggenheim. In 1940, Fry flew to Marseille to lead the committee. Amid the chaos of wartime France, and in defiance of the restrictive immigration policies of the United States, he procured false passports, secured visas, sought out escape routes through the Pyrenees and by sea, and made impossible decisions every day about who should be saved. Among his many clients were Hannah Arendt, Franz Werfel, Andre Breton, Max Ernst and Marc Chagall. The Chagalls were the hardest to convince that they should leave.

The meticulously researched book focuses on the many necessary bribes, smuggling and deceptions necessary to arrange the skin-of-the-teeth escapes. The moral question that is the core of the novel is, How do we weigh human lives? Is the life of a great artist any more valuable than that of an ordinary human

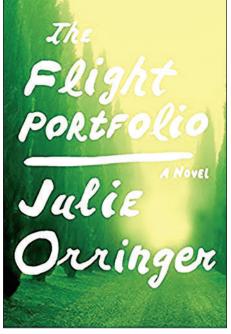


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being? And how might our personal concerns shape our own actions and the fates of others?

Most of the action takes place in the lawless port city of Marseille, which reeked of underground crime, opportunism, trafficked cocaine and rowdy tavern song, whereas "Paris reeked of sex, opera, art, and decadent poverty. Paris was a woman, a fallen woman in the arms of her Nazi captors; but Marseille was a man, a schemer in a secondhand coat, ready to sell his soul or whatever else came quickly to hand." There is also the idyllic country villa outside Marseille that doubles as a hideout for various luminaries.

However, it's the sweeping gay romance at its center, and the daily moral quandaries of Fry's job – how is one life more worth saving than another? – that make the book classic storytelling about the enduring transformative power of art and love in any form. *The Flight Portfolio* is exquisitely written and hard to put down.

School Smart



by Shelley M. Greggs, NCSP

DShelley, I use time-out with my preschool children when they become non-compliant and difficult. Lately, the time-out sessions haven't worked so well. Could I be

doing something incorrectly? Alexa E, Cape Coral

Alexa,

Time-out is an excellent strategy to use for disciplining a young child. Consistency is the key to success with time-out, so you may want to review your process and make sure to include the steps below.

1. Check the behavior and give a warning – If your child misbehaves in

a way that calls for a time-out, give a time-out warning. Let your child know in a calm voice that he will go to time-out if he keeps misbehaving. For example, if you tell your child to put away his toys and he does not listen, you might say, "If you don't put away your toys, you are going to time-out." Wait about 5 seconds. If your child follows directions after the warning, praise him. You could say, "I really like it when you listen and put away your toys just like I asked." If your child keeps misbehaving, it is time to follow through with a time-out. Always follow through with time-out when you give the warning and your child does not do what you told him to do.

2. Tell your child why – Tell your child he is going to time-out and tell him why. Tell your child, "You have to go to time-out because you..." You should say this only once in a calm but firm voice.

When you are telling your child why he is going to time-out:

a. Do not lecture, scold, or argue.b. Do not accept any excuses.

c. Do not talk to your child while taking him to the time-out chair.

d. Ignore shouting, protesting and promises to be good.

3. Have your child sit in time-out – If your child refuses to go to time-out, lead him by the hand or pick him up safely and carry him to the chair. When you get to the time-out space, tell him to sit down and stay in the time-out space until you say he can get up.

When your child is in time-out:

a. Do not let anyone talk with him.b. Do not let him play with anything.

Getting children to sit in time-out is often easier said than done and requires patience. If your child gets out of the time-out space, put him back. Do not talk to your child when putting him back in the time-out space. When you first use time-out, you may have to return your child to time-out several times. If you are consistent in putting your child back in the time-out space each time he gets up and in limiting the attention to your child during the process, time-outs get easier over time. Sometimes parents have to stand by the time-out space to get the child to sit. This is okay; remember limit your interactions with your child. Do not talk or give him any attention.

4. Ending time-out – Time-out usually lasts between two and five minutes for toddlers and preschoolers. A good rule of thumb is to give one minute of time-out for every year of the child's age. This means that a 2-year-old would sit in time-out for 2 minutes, and a 3-year-old would have a 3-minute time out.

Your child should be quiet before he

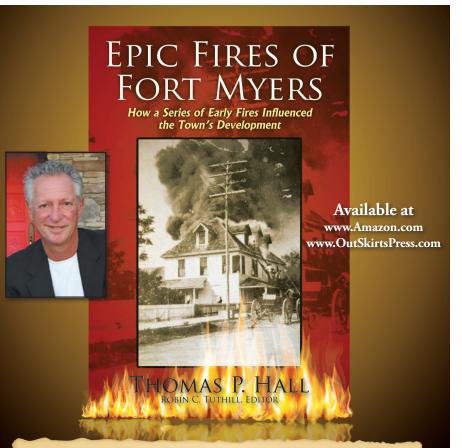
leaves the time-out space – Listen for about five seconds of silence toward the end of time-out. When your child is quiet for five seconds at the end of time-out, tell him he can get up. You may want to remind your child of the behavior you expect. For example, you can say, "Remember our rule: keep your hands and feet to yourself."

Your child needs to follow your directions, even after time-out. If your child still refuses to do what you have told him to do, he should go back to time-out.

5. Praise the next good thing your child does – Focus on the next positive thing your child does and give him an enthusiastic praise. Sometimes giving your child the chance to follow another direction allows you to praise him for doing something well. If your child does not do what you have told him to do, even after the time-out, you should repeat the time-out. It may take several times before your child learns that you mean what you say.

This article was adapted from CDC parenting.

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.*



"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams

Superior Interiors Using Greenery Throughout The House



by Linda Coin

You shouldn't just enjoy the lush greenery on the outside of your house; now is the perfect time to add fresh house plants to your current design scheme to liven up the space. Even if

you don't necessarily have a green thumb, a few artificial plants can add the same bright and bustling feeling to a home as that real greenery.

Instead of placing a succulent on your desk and calling it a day, consider these tips for adding house plants to your space.

Bar carts are great statement pieces of furniture that offer versatility, style and function. Beyond jazzing up your beverage selection and bar accessories, consider creating your own indoor garden. Use pots of different patterns and sizes, and plant a variation of greenery to spruce up a corner in your kitchen, dining or living room.

Dried eucalyptus can add a gorgeous subtle splash of color to any mantel, coat rack or bookshelf. Therefore, this plant can be added seamlessly throughout the house, whether you want to place it in your bedroom, down the hallway or even in the laundry room.

Much like the eucalyptus, stems and leaves can make a soft, chic statement if you don't want to place pots of plants on shelves in your home. You can lay out a few faux bundles of long stems or place large live leaves in glass vases for a sophisticated look.

Looking for a statement piece to add to the entryway so your guests fall in love with your home the second they walk through the front door? Place a small glass case on top of an accent table and fill it with small succulents and flowers to create a cute indoor greenhouse.

If you happen to have a hanging pot rack in your kitchen, consider placing a few of the kitchen accessories to the side and hanging plants in their place. This is a subtle and simple way to mix up the decor in the kitchen while making it lively and inviting. Just make sure to choose plants based on the amount of natural light that enters your kitchen so the plants can thrive.

If faux plants and fresh greens aren't quite your style or if you're looking for an easier way to spruce up your space, floral artwork can make a bold and beautiful statement. Arrange the wall pieces among other decorative hangings or create a shrine to greenery by creating a walled garden dedicated to plants, leaves, trees and flowers. This is a great idea for the bare wall in the hallway you've been dying to decorate.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecden.com.莽

sales talent acquisition, performance improvement and employee retention.

Mike Smith, who holds a doctorate in business administration and is a professor of management at Hodges University.

LaShaun Collier, marketing director for the Florida Small Business Development Center at Florida Gulf Coast University.

Raymond James Financial Advisor Carolie Burroughs is the event sponsor. Register at www.aboveboardchamber. com or call 910-7426. Cost on or before Friday, July 5 is \$30 for members and \$38 for non-members. After July 5, it's \$35 for members and \$40 for nonmembers. Lunch is included in the price.

