



Art Of Burlesque Showcased At Davis Art Center

by Jeff Lysiak

In the time-honored tradition of the American stage, an evening showcase featuring burlesque dancers, blues music, contemporary cabaret and comedy returns to the Sidney & Berne Davis Art Center on Saturday, July 7. The performance is entitled Show Me The Honeys.

Glam! Bam! Burlesque!, a Southwest Florida-based burlesque group, brings the art of classic tease, traditional and neo-burlesque to life in a performance featuring singing, dancing, bumping and grinding.

However, this unique entertainment genre offers much more than just provocatively dressed ladies clad in lacy corsets, fishnet stockings and feather boas.

“Burlesque is something that everybody can do, and all kinds of people can enjoy,” said Rosie Luxure, the stage name of the co-founder of the dance troupe that began in 2016. “It’s a real theatrical experience.”

According to Luxure, she and fellow co-founder Nettie Boom were teaching dance lessons at a Naples studio, offering instruction on a wide variety of genres including burlesque, hula, swing, belly and contemporary dance. After working together for some time and expressing a mutual interest in staging burlesque performances, the pair



Glam! Bam! Burlesque!

decided to create their own group.

“We both wanted to do it for a long time,” said Boom.

“But we had no idea how it was gonna blow up the way it has,” added Luxure.

Over the past two years, Glam! Bam! Burlesque! has staged dozens of performances across the state of Florida, with private gigs and major shows in venues such as The Ranch in Fort Myers

photo by Annie Watson Photography

(at the 2017 Cattle Baron’s Ball of Lee County), the Southwest Florida Event Center in Bonita Springs and at The Colosseum, Pelican Larry’s and Off The Hook Comedy Club in Naples.

“We do lots of shows throughout the year, but our biggest, full-scale production is held at the Sidney & Berne Davis Art Center every year,” said Luxure, who noted that the troupe will also be appearing at the 2018

Burlypicks, a burlesque and variety performance competition in Orlando this month.

Other members of the troupe include Lucie Fair, Kelly Koquette, Audrey Delicious and Etal Noir. All of the girls live in Southwest Florida, between Fort Myers and Naples.

“One of the reasons that burlesque has become so popular is the women’s empowerment movement,” said Koquette. “Everybody seems to really love it, and actually the majority of the crowd is made up of women.”

During a recent rehearsal for their July 7 performance in Fort Myers, all of the ladies shared what feedback they’ve heard from audience members following their shows. “A lot of the women who had never seen a burlesque show tell me they love it... and they want to learn how to do it themselves,” said Luxure. “It’s like this ever-evolving circle.”

“When people come up to me after the show, they never use the word ‘sex.’ They always say how beautiful the show was,” added Fair. “They also compliment us on how professional we were.”

“What our show does is bring a freshness to the area, something that many people who live here have never seen before,” said Boom.

In addition to the performance at the Davis Art Center, the Glam! Bam! gals will be appearing at the Love That Dress! Collection Party, a fundraiser for the PACE Center For Girls of Lee County, on Tuesday, July 17 at the Red Door Photography Studio, located at 1601 Lee Street, Suite 2 in Fort Myers.

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Photography And Paintings In Underwater Works

The Sidney & Berne Davis Art Center will highlight an underwater art exhibition during a group show during Art Walk on Friday, July 6 from 6 to 10 p.m. There’s Something in the Water features photography from Mila Bridger, Katy Danca Galli and Bob Halstead, plus paintings from Arturo Sameniago.

Halstead is an award-winning underwater photographer whose work has been published in books and featured in galleries around the world. Through his interest in scuba diving, he has captured some of the most incredible underwater images. Halstead is credited with devising a now common technique called “muck diving,” which reveals unique creatures or objects in the sediment. His photography has also had an impact on marine biology since he has been able to help identify



Moray Eel by Bob Halstead

several new and unknown species of sea life. For more information, visit www.bobbeneaththesea.weebly.com.

photo provided

Originally from the city of Koszalin in the northwest of Poland, Bridger is best known for her abstractly surreal,

color-saturated photographs featuring what she labels as manufactured fantasy. She is renowned both locally and internationally for fantastical portraits that feature thoughtfully stylized, saturated settings that evince a high degree of kinetic energy and unmistakable Expressionist flair. For more information, visit www.milabridger.com.

A Florida west coast native, Danca Galli is the former photo editor for *Scuba Diving* magazine, master diver, former Boy Scout (seriously), ocean advocate and lover of all bodies of water. Her work has been featured on www.baresports.com, *Scuba Diving* magazine online and in print, *Sport Diver* magazine and *Divephotoguide.com*. Danca Galli has won contests with the Ocean Conservancy, Our World Underwater and the Cover of the Year Charlie Award for 2012. For more information, visit www.katydancagalli.com.

