



# THE RIVER WEEKLY NEWS

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VOL. 18, No. 32

From the Beaches to the River District downtown Fort Myers

AUGUST 9, 2019

## Award-Winning Musical Coming To Local Theater

**O**nce, the musical that broke new ground on Broadway, will open at Broadway Palm Dinner Theatre and play from August 22 to September 28.

Winner of eight 2012 Tony Awards including Best Musical and winner of the 2013 Grammy Award for Best Musical Theater Album, *Once* is based on the 2007 Academy Award-winning film of the same name which was written and directed by John Carney, and starred Glen Hansard and Markéta Irglová, with original music and lyrics by Hansard and Irglová.

Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, *Once* tells the enchanting tale of a Dublin street musician who is about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. As the chemistry between them grows, his music soars to powerful new heights, but their unlikely connection turns out to be deeper and more complex than your everyday romance. Emotionally captivating and theatrically breathtaking, *Once* draws you in from the very first note. It's an



Visit [OncetheMusicalTour.com/cast](http://OncetheMusicalTour.com/cast) to see cast bios!

image provided

unforgettable story about going for your dreams... not living in fear... and the power of music to connect all of us.

The tour will include the pre-show onstage bar atmosphere where the

performers play random selections each night, and the audience can be on stage with their drinks and interact with the musicians.

J. Michael Zygo, who performed in

the Broadway production as the emcee, will be recreating the original staging and movement by John Tiffany and Steven Hoggett, respectively. As an original Broadway and Off-Broadway cast member, he feels a special attachment to the incredible work realized by the original cast and creative team. Zygo's recent credits include director of *Once* at Pittsburgh CLO, music director/associate choreographer of *Once* at The Fulton Theatre/Virginia Repertory Theatre. He was also featured on the Grammy Award-winning cast album of *Once*. Other acting credits include Broadway: *School Of Rock*; Off-Broadway: *Once* (NYTW); Tours: *Rock Of Ages* – first National, *The Wedding Singer*, *Bridges of Madison County* – first National, *Annie* – 30th Anniversary tour and *Oklahoma!* – first National.

The cast is led by Jack Gerhard as Guy and Mariah Lotz as Girl. Gerhard is a recent graduate of Rider University with a bachelor of fine arts degree in musical theater. Previous regional credits include *Jesus* in *Jesus Christ Superstar* at the Tibbits Opera House in Coldwater, Michigan. Lotz is also a graduate of Rider University and has premiered numerous new shows in New York and was part of the Rising Star program at Fifth Avenue Theatre. The ensemble includes Todd

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The 2018 judges, host and singer-songwriter winner Kyle Anne Dugan, second from right

photo provided

## Singer-Songwriter Competition For Rising Stars

**T**he 3rd annual Summer Singer-Songwriter Competition returns to the Sidney & Berne Davis Art Center on Friday, August 23. Doors open at 7:30 p.m. and music starts at 8 p.m.

Cost is \$5 to attend.

Experience an evening of original music from local and national competitors. See performers play for a chance to win a spot at the Island Hopper Songwriter Fest, plus bragging rights, prizes and a trophy.

Singer-songwriters have been invited to submit an original song to be considered for this year's competition. The most remarkable performances are pre-selected

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## Women's Suffrage Revered At Alliance Event

**A**ddults and youth ages 12 and older are invited to the Alliance for the Arts for A Toast to Tenacity, a free program on Sunday, August 25 from 5 to 7 p.m. This event celebrates the 99th anniversary of the success of women's suffrage – the passage of the 19th Amendment to the U.S. Constitution.

Presented by Vision 2020 in partnership with the Fort Myers Alumnae Chapter of Delta Sigma Theta Sorority, Inc., the Progressive Women of Southwest Florida, LLC and the Alliance for the Arts, A Toast to Tenacity will feature a short performance from *The Agitators*, a play by Mat Smart, about the lifelong friendship between suffragist Susan B. Anthony and abolitionist Frederick Douglass.

Highlights also include a spoken-word segment featuring local citizens as key figures in the suffrage movement. The audience will hear from such characters as Abigail Adams, who famously wrote to her husband, one of the white male property owners drafting the Declaration of Independence, "Remember the Ladies... or we will surely foment a rebellion, and will not hold ourselves



Derek Lively as Frederick Douglass and Dena Galyean as Susan B. Anthony

photo provided

bound by laws in which we have no voice or representation." They include Sojourner Truth, who escaped slavery and spoke to hundreds of audiences about human rights, including women's right to vote, and Alice Paul, who organized the first women's march on Washington, DC in 1913 and, along with other human

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Historic Downtown Fort Myers, Then And Now:

# Art, Love Letter And A Parking Lot



by Gerri Reaves, PhD

At first glance, the building in this circa-1957 photo might look like a typical commercial structure of its era, but for history aficionados, at least two quirky historical facts elevate it from humdrum to remarkable.

This building on Hendry Street across from City Hall was part of the thriving downtown art scene of the 1970s and 1980s, and it was the site where a long-lost love letter was discovered.

When the photo was taken, the storefronts, which date from the mid-1920s, were occupied by (left to right) Gulf Cascade Water Conditioning, Bud Williams Paint Company and

Summey's Music.

Apartments were located in the multi-story section.

Locals might remember the music store for selling not only musical instruments and sheet music, but for giving music lessons. It was in business at this location for a dozen years and then relocated to Cleveland Avenue in 1964.

Look closely at the right center edge of the historic photo and you'll see the "OK" sign marking the Hough's Chevrolet used-car lot located on the building's south side.

Fast-forward to the 1970s and early 1980s, when downtown Fort Myers was experiencing an economic downturn just like many of the nation's traditional downtowns.

The Age of the Mall and the growth of suburbs drained business and energy from countless American business districts, but in terms of art, downtown Fort Myers was a happening place.

Plenty of artists hung out downtown or lived there, particularly on Hendry. Just one case in point? The Richards Building, residence of several artists, including renowned local Greg Biolchini. He recalls that Gale Bennett, Don Wilkins, Daryl Pottorf and Ikki Matsumoto also had studios there for a time.

And just one block south, in the building shown in the historic photo, artists Ikki and Polly Matsumoto lived in an apartment after they first arrived in Fort Myers,



Circa 1957, this Hendry Street building was a thriving commercial and residential structure. Businesses include Gulf Cascade Water Conditioning, Bud Williams Paint Company, and Summey's Music.

photo courtesy SWFL Historical Society



A new parking lot has been constructed where an artist painted a mural and a long-lost love note was found

photo by Gerri Reaves

according to Ann Ziehl, who also lived in the apartments then.

Biolchini also lived there briefly. He appreciated that the integrity and appeal of the apartments had been maintained, hardwood floors and all.

Gregory Seckler, who bought the building in 1980, remembers the Matsumotos and says other artists lived in the apartments as well.

One of the building's vanished claims to fame was a mural that Tiite Baquero painted on the south side.

Seckler, whose business, Associated Business Machines, was located in the building, recalls that the mural was approximately 20 by 30 feet. The subject was a typewriter wheel, a metal "ball" with characters on it that could be switched out in machines to change typeface.

The mural artists, however, didn't paint standard letters, but filled their typewriter wheel with "characters that they made up," according to Seckler.

Another curious detail of the building's history involves a lost love letter that was discovered as the building underwent renovations soon after Seckler bought it.

Written in 1951, the opened letter apparently was dropped near mailboxes in a hallway.

It somehow ended up underneath carpet and remained there for 30 years!

The envelope, which contained a card decorated with a butterfly, was discovered in January 1981 when old carpet was removed.

Addressed to G. Brown and posted with a three-cent stamp, the note looked as fresh as the day it was mailed.

The writer addressed Brown as "Darling" and desired to explain recent "indifference over the phone." The note ended with "I love you" and was unsigned.

Seckler says the sender and recipient were never identified.

Before the building was demolished around 1999 – and the mural along with it – it housed an astonishing array of businesses, Dunkin' Donuts and a barbershop, just to name two.

The building also suffered a fire, which required extensive repairs.

For the last few years, the location has been an open grassy space with a clear view through to Jackson Street and the rear of the historic Gwynne Institute.

Recently, a new parking lot was built on the spot, a complement to the newly renovated building at Second and Hendry, which now is a law firm. Fortunately, the view is still open.

As for the mural artists, Tiite Baquero is known for his metal manatee sculpture

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Ben Folds

photos provided



Drag artist Nedra Belle

## Symphony Series Fuses Classical, Contemporary

The Southwest Florida Symphony opens its 59th season with Brave New Music – a new concert series that crosses musical genres, incorporates audio-visual and performance art components that, in some cases, have never been seen before on the symphonic stage, and employs music as was often intended by so many composers, as a platform for social justice, equality and tolerance.

As Florida's demographic evolves, becoming younger and more diverse, the Southwest Florida Symphony has made great strides to acclimate to the state's ever-changing cultural landscape. In an effort to evolve with its community, a new concert series called Brave New Music was born. This series – while not exactly Pops but features popular music, and not exactly classical but typically features classical repertoire – is designed to encourage classical music enthusiasts to examine familiar works through a new lens and to remove classical music's historic intimidation factor for audiences that are not ordinary classical music consumers. Ultimately, this is a way to demonstrate the relevance of orchestral music to new patrons of the arts and to lead classical audiophiles on a musical journey that begins in familiar territory for them.

Brave New Music is the product of a sociological litmus test – an experiment that succeeded. In 2016, the symphony presented an indie rock-classical crossover concert with Glen Phillips, the lead singer and songwriter of '90s band Toad the Wet Sprocket. The concert was met with mild curiosity. Though attendance was light, 85 percent of its patrons never attended an orchestral performance before and 15 percent of them traveled more than 50 miles to experience the world premiere concert. In 2018, the symphony tried again, inviting singer/composer/conductor/arranger Steve Hackman to lead the orchestra in his groundbreaking classical-grunge fusion of Brahms' *Symphony No. 1* and '90s rock



The Voice finalist Chris Weaver

band Radiohead's album *OK Computer*. This was met with significant sponsor interest and greater attendance, once again attracting audiences from outside of Lee County. Ending the symphony's 58th season, Hackman returned with his fusion of Beethoven's *Symphony No. 3* and the music of millennial pop band Coldplay. This performance received even greater press coverage, sponsor interest and, ultimately, an impressive audience that expressed a desire for more programs like this one.

Launching its 59th season with Brave New Music, the symphony combines the art of film with live orchestral performance with its screening of the classic horror movie *Psycho* shown in tandem with the orchestra playing Bernard Hermann's infamously chilling score. This performance takes place in two cities: Punta Gorda at the Charlotte Performing Arts Center on Friday, October 25; and Fort Myers at the Barbara B. Mann Hall at FSW on Saturday, October 26.

As add-on options to the Brave New Music Series, patrons can include tickets to another Steve Hackman production on Saturday, February 29 at Barbara B. Mann Hall called *Mashupalooza*, a program that fuses movements from great symphonic works by Beethoven, Mahler, Stravinsky, Bach and other revered

composers, with the music of Adele, Lady Gaga, Kanye West, Jon Mayer and other current pop, rock, soul and urban music artists. Also offered as an add-on, weaving next season's Brave New Music and Masterworks programming together, the symphony will present classically trained pianist/composer and indie-rock superstar Ben Folds to perform his *Concerto for Piano and Orchestra* on Saturday, May 2.

The symphony's final concert and season finale will be *SymPHABULOUS! A Symphonic Drag Show*, featuring drag artist and *The Voice* finalist Chris Weaver and his drag alter-ego, Nedra Belle, on

Saturday, May 16 at Barbara B. Mann Hall.

Tickets to all Southwest Florida Symphony performances cost between \$25 and \$114 per person and are available by calling the Southwest Florida Symphony box office at 418-1500, by visiting the Southwest Florida Symphony box office, located at 8290 College Parkway, Suite 103 in Fort Myers, by calling the Barbara B. Mann Performing Arts Hall box office at 481-4849 or online at [www.swflso.org](http://www.swflso.org). Tickets are also available at the door one hour before the performance.✧

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# Gulfshore Opera Announces Season Lineup

Gulfshore Opera will present a vibrant new production of *La Bohème* as part of its season six lineup. As announced this past January, Gulfshore Opera brings its grand-scale opera productions to the Barbara B. Mann Performing Arts Hall in Fort Myers on Wednesday, March 18. The new venue provides Gulfshore Opera the opportunity to bring Puccini's timeless masterpiece to life in a thrilling new production that is sure to impress audiences. A preview performance will be staged at the Charlotte Performing Arts Center on Friday, March 13.

Metropolitan Opera baritone Nathan Gunn and his wife, collaborative pianist Julie Gunn, are the featured artists for the Gulfshore Opera Gala, to be held on Sunday, February 16. Joined by artists in residence during the first half of the program, they will present popular opera scenes including Nathan Gunn's famous Papageno's suicide scene from *The Magic Flute*. In the second half, the couple will perform a program of American music.

Before high season, Gulfshore Opera will present the family-classic *Amahl and the Night Visitors*. Menotti's one-act opera takes the audience back to the birth of the Christ Child and the journey that the Three Kings make to meet him. Along their way, they stop at the home



of Amahl, a young, crippled shepherd boy, and his mother. In this 45-minute opera, you learn that through love alone a miracle can happen. In the spirit of Christmas, a portion of ticket proceeds will benefit homeless shelters in the community.

Not to be missed this season is the Passionate Puccini concert. Audiences who attended the Opera Meets Broadway Gala in season five will be delighted to hear soprano Robyn Lamp as a featured artist in this concert. The concert will feature scenes and arias from Puccini operas that explore the themes of love, death, familial and societal pressures. In addition, audiences will get a sneak peek into the upcoming production of *La Bohème*.

New to season six is Opera Goes to Church. Gulfshore Opera presents a program of prayerful pieces from great opera, traditional sacred music, gospel arrangements and inspiring songs from American music theater. Professional

artists in residence are joined by the music program at North Naples Church to present this celebratory concert.

Perennial favorites for Gulfshore Opera audiences are the GO Cabaret and Taste of Opera series. GO Cabaret features nostalgic hits performed by professional artists in residence and a jazz trio featuring Tony Viviano on piano. The Taste of Opera series includes elegant dinners and arias and duets from opera and classic musical theater. The two series will tour throughout Southwest Florida in January and February. Full casting of season six professional artists in residence will be announced in October.

The season lineup is:

## La Bohème by Giacomo Puccini

March 13 at 7 p.m., Charlotte Performing Arts Center in Punta Gorda. Tickets are \$65 premium seating, \$50 preferred seating, \$35 standard seating.

March 18 at 7 p.m., Barbara B. Mann Performing Arts Hall in Fort Myers. Tickets are \$75 to \$28.

## Gulfshore Opera Gala

February 16 at 3 p.m., First Presbyterian Church in Bonita Springs (concert), The Club at the Strand in Naples (gala). Gala Package is \$250. Concert only is \$68 preferred seating, \$48 standard seating, \$28 general admission.

## Amahl and the Night Visitors

December 27 at 7 p.m., St. Leo Catholic Church Parish Life Center in Bonita Springs. Tickets are \$10 youth and students, \$35 general admission, \$50 premium seating and meet-the-artists reception. A portion of ticket proceeds supports the St. Matthew House.

December 28 at 7 p.m., The Salvation Army in Naples. Tickets are \$10 youth and students, \$25 general admission, \$35 premium seating. A portion of ticket proceeds supports the St. Matthew House and The Salvation Army.

December 29 at 4 p.m., Congregational United Church of Christ of Punta Gorda. Tickets are \$10 youth and students, \$25 general admission, \$35 premium seating. A portion of ticket proceeds supports the Charlotte County Homeless Coalition.

## Passionate Puccini

January 17 at 7 p.m., First United Methodist Church in Punta Gorda. Tickets are \$25 general admission, \$35 premium seating.

January 18 at 7 p.m., Rose History Auditorium in Marco Island. Tickets are \$35 general admission, \$50 premium seating and reception.

January 23 at 7 p.m., Daniels

Pavilion, Artis Naples in Naples. Tickets are \$49.

February 8 at 7 p.m., Sanibel Congregational United Church of Christ on Sanibel. Tickets are \$35 general admission, \$50 premium seating.

## GO Cabaret

January 25 at 7 p.m., The Community House on Sanibel. Tickets are \$45 and include appetizers and wine.

January 31 at 7 p.m., Naples Art Association in Naples. Tickets are \$50 and include appetizers and wine.

February 1 at 7 p.m., Isles Yacht Club in Punta Gorda. Tickets are \$45 and includes appetizers and cash bar.