Yearly sponsors for the Above Board Chamber of Florida are Tri-Town Construction LLC, Conditioned Air, CONRIC PR & Marketing, Creative Business Coaches, Spada Salon and Day Spa, Your Walking Billboard LLC, Charlie McDonald Photography, Lady in Pink Photography LLC, Signarama Fort Myers (North) and WGCU Public Media.

The Above Board Chamber of Florida is dedicated to bringing people of all faiths together within the community, in the workplace and amongst one another. Their mission is to supply members with tools that allow them to take every aspect of their lives Above Board.

Crowne Plaza Fort Myets at Bell Tower is located on 13051 Bell Tower Drive in Fort Myers. For more information on the event or on how to become a member of the chamber, call CEO Jeanne Sweeney at 910-7426 or visit www. aboveboardchamber.com.

Financial Focus Financial Independence Day To Strive For

by Jennifer Basey

nce again,



O it's time for fireworks, picnics and parades as the nation celebrates Independence Day. Collectively, we enjoy many liberties, but some freedoms can be

elusive – and financial freedom is one of them. What actions can you take to help yourself eventually declare your own financial independence?

For starters, you'll want to determine what financial independence means to you. Is it the liberty to meet all your cash flow needs? The freedom to retire comfortably, at the age you choose? The ability to set up the kind of legacy you'd like to leave? If any or all of these things are important to you, consider the following suggestions:

Liberate yourself from oppressive debts - The cost of living is certainly not cheap, so it's hardly surprising that so many people incur significant debt. Yet, the higher your debt load, the less you'll have available to invest for the future. Debt might be one of the biggest barriers you face on the road to your financial independence. To avoid piling on too much debt, live within your means. Take steps such as saving for a vacation, rather than putting it all on your credit card, and getting just one more year out of that old car. Look for bargains everywhere - and find out what you can live without. And if you have sizable debts, see if you can consolidate them and lower your interest payments.

Free yourself from chaotic investing – The financial markets can

From page 1 Broadway Palm

transformed back into his former self, a handsome prince.

Belle takes off in search of her father and talks the Beast into changing places with her father. A creative cast of household characters helps her tame the Beast. You'll meet Mrs. Potts (Shannon Connolly) and her son Chip, a role shared by three young boys (Dominic Chapman, Caisson Dobson and Ashton Heathcoat). There's Cogsworth (Frank Hughes), the clock; Lumiere (Travis C. Brown), the French candlestick; and a host of others. Anyone who has seen the animated film knows the rest of the story.

Nasser is a natural beauty as Belle, exuding freshness and intimacy with a lovely voice. Douglas is both majestic and sweet as the Beast and excels in *If I Can't Love Her*. Brown as the human candelabra is delightful. He emcees a

be unpredictable, but that doesn't mean your investment moves have to be chaotic. So, for example, instead of responding to a sudden plunge in stock prices by selling stocks that still may be fundamentally sound with strong growth potential, you might be much better off by holding your ground. And you'll be in a better position to do nothing during periods of market volatility when you've already done something – namely, built an investment portfolio that reflects your goals, time horizon and risk tolerance. With this type of portfolio in place, you'll be in a good position to overlook the day-to-day fluctuations in the market and keep your focus on your long-term goals.

Unleash the potential in your retirement plan – Your 401(k) or similar employer-sponsored plan is a great way to save for retirement. You can contribute pre-tax dollars, so the more you put in, the lower your taxable income, and your earnings can grow tax deferred. (With a Roth 401(k), you put in after-tax dollars, but your withdrawals are tax-free, provided you meet certain conditions.) But despite these tax advantages, your 401(k)'s full potential won't be realized unless you fund it adequately. Try to contribute as much as you can afford each year and increase your contributions as your salary goes up. Another way to uncap your 401(k)'s potential is by choosing appropriate investments. Your 401(k) likely contains a dozen or more investment options, so you'll want a mix that offers the greatest possibilities for growth within the context of your personal risk tolerance.

Gaining your financial independence requires time and commitment. But once you've achieved this freedom, you'll know it was worth the effort. And who knows? You might even want to wave a sparkler or two to celebrate.

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.**

big act-one production number, *Be Our Guest*. The *Gaston* musical number is a showstopper. It begins with all the girls swooning over him and ends with a large cast dancing and clanking with their mugs. Outstanding. Another number has dancers sashaying and tumbling across the stage as plates, salt and pepper shakers, a welcome mat and glittering utensils. The choreography is enthralling.

Exiting the theater, my friend said, "This is as good as anything you'd see on Broadway." I've been saying that for years about the productions at Broadway Palm. Do yourself a favor and treat yourself and the kids to *Beauty and the Beast*, playing through August 10 at Broadway Palm Dinner Theatre, located at 1380 Colonial Boulevard in Fort Myers. Tickets for ages 18 and younger are just \$20 for the meal and the show. Tickets can be reserved by calling 278-4422, visiting www.broadwaypalm. com or in person at the box office.**

Above Board Chamber Meeting

Emotional intelligence, or EI, is an often forgotten key to success. The Above Board Chamber of Florida is assembling EI experts from across Southwest Florida to speak at a panel discussion at the Crowne Plaza Fort Myers at Bell Tower on Thursday, July 11 from 11:30 a.m. to 1 p.m.

EI is designed to help local business leaders unlock the secrets to handling interpersonal relationships judiciously and empathetically.

empathetically. "The interest in emotional intelligence in the workplace stems from the widespread recognition that these abilities — self-awareness, self-management, empathy and social skill — can help people manage their work, themselves and their relationships," said Jeanne Sweeney, founder of the Above Board Chamber of Florida. "Join us at our July meeting and learn from some of the best how their EI took them to the top in their fields."

Amy Oshier, anchor of the Behind the Headlines telecast for the Naples Daily News and The News-Press, will be the master of ceremonies for the following authorities on EI:

Doni Landefeld, who holds a PhD in organizational psychology and is the founder of Metamorphosis Coaching.

Wendi Nelson, founder of HireRite LLC, a national firm specializing in

Attorney Celebrates 50 Years With Firm



Stephen W. Buckley

photo provided

A ccomplished Fort Myers attorney Stephen W. Buckley recently celebrated 50 years with Goldstein, Buckley, Cechman, Rice & Purtz, PA.

Buckley joined the firm in 1969 after graduating from the University of Florida with a bachelor of science degree in 1966 and Florida State University with a juris doctorate degree in 1969. The firm was established in 1962.

Buckley assists clients with wills, trusts, estate planning, probate, real estate and real property law cases. He is a top-rated lawyer under the Martindale-Hubbell Peer Review rating system. Buckley has seen tremendous change in the law through the years. "I think today there are more judges than attorneys," he said. "When I started there were two circuit judges and one county judge."

The firm's offices have been in the same building at the corner of Main Street and Broadway in downtown Fort Myers since he started but have expanded into other parts of the building and adjacent buildings as the firm has grown.

He remembers one of his first cases was to get a woman in real estate the right to sell property she owned without consent of her husband, which was the rule at the time. Shortly after he was able to make her a "free dealer," the rule was abolished. He also remembers a case where he worked with the Coast Guard to have a man declared dead who disappeared in the Bermuda Triangle on a flight to Bimini. Without a body, it would have taken five years for his spouse to get a death certificate. He said the investigation determined how much fuel the plane had and every place the plane could have landed. The plane, the man and his passenger were never found.

Buckley grew up in Connecticut, and his grandparents moved to the west coast in the 1950s. When Edison College, now Florida SouthWestern State College, was opening, they offered to help him with expenses if he would go to college in Florida.

He enjoys spending time at his home in Maine, but Buckley says he has no intention of retiring. "I enjoy what I'm doing," he said. "I don't play golf. I don't play tennis. I don't fish. I'll just keep doing it while I can, and the clients want to work with me. My wife would have a long honey-do list if I did retire."