Originally from Mexico, Sameniago earned degrees in business and art. The

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Historic Downtown Fort Myers, Then And Now:

Taff Langford House Lingered On



by Gerri Reaves, PhD

Center left and encircled in this circa-1950 aerial photo, the 19th century Taff Langford house looks like a hold-out. Sitting on the southwest corner of Dean and Bay, it's sandwiched between the classic boom-time commercial buildings (left) and the unattractive – it must be said – riverfront west of the yacht basin (right).

Across Dean, stands the Morgan Hotel, as indicated by the huge letters on the side of the building. Behind the Langford house runs a nearly horizontal line of one-story structures (top). They line the railroad that runs down the center of Monroe Street to the riverfront packing plants.

The large open area (lower right), which was known as Richardson Field, is evidently the scene of a carnival, judging from the Ferris wheel and tents.

Prominent on the Hendry-Edwards corner (left center) is the catty-cornered Elks Club Lodge #1288. That building no longer exists either.

Despite looking like an anachronism, the historic Langford house survived until 1992. In September of that year, *News-Press* writer Joe Workman lamented its loss only three months earlier to create a parking lot.

For him, it was yet another dispiriting case of local history being sacrificed to dubious progress.

Today, Taff Langford is perhaps best known for his namesake, the 1911 Langford Building on First Street. The current brick structure replaced the original wood-frame Langford Building.

Located next door to the Bank of Fort Myers Building on the Jackson corner, it was recently renovated and is now a restaurant with loft apartments on the second floor.

Along with other prominent family members, Taff helped to shape early Fort Myers history. He came to the town sometime between 1878 and 1885 (sources differ) with his brother Dr. Thomas Langford.

In the early days, the brothers had houses next to each other on First Street at what is now the Dean Street intersection.



In this circa-1950 aerial photo looking to the southwest, the pioneer-era Taff Langford house (circled) stands at the corner of Dean and Bay. Across Dean is the Morgan Hotel and across the top of the photo are buildings alongside the railroad on Monroe Street. The large building near the upper left corner is the Kress Building. (This is a zoomed shot from a larger photo.)
photo courtesy IMAG History & Science Center



The house was destroyed in 1992. Today, a modern office building stands at Dean and Bay.
photo by Gerri Reaves

Taff also was a cattleman and owned saloons back in the days when the business district resembled something out of an old movie about the Wild West.

In addition, with brother NL Langford, Taff owned a store in the 1890s, and he served as a town councilman in 1892.

Another member of the influential Langford family was Walter G. Langford, first president of the First National Bank and the builder of the historic Langford-Kingston Home.

In 1913, Taff sold his property on First Street to Addie Sanchez, who with husband Sol, ran the Cottage Home Hotel on the future site of the Morgan-Dean Hotel.

Eventually, the porches on Taff's two-story wood-frame home were removed and it was relocated a block north to the southwest corner of Dean and Bay, as indicated in the historic photo.

In the 1920s, it was the lodge of the American Legion Post 38. Imagine – in the mid-1920s, the legionnaires stuccoed the pioneer building so it would conform in appearance to the new boom-time hotel across the street!

In its final years, the former house was a law office and as the city's housing administration office. Then it was destroyed.

According to Workman, the demolition upset local history lovers and historic preservationists. Even the State of Florida spoke out, since the Fort Myers business district had been added to the National Register of Historic Places in 1990, and the demolished house lay within the designated district.

Walk to Dean and Bay and imagine the old Langford house hanging on as downtown modernized around it.

Then, visit the following two research centers to learn more about the historic structures that didn't quite survive, even after the commercial district's historic designation.

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

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.

Hours for the all-volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

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

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Over \$93,700 In Funds Awarded

Four local nonprofits, a church mission trip and a high school senior were this year's recipients of funds from the Jordan Ashley Gutheim Foundation Fund and the Jordan Ashley Gutheim Scholarship Fund, funds of the Southwest Florida Community Foundation. This is the second year for Jordan's blessings, which now totals \$226,700 with over \$108,000 already distributed.

The funds were established in memory of Jordan Gutheim, a 20-year-old who graduated from Evangelical Christian School and was a junior at Florida State University. Jordan and her boyfriend, Benji Piechoczek, were killed in a car accident while waiting to make a legal turn on May 12, 2016. Born in Fort Myers, Jordan was known for her fun and loving spirit, her happiness, sensitivity and interest in going out of her way to help others.