## Taste of Opera

December 5 at 6 p.m., The Club at the Strand in Naples. Tickets are \$150.

January 30 at 6 p.m., The Colony Golf & Country Club in Bonita Springs. Tickets are \$125.

February 12 at 5:30 p.m., Charlotte Harbor Yacht Club in Port Charlotte. Tickets are \$75.

February 27 at 6 p.m., Hideaway Beach Club in Marco Island. Tickets are \$150.

## Opera Goes to Church

February 9 at 4 p.m., North Naples Church in Naples. Tickets are \$30 general admission, \$40 premium seating.

## Song & Dance

October 24 at 7 p.m., Gulfshore Ballet in Fort Myers. Tickets are \$75 premium seating with cocktails, hors d'oeuvres and auction, or \$45 performance only.

## Gulfshore Tenors

November 8 at 7 p.m., St. Leo Catholic Church Parish Life Center in Bonita Springs. Tickets are \$25 general admission, \$40 premium seating and reception.

November 9 at 7 p.m., Military Heritage Museum's Gulf Theatre in Punta Gorda. Tickets are \$25 general admission, \$35 premium seating.

## Christmas with the Gulfshore Tenors

December 7 at 7 p.m., Cultural Center Theater in Port Charlotte. Tickets are \$25 General admission, \$35 premium seating.

December 8 at 4 p.m., Naples Art Association in Naples. Tickets are \$35 general admission, \$50 premium seating and reception.

## Style & Song Luncheon

March 5 at 2 p.m., Grey Oaks Country Club in Naples. Tickets are \$75 and include lunch, style show, performances and gifts.

Tickets are on sale now by visiting [www.gulfshoreopera.org](http://www.gulfshoreopera.org) or by calling 529-3925.\*

# Book Signing At Library

Author Frederick Eshelman will hold a book signing at Lakes Regional Library on Saturday, August 10 at 2 p.m.

Eshelman's book is titled *Jacob's Favorite Brother*.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information, call 533-4000.\*

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## Fort Myers Art:

# Applications Sought For 20th ArtFest Show



by Tom Hall

ArtFest Fort Myers is now accepting applications from professional artists for participation in its 2020 juried show which, coincidentally, is its 20th anniversary show as well.

Featuring the work of 200 artists, ArtFest Fort Myers will bring 90,000 art lovers and collectors to the largest outdoor gallery in Southwest Florida on the first weekend in February.

Why do so many artists vie for inclusion in the show? It's simple. Because ArtFest's year-round friendly and professional staff places the focus on the artist and the art-selling experience. Targeting art buyers throughout Southwest Florida and beyond – from Marco Island to Sarasota and east to West Palm Beach – ArtFest's promotional campaign includes all forms of media. Judging from each year's turnout, they're clearly doing something right. No other art festival in Florida comes close to pulling in the number of people or the



Festivalgoers check out artist booths at a previous ArtFest in downtown Fort Myers

photo courtesy www.artswfl.com

concentration of collectors that ArtFest does.

The organizers also understand the importance of providing great artist amenities over festival weekend to ensure that its exhibitors are stress free and ready to share their work with the festival's dedicated and enthusiastic attendees.

How are festival artists chosen?

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 one to seven points. The artists with the highest scores are then invited to participate in ArtFest.

"Our jury panel varies each year but always represents a broad base of expertise with regard to artistic mediums," ArtFest organizers point out in its press release announcing the opening of this year's submission process. "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. Our jury process is open to artists and patrons – please contact us for more information."

For artist application information, contact ArtFest Fort Myers at 768-3602, email [info@artfestfortmyers.com](mailto:info@artfestfortmyers.com) or visit [www.artfestfortmyers.com](http://www.artfestfortmyers.com).

## Boulderbrook Accepting Submissions For Art Festivals

Boulderbrook Productions hosts a number of boutique art festivals in Southwest Florida each season. The company is currently accepting submissions for:

Art Festival at the Sanibel Shops, December 7 and 8; deadline is September 7;

The Sanibel SCA Art Festival, January 17 and 18, 2020; deadline is October 4;

Sarasota Masters Art Festival,

February 1 and 2, 2020; deadline is September 21;

Bonita Springs Invitational at The Promenade, February 15 and 16, 2020; deadline is October 1;

Boca Grande Art Festival, March 7 and 8, 2020; deadline is October 14;

Peace River National Art Festival, March 21 and 22, 2020; deadline is October 1; and

Bonita Springs Masters Art Festival, March 28 & 29, 2020; deadline is October 14.

To apply, visit [www.boulderbrook.net](http://www.boulderbrook.net).

## Youth Alliance Theatre Holding Auditions For Two Plays

The Alliance for the Arts Youth Theatre is holding auditions for *Pippin* and *Children of Eden Jr.* on Saturday, August 17 from 10 a.m. to 2 p.m. Pre-registration is required.

*Pippin* is a hip, tongue-in-check fairy tale that captivates diverse audiences. With an infectiously unforgettable score from four-time Grammy winner, three-time Oscar winner and musical theatre giant Stephen Schwartz, *Pippin* is the story of one young man's journey to be extraordinary. There's magic to do in this iconic musical masterpiece when a prince learns the true meaning of glory, love and war.

*Pippin* is open to performers in 10th through 12th grade. Callbacks for *Pippin* are on Monday, August 19 from 6:30 to 8:30 p.m. Rehearsals will be most Saturdays from 9 a.m. until 3 p.m. *Pippin* tech week is November 11, and shows are November 16 to 24.

*Children of Eden Jr.* is based on the story of Genesis. Adam, Eve, Noah and the "Father" who created them deal with the headstrong, cataclysmic actions of their respective children. As generations pass, faith and loyalty are tested, but the bonds of family and love remain strong. A new adaptation of Stephen Schwartz's epic and heartfelt musical, *Children of Eden Jr.* retells the age-old conflict of parents and children.

*Children of Eden, Jr.* is open to performers in fourth through ninth grade. Callbacks for *Children of Eden, Jr.* will take place from 2 to 4 p.m. on Saturday, August 24. Rehearsals will be most Saturdays from 9 a.m. until 3 p.m. *Children of Eden, Jr.* tech week begins December 1, and shows are December 6 to 8.

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



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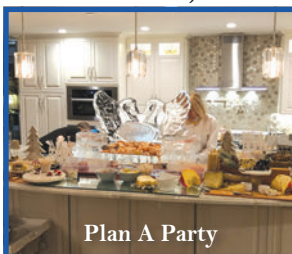
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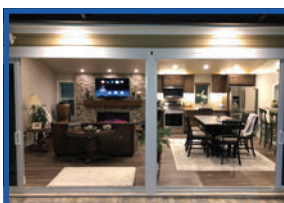


Plan A Party

Remodel Your Kitchen



Update Your Bathroom



Add A New Guest Suite

From page 1

## Competition

to play live at the Sidney & Berne Davis Art Center during the competition. A panel of judges select a grand prize winner, who will receive a performance spot at the Island Hopper Songwriter Fest, plus a trophy and a prize donated by an area business.

The audience will also have a chance to participate when they vote for the People's Choice winner, who will receive a trophy and a prize donated by an area business. Submission deadline is August 13.

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





Pietro Iannotti

photo provided

## Concert Series Closes With Piano Performance

Shell Point Retirement Community will conclude its 2019 Summer Concert Series with a performance by pianist Pietro Iannotti Piano at 7 p.m. on Wednesday, August 28 in the Grand Cypress Room at The Woodlands at Shell Point, located at 14441 Woodsong Lane in Fort Myers. The concert is open to the public, with tickets available for \$21

online at [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts) or by phone at 454-2067.

Since the age of 9, Salerno native Iannotti has been performing publicly in recitals and with orchestras in Italy and abroad, gaining acclaim from both audience and critics. He has participated and won numerous national and international competitions. Iannotti has also taught music students for more than 18 years, and currently teaches from his studio in Oslo, Norway.

Tickets purchased online or by phone will be held for pickup at will call on the night of the performance.✱

## Becoming Cosmopolitan Fundraiser

Community Cooperative's 14th annual Becoming Cosmopolitan fundraiser is scheduled for Thursday, October 3 at 6 p.m. Presented by FineMark National Bank & Trust, this year's event will once again be held in the Barbara B. Mann Performing Arts Hall in Fort Myers, with the return of the popular Fire & Ice theme for the evening.

The evening includes shopping with local boutique vendors, gourmet cuisine and creative cocktails, desserts, silent and live auctions, raffles, music and an after party, all in celebration of the cosmopolitan lifestyle in Southwest Florida. This year will also feature the return of the Aerial Dragons to bring the Fire & Ice theme to life through entertainment.

Over 300 guests attended last fall's event, and all the proceeds support the women's and children's programs at Community Cooperative. With nearly 70 percent of Lee County school children on free or reduced lunch, and the numbers of homeless women and children increasing every day, it is a critical time for the community to come together and make a difference.

Limited sponsorships are available. Donations for the silent and live auctions and Key To The Closet raffle are also being accepted. Tickets will go on sale in late August and will be available for purchase through [www.CommunityCooperative.com](http://www.CommunityCooperative.com). For more information or to make a donation, contact Stefanie Edwards at 461-2802 or [Stefanie@CommunityCooperative.com](mailto:Stefanie@CommunityCooperative.com).✱



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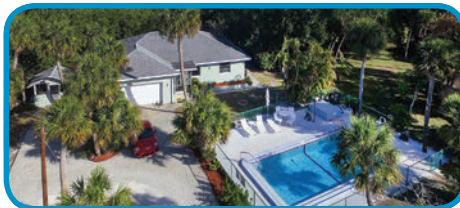
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### 836 Donax Street



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

**\$575,000**

### 678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

**\$699,900**

### 4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

**\$1,329,000**

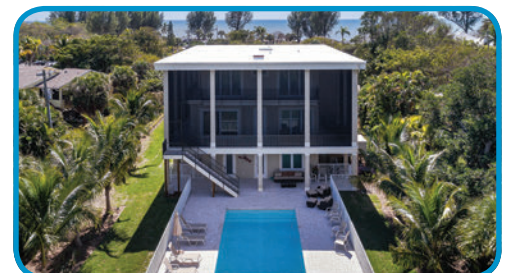
### Sandalfont #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

**\$674,000**

### 4014 West Gulf Drive



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

**\$3,699,000**



## Along The River

The world premiere of **DMV** opens at **The Laboratory Theater of Florida** this Friday, August 9.

The play highlights the life of Bernice who, after 30 years of working at the Fort Myers Department of Motor Vehicles (DMV), has one last day of work before retiring with a full pension. She's already sold her home, packed her belongings and celebrated, rather heavily, with her co-workers. Unfortunately, things go slightly awry. What follows is a laugh riot of what happens every day at virtually every DMV.

DMV plays through August 25. It stars Gerrie Benzing, Sam Bostic, Stacy Stauffer, Todd Lyman, Mike Dinko, David Cooley, Art Keene and Margaret Cooley. It is directed by Carmen Crussard, also known for *Play On!*, *And the Winner Is...* and *The Musical Comedy Murders of 1940*.

Performance dates are August 9, 10, 16, 17, 23 and 24 at 8 p.m., and August 18 and 25 at 2 p.m.

Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers. Tickets are available online at [www.brownpapertickets.com](http://www.brownpapertickets.com) or by calling the box office at 218-0481.

**Florida Repertory Theatre** will feature **Spring Awakening**, a play that has won eight Tony Awards, including Best Musical, this Friday, August 9 and Saturday, August 10 at 7 p.m. with matinees on Saturday and Sunday, August 11 at 2 p.m.



**Keep the Spirit of '45 alive! The annual dinner and ceremony to celebrate World War II veterans will be held this Sunday.**  
photo courtesy [www.spiritof45.org](http://www.spiritof45.org)

The rock musical contains music by Duncan Sheik and is based upon the book by Steven Sater. It explores the journey from adolescence to adulthood with a poignancy and passion that is illuminating and unforgettable. *Spring Awakening* is an electrifying fusion of morality, vitality, and rock and roll. It has parental advisory explicit content.

Tickets are \$10 for students and \$20 to \$25 for adults.

Florida Repertory Theatre is located at 2268 Bay Street in Fort Myers. For more information or tickets, call

332-4488 or visit [www.facebook.com/events/864967353873231](http://www.facebook.com/events/864967353873231).

**The Sidney & Berne Davis Art Center** continues its **Reimagined group art show** this weekend and through Thursday, August 29. General admission is a \$1 entry donation.

Local surrealist and fantasy artists have joined together to create this show as a homage to invite you into how the fantastical has inspired us to create. Creations of visual art to wearable art, surrealist to high fantasy, will delight and inspire.

The Reimagined group art show explores folklore and mythology through the eyes of artists Dharma Lefevre, Danielle Branchaud, Amanda Warrick, Ndola Pency, Katie Vance, Michelle Caraway, Amanda Howell, Jeannie Coons and Willow DeArmas.

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

The Housing Authority of the City of Fort Myers will host a **community job orientation** in partnership with the Fort Myers Police and Fire departments on Saturday, August 10 from 10 a.m. to 2 p.m. at the **Carrie Robinson**

**Center**, located at 2990 Edison Avenue in Fort Myers.

The orientation is open to the public and will include information on career opportunities with both the Fort Myers Police Department and the Fort Myers Fire Department, including the Explorers and Cadet programs.

For more information, call Vivian Watkins at 332-3825 or email [vivianw@hacfm.org](mailto:vivianw@hacfm.org).

Lee County's annual **Spirit of '45 dinner and ceremony** will be held this Sunday, August 11 at **Sanibel Harbour Marriott Resort & Spa** in Fort Myers. This year marks the 75th anniversary of D-Day and the 10th year of the Spirit of '45 nationwide initiative. All World War II veterans are invited to attend the sit-down dinner and ceremony, which will include presentation of colors, singing of the *National Anthem*, guest speakers and a rendition of Taps.

Sponsors are needed to cover the cost of meals for veterans. Sponsorship levels range from \$50 to \$1,000, which include advertising opportunities in the program and tickets to the ceremony. There is also a Sponsor-A-Vet program for \$25, which will cover the cost of a veteran's meal and include a listing in the program.

World War II combat veteran and Sanibel resident Ed Sieber will be one of the guest speakers. Sieber was a member of the United States Navy Air Group 82 Bombing Squadron who assisted in the historic sinking of the Japanese battleship Yamato, which occurred on April 7, 1945. For his efforts, he was awarded the Navy Cross, Silver Star, four air medals and two distinguished flying crosses. Sieber's military memorabilia is on display at the Sanibel Public Library through the end of August.

Dinner begins at 4:15 p.m. and all World War II veterans and spouses of the same generation are admitted at no charge. For all others, the cost is \$25 per person.

For tickets and sponsorships, contact Eryka Aptaker, Lee County chairman of Spirit of '45, at 917-607-4385 or email [ej3090@comcast.net](mailto:ej3090@comcast.net).

The Sanibel Harbour Marriott Resort & Spa is located at 17260 Harbour Pointe Drive in Fort Myers.✪



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From page 2

## Historic Downtown

visible to motorists crossing the Interstate-75 bridge over the Caloosahatchee.

Walk down Hendry Street and ponder whether G. Brown and the anonymous writer ever smoothed over the reason for that seeming indifference. And imagine a time when love notes were usually mailed, not emailed or Tweeted.

Then visit the following places to learn more about Hendry Street's art and business history.

The Southwest Florida Historical Society is an all-volunteer nonprofit organization open Wednesday and Saturday between 9 a.m. and noon, and Wednesday from 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 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 nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

For information, call 332-8778 or visit [leecountyblackhistorysociety.org](http://leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

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



## August Programs At The Estates

During the month of August, the Edison Ford Winter Estates will host the following activities, programs and events:

Garden Talk: Bromeliads – Saturday, August 10 from 10 to 11:30 a.m. at the Estates.

One of the easiest plants to grow in Southwest Florida is the bromeliad. The horticulture team will explain the many different types of bromeliads and where it is best to plant; sun, shade or in trees, so they will thrive in your garden. Learn planting techniques and long-term care for these tropical wonders. Wear comfortable clothing, shoes, a hat and sunscreen as you will be walking to see bromeliads growing in the gardens. There will be many types of bromeliads for sale, and participants will receive a 20 percent off coupon for use on plant purchases in the Garden Shoppe. Participants will meet in front of the information booth after checking in at the ticket office.

Cost for Edison Ford members is \$10; non-members are \$15. Call 334-7419 for more information.

Volunteer Meeting and Lecture Series – Tuesday, August 13 at 10 a.m., South Florida Water Management Lecture Hall, located at 2301 McGregor Boulevard in Fort Myers.