He and his wife, Bonnie, celebrate their 50th wedding anniversary in August.茶

From page 15 Digital Manager

marketing and advertising. Through it all, Loverde has witnessed the true power of marketing firsthand.

"Working in sales and marketing for my dad's small business gave me a unique perspective and insight into the challenges that business owners face," Loverde said. "I had access to a business owner in a way that most people never have, and that put me in tune with the entrepreneurial mindset. "Marketing gives you a rare glimpse into the inner workings of your customer. When it's properly applied through all aspects of your business, it gives you unbelievable control and confidence in your direction."

Loverde holds Google Adwords certification and is a graduate of Florida Gulf Coast University, where he earned a bachelor of science in marketing. He joins a CONRIC team that was recently named a GrowFL Florida Companies to Watch finalist. For more information, visit www.conricpr.com.



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Chief Diggs and Officer Manuel Massa photos provided

Officer Of The Month Awards

The Fort Myers Police Department presented Officer of the Month Awards to five different members of the department at its recent bi-weekly Citi-Stat review. Chief Derrick Diggs read letters of recommendation from citizens and superiors on outstanding efforts by officers and detectives who were recognized for their dedication.

The Mission BBQ Officer of the

SHEPPARD, BRETT, STEWART,

HERSCH, KINSEY & HILL P.A.

Attorneys at Law



Chief Diggs and Detective Rochelle Curr

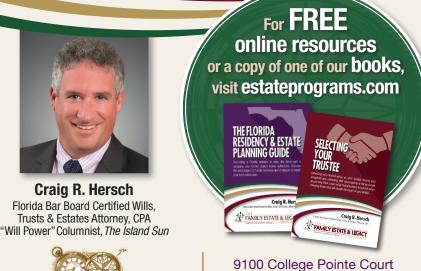
Month Award was presented to Officer Manuel Massa for assisting a citizen involved in a hit and run accident.

The FMPD Officer of the Month Award was given to Officers Jimmy Hernandez and Yanny Morales for investigative work that led to the arrest of a robbery suspect.

The Investigators of the Month Award went to Detectives Rochelle Curr and James Langton who were commended by the State Attorney's office for their investigative work and professionalism.

Congratulations to all the FMPD rank and file who continue to go above and beyond the call of duty. $\overset{}{\not\propto}$





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www.sbshlaw.com

20 THE RIVER - JUNE 28, 2019 Frankly Speaking



by Howard Prager

s a kid, I used to watch Bozo's Circus at lunch. It always started with Ringmaster Ned saying, "who's your favorite clown?" The audience would yell "Bozo!" Two

areas I'd like to look at - one is always up for discussion - and that is favorite ballplayers and the NBA Draft.

We all have favorite ballplayers, sports heroes we admire and respect. Many times it's the hometown players we grew up with (or ones we liked from TV). For me, that would be Cubs stars Ernie Banks, who hit 512 home runs, Billy Williams and Fergie Jenkins, all Hall of Famers. Ernie and Billy were great hitters, and Fergie won 20 games six seasons in a row for the Cubs and 25 a few years later for Texas. So much for being tired out by day games at Wrigley Field.

There were many athletes I admired during my youth, growing up in the 60s and 70s: Roberto Clemente and Willie Stargell of the Pirates; Johnny Bench and so many pieces of the Big Red Machine; Dick Allen and Bill Melton of the White Sox; Rollie Fingers of the A's; Lou Brock and Ozzie Smith of the Cardinals; and so many more. I was raised in New York, and my mom loved the New York Giants, especially Willie Mays. The greats all had colorful names and nicknames: Yaz and Hammerin Hank, Say Hey Kid and Joltin' Joe.

Today's best players' list has to include Javier (Javy) Baez. If we talk about "five tool players," Javy has seven tools at least. He is not only a great hitter, he does all the little things in the most remarkable ways from his grace and range on defense to how he tags a runner, turns a double play or grabs the corner of a base when stealing or running. And Mike Trout is without a doubt the best player today, the highest

paid non-pitcher with a .307 average over eight years and an all-star every year with the Los Angelos Angels.

Albert Pujols, currently playing for the Angels, returned to St. Louis this past weekend, the first time since he signed with the Angels. He received both a standing ovation and curtain call from the fans there. Classy. He also still keeps a home in St. Louis. That's the relationship we like to have with our local sports heroes.

So talking about sports heroes and highly paid, let's look at the recent NBA Draft. There are only two sports where a draft pick can turn a franchise around the very next season – the NFL and NBA. The recent NBA draft has brought the New Orleans Pelicans the player of the year – Zion Williamson – plus the best big man in the draft, Jaxson Hayes, through their savvy trades. Williamson is supposed to get nearly \$20 million per year by the Pelicans (NBA rookie salary guidelines), which pales in comparison to his projected sneaker deal of nearly \$100 million. Can he deliver as expected after just one year of college? Everyone believes so and paired with Hayes they will have a strong frontcourt. Lots of other moves and trades added to the guestions and discussion about this 2019 draft and the wondering of who did well. The Cavaliers got two and possibly three starters with Darius Garland at guard with their five pick and Dylan Windler, a great shooter, and Kevin Porter Jr. from USC, a onetime lottery choice. The Grizzlies were also a consensus winner with Ja Morant at No. 2. And for this Chicago Bulls fan, I was glad to see they did not trade away their spot at No. 7. The team got a very decent point guard from North Carolina. Anyone remember the last guard the Bulls drafted from North Carolina? He had a decent career. Now to wait for next season.

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.☆

SPORTS QUIZ

- 1. Name either of the two pitchers to record the most Opening Day starts for the Tampa Bay Rays
- 2. Colorado's Charlie Blackmon set an MLB record in 2017 for most RBIs in a season (103) while hitting in the top spot in the batting order. Who had held the mark?
- 3. When was the last time before 2017-18 that the Los Angeles Rams had back-toback NFL seasons of double-digit wins?
- 4. There are three current Division I men's basketball coaches with multiple NCAA championships. Name two of them.
- 5. Who held the record for most points in an NHL season by a Russian-born player before Tampa Bay's Nikita Kucherov tallied 128 points in the 2018-19 season? 6. Mikaela Shiffrin, in 2018, became the most successful female slalom skier (36
- victories) in World Cup history. Who had held the record? 7. In 2019, Mark O'Meara became the fourth-oldest winner (62 years, 1 month, 17
- days) in the history of the PGA Tour Champions. Name two of the three older winners

ANSWERS

(63 years old), Jay Haas (62 years, 10 months) and Gary Player (62 years, nine months). points for Buffalo in 1992-93. 6. Marlies (Schild) Raich, with 35 victories (2004-13). 7. Mike Fetchick Krzyzewski, North Carolina's Roy Williams and Villanova's Jay Wright. 5. Alexander Mogilny had I27 2000. 3. It was 1999-2001 (three seasons), when the team was located in St. Louis. 4. Duke's Mike 1. Chris Archer and James Shields, with four each. 2. The Angels' Darin Erstad, with 100 RBIs in

NBA Draft Full Of City Of Palms Classić Alums

he recent NBA Draft proved once again that the Culligan City of Palms Classic is America's No. 1 high school basketball tournament. Seven of the 60 players chosen appeared in the Culligan City of Palms Classic at least once, and RJ Barrett, who went third overall to the New York Knicks, played in the event in both 2015 and 2016. The Culligan City of Palms Classic produced two top five picks, three top 10 picks and five first-rounders.

"If you want to see tomorrow's NBA stars today, there's no better place to go than the Culligan City of Palms Classic," said John Naylor, the tournament's executive director. "The amount of talent that comes through here year after year is simply remarkable.'

Thirty draftees in the past three vears have been Culligan City of Palms Classic alumni, and one out of every seven players in the NBA last year took part in the tournament. Half of the players chosen No. 1 overall in the 2010s came from the Culligan City of Palms Classic.

The following are each Culligan City of Palms Classic player chosen in this year's draft, along with his draft position, NBA team, high school and year of appearance in the tournament.

3. R.J. Barrett, New York Knicks (Montverde Academy, 2015 and 2016) 5. Darius Garland, Cleveland

Cavaliers (Brentwood Academy, 2016) 10. Cam Reddish, Atlanta Hawks

(Westtown, 2015 and 2016) 17. Nickeil Alexander-Walker, New

Orleans Pelicans* (Hamilton Heights, 2015)

25. Nassir Little, Portland Trail Blazers (Orlando Christian Prep, 2017)

34. Bruno Fernando, Atlanta Hawks^{**} (Montverde Academy, 2015) 46. Talen Horton-Tucker, Los

Angeles Lakers*** (Simeon, 2017) From Brooklyn Nets via Atlanta

Hawks

*-From Chicago Bulls via

From page 10 **New Libraries**

the libraries was paid for through existing library funds. The new facilities were constructed simultaneously at the direction of the Lee Board of County Commissioners.

With the opening of these state-ofthe-art libraries, the Lee County Library System is poised to meet the needs of these growing communities.

The Lee County Library System has 13 branches including six regional libraries, two mid-sized libraries, and five community libraries as well as a bookmobile and a Talking Books library. The library currently has a



Talen Horton Tucker Philadelphia 76ers

photo provided

***-From Brooklyn Nets via Orlando Magic

The trend is poised to continue. Three of the projected top six picks in the www.nbadraft.net 2020 mock draft played in the Culligan City of Palms Classic, and many of them will be playing top-level college basketball starting this fall.

Visit www.cityofpalmsclassic.com to keep up with all the past and future Culligan City of Palms Classic stars.☆

collection of almost 2 million items in a variety of formats, circulates around 7 million items per year and provides a variety of programs for all ages and interests throughout Lee County. Visit www.leelibrary.net or call 479-4636.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs, or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Jill Horrom at 533-4826, Florida Relay Service 711, or jhorrom@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days.☆



From left, Taylor Lawless, Tara McClintic, Nicole Mazzola, Lexi Campbell, Liz Luna and Kathy Tolentino photos provided

Cancer Survivors Celebrate Survivors Day

ancer survivors and their caregivers recently celebrated National Cancer Survivors Day and a Celebration of Life at CenturyLink Sports Complex.

At the event, the survivors and their caregivers were recognized by their doctors and health care staff from Lee Health, Lee Physician Group and the Regional Cancer Center, including team members from Florida Cancer Specialists, Florida Gynecologic Oncology and 21st Century Oncology, among others. They also attended the Fort Myers Miracle game and watched the fireworks that followed.

On National Cancer Survivors Day, thousands gather across the globe to honor cancer survivors and to show the world that life after a cancer diagnosis can be fruitful, rewarding and even inspiring. It is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families and an outreach to the community. For more information, visit www.ncsd.org.

For more information about the Regional Cancer Center, visit www. leehealth.org/regional-cancer-center/index.html.

Safety Packet For Alzheimer's

The Alvin A. Dubin Alzheimer's Resource Center will offer a safety program packet for Alzheimer's caregivers in Lee County. The Dubin Alzheimer's Resource Center's Safety Program was created to provide caregivers with tools to implement an emergency plan to prevent crises. Each safety program packet includes two components: 1) an emergency plan kit; and 2) an identification bracelet application.

The safety program packet is provided at no charge to caregivers caring for a loved one with memory loss in their homes in Lee County. Each packet contains all the items necessary to participate in the safety program. Instructions to put the emergency plan in place are included with each packet and assistance is available from the Dubin Alzheimer's Resource Center.

The emergency plan kit is intended to help eliminate the possibility of a crisis if the caregiver of a loved one with Alzheimer's disease or a related disorder requires emergency care. The emergency workers who come to rescue the caregiver may not know a memory impaired adult resides in the home and, therefore, may leave the person with Alzheimer's alone when they take the caregiver to the hospital.

The safety program symbol, included with the emergency plan kit, is designed to alert emergency workers that a memory-impaired person resides in the home. The symbol hangs on the front of the home's refrigerator. The corresponding packet of forms, which contain important emergency contacts and care instructions provided by the caregiver, are located inside the refrigerator. Once a trained emergency worker sees the symbol, he or she will automatically know to search for an Alzheimer's client in the house and, using the information in the refrigerator, take appropriate measures to see that care for this person is provided.

The Dubin Alzheimer's Resource Center caring staff works closely with local law enforcement and emergency workers throughout Lee County to help train them on how the safety program can assist them when they respond to an emergency involving the caregiver of an individual with memory loss.

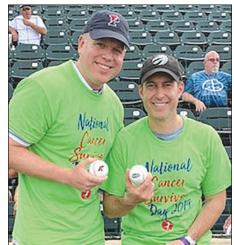
The safety program stresses the importance of having an identification bracelet for individuals with memory loss to wear. Identification bracelets help local law enforcement identify

continued on page 23

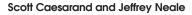


From left, Emory Bottoroff, Karen Bottoroff and Tammy Zinn





Denise Pfeiffer and Bianca Ferrari







ROSS HAUSER, MD

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



From left, Betty Jo Ferguson, AnnMarie Verrochi, Noneen O'Rafferty, Mackenzie Fennell, Ezri Meade and Gizelle Gratzl photos provided



ACE Center for Girls, Lee County recently raised more than \$21,000 during its FUNky Fashion Show Love That Dress! collection event, hosted by IberiaBank and presented by the Gunterberg Charitable Foundation at the Cape Coral Yacht Club.

The evening featured a fashion show of one-of-a-kind recycled or repurposed pieces created by individuals and businesses and "ready to wear" looks from Razzle Dazzle, as well as food, cocktails, music and a raffle drawing. More than 190 dresses were collected during the gathering to be sold at discounted prices during PACE's 11th annual Love That Dress! event on August 21. All proceeds benefit PACE Center for Girls, Lee County.^{*}



Meg Geltner and Margo Brewster



From left, Sarah Stauffer, Olivia Orth, Katie Damminger and Rachel Toomey



Judy and Steve Kettler



Alextianna Thompson and Loki Anthony



From left, Gretchen Sax, Carleen Murone, Jacque Wier and Nancy Finch



From left, Susan Blust, Deanna Hansen, Mark Blust and Nancy Humphrey

Beautifulife: Independence Day



by Kay Casperson

What does this day mean to you? What traditions do you have that you continue to celebrate each year on this day? When I was a little

girl growing up in Minnesota, I spent every 4th of July at my family lake home surrounded by all of my relatives that would come from near or far. We would all bring something to share, we cooked out, mingled with everyone, did some swimming and water sports and then enjoyed a fireworks show that we created ourselves or watched from abroad. This was a special time that happened only once a year and no matter where you lived, you made an effort to come and to be together.

We are all aware of the history of Independence Day and the importance of it to our country. It is such an amazing celebration each year on the 4th of July as we celebrate in our own special way, whether it be with family and friends or a simple quiet salute to the document that gave us the right to "Life, Liberty and the Pursuit of Happiness."

Freedom means something different to everyone, but on this day, it seems that so many of us will come together to stand on common ground to celebrate this right that we have and we cherish. From parades to picnics to parties, all ending with a fireworks show, if we are lucky enough to see one with those that we love.

So, how will you celebrate your Independence Day? Have you created a tradition for yourself or your family? If not, here are a few suggestions for you that might fit into your beautiful life:

Get up early and take a nice walk to pray, be thankful and to appreciate the freedoms that you get to experience every day.

Go to your local parade to celebrate and support the people that help the community thrive. This will give you a sense of appreciation and gratitude for your surroundings.

Gather with family and friends to celebrate all that you have to be grateful for and share special memories that make you happy.

Find a place to watch some fireworks or watch them digitally. There is something special about a fireworks show on the 4th of July, unlike any other time of the year. This is a symbol of what we are celebrating, which should be ended with a big bang!

No matter where you are or what your traditions entail, I hope your are taking the time to appreciate and cherish your freedom, your happiness and the beautiful life you are creating for yourself.