The meeting will feature a presentation by ABC-7 meteorologist Mackenzie Bart. She will be speaking about the upcoming hurricane season and touch on Hurricane Michael as well as Hurricane Irma.

Volunteer meetings are free and open to the public. Contact Bobby Feldman or Holly Shaffer, program managers, at 335-3694 for more information.

Celebrate National Honey Bee Day at Edison Ford – Saturday, August 17 from 9 a.m. to 2 p.m. at the Estates.

Celebrate National Honey Bee Day with a series of workshops, hands-on demonstrations and honey tastings. Throughout the event, there will be local honey tastings and honey for sale, a question and answer session with Freddy Howard, a bee inspector, and informational tables with representatives from the Florida Native Plant Society, Florida State Beekeepers Association, and Solitary Bee Homes. Native and pollinator plants will be for sale in the Edison Ford Garden Shoppe.

For more information, call 334-7419. The Edison Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers.✱

## Firm Takes Part In Community Service Initiative

Lighthouse of SWFL recently partnered with McGriff Insurance Services to enhance the vision rehabilitation center as part of McGriff's 2019 Lighthouse Project, an annual community service initiative that strives to positively impact the community.

Over the course of several days, volunteers from McGriff spent time painting the lobby, kitchen and meeting

spaces to improve the appearance and functionality of the facility, as well as provide an updated and comfortable space for clients and their families. In addition to donating the paint and supplies for the project, McGriff Insurance Services also donated new cooktops for the teaching kitchen, which will create a safer and more efficient learning environment for countless individuals working to gain independence through life skills.

The Lighthouse of SWFL is an organization that provides support and services to individuals of all ages living with a visual impairment or blindness so that they can remain independent, active and productive in society. To learn more, visit [www.lighthouseswfl.org](http://www.lighthouseswfl.org) or call 997-7797.✱

## Republican Women To Meet

Lee Republican Women Federated will hold their monthly luncheon meeting at Pinchers – The Marina at Edison Ford on Monday, September 9. A social will begin at 11:15 a.m. followed by lunch and the program.

All mayors from Lee County will participate to discuss important issues facing Lee county. Participants will be Fort Myers Beach Mayor Anita Cereceda, Estero Mayor Bill Ribble, Bonita Mayor Peter Simmons, Fort Myers Mayor Randy Henderson, Cape Coral Mayor Joe Coviello and Sanibel Mayor Kevin Ruane.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street

in Fort Myers. To RSVP, visit [www.leerepublicanwomen.com](http://www.leerepublicanwomen.com) or contact Wren Morefield at (270) 210-1284 or [wrenspet@hotmail.com](mailto:wrenspet@hotmail.com) before Thursday, September 5 at noon.✱

From page 1

## Women's Suffrage

rights activists, was verbally and physically assaulted.

Also on the program are a voting quiz with prizes and a grape juice toast, like the one that suffragists used to mark the passage of the 19th Amendment 99 years ago when Prohibition was in effect.

A wine and cheese reception will follow in the Alliance gallery.

Guests will include Fort Myers Mayor Randall P. Henderson; Peter Ndiang'ui, chair of the Mayor's Diversity and Inclusion Advisory Committee; Kathy Dupuy Bruno, president of the Fort Myers Alumnae Chapter of Delta Sigma Theta Sorority, Inc.; Karen Nathan and Alex Bremner, co-chairs of Progressive Women of Southwest Florida; Lee County Supervisor of Elections Tommy Doyle; Florida Rights Restoration board member Neil Volz; and local Vision 2020 delegates Madelon Stewart and Nori Ann Reed.

Sponsors include Progressive Club of the Islands; League of Women Voters of Lee County; and League of Women Voters of Sanibel.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Registration is required. To register, visit [www.artinlee.org/event/tenacity](http://www.artinlee.org/event/tenacity).✱

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Boy Scouts can earn their fishing and other badges at Merit Badge University photo provided

# Scouts Merit Badge University At ‘Ding’ Darling

The JN “Ding” Darling National Wildlife Refuge on Sanibel will host its 2nd annual Merit Badge University for registered Boy Scouts of America on Saturday, October 26. Support for the program comes from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge’s recreation concession.

Scouts from around the nation will have the opportunity to earn up to two out of six badges being offered that day. They include Bird Study, Photography, Cycling, Kayaking, Fishing, and Fly Fishing. Class sessions run from 9 a.m. to noon and 12:30 to 3:30 p.m. The non-refundable, non-transferrable cost is \$20, which includes classes, badge workbooks and materials, lunch, goodies and snacks. Each class is limited to 15 scouts on a first-signup basis. To register, call 472-1100 ext. 249. “We are looking forward to working closely again with scout groups,” said program organizer Ranger Monica

Scroggin. “Last year was a great success despite the fact it was the first time around. We expect this year to be even better.”

To learn how to become a sponsor of Merit Badge University, contact Dot Voorhees at 472-1100 ext. 239.✧

# Care Packages Donated To Seniors



From left, Cypress Cove Executive Director Michele Wasserlauf, Volunteer Coordinator Lucinda Henry, Mary Meador of United Way, Cypress Cove Philanthropy Specialist Allen Abbott and Friendship Centers Volunteer Services Specialist Deb Dickinson photo provided

Cypress Cove at HealthPark residents and employees donated personal care items for seniors attending adult programs at the Friendship Centers. Over 120 care packages were assembled with items such as toothbrushes, soaps, shampoos and lotions. Friendship Centers is a nonprofit organization serving older adults in five

counties in Southwest Florida. Tens of thousands of older adults in Southwest Florida have benefited from the Friendship Centers’ programs and services since its founding in 1973 by Brother William Geenen, a member of the Congregation of the Holy Cross Order of University of Notre Dame (CSC).✧

# Churches/Temples

**ALL FAITHS UNITARIAN CONGREGATION** Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.  
**ALL SAINTS BYZANTINE RITE CATHOLIC** Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.  
**ANNUNCIATION GREEK ORTHODOX** Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.  
**BAT YAM-TEMPLE OF THE ISLANDS** Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.  
**BETH YESHUA MESSIANIC SYNAGOGUE** Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.  
**BIBLESHARE** 10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.  
**BREAD OF LIFE MINISTRIES** Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.  
**CHABAD LUBAVITCH ORTHODOX** Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.  
**CHAPEL OF CYPRESS COVE** Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.  
**CHURCH OF THE CROSS** Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.  
**CONGREGATIONAL** Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.  
**COVENANT PRESBYTERIAN** Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.  
**CYPRESS LAKE BAPTIST** Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive,

481-5442.  
**CYPRESS LAKE PRESBYTERIAN** Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.  
**CYPRESS LAKE UNITED METHODIST** Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.  
**FAITH UNITED METHODIST** Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.  
**FIRST CHURCH OF CHRIST, SCIENTIST** Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.  
**FIRST CHURCH OF THE NAZARENE** Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.  
**FIRST UNITED METHODIST CHURCH** Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.  
**FORT MYERS CHRISTIAN** Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.  
**FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;** Sunday 10 a.m., 8210 College Parkway, 482-3133.  
**FIRST PRESBYTERIAN CHURCH OF FORT MYERS** 11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261  
**IONA-HOPE EPISCOPAL CONGREGATION** Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.  
**JESUS THE WORKER CATHOLIC** Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.  
**KINGDOM LIFE** Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.  
**LAMB OF GOD** Sunday 7:45 and 10 a.m., www.lambofgod

church.net, 19691 Cypress View Drive, 267-3525.  
**NEW BEGINNINGS CENTER** Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.  
**NEW COVENANT EYES** Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.  
**NEW HOPE BAPTIST** Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.  
**NEW HOPE PRESBYTERIAN** Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.  
**PEACE COMMUNITY** Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.  
**PEACE LUTHERAN** Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.  
**REDEEMER LUTHERAN** Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.  
**RIVER OF LIFE ASSEMBLY OF GOD** 8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.  
**SAMUDRABADRA BUDDHIST CENTER** Meditation classes. www.MeditationInFortMyers.org, 567-9739.  
**SAINT COLUMBKILLE CATHOLIC** Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.  
**ST. FRANCIS XAVIER CATHOLIC** Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.  
**SAINT JOHN THE APOSTLE METROPOLITAN** Sunday 10 a.m., 3049 McGregor Boulevard,

344-0012.  
**SAINT MICHAEL LUTHERAN** Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.  
**SAINT NICHOLAS MONASTERY** Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.  
**ST. VINCENT DE PAUL CATHOLIC** Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.  
**SOUTHWEST BAPTIST** Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.  
**TEMPLE BETHEL SYNAGOGUE** Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.  
**TEMPLE JUDEA (CONSERVATIVE)** Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.  
**THE FAITH CENTER** Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.  
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**WORD OF LIFE** Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.  
**ZION LUTHERAN** Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.✧



## CROW Case Of The Week:

# Eastern Spotted Skunks



by Bob Petcher

The eastern spotted skunk (*Spilogale putorius*) is smaller and more slender than its more familiar cousin, the striped skunk. Sporting a weasel-like body shape, the spotted skunk averages 12 to 14

inches in length and one to three pounds in weight.

This species of skunk has four stripes on its back that are broken up in pattern, giving it a "spotted" appearance and its name sake. This look is usually coupled with a white patch on its forehead and a white tip on its tail.

Eastern spotted skunks, like all skunks, have well-developed anal glands that can discharge a musky odor if they are threatened. The "nipple" on the glands allows the skunk to be accurate on its aim.

Two baby eastern spotted skunks were admitted to CROW's wildlife hospital on July 13. They were found at a solar panel plant, where it was reported their mother had been accidentally killed by shifting solar panels. The two skunks were originally taken to the Peace River Wildlife Center before being transferred to CROW for long-term care.

"Peace River is capable of long-term care and they do it very well," said CROW Rehabilitation Manager Breanna Frankel. "The spotted skunks were transferred into our care because we have additional staffing and experience that they felt would benefit the babies."

At the time of their arrival, the skunks were found to be in good health and were still at an age that they had not yet opened their eyes. Within a week of care at CROW, both skunks opened their eyes and were doing great at suckling a specialized milk formula from a nipple.

"Our formula is specially designed with a medium fat and protein content to allow healthy weight gain while not disrupting their digestive system," said Frankel. "It is always important to remember that you should never try to raise a wild animal on your own. In most places it is illegal to raise wildlife without the appropriate license."

By the second week, rehabilitation staff began the weaning process to transition the skunks to solid food.

"The weaning process is a nerve-racking time for us because the skunk kits begin to transition from a full milk diet to their juvenile diet of whole foods as well as milk. During that time, their weights have to be watched very closely to ensure they are not losing weight and still getting all the appropriate calories," explained Frankel. "As they begin to eat more whole foods on their own, we decrease the number of milk feeds until they are fully transitioned. Our two kits have successfully transitioned off the milk formula and are eating entirely on their own now."

The young patients will remain at



Patients #19-2982 and #19-2983 resting during their stay at CROW photo by Brian Bohman

CROW until they are fully vetted.

"The skunks are currently about six weeks old and have a lot of growing to do. They will not be released until they are four to five months of age," said Frankel. "By four months old, they are fully grown and during that time their mother teaches them how to find food. We will replicate that process by providing a wide variety of natural foods that they would encounter in the wild to ensure their success."

When ready for release, the skunks will be returned to an area close to where they were found.

"Ideally, for any of our patients, we send them back to where they came from. These babies were found in Alva amidst

a solar plant that unfortunately killed their mother," said Frankel. "We will get them back to that general area, but we will find a relatively uninhabited plot of land for release so they do not easily encounter people or find themselves in unfortunate circumstances like their mother."

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](http://www.crowclinic.org).

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# Trout Recovery Nothing Short Of Amazing



by Capt.  
Matt Mitchell

My weekly trips continued the family fun, not only with fishing but some days we mixed in sightseeing, dolphin/manatee watching and even

a stop at the beach for shells. Getting to share the amazing resource we affectionately call our backyard never gets old. The amount of ways to spend the day out on our beautiful waters is almost endless.

While up on North Captiva this week, I experienced erosion on the northern end of island that created huge shell mounds along with a sheltered lagoon over the last month. The natural shifting sands have made the perfect sheltered spot to pull up inside with a boat and spend some beach time. All the beaches and sandbars on our northern barrier islands still are totally natural and look a lot like they did 100 years ago. These beaches have never been renourished, making them the prettiest beaches around.

We drifted the flats while popping bobbers baited with shiners. It gave clients of all ages some awesome action



Martin got in on the trout bite while visiting all the way from England this week

photo provided

on a wide verity of species. I've been staying close to home fishing the flats in the southern sound from St. James City to Captiva in water depths of three to four feet. This trout bite is like we have not seen in over a year. These fish are making an amazing recovery since the red tide of last August wiped them out. Though most of these trout are from 14 to 16 inches long, we caught several each trip that were more than

20 inches.

While fishing for these trout, we have also been catching ladyfish, jacks, mackerel, mangrove snapper and bluefish. Switching up to a soft plastic jig when the bite is on has been a fun way to catch them too. Remember our trout fishery remains catch and release as its closed until at least May. A good idea is to use a hook-out tool to unhook these very delicate fish. The less you

touch them, the better off they are. If you want a photo with a good one, wet your hands before quickly gently getting that picture.

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](mailto:captmattmitchell@aol.com).✱

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Dave Doane





This coco plum has an abundance of pink-blush fruit photos by Gerri Reaves

#### Plant Smart

## Versatile Coco Plum

by Gerri Reaves

Coco plum (*Chrysobalanus icaco*) is one of only two Florida natives of the cocoa-plum family, the other being gopher apple (*Geobalanus oblongifolius*). Coco plum's natural habitat includes wet areas such as hammocks, beaches, dunes, and riversides.

It takes the form of a shrub or small bushy tree and is valued for its ornamental beauty, low maintenance, and wildlife friendliness.

It is one of the most common native landscape plants in South Florida and frequently used as a hedge, although the repeated cuttings shorten its life.

It works well as a border or screen and can even be espaliered.

This evergreen grows as high as 30 feet inland, but takes a lower shrubby form in coastal areas. It is fast-growing and long-lived and can be nearly as wide as tall.

The nearly round leaves are an ornamental feature, especially new



Purple fruit is more common than pink or white

reddish growth. The shiny leaves are leathery and about two to three inches wide. Alternate and upward turning, they grow in two rows along the stem.

Flowers and fruit appear throughout the year. Spikes of very small bell-shaped flowers are followed by one-seeded round or oval fruit measuring one to three inches in diameter.

Usually, purple fruit appears on plants with reddish new growth and yellow-white or pinkish fruit on plants with greenish white new growth.

The plant provides good cover as well as food to wildlife, and the flowers attract many pollinators. The plant is known for excellent honey.

The sweet fruit is edible and was a food source for early Floridians and Seminoles. Today it is still used to make jellies and preserves.

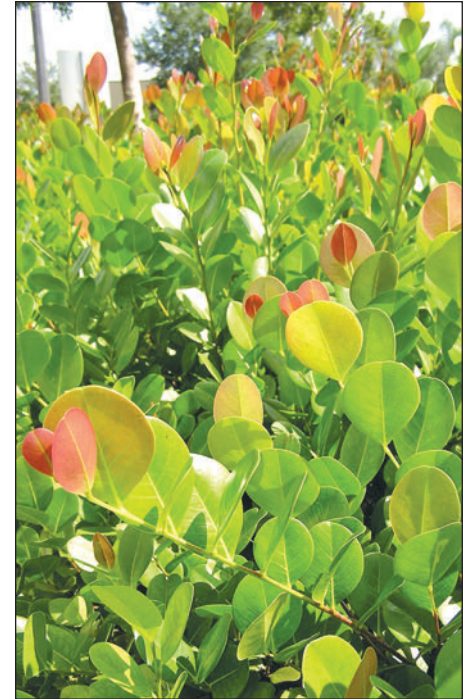
The five- to six-angled nutlike seeds are also edible and have high oil content.

Coco plum prefers full sun or partial shade and needs soil with some organic content to thrive. It is relatively pest-free, salt and drought tolerant, and wind resistant.

Propagate it with seeds or cuttings. Seedlings appear under plants where fruit is allowed to fall.

The bark, fruit, roots, and leaves have medicinal uses.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *Native Florida*



Red-tipped foliage is but one of native coco plum's ornamental features

*Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <http://www.floridaforaging.com>, and [www.regionalconservation.org](http://www.regionalconservation.org).

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

## Evening Guided Bird Walk At Bunche Beach

Experience the beautiful birds of Bunche Beach with a bird patrol guide on Thursday, August 15 at 6 p.m.