My affirmation for you this week is: "I will take a special look at what Independence Day means to me, and will celebrate my freedom, embrace my happiness and cherish all that life has in store for me."

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

Safety-Related Grants Available For Nonprofits

Grants, valued up to \$15,000 for public safety, are available to non-profit organizations in Lee County. The public service grants are available from the Lee County Injury Prevention Coalition and are being offered through the auspices of Lee County Emergency Management.

Projects receiving the grants will be proposed for 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 and should include the issue and the prevalence of the problem, how the organization plans to achieve its objectivities, 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 www. 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, 2675 Ortiz Avenue in Fort Myers.

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 about the Injury Prevention Coalition or the grant application, contact Brian Raimondo at ipcleecounty@gmail.com or 330-2240.*



Gulf Coast Medical Center

Medical Center Receives Patient Safety Award

ee Health's Gulf Coast Medical Center was named one of the recipients of the 2019 Patient Safety Excellence Award by Healthgrades, a leading online resource for information about physicians and hospitals. This marks the second consecutive year the hospital has received this honor. This award recognizes the top 10 percent of hospitals in the country that have the lowest occurance of preventable patient safety events.

"We are honored that Healthgrades named Gulf Coast Medical Center among the nation's best for patient safety. This recognition is a testament to the doctors, nurses and hospital staff who stay alert in order to prevent potential safety risks before they happen. They deserve high praise for everything they do to keep patients safe," said Scott Kashman, Lee Health's chief officer, hospital operations.

The list is based entirely on objective outcomes for 14 safety indicators

From page 21 Safety Packet

individuals who are separated from their caregivers and are unable to find their way home or even tell someone where they live due to memory impairment. Each bracelet (or necklace) is engraved with the person's first name or nickname, a code number which matches their application number, the words "memory-impaired" and the phone number for the Lee County Sheriff's Office. Both the Dubin Alzheimer's Resource Center and the Lee County Sheriff's Office maintain records of enrolled persons' application numbers and identifying information. Being able to look at a bracelet, make a phone call, and escort the lost person to his/her home reduces the time

photo provided

outlined by the Agency for Healthcare Research and Quality (AHRQ) which include mortality, bloodstream infections and deep blood clots among others. In addition to the safety indicators, all hospitals on the list have zero incidents of retained foreign objects. Gulf Coast Medical Center is one of two local hospitals and only 40 in the state of Florida to receive this award.

Healthgrades evaluates hospital performance for more than 4,500 hospitals across the nation annually based on Medicare inpatient data from the Centers for Medicare and Medicaid Services Medicare Provider Analysis and Review (MedPAR) database. No hospital can opt-in or opt-out, nor can they pay to be evaluated. To learn more about how Healthgrades determines Patient Safety Excellence award recipients, visit www.healthgrades.com/quality/patientsafety-excellence-award-2019-recipients.

The honor builds on Lee Health's hospitals' recent recognitions for quality and safety. Last month, all four acute care Lee Health hospitals earned A grades in the Leapfrog Group's biannual hospital safety grades. The group also named Golisano Children's Hospital of Southwest Florida a "top hospital" for the third straight year.

memory-impaired persons are away from their homes and saves police departments valuable effort. A brochure with an application to obtain a bracelet is included in each safety program packet.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way agency, provides a variety of services including support groups, a quarterly newsletter, a lending library of books and resource materials, educational seminars and training programs for professionals as well as family caregivers.

The Dubin Alzheimer's Resource Center's office is located at 12468 Brantley Commons Court in Fort Myers. For more information about the Safety Program, or to find out more about the services offered by the Dubin Alzheimer's Resource Center, call 437-3007.^{*}

24 THE RIVER - JUNE 28, 2019 Doctor and Dietician

The Power Of The Pool



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

s you may know, I (Marion) suffered a pretty severe bike Crash along San-Cap Road back in February. The injuries were many, including a broken pelvic bone. I had to learn how to walk again, as well as transfer in/out of bed, go to the bathroom and other activities of daily living. The great news is that I am recovering well, and I am actually back on my bike. Well, a new bike, because my bike was totaled! What actually accelerated my healing was the fact that I was able to get into our pool on day 4 post-accident. Yes, I had to use a wheelchair to get there, but I did it. I rented a big wheel from Billy's Bike

Summer Heat Poses Danger To Kids Left In Cars

The summer season is in full swing across Southwest Florida, which means the sun is shining and temperatures are on the rise. This extra sunlight and heat can make cars left outside into death traps in just a few minutes.

Temperatures inside a vehicle can soar to 175 degrees under Florida's blistering sun and a child can experience a debilitating heatstroke or worse within minutes of being left in a vehicle. Heatstroke occurs when the body isn't able to cool itself rapidly enough. A child's body heats up three to five times faster than an adult's, making them more vulnerable to heatstroke. Major organs begin to shut down when a child's internal temperature reaches 104 degrees, and when that temperature reaches 107 degrees, the child can die.

According to Safe Kids Worldwide, 2018 was the deadliest year on record for hot car deaths among children in the United States with 58. There have been 13 deaths so far in 2019.

"These kinds of tragedies are 100 percent preventable," said Sally Kreuscher, Safe Kids coordinator at Golisano Children's Hospital of Southwest Florida. "Simple steps and reminders can go a long way toward keeping children safe, whether you're Shop on Sanibel.

Do not underestimate the power of "water walking." Water walking is easy on the joints. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. You can imagine how great I felt in the water. And you can too! For those of you with various aches and pains and/or joint stiffness - get in the pool. Water provides 12 times the resistance of air, so as you walk, you are strengthening and building muscle. And talk about a heavenly feeling. I had no idea how great it would feel to get into the pool and feel somewhat normal. I started by walking with assistance and soon was walking on my own. I then added lunges, jumping jacks, leg lifts and a myriad of other exercises, including arm exercises.

For those of you who may be suffering from stiff joints, chronic pain or post-prolotherapy treatments, I cannot encourage you enough to get in the pool. Working out in the water can

help improve cardiovascular as well as balance and range of motion. 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 parent, caregiver or concerned

bystander, you can help save lives." Kreuscher recommends some simple steps to prevent a tragedy:

Never leave your child alone in a car, even for a minute.

Create reminders by putting something in the back of your car next to your child, such as a purse, briefcase or cell phone that you need at your destination. This is particularly important if you're not following your normal routine.

Keep your car locked when you're not in it so kids don't find their way in on their own.

Call 911 if you see a child alone in a car. Emergency personnel are trained to respond to these situations, and your call could save a life $\overset{\sim}{\sim}$

Help For Drug Addiction

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast. org/blog/a-letter-to-any-family-dealingwith-addiction.html.

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

Five Tremendous Medicinal Benefits For Mullein

by Suzy Cohen, RPh

ear Readers:



Mullein is known botanically as *Verbascum thapus.* It has soft fuzzy leaves as well as gorgeous yellow flowers towering at the top. Mullein is misunderstood and

assumed to be an unwelcome weed, but it simply isn't true. Mullein has many generous offerings for us, and the medicinal properties rival that of many other so-called weeds like stinging nettle, plantain, Japanese Knotweed (resveratrol) and yarrow.

Your grandma might have even steeped the leaves of mullein to make you a cough syrup or hot tea, which is great for colds and flu. This natural remedy has a strong anti-viral effect of mullein. Harvesting mullein is pretty easy, I just recommend that you get it from a trusted source where it was grown in nice, clean soil and preferably organically. You can buy the dried herb on Amazon.

Five benefits of Mullein root are:

1. Relieve Ear Aches – Thanks to mullein's strong anti-inflammatory effect, it can help with ear aches and infections for humans, and possibly dogs. If you browse health food stores and e-tailers, you'll find mullein and mullein/garlic ear drops.

2. Increase Lymph Flow – Mullein may be useful for bruises and skin infections. Some people take the large leaves and utilize them as compresses. The leaves can be picked off, and steeped gently

From page 1 Art Walk

that you should keep an eye out for them. They will help explain the work's underlying meaning. The Greek root for Plato's word idea, eidos, literally means not just image or likeness but an image reflected in water or mirror. Mirrors reflect light and thus reflect the world around us. Spiritually, light has symbolic attachment to illumination, awareness and wisdom. Therefore, in terms of spiritual symbolism, mirrors reflect truth. They reflect what is.