Provided in cooperation with Lee County Parks and Recreation, the beachfront walk is free with paid parking of \$2 per hour (tour is approximately two hours). Participants

meet on the beach located in South Fort Myers, off Summerlin Road. Drive south on John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org). ☆



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# Rotary Clubs Join Habitat To Build Community Park

The Rotary Club of Fort Myers South partnered with Habitat for Humanity of Lee and Hendry Counties to build a new community park at Majorca Palms in the Tice area of Fort Myers. About two dozen Rotarians spent the morning of July 20 laying sod and installing new playground equipment to benefit 175 children and 150 families in the neighborhood.

The park is the first of its kind for the local chapter of Habitat for Humanity. It represents the fruits of a monthslong effort between Vince Modarelli, Habitat for Humanity's local vice president of community outreach, and Tracie Bagans, the immediate past president of Rotary Club of Fort Myers South, to raise funds and secure volunteers.

"This challenge turned out to be easily overcome as three other Rotary clubs in the area, Fort Myers, Sanibel-Captiva and Fort Myers Sunrise, agreed to join our effort," Bagans said. "Rotary District 6960 also provided matching grant funds that completed our fundraising goal of \$30,000."

Habitat for Humanity purchased the 22-acre Majorca Palms development from a private developer in 2013 to address the desperate need for affordable housing in Tice. Funding for the park came from Keurig, Dr. Pepper and KaBOOM!, a nonprofit organization that promotes safe



Rotary Club of Fort Myers South partnered with three other Rotary clubs and Habitat for Humanity to build a community park in east Fort Myers photos provided

and engaging places for outdoor play. Still, additional funding from Rotary was necessary to cover expenses associated with the playground's completion.

"Being able to play outside contributes to both the physical and mental health of the children, not to mention enhancing the social aspects of the neighborhood," said Kerri Goldsmith, the current president of Rotary Club of Fort Myers South. "One of Rotary's areas of focus is child and maternal health. This project ties in perfectly with that mission."✱

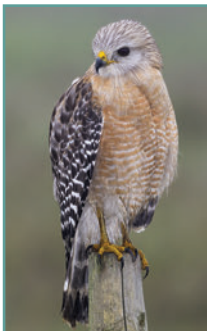
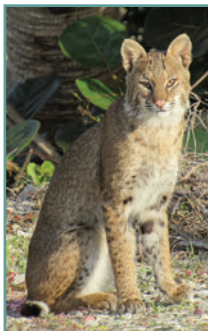
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Suzi Ward, Rotary Club of Fort Myers South president-elect



Greg Blurton, Rotary Club of Fort Myers South past president



Matthew Mueller, Rotary Club of Fort Myers South member



Tracie Bagans, Rotary Club of Fort Myers South past president



## Local Serving At Naval Hospital Jacksonville

submitted by Mass Communication Specialist 1st Class Amanda Rae Moreno, Navy Office of Community Outreach

A South Fort Myers High School graduate of 2015 and Fort Myers native is serving at Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville.

Petty Officer 3rd Class Jacob Althouse serves as a hospital corpsman who is responsible for providing healthcare support to all Navy and Marine Corps servicemembers.

Althouse credits his hometown for giving opportunities he would not have had otherwise experienced that have helped in serving with the Navy.

"My dad and brother are firefighters and my mother is a nurse, so I got exposed to healthcare early on," said Althouse.

Naval Hospital Jacksonville includes five branch health clinics across Florida and Georgia. It serves 163,000 active-duty and retired sailors, Marines, soldiers, airmen, guardsmen, and their families, including about 83,000 patients who are enrolled with a primary care manager.

"My grandpa was in the Air Force. My family serves their community,



**Jacob Althouse** photo by Senior Chief Mass Communication Specialist Gary Ward

and now I get to serve my country in the healthcare field," said Althouse. "Serving our country and community in different ways is a family tradition."

Althouse is playing an important part in America's focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

"I was able to answer the call and hold up a higher standard. I help protect the people who can't protect themselves," said Althouse.✱

## Fort Myers Native Keeps Navy's Helicopters Flying

submitted by Mass Communication Specialist 1st Class Amanda Rae Moreno, Navy Office of Community Outreach

A 2012 East Lee County High School graduate and Fort Myers native is serving with a U.S. Navy helicopter squadron that flies the Navy's newest and most technologically-advanced helicopter.

Petty Officer Second Class Cory Holt credits much of their success from lessons he learned growing up in Fort Myers.

"I learned that I wanted a career where I could be near the water," said Holt. "The Navy definitely gives me that opportunity."

Holt is a naval helicopter tactical aircrewman with the "Airwolves" of Helicopter Maritime Strike Squadron 40, a Mayport, Florida based squadron that operates the Navy's next generation submarine hunter and Anti-Surface Warfare helicopter, the MH-60R *Seahawk*. As a naval helicopter tactical air crewman, Holt is responsible for maritime surveillance and reconnaissance.

"My brother served in Virginia on the *USS Bataan*," said Holt. "We are first-generation military; I'm proud to represent my family in the Navy."

Holt said they are proud to be part of a warfighting team that readily defends



**Cory Holt** photo by Senior Chief Mass Communication Specialist Gary Ward

America at all times.

"I am very proud of making it through all the training I have done," said Holt. "I have attended and succeeded at 15 schools to get to this point in my career."

Serving in the Navy, Holt is learning about being a more respectable leader, sailor and person through handling numerous responsibilities.

"The Navy is a brotherhood," said Holt. "People taking care of you. People influence you and you can influence others. We always have each other's back."✱✱

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## Don't Major in 'Pre-Law'



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

A recent report from the Law School Admission Council showed that the number of law school applications for the 2018-19 admissions cycle was nearly 11 percent higher than the earlier cycle. This is likely a reflection of our economic growth and political news cycle. There are many now who aspire to the degree.

Since having two daughters who have graduated college, their friends (who one day hoped to become lawyers) would often ask me whether they should, as an undergraduate in college, major in pre-law.

I always tell them "No!"

Before being accepted into and attending law school in the United States, one must first earn an undergraduate degree. The degree can be in anything, so long as it is earned at an accredited institution. Many colleges and universities now offer a "pre-law" curriculum designed to attract undergraduate students who plan to attend law school.

I advise against an undergraduate degree in pre-law because I believe that it doesn't provide a solid foundation in a base knowledge that is necessary to become a better practicing lawyer. Further, I believe that a pre-law degree doesn't give the student any more than what he or she will learn during their first year of law school. A pre-law major, for example, will likely take courses in introductory research, writing and reasoning classes, philosophy of law and courses covering the makeup of our government and constitutional systems.

First year law students get all of that and more as they are required to complete courses in contracts, torts, jurisprudence (history of the law), research and writing, constitutional, criminal, civil procedure, and property law. The second and third year of law school allows the student to take "electives" where they can learn certain specialty areas, which is very important today, since law, like most occupations is highly specialized.

You don't find many "general practitioners" any more, as most attorneys concentrate their practices in one field or another such as estate planning, tax, real estate, business organizations, civil litigation, intellectual property, and family practice.

If one wants to become a tax or estate planning attorney, for example, it would be far better as an undergraduate to major in accounting or business so that the student will have a frame of reference for the complex income, gift, estate, business, and trust laws that they will encounter in practice. Many attorneys who practice intellectual property law (patents, trademarks and copyrights) have an engineering degree which helps them understand the complexities of their clients' inventions. One of my law school classmates was a physician who went into medical malpractice law.

Other undergraduate majors that aren't occupational specific serve better than pre-law in the lead in to law school. English and literature majors, for example, become proficient in reading, analyzing and expressing thoughts through superior written communication skills. Some of my classmates who were tapped to write for the prestigious Florida Law Review were English majors as undergrads.

The problem with what I am recommending is that it asks an 18- or 19-year-old not only to commit to a path that leads to law school, but also to commit to a specific type of law. Most young people coming out of high school have no idea where their career interests may lie.

One good way to look at obtaining an undergraduate degree that provides certain definable skills is that if the individual changes their mind about going to law school, at least they will have a solid undergraduate degree in something worthwhile. Where is a pre-law degree going to take you if you either can't get into law school or don't want to go after your undergraduate years? Perhaps it would be a good background to work as a paralegal or in law enforcement, so if that's your fall back, then that could work.

A varied undergraduate degree will also help the student land their first job. As an estate planning lawyer, when I am looking to add an associate lawyer in my office I'll likely look for a candidate who has an accounting or business background. In my field of work, I feel that a candidate with such a background will likely hit the ground running faster than someone with a pre-law undergraduate degree.

Equally important to the undergraduate degree is the course work that the student selects in their second and third years of law school. Most law schools offer a wide variety of electives for the second and third years, allowing students to specialize their education into a given field.

There are many choices out there. If one is crazy enough to want to earn a law degree and then go out and practice law, I hope that I have provided some valuable insight.

©2019 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✧

## Christian School Receives Grant For Technology

Fort Myers Christian School (FMCS) was awarded a \$15,000 technology grant from Views on Learning (VOL), an educational nonprofit foundation dedicated to bridging the "digital divide" by making cutting edge technology and services available to accredited educational institutions.

The grant will provide 20 computers and monitors to upgrade student technology in its preschool through fifth grade classrooms. The computers are used as tools to assist teachers to further advance student learning. Among the programs students can access are Accelerated Reader and Accelerated Math.

Each year, VOL offers grants of up to \$25,000 for educational technology innovation to schools. Their grants have helped schools reach their educational objectives by supporting many facets of school technology including; wireless broadband deployment on schools buses, mobile hotspots for student checkout in underserved areas, one-to-one classroom devices and support for school robotics and other STEM programs.

"We would like to thank Views On Learning for partnering with us in our continued efforts to provide the best technology to educate 21st century learners," said FMCS Principal Mel Mitchell.

To learn more about Fort Myers Christian School or to schedule a campus tour to speak with someone about scholarship opportunities that may be available to attend FMCS, contact the school office at 939-4642, or visit [www.fortmyerschristianschool.org](http://www.fortmyerschristianschool.org).✧

## Breakfast And Lunch To Be Free At All Lee Schools

Breakfast and lunch will be free of charge at all 79 traditional Lee County public schools for the 2019-20 school year. This will be the second school year both meals will be provided to all students through the Food and Nutrition Services Department Community Eligibility Program (CEP). Four special centers – Buckingham Exceptional Center, LAMP, Royal Palm Exceptional School and Success Academy – are also included in the CEP breakfast and lunch program.

Parents do not need to apply, and "Free and Reduced" meal applications will not need to be completed or processed for this benefit. The meals will simply be available to students in their school cafeteria.

"We realize if a student is hungry, their ability to learn is compromised," said Food and Nutrition Services Director Lauren Couchois. "Providing

this benefit will help our students excel."

The Community Eligibility Provision is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.

For more information, contact Couchois at 461-8449 or [laurencco@leeschools.net](mailto:laurencco@leeschools.net).✧

## School District Earns Blue Zone Designation

The School District of Lee County has been able to save \$124 million in health care costs over the last five years because of a commitment to employee wellness. The Blue Zones Project took notice and has designated the Lee County Public Education Center a Blue Zones Project Approved Worksite. The Blue Zones Project is a community-wide wellbeing improvement initiative to help make healthier choices easier for everyone around Southwest Florida.

"The district has been on a wellness journey for over a decade," said Superintendent Dr. Greg Adkins. "We are excited to be designated a Blue Zone Certified Workplace to recognize the district's success in promoting

healthy lifestyles for district employees. We know that healthy employees are more productive and engaged in their work, which directly impacts student achievement."

Through the Active Lee Employee Wellness Department, district employees have access to health programs, support resources, exercise classes and wellness coaching to empower them to make healthier lifestyle choices. Active Lee tracks the results of those classes and has seen significant improvement in reversing diabetes, reducing high cholesterol, lowering blood pressure and cutting the number of pain medication prescriptions.

Lee County Public Education Center held a ceremony to officially recognize the Blue Zones Project Approved Worksite on July 31.

District personnel will soon begin working with school administrators to help them earn the Blue Zones Project Approved Worksite designation for their campuses.

The founder of Blue Zones is Dan Buettner, a *National Geographic* fellow and multiple *New York Times* bestselling author. He discovered five places in the world – dubbed blue zones – where people live the longest and are healthiest. Buettner and a team of demographers and researchers found that all blue zone areas share nine specific lifestyle habits. Blue Zones is now dedicated to creating healthy communities across the United States.✧



## Book Review

# The Night Window

by Di Saggau



**T**he *Night Window* is the fifth book by Dean Koontz that involves Jane Hawk, an engaging heroine, fighting against a terrifying conspiracy and it brings the series to an explosive

conclusion. The book opens with a visionary young filmmaker visiting a celebrated billionaire. Wainwright Hollister is at the heart of a monstrous cabal, the Techno Arcadians. This evil man soon forces the young man to run for his life in a chase that is not fair and allows only a very slim chance that he will escape. In Jane's effort to expose the cabal of totalitarians at the highest echelons of government and private industry, with a friend's help, she discovers that Hollister is behind the genius who conceived the nanotech brain implant that killed her husband and has infected so many people at all levels of society.

Jane has hidden her young son Travis with friends out west and has teamed up with a former FBI agent who is a brilliant computer hacker. Vikram Rangnekar manages to obtain valuable intelligence about the Arcadians. He's a great addition to the cast of characters. Jane informs him about the Hamlet list, the adjusted people shorn of memory and personality and reprogrammed as stoic and obedient killing machines. She explains how they have infiltrated the FBI, Homeland Security, NSA, and other national security and law enforcement agencies.

There is also a pair of brutal

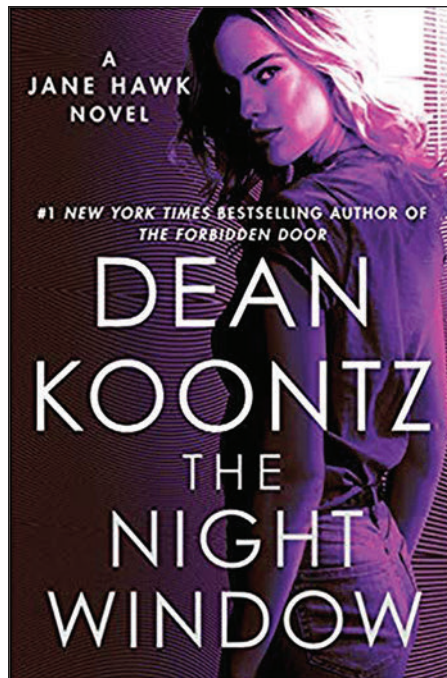


image provided

operators, a Vegas mob boss teamed with a homicidal sociopath, and a bunch of quiet heroes and everyday citizens who step up to help. As Jane closes in on the malevolent architects of ruin she has stalked, they stalk her and she is prepared to sacrifice herself to finally bring them down.

The people and circumstances of *The Night Window* make this a thrilling new novel. It's not clear if Koontz intends to write more Jane Hawk novels. She is definitely one of the best female protagonists around and fans have been rooting for her since book one. Perhaps we'll see her in a different situation in the future. At any rate, this story has come full circle and it has a thrilling and satisfying ending. *The Night Window* ties up a number of loose ends and provides closure for readers.✱

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Readers, Getting a new school year off to a good start can influence children's attitudes, confidence and performance both socially and academically. The

transition from summer break to school can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are a few suggestions from the National Association of School Psychologists to help ease the transition and promote a successful school experience.

### The First Weeks

Clear your own schedule. To the extent possible, postpone business trips, volunteer meetings and extra projects. You want to be free to help your children acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.

Make lunches the night before school. Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.

Set alarm clocks. Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.

Leave plenty of extra time. Make sure your children have plenty of time to get up, eat breakfast and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as daytime contact information.

Prepare for after school. Review with your children what to do if they get home after school and you are not there. Be very specific, particularly with

young children. Put a notecard in their backpack with the name(s) and number(s) of a neighbor who is home during the day, as well as a number where you can be reached. If you have not already done so, have your children meet neighbor contacts to reaffirm the backup support personally.

Review your child's schoolbooks. Talk about what your children will be learning during the year. Share your enthusiasm for the subjects and your confidence in your children's ability to master the content. Reinforce the natural progression of the learning process that occurs over the school year. Learning skills take time and repetition. Encourage your children to be patient, attentive and positive.

Send a brief note to your child's teacher. Let the teachers know that you are interested in getting regular feedback on how and what your children are doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, email or phone calls). Convey a sincere desire to be a partner with your children's teachers to enhance their learning experience.

Familiarize yourself with the other school professionals. Make an effort to find out who in the school or district can be a resource for you and your children. Learn their roles and how best to access their help if you need them. This can include the principal and front office personnel; school psychologist, counselor, and social worker; the reading specialist,

speech therapist, and school nurse; and the after school activities coordinator.

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✱

## Montage Women's Club

**T**he Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. Club members meet on the fourth Thursday of each month at The Landings Yacht, Golf and Tennis Club, located off McGregor Boulevard south of College Parkway in Fort Myers. Meetings begin at 11:30 a.m. for lunch, followed by an informative program.

Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents.

On September 26, columnist Stephanie Davis from *Florida Weekly* will be the guest speaker. Davis has had her pulse on the local scene of Southwest Florida for many years.

For more information or to make a reservation, call 481-7765.✱

# EPIC FIRES OF FORT MYERS

*How a Series of Early Fires Influenced the Town's Development*

**THOMAS P. HALL**  
ROBIN C. TUTHILL, EDITOR

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## Appointment Concludes For University Guest

For the last year, seemingly every leadership meeting at Florida Gulf Coast University (FGCU) has included a special guest – Craig T. Cobane. Cobane is the leader of the Mahurin Honors College at Western Kentucky University, but headed to FGCU upon receiving a prestigious American Council on Education (ACE) fellowship. He chose FGCU because of President Mike Martin and Provost Jim Llorens.

“The fellowship is all about mentoring – who is mentoring you and the experiences that they have,” said Cobane, one of 43 fellows selected to the ACE class of 2018-19. “Between President Martin and Provost Llorens, they’ve been president or chancellor of five different places. That’s a lot of success and experience to be able to learn from.”

Martin is starting his third year at FGCU and served as chancellor of Louisiana State University and the Colorado State University System and president of New Mexico State University. Llorens previously led Southern University and A&M College as chancellor.

“We’ve been delighted to host Dr. Craig Cobane, ACE fellow,” said Martin. “He’s contributed to our ongoing conversations about FGCU’s journey to excellence. And, hopefully, we’ve



Mike Martin and Craig T. Cobane

photo provided

contributed to his journey as a leader in higher education.”

Martin and Llorens gave Cobane substantial access to FGCU. That fulfills ACE’s promise to provide fellows with the chance “to immerse themselves in the study and practice of leadership, and experience the culture, policies and decision-making processes of another institution.”

“I jokingly say, ‘It’s an internship for adults.’ I have done some research and

writing, but my 8 to 5 time is shadowing Drs. Martin and Llorens and others – whoever will give me some time and help me understand how universities work and what presidents need to know,” said Cobane, who hopes to become a college or university president.

Outside of the individuals Cobane worked with over the last year, he said FGCU itself taught him a few lessons.

“I’ve never been, in my professional environment, at a place that didn’t

have tenure. That’s been an education. I also have never worked in a union environment. That’s been a great education, too,” Cobane added.

Cobane also observed that the 22-year-old FGCU is still learning what it is and will become. The presence of founding faculty members and an ever-changing world makes this an exciting time for FGCU. Cobane looks forward to seeing the university develop over time.

“There are questions the university community has to ask itself: ‘What part of the founding spirit of FGCU is worth retaining and building upon and growing to make it part of the foundation of the institutional culture? And what parts need to change?’” Cobane said.

As the soul-searching continues at FGCU, the 2018-19 ACE fellow believes the right leaders are in place to guide that process.

“Dr. Martin has given me great insight into how to develop institutional culture. I believe that leaders are builders of culture. And Dr. Martin is subtly and slowly and, I think extremely effectively, enhancing an institution-wide culture of student success,” Cobane said.

Cobane’s ACE fellowship concluded on July 19. In August, FGCU will welcome a second ACE fellow – James Cousins, associate dean of the College of Arts and Sciences at Western Michigan University.

For more information about the ACE Fellows Program, visit [www.acenet.edu/leadership/programs/pages/ace-fellows-program.aspx](http://www.acenet.edu/leadership/programs/pages/ace-fellows-program.aspx).✱

### Financial Focus

## Life Events Can Lead You To A Financial Advisor



by Jennifer Basey

Over the years, you’ll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That’s why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

**New job** – When you start a new job, especially if it’s your first “career-type” one, you may find that you have several questions about planning for your financial future, including your retirement. You may have questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that’s appropriate for your goals, risk tolerance and time horizon.

**Marriage** – Newlyweds often discover they bring different financial habits to

a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

**New child** – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some college-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

**Career change** – You may change jobs several times, and each time you do, you’ll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer’s plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer’s plan? Or perhaps you should roll over the money into an IRA? A financial advisor can help you explore these options to determine which one is most appropriate for your needs.

**Death of a spouse** – Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you’ve prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken

these steps.

**Retirement** – Even after you retire, you’ll have some important investment decisions to make. For one thing, you’ll need to establish a suitable withdrawal strategy so you don’t deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

### Superior Interiors

## Color Confidence



by Marcia Feeney

How can you use color to its best advantage when you’re considering updating your interior design scheme? Many of my clients ask me this question, so I’d like to share some simple “color confidence” steps with you that I think will be of help.

First, choose colors for larger areas first. Large areas in your room would include the walls, ceiling and floor. Once you’ve settled on colors for those areas, select fabric colors for upholstery pieces and window treatments, or begin by selecting the colors and pattern of an area rug.

Next, it’s important to consider limiting

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don’t have to go it alone – a financial professional can help you find the answers you need.

*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](mailto:jennifer.basey@edwardjones.com).✱*

yourself to two or three colors, achieving variety and interest with shades, tints and intensities of those colors. And, of course, any color scheme can be extended by using neutral shades.

If you want your room to have a feeling of spaciousness, consider focusing on lighter colors. They will tend to reflect light better instead of absorbing it. And conversely, bright and strong colors will help you create a cozy feeling in especially large rooms.

If your rooms contain interesting architectural details, you might consider emphasizing these details with a strong accent color. Or, if architectural defects are present, then you’d want to select a neutral color that would blend with the walls, ceiling and floor.

If this all sounds overwhelming, consider consulting a design professional to develop a color plan for your space. By having a plan in place, you can avoid making costly mistakes in creating a pleasing interior design.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coindceden.com](mailto:marcia@coindceden.com).✱*



## Assistant Vice President Named

Anthony Gamboa Stuva has joined Hodges University as the assistant vice president of information technology. In this position, he is responsible for the overall operation, management, development and administration of university technology resources and IT staff for all university locations.

Stuva brings over 15 years of experience in information technology and higher education. Prior to joining Hodges University, he was the director of information technology at Wilbur Wright College in Chicago.

He earned his bachelor's degree in computer science at the University of Illinois at Chicago and his master's degree in computer science at DePaul University.

For more information about Hodges University, visit [www.Hodges.edu](http://www.Hodges.edu).✱



Anthony Gamboa Stuva photo provided

## Nominees For Officer Of The Year Announced

The Rotary Club of Fort Myers South has released the list of nominees for 2019 Officer of the Year Award.

Open to all Lee County law enforcement agencies, the Officer of the Year award honors one local hero who goes above and beyond to protect and serve the community. Agencies were able to nominate up to five officers for the Officer of the Year award. To qualify, nominees must work full-time as a sworn officer who is employed by and in good standing with their nomination agency; be committed to going beyond the call of duty, characterized by serving as a role model for others; show total contribution to the agency and community throughout the year; and exemplify extraordinary actions beyond their expected job responsibilities.

The following law enforcement officers were nominated for the 2019 Officer of the Year:

Officer Sean Adams, Lee County Port Authority Police Department  
Deputy First Class Donna Aiossa-McNally, Lee County Sheriff's Office  
Officer Richard Castellon, Lee County Sheriff's Office  
Officer Jonathan Duffy, Cape Coral Police Department  
Colonel Thomas Eberhardt, Lee County Sheriff's Office

Deputy First Class Michael Elkady, Lee County Sheriff's Office  
Officer Nicholas Hubatch, Sanibel Police Department  
Officer Myles Kittleson, Florida Gulf Coast University Police Department  
Lieutenant Richard Meeks, Fort Myers Police Department  
Sergeant Carlos Mena, Cape Coral Police Department  
Detective Jason Steinke, Lee County Sheriff's Office  
Lieutenant Roger Valdivia, Fort Myers Police Department

Finalists will be announced in advance of the event. One hero will be recognized during a presentation of the prestigious Officer of the Year award during the 6th annual Law & Order Ball presented by the Rotary Club of Fort Myers South. Open to the public, the evening celebration will take place on Saturday, September 14 at 6 p.m. at the Hertz Arena.

The black-tie optional gala also features cocktails, hors d'oeuvres, formal dinner, silent and live auctions, and entertainment. Tickets for the Law & Order Ball are \$175, or \$1,750 for a table for 10. Those unable to attend can still participate by sponsoring an officer to attend, donating items for the silent and live action or making a contribution to the "Fund A Need" to support much-needed life-saving tactical equipment.

Creighton Construction and Development has returned for the sixth year as the Law & Order Ball's presenting sponsor. Additional sponsors include: Bank of the Ozarks, Cape

Coral Chrysler Dodge Jeep Ram, Edison National Bank, FineMark National Bank & Trust, Fort Myers Police Department, Gravina, Smith, Matte & Arnold Marketing and Public Relations, Geraghty, Dougherty & Stockman, PA, Henderson Franklin Attorneys at Law, Lee County Sheriff's Office, Mark Loren Designs, Millennium Physicians Group, Park Royal Hospital, Premium Deli Provisions, RapidPrint, Sam Galloway Ford, Suncoast Credit Union, Southwest Florida Public Service Academy, and WINK News.

For more information, to become a sponsor or to make a contribution, visit [www.lawandorderball.org](http://www.lawandorderball.org) or contact Allie Andrews at [allie@gsma.pro](mailto:allie@gsma.pro). For all other inquiries, call 277-6295.✱

## Seminar For Female Entrepreneurs

Women looking to start their own businesses can learn from some of Southwest Florida's leading female entrepreneurs in a one-day seminar – Dress for Success of Southwest Florida's Entrepreneurial Spirit Program (E\$P) – on Saturday, September 21 from 9 a.m. to 2 p.m. in the offices of Markham Norton Mosteller Wright & Company, PA.

The E\$P Dream Team of five leading Southwest Florida professionals will cover topics designed to inspire future

business owners and prepare them for success. The speakers and topics are:

Business accounting presented by Angela Cooley, partner at Markham Norton Mosteller Wright & Company, PA;

Understanding the importance of legal formalities, entity formation, copyright, trademarks and personal liability presented by Christina Harris Schwinn, partner at Pavese Law Firm;

Small business loans and financing presented by Jenn Poppen, assistant vice president and business relationship manager at Fifth Third Bank;

Branding and marketing plans presented by Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing;

Insurance for new businesses presented by Janet Moore, a chartered property casualty underwriter, certified insurance counselor and risk consultant at BKS-Partners.

A suggested donation of \$25 to Dress for Success of Southwest Florida includes a continental breakfast, lunch and certification of completion. Seating is limited and reservations are required by calling 689-4992.

Attorney Christina Schwinn of Pavese Law Firm is the presenting sponsor of the E\$P program. Other sponsors include Markham Norton Mosteller Wright & Company, PA, CONRIC PR & Marketing, Fifth Third Bank and BKS-Partners.

Markham Norton Mosteller Wright & Company, PA is located at 8961 Conference Drive in Fort Myers.✱

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Frankly Speaking



by Howard Prager

When I wrote last week's column, many Major League Baseball prognosticators said there would be no headline making deals this year at the new trade deadline, July

31. Wrong. Let's look at some of those deals and what it says about baseball's final trade deadline of the season. As we do, let's look again at starting pitchers, and conclude with dreams that can come true.

The Astros, firmly in first place and with the best record in the American League, came away as the biggest winners with the last-minute acquisition of Zach Greinke for four prospects to the Diamondbacks. The Astros are in first place, but this solidifies a starting rotation that was already one of the best ever in Houston. They truly expect to win the World Series and, with this group and one of the best records in baseball, Vegas has them as 2/1 favorites to do so.

What's kind of interesting is the Giants picking up veteran second baseman Scooter Gennett from the Reds. They can't catch the Dodgers, they're 17 games back and just a .500 team. He brings some veteran strength to this team that was initially hot after the All-Star break. Let's see what this does.

My Cubs made several moves shoring up the "batting practice relief corps" as well as getting a left-handed bat with pop by grabbing Nicholas Castellanos from the Tigers. With limited activity from Milwaukee and St. Louis, is this enough for the Cubs to secure their division and perhaps get back to the World Series themselves? The National

League East-leading Braves also helped their relief pitching by picking up Shane Green from the Tigers and Mark Melancon from the Giants. There were lots of other deals: the Dodgers picked up some insurance for their infield with Jedd Gyorko from the Cardinals; the Phillies got a hot bat from Pittsburgh in Corey Dickerson; the A's picked up pitcher Tanner Roark from the Reds; and the Nationals got bullpen help from both the Mariners and Blue Jays in their wild card push. So much for a lackluster trade deadline!

Speaking of lackluster, as I reported earlier this summer, innings pitched by starting pitchers is declining to an average of barely more than five innings. What I've learned is that wins and losses don't matter anymore, give us five to six strong innings and we'll take it from there. Shane Bieber was on the news last night for pitching three complete games this year for the Indians. Older pitchers would laugh at that. Specialists today include short- and long-term relief, left- and right-handers, set-up men and closers. A strong and versatile bullpen almost tops a strong starting rotation, but both would be ideal! And, in 2020, pitching faces a new (and controversial) rule from MLB – if it goes through. Next season, "starting pitchers and relief pitchers must pitch to either a minimum of three batters or the end of a half-inning (with exceptions for incapacitating injury or illness)." Let's see if this will even happen.

Can dreams come true? They did for Nathan Patterson. The 23-year old hasn't played baseball since high school. But he threw some pitches at a speed gun in Nashville, the A's triple A affiliate, that caught some attention. Patterson then got serious and began working out, despite having a broken hand on his non-pitching hand. He developed a curve to go with his fastball, and recently threw at a speed gun at a Rockies game for fun. The video of his 96-mph fastball went viral. Last week, the Oakland A's signed him to a

contract and started him at the Arizona League. Here's what Nathan posted on Instagram. "For those who tell you that you can't achieve your dreams, use that as fuel to work even harder. Go after your dreams and make them a reality!" Good luck Nathan, I couldn't say it any better.

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](mailto:press@islandsunnews.com).

Golf Tournament For Parkinson Program

Golf Fore Hope, a golf tournament to benefit the Hope Parkinson Program, is scheduled for Saturday, October 5 at The Golf Club at Magnolia Landing, located at 3501 Avenida Del Vera Boulevard in North Fort Myers.

The scramble format tournament will begin with an 8:30 a.m. shotgun start and includes 18 holes of golf. Afterwards, there will be a cookout lunch featuring prizes and raffles. Individual golfers are \$75 each; four-golfer teams are \$300. The tournament is limited to 25 teams. Hole sponsorships are available for \$100. Online registration and sponsorships are available at [www.Donate.HopeHCS.org/Golf](http://www.Donate.HopeHCS.org/Golf).

"From movement classes and educational events, to support meetings for patients and caregivers, the Hope Parkinson Program serves an important need in our community," said event coordinator Martin Haas. "Since exercise has proven benefits for those with Parkinson's, this tournament is a great way to exercise and show our support for this amazing organization."

Golf Fore Hope is sponsored by Entech Business IT Solutions, with 100 percent of the event proceeds benefiting the Hope Parkinson Program. For more information on registration and hole sponsorships, contact Martin Haas at [martin@entechus.com](mailto:martin@entechus.com) or 229-1000.\*

Musical

Aulwurm (bank manager/cello/guitar), Carrie Lyn Brandon (swing), Carlos Castillo (Andrej/guitar/bass guitar/ukulele), Trevor Craft (Svec/mandolin/guitar/drums/banjo), Richard Daniel (Da/mandolin), Elleon Dobias (ex-girlfriend/violin), Emily Gregonis (Reza/violin), Caleb Hartsfield (emcee/guitar), Jody Alan Lee (swing), Sam Saint Ours (swing), Jon Patrick Penick (Billy/guitar), Marta Rymer (swing), Matthew Staley (Eamon/guitar/piano/cajon) and Tracy Thomas (Baruska/accordion).