Canto is a principal form of division in medieval and modern long poetry. The word canto is derived from the Italian word for "song" or "singing," which comes from the Latin cantus "song" from the infinitive verb canere "to sing." There is no specific format, construction or style for a canto; it is not limited to any one type of poetry. It is the curator's hope that a canto can be incorporated into the 2D or 3D works.

Expect to see an array of eclectic, surreal, whimsical and realistic paintings, sculptures, watercolors, collages, oils and photography for this themed exhibit. The art, from over 75 artists, ranges from professional to emerging, self-trained and "outsider" to highly skilled; there is truly and then, when cool, applied directly on to the bruise. This reduces inflammation and pain. Likewise, an easier remedy is to purchase a cream, tincture, supplement or tea and use (or ingest) as directed according to your package.

3. May Reduce Goiter – Mullein is a strong anti-inflammatory and has been studied for its effect in reducing glandular inflammation of the thyroid. Mullein can be extremely useful in some cases but not all, as it may help reduce goiter. Another popular supplement for goiter is iodineiodide. Check with your doctor, but mullein dietary supplements may be useful for this. Furthermore, the beneficial compounds of mullein can be mixed into jojoba or apricot oil and rubbed onto the thyroid gland area (goiter area). FYI, another popular supplement for goiter is iodine.

4. Helps Breathing – Leaves from mullein are helpful with lung congestion and mucus production. It appears to work by dilating capillaries and therefore increasing circulation. This helps relieve stagnancy and congestion making it an interesting adjunctive remedy to people with COPD, bronchitis, asthma and dry coughs.

5. Soothe Skin, Cold Sores and Hemorrhoids – Mullein leaves can benefit your skin and be used as a compress for external hemorrhoids, cold sores and skin wounds. One way to make use of this benefit is to make tea with a commercial tea bag or the dried herb itself. Cool the steeped liquid and apply directly to the site. I have a more comprehensive version of this article which includes a DIY recipe for a skin (hemorrhoidal) cream as well as my Mullein Elderberry Tea recipe. I'll email you this longer, exclusive article if you sign up for my free newsletter at www.suzycohen. com.

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.*



She Traded a Chandelier for the Moon by Claudia Goode image provided

something for everyone. This exhibit continues through Monday, July 29.

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

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services Celeste And Sandi

'ello, my name is Celeste. Just one look at my big, amber eyes and you will fall in love. I am a 2-year-old female domestic shorthair who is very inquisitive and loves to explore. My petite stature allows me to go in and out of just about anywhere. My tortie pattern is Celeste ID# A782418 very unique. and



I love to have it

brushed. Stop by the shelter today and meet me, a loving little gal.

My adoption fee is \$10, and you can adopt get a feline friend at no additional charge. Hi, my name is Sandi. I am a 4-year-old

female staffordshire terrier who is a pocket-sized

Haven on Earth Animal League Chester And Dallas

i, I'm Chester and I'm a sweet, quiet Lguy. 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.

Hello, I'm Dallas. I'm



Chester

pittie that loves to run around the play yard after tennis balls. Sorry, I just don't like to bring them back to you. If you have a pool, I will definitely take

advantage of using it. I am a loveable gal that will take advantage of a free belly

rub at every turn. I am learning sit, shake and down with the team of volunteers.

Sandi ID# A781960

My adoption fee is \$20.

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.☆

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 vac-cinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125.

by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@vahoo.com.

PAWS Of Sanibel Two Kittens And Momma

AWS 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



One of the kittens with momma, Sweetie

had her shots. combo-tested negative, treated for fleas, wormed and had spay surgery.

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

Call Pam at PAWS at 472-4823 to see these beautiful babies.举

Paris



Paris, formerly Perry Winkle

AWS 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- 332-	-1200 -6966
Florida Highway Patrol		
Poison Control	-282-	3171
HealthPark Medical Center		
Foundation for Quality Childcare		
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
Visitor & Convention Bureau	. 338-	3500
ARTS		
Alliance for the Arts.	. 939-	2787
Arts For ACT Gallery & Studio Art League Of Fort Myers	. 337- 275.	.3050 .3070
Barbara B. Mann Performing Arts Hall.	. 481-	4849
BIG ARTS	. 395-	0900
Broadway Palm Dinner Theatre	278-	4422
Cultural Park Theatre	334	5862 .2000
Florida Repertory Theatre at the Arcade	. 332-	.4488
Florida West Arts	. 948-	4427
Fort Myers Harmonica Band 610	-653-	7940
Fort Myers Symphonic Mastersingers	. 288-	·2535
Gulf Coast Symphony	. 489- 481-	8059
Naples Philharmonic	-597-	1111
The Schoolhouse Theater	. 472-	6862
SW Florida Symphony		
Theatre Conspiracy	. 936-	3239
CLUBS & ORGANIZATIONS		
American Legion Post #38 239		
Angel Flight		
Animal Refuge Center	.731-	3535
American Business women Association	. 337-	·0700 ·8046
Audubon Society.		
Caloosahatchee Chapter DAR	. 482-	1366
Caloosahatchee Folk Society.	. 321-	4620
Cape Chorale Barbershop Chorus	-425-	3631
Cape Coral Stamp Club	542-	9153
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duPont Company Retirees	. 542- . 454- . 415-	·9153 ·1083 ·2484
duPont Company Retirees Edison Porcelain Artists Embroiderers Guild of America - Sea Grape Chapter	. 542- . 454- . 415- . 267-	9153 1083 2484 1990
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PAWS Of Sanibel



PUZZLES

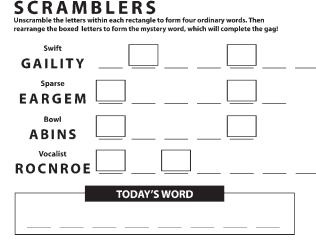
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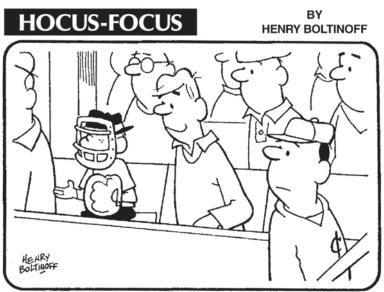
"I never get jealous about having such a ____ wife — it's the bills that will be coming that worry me. " answer on page 31



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SUDOKU

To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic. answer on page 29



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



is different. 5. Man on left is gone. 6. Fence is different. different. 3. Player's hat is black. 4. Player's shirt symbol Differences: 1. Boy's mask is black. 2. Man's collar is



Passion Fruit and Orange Margarita

- 2 ounces freshly squeezed orange juice
 - 4 ounces passion fruit juice 6 ounces tequila
 - 2 ounces orange liqueur
- 1 ounce freshly squeezed lime juice

 $\frac{1}{2}$ teaspoon vanilla extract 2 tablespoons fresh-cracked sea salt

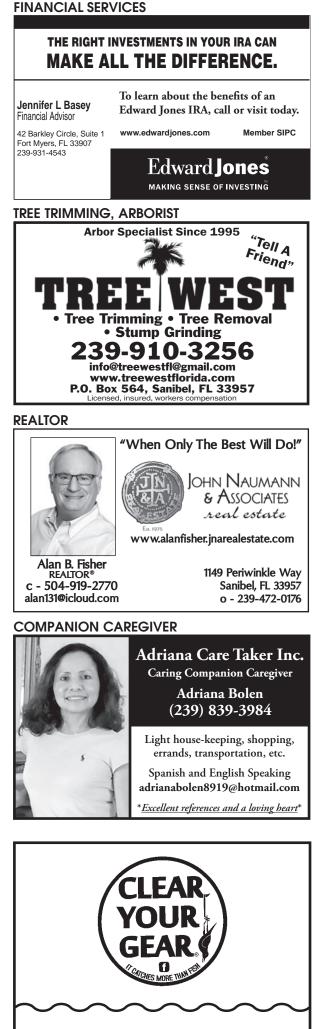
Preparation Prepare the glass by running a lime wedge around the rim. Invert glass, and twist rim in salt. Fill cocktail shaker with ice. Pour passion fruit juice, tequila, orange liqueur, orange and lime juices, and vanilla extract in cocktail shaker. Shake the mix vigorously, 50 times or more. Pour into glass; serve chilled.☆



Passion Fruit and Orange Margarita

photo courtesy Fresh From Florida

PROFESSIONAL DIRECTORY





OPER CONSTRUCTION Custom Homes & Remodeling Specialists We can design, build and manage any endeavor you can dream up. 239.454.5699 cooperconstruction@embarqmail.com Kerry Cooper • An Island Business Since 1982 • License # CBC1255742 **HOME SERVICES** YARD SERVICE • TREE SERVICE • POOL SERVICE HOME WATCH . CLEANING SERVICE **JUERGEN SCHREYER** OWNER AND HOME SERVICE P.O. Box 1050 • SANIBEL • FLORIDA 33957 WWW.ISLANDHOMESERVICE.COM INFO@ISLANDHOMESERVICE.COM PHONE: (239) 472-5247 • CELL: (239) 229-6366

My Stars *******

CONSTRUCTION/REMODELING

Aries (March 21 to April 19) Get your facts tog ether and become familiar with them before you have to face up to that interview. The better prepared you are, the easier it will be to make that important impression.

Taurus (April 20 to May 20) New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

Gemini (May 21 to June 20) Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

Cancer (June 21 to July 22) Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

Leo (July 23 to August 22) You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. Best to reach for what is currently doable. The rest will follow.

Virgo (August 23 to September 22) A setback is never easy to deal with. But it could be a boon in disguise. Recheck your proposal and strengthen the weak spots. Seek advice from someone who has "been there and done that."

Libra (September 23 to October 22) Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck.

Scorpio (October 23 to November 21) What you might call determination, someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

Sagittarius (November 22 to December 21) You're still in a vulnerable mode vis-a-vis "offers" that sound too good to be true. So continue to be skeptical about anything that can't be backed up with provable facts.

Capricorn (December 22 to January 19) Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw

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PUZZLE ANSWERS

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on should a possible (albeit temporary) money crunch hit.

Aquarius (January 20 to February 18) Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

Pisces (February 19 to March 20) It can be a bit daunting as well as exciting to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

Born This Week: Your love of home and family provide you with the emotional support you need to find success in the outside world.

MOMENTS IN TIME

• On July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence, both John Adams and Thomas Jefferson, the second and third presidents of the United States, respectively, die. Both men had been central in the drafting of the historic document.

• On July 2, 1900, in the sky over Germany's Lake Constance, Count Ferdinand Graf von Zeppelin successfully demonstrates the world's first rigid airship. The 420-foot, cigar-shaped craft was lifted by hydrogen gas and powered by a 16-horsepower engine.

• On July 7, 1912, Jim Thorpe wins the pentathlon at the fifth modern Olympics in Stockholm, Sweden. He would later medal in the decathlon. In 1913, though, he was stripped of his Olympic medals because he had played minor league baseball. The medals were restored posthumously in 1982, 30 years after his death.

• On July 1, 1951, Cleveland Indians ace Bob Feller pitches the third no-hit game of his career to lead the Indians over the Detroit Tigers 2-1, making him the first modern pitcher ever to throw three no-hitters.

• On July 6, 1976, in Annapolis, Maryland, the United States Naval Academy admits women for the first time with the induction of 81 female midshipmen. In May 1980, Elizabeth Anne Rowe became the first woman member of the class to graduate.

• On July 3, 1985, the blockbuster action-comedy *Back to the Future* – in which John DeLorean's iconic concept car is transformed into a time-travel device – is released in theaters. The DeLorean featured gull-wing doors and a brushed stainless-steel body.

• On July 5, 1996, Dolly the sheep – the first mammal to have been successfully cloned from an adult cell – is born at the Roslin Institute in Scotland. Over the course of her short six-year life, Dolly gave birth to four lambs.

STRANGE BUT TRUE

• It was American pastor, politician and activist Andrew Young who made the following sage observation: "Nothing is illegal if a hundred businessmen decide to do it."

• Tony Curtis, who co-starred with Marilyn Monroe in the famous film *Some Like It Hot*, once said that kissing Ms. Monroe was "like kissing Hitler." Makes you wonder how he knew what kissing

Hitler was like.

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• If you're like the average bearded man, your facial hair grows at a rate of about 6 inches every year.

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• You might be surprised to learn that the highest reward ever offered for the capture of Henry McCarty – the infamous outlaw better known as Billy the Kid – was \$500.

• In a recent survey of people who admitted to drinking beer, wine and spirits, more than 40 percent of respondents said that drinking spirits made them feel sexy, and more than half said that it made them feel confident and energetic. About one-third, though, said that spirits increased their aggression.

• The first telephone book ever issued was published by the New Haven District Telephone Company and was distributed in New Haven, Connecticut, in February 1878. It contained a grand total of 50 names.

• You may know that on October 4, 1957, the Soviet Union earned the distinction of putting the first humanmade object into space with the launch of the satellite Sputnik 1. You may not know, though, that in Russian, the word "sputnik" means "fellow traveler."

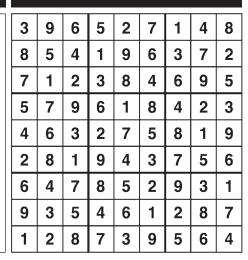
• The outermost layer of the skin on your face is made up almost entirely of dead skin cells.

• In the Scandinavian country of Norway you can find 1,800 lakes that contain no fish whatsoever.

THOUGHT FOR THE DAY

"Instead of giving a politician the keys to the city, it might be better to change the locks." – Doug Larson

SUDOKU



TRIVIA TEST

- 1. **General Knowledge**: What is the traditional stone associated with July birthdays?
- 2. **Music**: In what state was singersongwriter Tom Petty born and raised?
- 3. **Literature**: Who wrote the short story called *The Sentinel*, which provided a starting point for the film 2001: A Space Odyssey?
- 4. **History**: What was the only state that George McGovern won in the 1972 presidential race?
- 5. **Geography**: What is the largest country in South America?
- 6. **Animal Kingdom**: What is a group of pelicans known as?
- 7. **Government**: Who was the longest-serving U.S. House Speaker?
- 8. **Movies**: Who was nominated for Best Supporting Actress in the movie *Silkwood*?
- Food & Drink: What kind of food is thrown at the annual food fight festival held in Bunol, Spain?
- 10.**Bible**: Who were King Solomon's parents?

TRIVIA ANSWERS

1. Ruby 2. Florida 3. Arthur C. Clarke 4. Massachusetts 5. Brazil 6. A pod 7. Sam Rayburn (17 years) 8. Cher 9. Tomatoes 0. David and Bathsheba.

Staying Cool Without Breaking The Bank

When the outside temperature is 99-plus degrees, it is tempting to crank down the air conditioning and stay indoors. Remember that when cooling your home, every degree does count... or should we say cost.

Lee County Electric Cooperative (LCEC) recommends setting your thermostat at 78 degrees Fahrenheit when home. Each degree below adds 8 to 12 percent to your cooling costs (which accounts for 50 to 60 percent of your electric bill during summer months). While away from your home for more than two hours, LCEC recommends setting the thermostat at 83 degrees Fahrenheit. If these recommendations send chills down your spine (and not cool, refreshing chills), consider the following tips to beat the heat without breaking the bank:

Drink lots of water. Being hydrated helps you feel at your best.

Dress wisely. Tank tops, shorts, flip flops. Tis the season to dress lightly!

Battery-powered fans. Power these puppies up to stay cool without affecting your energy usage.