The production features scenic and costume design by Tony Award winner Bob Crowley (*Aida*, *An American in Paris*, *Carousel*, *Mary Poppins*) with additional designs by Southwest Florida BroadwayWorld winner Evan Adamson (*Mamma Mia*), lighting design by Russell A. Thompson (international tour of *The Wizard of Oz*, U.S. tours *Million Dollar Quartet*, *Fiddler on the Roof*) and sound design by David Temby (Clearwing Productions/national tour of *Memphis*).

*Once* begins the traveling portion of the tour at the Barbara B. Mann Performing Arts Center, located at 13350 FSW Parkway in Fort Myers, on October 5 at 8 p.m. *Once* is produced by APEX Touring.

For more tour and cast information, visit [www.oncethemusicaltour.com](http://www.oncethemusicaltour.com) Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit [www.broadwaypalm.com/shows/once](http://www.broadwaypalm.com/shows/once).\*

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**SPORTS QUIZ**

1. In 2019, Pittsburgh's Josh Bell became the third player in National League history to have at least 12 doubles and 12 home runs in the same month. Name either of the other two to do it.
2. When was the last time before 2018 (Cincinnati's Bryan Price) that a major-league manager was fired in the month of April?
3. How many years went by before the Buffalo Bills returned to the NFL playoffs in the 2017 season?
4. When was the last time before the 2018-19 season that the Tennessee men's basketball team won at least 15 games in a row?
5. How many times have the Florida Panthers made the NHL playoffs during their first 25 seasons (through 2018-19)?
6. Who was the only sprinter to set a world record in the 100-meter, 200-meter and 400-meter?
7. Name the last male golfer to win the same major three years in a row.

**ANSWERS**

1. Hank Aaron and Frank Robinson. 2. It was 2002, when four managers (Colorado's Buddy Bell, Milwaukee's Davey Lopes, Detroit's Phil Garner and Kansas City's Tony Muser) were fired in April. 3. Eighteen years (last in playoffs in 1999). 4. It was 1915-17. 5. Five times. 6. Irena Szewinska of Poland. 7. Peter Thomson won the British Open in 1954-56.



## ARC Receives Donation To Help Rescued Dogs

The Animal Refuge Center received a \$7,973 donation from VCA Veterinary Hospitals. The ARC recently rescued 17 dogs from the flooding caused by Hurricane Barry and this funding will be used to support their care until the dogs are adopted into permanent homes.

"The four local VCA Hospitals chose to support the Animal Refuge Center because it is the largest no-kill shelter in Southwest Florida and provides community education as to the needs and care of animals, and public awareness regarding the importance of spaying and neutering your pet," said Kimm Pontiff, hospital manager at VCA Coral Animal Hospital. "Our staff and clients were extremely excited to participate in the raising of \$7,973 for ARC."

The four local VCA Veterinary Hospitals: VCA Coral Animal Hospital, VCA Miracle Mile, VCA Sanibel Animal Hospital, and VCA Chiquita Animal Hospital, raised the donated money through the VCA Charities Pennies for Pets program. The pennies program allows VCA clients to round up their charges and designate the difference to the VCA mission of helping pets in



Representatives from Animal Refuge Center accept the donation from VCA Veterinary Hospitals

photo provided

need.

"We are honored to receive this donation from our local VCA Animal Hospitals. The donation came at a perfect time for the Animal Refuge Center," said ARC Board President

and Executive Director Wayne Leinen. "ARC just would not be able to step up to help in times of crisis without support from generous individuals and businesses, like VCA, in Southwest Florida."

VCA Veterinary Hospitals sends every pet adopted from the ARC home with a coupon for a free initial visit. The first dogs rescued from Louisiana and cleared for adoption should be available in about a week.✪

## International Trade Summit In Lee County

Lee County will be one of four host communities in Florida to welcome companies from seven countries as part of the 2nd annual International Trade Summit.

Organized by The International Trade Hub at Port Manatee, the 2019 Global Business opportunity series will visit Fort Lauderdale, Fort Myers, Bradenton/Sarasota and Tampa for one day each from August 26 to 29.

The local event will be held from 9 a.m. to 1:30 p.m. on Tuesday, August 27 in Conference Room 118 in the Administration East Building, located at 2201 Second Street in Fort Myers. The co-hosts are the Lee County Economic Development Office, Southwest Florida Hispanic Chamber of Commerce and the Southwest Regional Manufacturers Association. The sponsor is Seminole Gulf Railway.

International companies from Argentina, Chile, Colombia, El Salvador, Guatemala, Mexico, Spain, Peru and other countries will feature wine, snack food, coffee, fruits, apparel, artisanal goods, merchandise companies and state-of-the-art cooking systems during the summit.

The International Trade Hub at Port Manatee, founded in 2014, serves as a vital link between markets in Florida and throughout the world. The hub provides expert advice and support

tools to local and global firms, assisting them with production, distribution and related activities, including development of innovative supply chain solutions. The mission of the International Trade Hub at Port Manatee is to be the leading platform for global trade in Southwest Florida.

The Trade Hub works to assist participating companies in capitalizing upon the hundreds of commercial connections established during the multiple business-to-business events.

"Lee County is excited to welcome these international businesses and to be a part of this great opportunity. We look forward to promoting and expanding our diverse economy here in Lee County," said Lee County Commissioner Cecil Pendergrass, who is the board of county commissioners' liaison to the Horizon Council.

John Talmage, director of the Lee County Economic Development Office, said, "We are supportive of the initiatives of the International Trade Hub at Port Manatee as an invaluable catalyst for introducing companies from throughout the world to the business-friendly environment of Southwest Florida and in helping our region's entrepreneurs make the most of productive global links."

The August outreach events build upon momentum gained through numerous visits to Port Manatee by high-level government and trade officials of such diverse nations as Argentina, Canada, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, El Salvador, Germany, Guatemala, Honduras, Japan, Mexico, Peru, Poland and Spain.

For more information, visit [www.internationalhubportmanatee.com](http://www.internationalhubportmanatee.com).✪

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From left, Andy Cote, Ali Cote and Mary Cote  
photos provided

# Grand Opening Held For New Housing Lab

Lee Association for Remarkable Citizens (LARC) hosted the grand opening for phase one of its newest program – LAB: Learn, Achieve, Become – on July 25 at LARC’s Fort Myers campus, located at 2570 Hanson Street in Fort Myers. LAB for Living is the first of five labs that will focus on skills for work, residency and leisure for individuals with intellectual and developmental disabilities.

LAB for Living is an apartment-style setting that provides participants with hands-on training in daily living skills. The lab includes a bedroom area, living and dining areas, a kitchen and laundry facilities. Daily living skills include cooking, home management, housekeeping, laundry, menu planning, shopping, fire safety and home safety.

“LAB will enhance the abilities of individuals with intellectual and developmental disabilities and help them live happier, more productive and independent lives,” said Angela Katz, LARC development director. “The generous support of many individual donors and businesses in our community helped our first phase become a reality. Our grand opening was an opportunity to thank our supporters for helping us open doors for the people we serve today and those we can serve in the future.”

Lowe’s Home Improvement (Lowe’s Heroes) donated and installed the cabinets and appliances, painted the room and installed the flooring. Aztec Plumbing donated plumbing services and materials.

For more information, visit [www.larcleecounty.org](http://www.larcleecounty.org).



From left, Mike Jones, Joe Tyson and Lance Robinson



Noelle Casagrande and Chavon Chester



Connor Firmender and Kevin Lewis



From left, Hope Zapata, Wendy Borgman and Vickie Chapman



From left, Austin Clinton, Katherine and Chris Clinton



Megan Feeney and Angela Hemstreet



Peter Busch and Ross Webb



From left, Lane Garrett, Angela Katz and Ken Oeffler



From left, Marcia Turner, Kim Berghs and Kimberly Fay





Madison Mitchell and Roger Mercado



From left, Vicky Wilson, Pamela Jenkins and Kareema Colson



From left, Lori Ceille, Diane Johannes-Schwab and Rhonda Vickers



Attendees at LARC's LAB for Living grand opening

**Beautifulife:****Hakuna Matata**

by Kay Casperson



**H**ow many of you have loved *The Lion King* movies? What is not to love about this beautiful story about family, love, bravery, growing up and taking your rightful place in this world?

*The Lion*

*King* was a classic Disney movie that we watched with our daughters in short segments over and over again when they were growing up.

Just recently, we watched it again in a more realistic yet animated version that was amazing and so incredibly real, but with the same emotions and love that we had from the very first time we saw it.

We fell in love all over again with the beautiful characters of Simba and Nala as well as Mufasa, Timon, Pumbaa and of course Rafiki, the crazy baboon. We found ourselves embracing the feelings of love, loss, commitment and responsibility all at the same time.

The biggest take away for me in *The Lion King* is the part of the movie that talks and sings about Hakuna matata, which means no worries. This is the part of where Timon and Pumbaa try to explain to Simba that life can be simple

and stress-free if you just let it all go. They encouraged him to move on regardless of where he came from or what had happened in the past; in their words, "you need to leave the past behind you."

The song says: *Hakuna Matata – ain't no passing craze. It means no worries... for the rest of your days... it's our problem-free philosophy... Hakuna Matata.*

Why do I love this part of the movie so much? It is because, in reality, nothing is really that big or that important that it should rock your world. It is so easy to get caught up with the craziness of our lives, and the impact of our actions or circumstances, but very few things really matter in the long run because life just happens and we are not always in control of the outcome.

The things that matter most are... what you love, what you believe and what the truth is, period.

Life can throw many curveballs and can twist and turn the truth in so many ways, but as long as you hold true to your heart and your mind, you will never waiver from what is real and what is lasting. Even Rafiki wasn't so crazy after all when he said, "the past can hurt, but the way I see it, you can either run from it or learn from it." We all need to be reminded of that once in a while.

My affirmation for you this week is: "I am letting go of worry and stress because it holds me back. Instead, I will adopt a worry-free philosophy and embrace life's lessons to move to a better place in my beautiful life."

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](http://www.kaycasperson.com) or follow on social media @kaycasperson.✪

**Hospitals Earn Top Marks For Safe Infant Sleep**

**S**outhwest Florida parents can rest easy knowing their infants are sleeping well at three Lee Health Certified Safe Sleep Champion hospitals.

Cape Coral Hospital, Golisano Children's Hospital of Southwest Florida and HealthPark Medical Center recently earned the highest possible gold-level certification from the National Safe Sleep Hospital Certification Program for their commitment to best practices and education on infant safe sleep. The hospitals are three of 10 in Florida to earn gold certification.

"Nothing is more important than the safety and wellbeing of our pediatric patients, and this certification reinforces our commitment to creating a zero harm environment in our hospitals," said Scott Kashman, chief officer, hospital operations at Lee Health.

The National Safe Sleep Hospital Certification Program is a national

program created by Cribs for Kids, a Pittsburgh-based organization dedicated to preventing infant, sleep-related deaths due to accidental suffocation. More than 3,500 infants are lost to sleep-related deaths in the U.S. each year, according to the Centers for Disease Control and Prevention.

"Unsafe sleep practices are the leading cause of preventable death for infants in Southwest Florida and, unfortunately, that number is on the rise," said Susan Ryckman, vice president of operations and chief nurse executive at Golisano Children's Hospital. "One of our goals is to educate new parents about safe sleep practices before they leave the hospital so they can create the best possible environment for their newborns."

An unsafe sleep environment can be created when babies share their beds with either another person or with excess blankets or toys. Suffocation occurs when a baby isn't able to breathe because he or she is lying in a position where something is blocking the baby's airflow. This can be caused by an adult or child rolling over onto the baby. It can also occur if something soft, such as a blanket, pillow, sheet or the mattress itself blocks the baby's airway.

A simple way to prevent this is to follow the ABC method for creating a safe sleep environment. These stand for:

A – Alone. Infants should always sleep alone. Have baby share your room, not your bed.

B – On their Back. Place your baby on

continued on page 24



deaRPharmacist

# Tips To Survive On Hydrocodone And Other Opioids



by Suzy Cohen, RPh

**D**ear Readers: Vicodin and Lortab are two brand names of one of the most popular drugs in the entire world.

Generically, it is called “hydrocodone with apap” where the “apap” is an

abbreviation for acetaminophen (aka Tylenol).

When I worked in a busy retail pharmacy in Florida, this medication was on the fast mover shelf because it was dispensed by the thousands each day.

Hydrocodone/apap is a prescription analgesic and in the category of “opioids,” which you’ve been hearing a lot about lately. Opioids are man-made drugs intended to look similar to the naturally-produced opiates made in your body. The opioid drug binds to the receptor on your cell’s outer membrane, and unlocks a variety of feel-good, numbing compounds which relax your body, increase pleasurable feelings and suppress pain signals.

If you require this medication there are three important tips you should know about:

1. Never stop suddenly – If you’ve been supported on this medication for more than two weeks, do not stop suddenly. It has to be weaned. Your body has already grown tolerant to the medication, and stopping suddenly could produce dangerous withdrawal effects. Step down your dose due to the downregulation of receptors that normally process important neurotransmitters such as serotonin, acetylcholine, glutamate, GABA and dopamine.

2. Reduce side effects

– Hydrocodone/apap (Vicodin) is known to cause constipation as its number one side effect. You can and should anticipate it and take a stool softener like docusate.

I recommend plenty of water each day, and a diet that is rich in fiber, fruits like prunes and even oatmeal. This may not help and, in that case, an over-the-counter laxative like Miralax (polyethylene glycol 3350) or a fiber supplement like Metamucil could help.

For those of you who have been on this medication or a similar one such as Oxycodone/apap (Percocet) or Oxycontin for a long time, I would like to enlighten you that constipation is the least of your worries. There is a condition termed Narcotic Bowel Syndrome or NBS. This condition causes gastrointestinal hypersensitivity. It’s terribly under-recognized.

It’s never-ending and you will wind up getting CT scans, abdominal X-rays, MRIs, MRCPs, Ultrasounds, endoscopes down your throat, colonoscopies up through the bottom... and on and on! NBS is characterized by the progressive and somewhat paradoxical increase in abdominal pain despite continued or escalating dosages of narcotics prescribed in an effort to relieve the pain. I have more on this if you sign up for my newsletter on my website.

3. Never Drink Alcohol or Take Sleepers – Opioids are central nervous system (CNS) depressant agents that slow everything down, including respiration. Alcohol does that too, so does Benadryl and a host of benzodiazepine drugs. You should never combine two or more CNS depressants because it could slow your breathing down, or stop it completely! This is how unintended deaths occur. By the same token, herbal sedatives are also CNS depressants, so do not combine your opioid medication with magnolia bark, skullcap, lavender, California poppy, lemon balm, valerian root and others.

*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](http://www.SuzyCohen.com).*✴

# Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** What can go wrong if we ignore our intuition?

**A:** Most of us have had some sort of signal in our solar plexus (stomach region) that something isn’t quite as it appears

to be, and yet we tend to ignore the signs. We might hear the inner voice say to do this or not to do that. This is your intuition telling you something that is important to pay attention to.

When we ignore our intuition, we generally experience something that we need to learn. Perhaps we can begin to

see that any obstacles and challenges we were faced with were a necessary path in order to learn the lesson we needed to learn. Learn these lessons with compassion for yourself. Next time you will not be so prone to ignore your intuition. Your intuition knows. You will never be led astray as the body keeps score, so please listen to that wise inner voice that knows all.

Our intuition is our teacher and remember that we are here to learn. It’s easy to beat ourselves up for not listening to our inner guidance, however, once you begin listening to your inner voice, you will be glad you did and you will not want to ignore your intuition again. Lesson learned.

*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [drconstanceclancy@gmail.com](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).*✴

Doctor and Dietician

# Anxiety May Be Coming From Your Neck



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

**A**nxiety can be a natural protective mechanism that alarms the body and produces increased heart rate, sweating and increased sensitivity to sounds, especially in times of danger. We’ve all felt anxious, but some people become almost paralyzed by feelings of anxiety. The good news is that it’s not “all in your head!” Or maybe it is.

Patients come to Caring Medical with seemingly unrelated symptoms, reporting they were always “in-control” people, but then something happened, and now they are experiencing uncontrollable anxiety. Some causes of anxiety include stress, trauma, thyroid or hormone imbalances, problems with serotonin, or excessive caffeine, sugar or alcohol. Patients may also exhibit muscle or chest tightness, heart palpitations, blood pressure issues,

sweating, irritability, insomnia and panic attacks.

Traditional treatment for anxiety involves use of psychotropic drugs and cognitive behavioral therapy. We take a more natural approach and look for the underlying cause. A tremendously important part of healing involves eating a nutritious, well-balanced clean diet, including foods that are important for neurotransmitter synthesis and mood, including healthy fats, whole grains and lean proteins. Fresh vegetables, eggs, nuts, seeds, wild-caught fish, grass-fed beef and organic chicken are good sources. Avoiding processed sugary foods, as well as excessive caffeine and alcohol, also helps modulate mood swings and energy levels. Additionally, it is beneficial to incorporate supplements, essential oils, good sleep and regular exercise. But sometimes the patient is still not cured. Why? Patients often report symptoms began after a whiplash or fall injury, or became progressively worse after excessive computer use. How is this related to anxiety? Vertebral instability occurring from a neck ligament injury affects the function of cervical sympathetic ganglia. In other words, loose segments of the neck produce these symptoms. We successfully treat vertebral instability with H3 Prolotherapy, a natural injection treatment to tighten loose segments.

*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](mailto:info@caringmedical.com).*✴

# Discussion On Transformation And Healing

**W**hen it comes to making intentions reality, there is no right answer for everyone. Healthy Lee is hosting world-renowned author, speaker and physician Dr. Deepak Chopra on Wednesday, October 30 at the Barbara B. Mann Performing Arts Center for a discussion about the nature of reality and how to achieve positive change in your life.

Dr. Chopra is the founder of The Chopra Foundation and co-founder of The Chopra Center for Wellbeing. He is a world-renowned pioneer in integrative medicine and personal transformation, and is board certified in internal medicine, endocrinology and metabolism. He is a fellow of the American College of Physicians, clinical professor at University of California San Diego Medical School, researcher, neurology and psychiatry at Massachusetts General Hospital (MGH), and a member of the American Association of Clinical Endocrinologists.

Titled The Nature of Reality, Dr. Chopra will discuss how to change your reality and practical ways to experience transformation and healing.

To purchase tickets, visit [www.bbmpah.com](http://www.bbmpah.com). Tickets are priced from \$10 to \$75. Call 343-8397 for more

information. Sponsorships with an exclusive meet-and-greet are available.✴

# Know The Signs Of Drug Abuse

**N**arconon reminds families that the country is currently facing the largest man-made health crisis in history. Drugs are currently a major problem nationwide and it’s more important than ever to know the signs and symptoms of drug abuse.

Click here to learn more about how to spot signs of drug abuse and how to help your loved one. You can also visit <https://www.narconon-suncoast.org/drug-abuse/> for more information.

Narconon can help you take steps to overcome addiction in your family. Call for a no cost screening or referral: 1-877-841-5509.✴

From page 23

# Safe Infant Sleep

his or her back for all sleep times – naps and at night.

C – In a Crib. Use a firm sleep surface, such as a mattress in a safety-approved crib.

For more information on the National Safe Sleep Hospital Certification program, visit [www.cribsforkids.org/safesleephospitalcertification](http://www.cribsforkids.org/safesleephospitalcertification).✴



PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Logan And Mallory



Logan ID# A607923

Don't get that empty nest feeling when the children go back to school. Lee County Domestic Animal Services is here to help. Through August 31, adoption fees for all cats and kittens and dogs more than 6 months of age will be reduced to \$25. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

Logan is a 4-year-old male chihuahua who is a loveable little (or not-so-little at the moment) guy that just wants to sit in your lap and get a good back scratch. He needs a good home where he will get a good diet and some exercise so he can live the long and healthy life he deserves, and drop a few pounds. He has what is called cherry eye, which is not painful nor does it inhibit his eyesight.



Mallory ID# A786415

Volunteers have donated to cover the cost of surgery to repair this through Dr. Larry Scott at Associates in Veterinary Medicine and Surgery, if the adopter wishes to do so. Logan's adoption fee is \$25.

Mallory is a 2-year-old female domestic shorthair who is a super social gal that loves to run around the free-roam room with her feline friends. She likes to check things out and see what kind of trouble she can cause with her buddies. She is very loveable and will curl up next to you for some quality lap time. Mallory's adoption fee is \$25.

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



Chester



Dallas

Haven on Earth Animal League

Chester And Dallas

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

Hello, I'm Dallas. I'm only 3 months old and I'm looking for someone to love me forever. I'm a cute little black-and-white boy and I look like I'm wearing a hat. I'm neutered and up-to-date on vaccinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125.

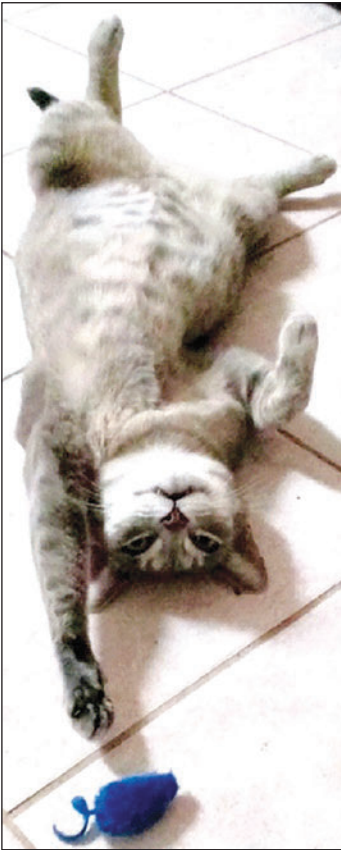
We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).\*

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.\*



Sweetie Pie



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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

To be listed in calling card email your information to: [press@riverweekly.com](mailto:press@riverweekly.com)



PUZZLES

Answers on page 29

Super Crossword

MAGAZINE ENTERTAINMENT

- ACROSS**
- 1 Warlocks  
8 Missus' counterparts  
15 Impetus  
20 Sinister look  
21 Is an affront to  
22 Castro, e.g.  
23 First page in a news magazine?  
25 Pee Wee of old baseball  
26 Bewilder  
27 Starchy pudding foodstuff  
28 Give fizz to  
29 QED's center  
33 Auto variety  
36 Have no subscription to a humor magazine?  
38 Otter relative  
40 Apple variety  
42 "Hawaii Five-O" nickname  
43 Business magazine shared by a mother, a father and their kids?  
47 Gazing  
51 Resin used in adhesives  
52 Heady quaff  
53 Snitch
- 55 Novelist, e.g.  
56 Garr of the screen  
57 Billy Joel's "— It Goes"  
59 Trailways fleet unit  
61 Small bay  
62 Classic Fords  
64 "I demand to see that financial magazine!"  
69 "You — kiddin'!"  
71 Pen-filled attraction  
72 Saintry ring  
73 Celebrity magazine that's not a special issue?  
79 Diminished  
84 Old salts  
85 — carte menu  
86 Firetruck noise  
88 Eat supper  
89 Bests  
92 Hence  
95 "Sheesh!"  
96 Artist Max  
97 Started to wake  
99 Inherit a fashion magazine?  
102 Concerning the kidneys
- 104 Rainbow flag initialism  
105 Carpenter's gun, perhaps  
106 Post-it stuck in a page of a wellness magazine?  
110 Back of a 45 record  
113 Harper of "Far North"  
114 First game of the season  
115 Artsy NYC district  
117 Pilaf base  
119 Ties together  
120 Drop a health magazine in a filled bathtub?  
127 Map feature  
128 Having two complete chromosome sets  
129 Pyrenees principality  
130 Prescient types  
131 Has ill will for  
132 Pays a visit
- DOWN**
- 1 Fly trapper  
2 "— been there"  
3 First of two sharp turns  
4 Former ring king  
5 Tear apart  
6 Ruling house  
7 Capture  
8 Sty resident  
9 Aliens' ship  
10 Closest buds, briefly  
11 Antiseptic solution brand  
12 British architect  
13 Astronomer  
14 Cleveland-to-Akron dir.  
15 Many a TSA employee  
16 Its capital is San Juan  
17 At right angles to the keel  
18 Haile Selassie disciple, informally  
19 Jabbed with a bent leg  
24 Novelist  
28 Nixon's veep  
29 Lacking vigor  
30 Got as profit  
31 Knight suits  
32 Friend of Alice Kramden  
34 In a new way  
35 Trail mix bit  
37 Faucet  
39 Actor Ron  
41 Stick (out)  
44 Engine part  
45 Antiquated  
46 Dresden's river  
48 "Bring —!"  
49 Campbell of the screen  
50 — Poupon  
54 Certain Christian  
57 Laos' home  
58 Be seepy  
60 — Na Na  
63 Shared PC system  
65 Wine and dine, maybe  
66 Janitors' tools  
67 Flair  
68 Unruly bunch  
70 Gun lobbyists' gp.  
73 Great Plains natives  
74 Have a hissy  
75 Eins, zwei, — ...  
76 "OK, you win!"  
77 Picnic place, in Paris  
78 Ceilings  
80 Not clumsy  
81 Prickly feeling  
82 Follows as a result  
83 Hinders  
87 Penlight-wielding doc  
90 Advance exams  
91 Madrid Mr.  
93 Links target  
94 Texter's "Yowza!"  
96 Longoria of the screen  
98 "— Kapital"  
100 Diminish  
101 Minimal bit of cash  
103 Nielsen of "Airplane!"  
106 "Ora pro —"  
107 Share a view  
108 Jittery  
109 Purls, e.g.  
111 Deep anger  
112 Aria queens  
116 Have way too much, for short  
118 Prefix with spore  
120 Prez on a dime  
121 Quarry  
122 Places for forks: Abbr.  
123 Best  
124 CPA hirer  
125 Sky sphere  
126 Call of dissent

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114								115			116			117			118			
119							120				121	122					123	124	125	126
127							128							129						
130							131							132						

King Crossword

- ACROSS**
- 1 Healthful retreats  
5 Meadow  
8 "So be it"  
12 Hay storage area  
13 Plant bristle  
14 Trademarked symbol  
15 Emanation  
16 Corral  
17 Stench  
18 Third-place medal  
20 Honolulu's island  
22 Waste time  
26 Unexpected victory  
29 Started  
30 Nay opposer  
31 Recording  
32 Crazed  
33 Pack away  
34 Rd.  
35 One of the Brady Bunch  
36 Starts  
37 Jerry Herman musical  
40 Comic Jay  
41 Brother of Andrew and Charles  
45 Reed instrument  
47 Pal of Wynken and Blynken  
49 Wings
- 50 Gloomy  
51 Run-down horse  
52 Frost  
53 Connect the —  
54 Exist  
55 "Sports-Center" ailer
- 8 20-Across greeting  
9 Vary, as a tone  
10 Freudian concept  
11 "Neither snow — ..."  
19 Pimple  
21 Toss in  
23 Grassy plain  
24 French city  
25 Some confers  
26 Hexagonal state  
27 Macadamize  
28 Make abso-lutely plain
- 32 "Material Girl" singer  
33 Computer security threat  
35 Garfield's owner  
36 Antiquated  
38 Lecherous looks  
39 Sill  
42 Muhammad and Laila  
43 Freeway access  
44 TV chef Paula  
45 Peculiar  
46 Scary cry  
48 Rowing tool
- DOWN**
- 1 Thick slice  
2 Serve tea  
3 Frizzy hairdo  
4 Strap hanger  
5 Boutonniere site  
6 Ram's mate  
7 Peeved

MAGIC MAZE TYPED WITH NO KEYS FROM THE HOME ROW

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

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

- Boycott  
Broom  
Country  
Courtier  
Income  
Merry  
Peppermint  
Popcorn  
Potpourri  
Pottery  
Queen  
Retirement  
Twitter  
Winterize  
Zipper





"It's amazing how time flies — I keep thinking up ingenious ways to get my revenge on that online \_\_\_\_\_ service."  
answer on page 31

SCRAMBLERS

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

Huge  
**GATER**

Dainty  
**RENTED**

Honor  
**HISERCH**

Visual  
**POLATIC**

TODAY'S WORD

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

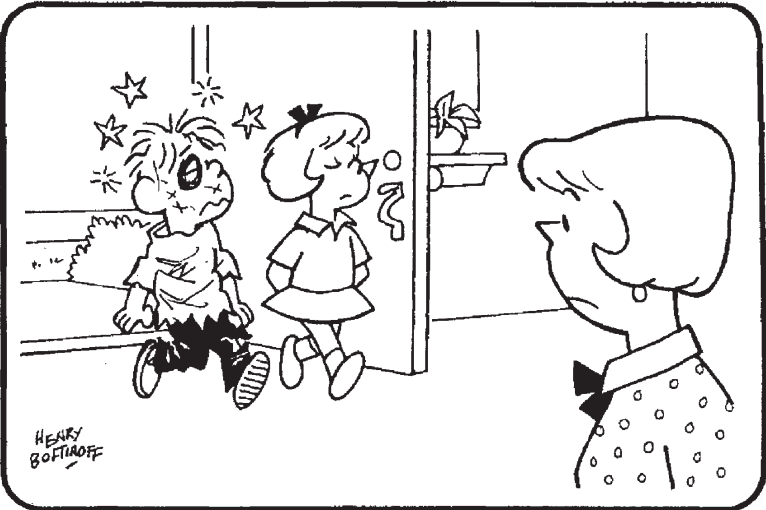
SUDOKU

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

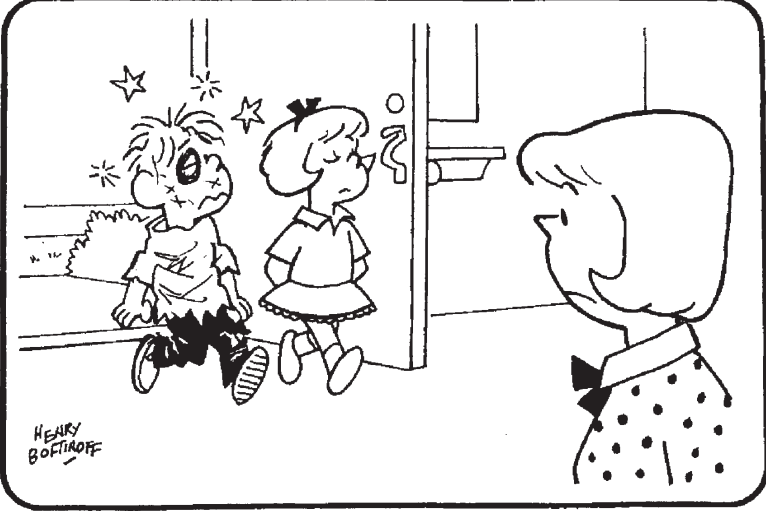
answer on page 29

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Mom's hair is longer. 2. Girl's dress has ruffles. 3. Indoor plant is missing. 4. Door handle is higher. 5. Dress polka dots are black. 6. Fewer stars around boy's head.



Grapefruit and Shrimp Salad

1 pound large pink shrimp, peeled and deveined with the tail on  
2 pink grapefruit, peeled and segmented, seeds removed  
3 tangelos, peeled and segmented, seeds removed  
3 tangerines, peeled and segmented, seeds removed  
1 sweet pepper, diced  
1 large avocado, peeled, pitted and diced  
2 tablespoons seafood boil seasoning  
1 red onion, diced  
1 tablespoon olive oil  
3 limes, juiced  
½ cup fresh cilantro, chopped  
1 bag plantain chips or tortilla chips  
Sea salt and fresh ground pepper, to taste  
Fill a medium-sized sauce pot ¾ the way with water and heat over medium-high. Add the seafood seasoning to the boiling pot of water. Add the shrimp and cook for 2 to 3 minutes or until completely done. As soon as the shrimp are done, plunge them into an ice water bath to stop the cooking and cool them off. When the shrimp are completely cool, strain them and put them into a medium-sized mixing bowl. Add the citrus, sweet pepper, red onion, olive oil, lime juice, cilantro and avocado. Season the ingredients to taste with salt and pepper. Stir to combine ingredients. Serve salad with chips.\*



Grapefruit and Shrimp Salad

photo courtesy Fresh From Florida



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## My Stars ★★★★★

### FOR WEEK OF AUGUST 12, 2019

**Aries** (March 21 to April 19) Dealing with a difficult person can be the kind of challenge you Aries Lambs love. Or it could be an energy-draining exercise in futility. Be certain your goals are worth your efforts.

**Taurus** (April 20 to May 20) The Divine Bovine might be seeing red at having your crisis-resolution efforts overlooked. But others know the truth, and they can be expected to step forward when the time comes.

**Gemini** (May 21 to June 20) You should be well on your way to finally making that important decision. Having the support of loved ones will help when crunch time comes. Keep a positive attitude.

**Cancer** (June 21 to July 22) Feeling uneasy about a move might not mean you're having a case of Cancerian wavering. It could be your inner sense is warning you to reassess your situation before taking action.

**Leo** (July 23 to August 22) Your pride could get in the way of admitting you might have erred. Best to 'fess up now before a small mistake turns into a big misunderstanding. Make the weekend a special family time.