Take cool showers and baths. Cool water makes a world of difference when you are hot!

Hit the pool. Jump in, cool off and burn some calories while beating the heat. Head for cool spots. Visit the mall, movie theater or museum for an outing in air conditioning that you are not paying for.

For more ways to save on your electric bill, visit www.lcec.net.炎

LCEC Adopts Tobacco Free Worksite Policy

The Tobacco-Free Lee Coalition is recognizing Lee County Electric

Cooperative in Fort Myers for their worksite tobacco-free policy. Lee County Electric Cooperative (LCEC) has worked with the Tobacco-Free Lee Coalition and its partners to become a tobacco free worksite and offer tobacco cessation services to its employees.

LCEC enacted a tobacco-free workplace policy which has greatly reduced the number of employees using tobacco. LCEC's policy covers all types of tobacco products, including but not limited to cigarettes, cigars, pipes, smokeless tobacco (chewing tobacco, snuff, dip, or any other product that contains tobacco), clove cigarettes and any other smoking devices such as hookahs and e-cigarettes.

"We offer free smoking and tobacco cessation support, counseling and products through our onsite wellness center," said Laura Puerto, LCEC senior public relations specialist. "Those employees who wish to continue using tobacco pay a higher premium for health care and are not permitted to use tobacco on the LCEC campus or any LCEC properties including vehicles. A tobacco free work environment is not easy for those who use but they have done a great job adapting and no doubt their use has been reduced tremendously which has evident benefits. The benefit of reducing secondhand smoke is also quite notable because our policy has raised awareness on the dangers."

Cigarette smoking remains the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths per year. Smoking also impacts almost every system in the body, causing lung cancer, heart disease, stroke, chronic obstructive pulmonary disease (COPD) and even sudden infant death syndrome (SIDS). Secondhand smoke exposure contributes to approximately 41,000 deaths among nonsmoking adults and 400 deaths in infants each year.1

"If you encourage and support your employees to live a healthy lifestyle, they will likely make it priority in their lives," Puerto said. "Companies that want to have a healthier work force must lead by example and commit fully to health-related initiatives. It isn't always the most popular stance, but the rewards can be measured in reduced health-care costs related to cancer, heart disease and stroke. Providing information and education about the dangers of tobacco use is the first, easiest, and most critical step toward a wellness initiative of this type. Utilizing the facts, real life stories, and highlighting the benefits goes a long way toward garnering buy-in."

Blinking Lights Demystified

A nnoying as it can be, blinking lights or a series of momentary outages is actually a good thing. Blinking lights or momentary outages are the result of some type of disturbance that is detected on the electric system. The cause can range from an automobile accident to a squirrel, bird or tree branch.

When lights blink, it is an indication that Lee County Electric Cooperative (LCEC) protective devices are operating properly. When something contacts an energized line, it creates a fault or short circuit. If the fault or short circuit is temporary, power is restored in the blink of an eye. Although it is a very quick process, it may



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cause lights to flicker and digital clocks to reset. The protective device will sometimes operate more than once to clear the line of the disturbance and avoid a prolonged outage. If the line is not cleared, it will be de-energized to protect equipment from damage and ensure safety.

As much as LCEC wishes that it could control the environment and the weather, it can't. However, LCEC can and do work diligently to ensure reliable electricity for its customers. If these momentary blinks are driving you momentarily crazy, you might consider using electric devices that have battery backups.

To learn more about LCEC's focus on reliability, visit www.lcec.net.

Boat Responsibly In Lee County

Waterways are second only to highways when it comes to accidental deaths. Many factors impact an individual when underway. Sun, wind, noise, vibration from the boat, motion and dehydration all act as stressors to the body when boating. These stressors can negatively impact a person's balance, vision, coordination and judgment.

When alcohol is added to the mix, all the negative impacts can be seriously magnified. Not only is it important for the operator to boat sober, passengers also have an obligation to act responsibly. Erratic behavior or sudden, unexpected movements can result in injury, capsizing or a fall overboard. Alcohol can cause even greater disorientation to a person thrown into the water. So, for captain and crew, boat safe, boat sober.

It is always a smart idea to wear a life jacket that allows unrestricted freedom of movement at all times on board an open boat. Being immersed unexpectedly in the water is a situation of last resort. In the circumstances of being forced to ride

SCRAMBLERS

1. Agility; 2. Meager; 3. Basin; 4. Crooner *Today's Word* **BECOMING** out a storm or abandon ship, a life jacket with maximum flotation, turning ability can provide protection. When rescue arrives, you'll be glad for the survival colors, reflective tape, whistle, light, locator beacons and anything else that has kept

you alive and visible in open water. Skydivers wear their parachutes... Football players wear their helmets...

Drivers wear their seat belts... Responsible boaters wear their life jackets!

A U.S. Coast Guard-approved life jacket is designed to place an unconscious victim in a face-up position, however, it must fit properly. Too big, and the life jacket will ride up around your face. Too small, it will not be able to keep your body afloat. Life jackets designed for adults will not work for children.

Check the manufacturer's label to ensure that the life jacket is a proper fit for your size and weight and is U.S. Coast



Guard approved.

Make sure the jacket is properly fastened with all the straps and buckles in good condition.

Hold your arms straight up over your head. Ask a friend to grasp the tops of the arm openings and gently pull up. Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face. For the best fit, try the life jacket in shallow water under safe and supervised conditions.

Inflatable type life jackets only count under the law if they are actually being worn and are prohibited for personal water craft operators and water skiers.

It's a good idea to write the name of your vessel or registration number on the life jacket to help with lost life jackets.

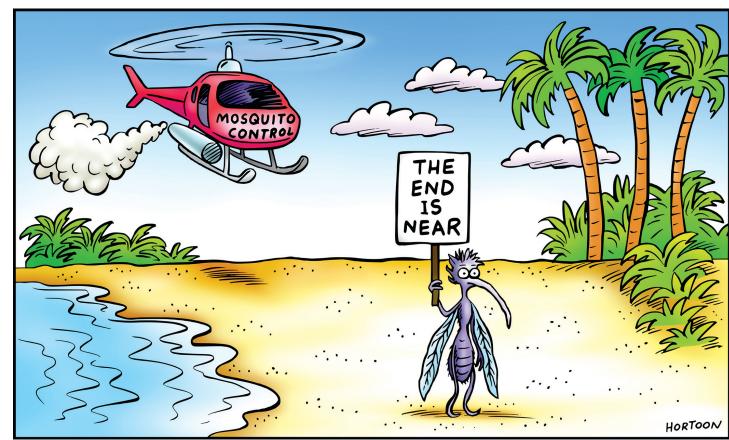
Have life jackets within reach on your vessel and explain to passengers where they are and how to use them.

Évery person on board under the age of

or III while the vessel is underway. For more information, visit www.cgaux. org.X

age 13 must wear an approved Type I, II





Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Harbour Preserve	Cape Coral	2006	6,936	\$2,600,000	\$2,350,000	479
Edgewater	Fort Myers	1997	5,468	\$2,575,000	\$2,300,000	8
Jonathan Harbour	Fort Myers	2003	6,045	\$1,999,000	\$1,880,000	113
Siesta Isles	Fort Myers Beach	2004	5,830	\$1,899,000	\$1,775,000	56
Tahitian Shores	Fort Myers	1977	2,595	\$1,150,000	\$1,025,000	8
West Rocks	Sanibel	1977	1,873	\$995,000	\$980,000	65
Island Harbors	Matlacha	2004	2,821	\$995,000	\$995,000	21
Quail Creek	Bonita Springs	2019	2,701	\$899,900	\$850,000	60
Sanibel Estates	Sanibel	1986	1,840	\$897,000	\$845,000	45
Longlake	Bonita Springs	1993	2,925	\$869,000	\$795,000	123

Courtesy of Royal Shell Real Estate





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> **#thefunrealtors** Bob the Cat not included

Bob has no clue if he likes fireworks. Debra Blumenschein, Realtor[®] 515-460-3152 Deb@WaterfrontRealtyGroup.com