**Virgo** (August 23 to September 22) Trying to please someone with a less-than-glowing opinion of something you value could be a waste of time. If you like it, stay with it. The week's end brings an answer to an old mystery.

**Libra** (September 23 to October 22) There might be time to make a change. But be honest with yourself: Is it what you really want, or one you feel pressured into making? Your answer should determine your next move.

**Scorpio** (October 23 to November 21) Change is dominant, but so is caution: Proceed carefully, checking each step along the way to avoid encountering any unwelcome surprises that might be lurking along your path.

**Sagittarius** (November 22 to December 21) It could be a mistake to rely on someone to keep his or her promise without checking out previous performances. What you learn now could save you from a painful lesson later.



**Capricorn** (December 22 to January 19) Taking a

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August 2, 2019

Place Classified





FRIDAY  
Few Showers  
High: 88 Low: 84



SATURDAY  
Mostly Sunny  
High: 87 Low: 83



SUNDAY  
Mostly Cloudy  
High: 89 Low: 81



MONDAY  
Mostly Sunny  
High: 87 Low: 83



TUESDAY  
Mostly Sunny  
High: 89 Low: 81



WEDNESDAY  
Mostly Cloudy  
High: 88 Low: 84



THURSDAY  
Partly Cloudy  
High: 87 Low: 83

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	8:23 am	1:21 am	None	4:15 pm
Sat	12:06 am	2:11 am	9:23 am	5:19 pm
Sun	1:18 am	3:15 am	10:23 am	6:12 pm
Mon	2:01 am	4:21 am	11:18 am	6:55 pm
Tue	2:30 am	5:16 am	12:05 pm	7:31 pm
Wed	2:52 am	6:03 am	12:47 pm	8:03 pm
Thu	3:08 am	6:44 am	1:25 pm	8:31 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	7:28 am	1:23 am	11:11 pm	4:17 pm
Sat	8:28 am	2:13 am	None	5:21 pm
Sun	12:23 am	3:17 am	9:28 am	6:14 pm
Mon	1:06 am	4:23 am	10:23 am	6:57 pm
Tue	1:35 am	5:18 am	11:10 am	7:33 pm
Wed	1:57 am	6:05 am	11:52 am	8:05 pm
Thu	2:13 am	6:46 am	12:30 pm	8:33 pm

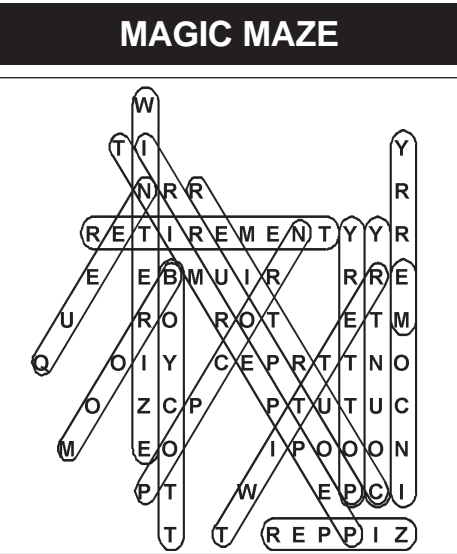
Punta Rassa Tides				
Day	High	Low	High	Low
Fri	7:55 am	2:02 am	9:19 pm	3:18 pm
Sat	8:34 am	2:51 am	10:32 pm	4:17 pm
Sun	9:24 am	3:42 am	None	5:24 pm
Mon	12:49 am	4:51 am	10:56 am	6:32 pm
Tue	2:51 am	6:12 am	12:14 pm	7:30 pm
Wed	3:43 am	7:14 am	1:05 pm	8:19 pm
Thu	3:13 am	8:04 am	1:47 pm	9:02 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	12:24 am	4:37 am	10:33 am	7:31 pm
Sat	2:16 am	5:27 am	11:33 am	8:35 pm
Sun	3:28 am	6:31 am	12:33 pm	9:28 pm
Mon	4:11 am	7:37 am	1:28 pm	10:11 pm
Tue	4:40 am	8:32 am	2:15 pm	10:47 pm
Wed	5:02 am	9:19 am	2:57 pm	11:19 pm
Thu	5:18 am	10:00 am	3:35 pm	11:47 pm

PUZZLE ANSWERS

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

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



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

strong stand on an issue you feel is too important to ignore could inspire others to follow suit. The weekend is a good time to socialize with old friends and make new ones.

**Aquarius** (January 20 to February 18) Your sensitive nature gives you an insight into the problems of someone close to you. Your offer of support could be just what this person needs to start turning his or her life around.

**Pisces** (February 19 to March 20) Financial matters continue to need even more careful analysis than usual. Use caution with investment possibilities. A personal relationship might take an unexpected turn by the week's end.

**Born This Week:** You appreciate the wonders of the world and enjoy sharing your delight with others.

MOMENTS IN TIME

- On Aug. 17, 1877, though only a teenager, Billy the Kid kills his first victim, an Arizona blacksmith. Just how many men the outlaw killed is uncertain. Billy himself reportedly once claimed he had killed 21 men.
- On Aug. 13, 1902, German engineer Felix Wankel, inventor of a rotary engine, is born in Germany. Wankel reportedly came up with the idea for a new type of internal combustion gasoline engine when he was 17 years old.
- On Aug. 16, 1920, Cleveland Indians shortstop Ray Chapman is struck in the temple by a ball pitched by Carl Mays of the New York Yankees. He died 12 hours later. It was the only death as the result of a pitched ball in major league

history.

• On Aug. 14, 1945, an official announcement of Japan's unconditional surrender to the Allies is made public to the Japanese people. Even though Japan's War Council had submitted a formal declaration of surrender on Aug. 10, fighting continued. In fact, two days later, a Japanese submarine sank two American ships.

• On Aug. 12, 1964, British author and journalist Ian Fleming, creator of James Bond, the world's most famous fictional spy, dies in England. His novels about the debonair Agent 007 were based in part on Fleming's real-life experiences. The first Bond book, *Casino Royale*, was published in 1953.

• On Aug. 15, 1979, *Apocalypse Now*, the acclaimed Vietnam War film directed by Francis Ford Coppola, opens in theaters. It told the story of an Army captain who is sent into the Cambodian jungle to kill a U.S. Special Forces colonel who has gone AWOL and is thought to be crazy.

• On Aug. 18, 1992, celebrated Boston Celtics forward Larry Bird retires. Bird entered the NBA in 1979 and was named Rookie of the Year after leading the Celtics to a 61-21 record.

STRANGE BUT TRUE

- It was French playwright and actor Louis Verneuil who made the following sage observation: "The prime purpose of eloquence is to keep other people from talking."
- With only two known to exist, the rarest U.S. postage stamp is an 1868 1-cent Benjamin Franklin Z-Grill, so called

because of the shape that was impressed into the stamp. One of the Z-Grills is in the collection of the New York Public Library, and the other was sold in 1998 for \$935,000. That's not the end of the story, though; in 2005, the same stamp was traded for a block of stamps valued at \$3 million.

• The year 1828 was a sad one for winemakers. For unknown reasons, 80 percent of the bottles of Champagne bottled that year exploded

• There is a law on the books in Maine that prohibits having your shoes untied in public. I assume that one is not much enforced.

• In 2002, in an effort to be more environmentally friendly, Ireland decided to try to reduce the use of plastic grocery bags by levying a 15-cent tax on each one. It worked, too -- use of the bags dropped by 95 percent.

• Sir Christopher Wren, who designed the famous London landmark St. Paul's Cathedral, was an astronomer, not an architect. His other achievements included developing a method for calculating eclipses and devising a way to measure the rings of Saturn.

• Back in 1935, the owner of the Chicago Cubs baseball team predicted that night games were "just a fad." He wasn't much of a prognosticator, it seems.

THOUGHT FOR THE DAY

"It is easier to lead men to combat, stirring up their passion, than to restrain them and direct them toward the patient labors of peace." -- Andre Gide

TRIVIA TEST

1. **Anatomy:** Which vitamin is necessary for normal blood clotting?
2. **Geography:** Which state lies directly south of Missouri?
3. **Psychology:** What fear is represented by the condition called pogonophobia?
4. **General Knowledge:** What is the basic currency of the nation of Georgia?
5. **Food & Drink:** What is a latke?
6. **Advertising:** Which breakfast cereal features a leprechaun in advertisements?
7. **Literature:** Who wrote the Greek play *The Trojan Women*?
8. **U.S. Presidents:** Who was Abraham Lincoln's first vice president?
9. **Movies:** Which early 20th-century film actress was dubbed "America's Sweetheart"?
10. **Games:** How many balls are used in pocket billiards?

TRIVIA ANSWERS

1. Vitamin K 2. Arkansas 3. Fear of beards 4. The lat 5. A pancake usually made of grated potato 6. Lucky Charms 7. Euphrides 8. Hannibal Hamlin 9. Mary Pickford 10. 16 balls (15 numbered balls and the cue ball)



# Local Goodwill Employee Program

The cost of living in Florida is increasing faster than income levels. Jobs in retail, the most common occupation in Florida, generally pay well below \$20 per hour, yet the hourly wage necessary to support a family is nearly \$30 per hour. Even if both parents work full time, most times they still fall short with rising healthcare, childcare and housing costs.

At Goodwill Industries of Southwest Florida (SWFL), 48 percent of the total workforce is identified as having one or more disadvantages, or have a self-disclosed disability making the struggle even greater. To combat this continual struggle, Goodwill SWFL is implementing a new employee mentoring program: Goodwill Investing in Valued Employees Program (GIVE Program). For the nearly 800 Goodwill employees working throughout the Southwest Florida area, the new family strengthening and supportive services will help those experiencing multiple barriers to self-sufficiency.

“The new GIVE program is an inward focus on our employees which supplements our external work,” said Fred Richards, vice president of community support services at Goodwill Industries of Southwest Florida. “It is imperative that our organization invest in our employees who have multiple barriers to independence.”

Patricia (Patty) Fernandez, a current Goodwill employee was hired as the employee resource coordinator, and will be piloting the new program. She will work alongside the employees who become participants to develop an individual development plan (IDP), addressing needs in employability, financial literacy, housing, transportation and education.

“We value the contribution of individuals with disabilities and disadvantages in our work force. With this program we are investing in developing their skills for life enrichment and success with self-sufficiency,” said Fernandez.

Last year, Job-Link staff provided access to services to nearly 8,000 unduplicated community members in the five counties served by Goodwill of Southwest Florida. Through Job-Link centers, people have access to help with resume preparation, interviewing

skills, assistance with ACCESS (benefits), linkage to community resources, access to online employment opportunities and employment services, and access to unemployment benefits online. These services have always been available to Goodwill employees, but the unique aspect of GIVE is that every employee will now have a localized center to receive this information, and can meet with the employee resource coordinator on company time. In addition, each employee who becomes a participant will have an IDP created that will guide the delivery of services and the participant’s actions.

“The GIVE Program will help remove barriers and promote the well-being of each participant,” said Fernandez. “The services will be person-centered and delivered based on their identified aspirations or goals. This will in turn create a positive environment for their families and, from there, to their employer – Goodwill Industries of Southwest Florida (SWFL).”

Initially, the pilot program will be offered to employees at the Opportunity Center on Tice Street in Fort Myers. Plans are to expand the program to other retail locations after the first year as the program develops.

“The success of this program will be

dependent on ensuring Goodwill is linking, coordinating and providing services that will improve the overall quality of life for the person and family served,” said Richards.

Fernandez has been in the role of coach with the Goodwill Industries MicroEnterprise Institute since early 2019. Prior to this, she was a family engagement specialist with Lee County Public Schools Head Start Program. Case management and family straightening models were used to remove barriers for families enrolled throughout the Lee County district. She also taught nutrition classes at UF/IFAS Collier County Extension Services Family Nutrition Program; working primarily with disadvantaged and at-risk populations in programs throughout the Collier County area. As a trained facilitator, Fernandez led groups in Turning the Tide on Poverty Through Community Circles. Partnerships with The Kettering Foundation, community leaders and others produced civic-minded individuals empowered to make their communities a better place. In classes conducted in Spanish, she educated parents about family nutrition in the Salud Immokalee Program. She holds a master of science degree in conflict analysis and resolution from Nova Southeastern University, and a bachelor

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To advertise in the <i>Island Sun</i> and <i>The River Weekly News</i> Call 395-1213			<b>KAYAK FOR SALE</b> 17' Ocean Kayak Sprinter. \$100. Good condition. No accessories. Call Bob at 265-0840. 6/28 ★ TFN	<b>FICTITIOUS NAME</b> NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of MORGAN EXTERIORS OF FORT MYERS, located in LEE County, State of FLORIDA, with an address of 12651 Metro Parkway, Fort Myers, Florida 33966, has registered said name with the Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 26th day of July, 2019. Morgan Exteriors of Orlando LLC Jasen T. Keyes 8/9 ★ 8/9



of arts degree in communications from Trinity International University.

As the GIVE resource coordinator, Fernandez will facilitate the removal of barriers, holding back employees from setting and accomplishing their individual/family goals. She can be reached at 995-2016 ext. 2203 and [patriciafernandez@goodwillswfl.org](mailto:patriciafernandez@goodwillswfl.org).

Goodwill Industries of Southwest Florida is a nonprofit organization committed to serving people with disabilities and disadvantages by offering life-changing opportunities to assist them in achieving independence. For more information, visit [www.goodwillswfl.org](http://www.goodwillswfl.org).

# Practice Safe Boating, Save The Manatee

submitted by Katie Tripp, PhD, Director of Science and Conservation, Save the Manatee Club

In 2019, Florida’s manatees are being killed by boats at an unprecedented rate, with 93 through July 19. Of the 2,652 Florida manatees who have been labeled with a “Watercraft” cause of death in the last 45 years, one percent were reported to wildlife authorities. That means more than 2,600 fatal manatee strikes were not reported. Factor in the manatees who are injured but not killed, and that’s tens of thousands of instances of vessel operators striking manatees but not telling anyone. I have struggled over the years to understand how an average-sized recreational vessel could hit anything in the water, let alone a 1,000 pound manatee, and the operator not realize he hit something.

Striking a manatee accidentally while driving attentively and in accordance with

posted regulations is an accident. Colliding with a manatee due to inattention is negligent. Driving away from any possible collision with a manatee and not reporting it is both criminal and cruel.

When the Florida Fish and Wildlife Conservation Commission’s Division of Law Enforcement releases its annual boating accident report each year, inattention and failure to keep a proper lookout are the leading causes. The majority of these incidents involve collision with another vessel or a fixed object. Six of the top 10 counties for manatee watercraft deaths are also on the top 10 list for Florida boating accidents. It stands to reason that poles and sandbars aren’t the only objects with which distracted vessel operators are colliding, but that our manatees are falling victim to careless driving.

If this is indeed the case, then the solution is simple: pay attention, slow down, put away the cell phone and leave the beer at home. Boats and wave runners are not toys. In careless hands, they are weapons. If you don’t want to do it for the manatees, do it for yourself, because the life you save could be your own. And thank you to those boaters who are vigilant and always keep safety on their minds while out on the water.

Please report injured or distressed manatees as soon as possible to the Florida Fish and Wildlife Conservation Commission by calling 1-888-404-FWCC (3922). You can also send a text message or email to [Tip@MyFWC.com](mailto:Tip@MyFWC.com) or use VHF Channel 16 on your marine radio. Visit [www.SaveTheManatee.org](http://www.SaveTheManatee.org) or call 1-800-432-JOIN (5646) for free public

awareness signs, safe boating resources and for other ways you can help protect manatees.✱



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Today's Word  
**DATING**

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Laguna Shores	Fort Myers Beach	2016	3,225	\$3,129,000	\$2,850,000	166
The Reserve	Estero	2004	3,446	\$1,325,000	\$1,200,000	33
Sanibel Estates	Sanibel	1968	2,945	\$1,295,000	\$1,245,000	28
Cape Coral	Cape Coral	2017	3,500	\$1,279,000	\$1,162,500	317
Woodsedge	Estero	2006	3,641	\$1,199,000	\$1,050,000	18
Cape Coral	Cape Coral	2007	3,531	\$1,189,900	\$1,150,000	72
Sunset Captiva	Captiva	1979	2,151	\$995,000	\$950,000	36
Cape Coral	Cape Coral	1988	3,498	\$969,000	\$880,000	499
Oak Bend	Fort Myers	2006	3,652	\$900,000	\$880,000	495
Longlake	Bonita Springs	1993	3,369	\$899,900	\$817,700	425



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