This year's recipients included Cape Coral Animal Shelter, the Lee County Sheriff's Office Teen Driver Challenge, Valerie's House and the Dr. Ella Piper Center's Foster Grandparents Program. In addition, Sylvia Canko of Cape Coral High School is the scholarship recipient of the Jordan Ashley Gutheim Scholarship for four years at \$2,000 per year, and a grant was made to New



From left, Greg and Lorraine Gutheim with Sylvia and Svitlana Canko photos provided

Hope Presbyterian Church to aid with a mission trip to Puerto Rico planned for this summer. While We're Waiting, a faith-based retreat for bereaved parents, will also receive \$10,000.

According to her family, Jordan was passionate about animals, seniors, families and helping those in need in impoverished countries. The funds support what Jordan loved, including no-kill animal shelters, seniors facing dementia, humanitarian mission trips,

driver safety and family services. Annually, the foundation also awards a four-year scholarship to FSU.

"Jordan's light shined so bright with her outpouring of love for her family, friends and people in need. Our family, and the world for that matter, lost someone irreplaceable," said members of her family. "Jordan loved to travel, exercise, experience new things and make others laugh. We miss her more and more each day, and through this



Jordan Gutheim

fund, our wonderfully kind and caring daughter will live on and continue to help others."

The fund is available for anyone who would like to contribute at www.bit.ly/JordanAshleyGutheim, or send a check to the Southwest Florida Community Foundation. For more information about Jordan, visit www.jordangutheim.org. For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.

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CROW students Abbey Bierman and Jennifer Hurlbaas releasing the sea turtle on Fort Myers Beach photo provided

Loggerhead Released On Fort Myers Beach

On June 12, the Clinic for the Rehabilitation of Wildlife (CROW) released a sub-adult loggerhead sea turtle on Fort Myers Beach with the help of Turtle Time, Inc. volunteers. The volunteer group rescued

the turtle on May 29 when it was found floating upside down in the surf. It was transported to CROW where it received care and treatment for brevetoxicosis, also known as red tide poisoning.

Before being released, the turtle was tagged with a passive integrated transponder (PIT) tag and a flipper tag on each of its front flippers.

This is the fifth sea turtle in 2018 to be treated and released from the clinic for red tide poisoning.✪

Registration Open For Law & Order Ball

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

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

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

The black-tie optional gala is open to the public and will feature cocktails, hors-d'oeuvres, a formal dinner, silent and live auctions, entertainment, raffles,

and even more surprises. The evening will also include a presentation for the Officer of the Year award among all participating agencies.

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

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

Along with Creighton Construction and Development, sponsors include The Eventful Company, RapidPrint, Edison National Bank, Fort Myers Police Department, Henderson, Franklin Attorneys at Law, Siesta Pebble, Southwest Florida Public Service Academy, Suncoast Credit Union, Aubuchon Team of Companies, Bank of the Ozarks, Finemark Bank, Florida Power & Light, Markham Norton Mosteller & Wright, Millennium Physicians Group, Round Table Provisions and Pushing the Envelope.

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

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From page 1

Underwater Works



Photography by Mila Bridger

photo provided

next 14 years were spent developing a successful computer business until his dream of being a painter could wait no longer. In 2004, Sameniago took the plunge to become a full-time artist. The last 14 years have been an exciting journey that allowed Sameniago to develop a successful career as a visual artist, with galleries representing his work in different parts of the country, including Miami, Houston, Charleston and Denver. Sameniago's work has received several national and regional awards, as well as publication in magazines such as *Juxtapoze*, *Studio Visit*, *International Artist Magazine*, and *American Art Collector*. For more information, visit www.samaniegoart.com.

The Sidney & Berne Davis Art Center is located at 2301 First St. in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com or call 333-1933.✪

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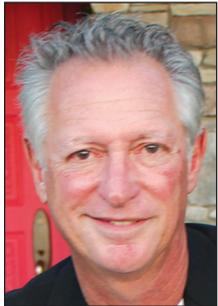
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Fort Myers Art:

Lab Sequel Funnier Than Parody Last Year



by Tom Hall

Last summer, Randall Kenneth Jones and Rob Green splayed Southwest Florida with over-the-top portrayals of the Hudson sisters in Lab Theater's campy parody of the 1962 Bette

Davis-Joan Crawford cult classic film *Whatever Happened To Baby Jane*. Jones has returned this summer to torment a new victim in Lab's sequel, an even campier spoof of the sequel to *Baby Jane*, the 1964 Southern Gothic grand guigno, *Hush Hush, Sweet Charlotte*.

Both the play and Jones are better than last year – and that's saying a lot! The laughs are bigger, bolder and more protracted. They're not just side-splitting. They're of the fall-out-of-your-seat intensity and variety. As Cousin Miriam, Jones' gloriously unrestrained. The bitch is diabolically manipulative. Ruthlessly Machiavellian. Blissfully amoral. There isn't anything she won't say or do to get what she wants – and what she wants isn't fame, love or affection; it's power, control and, above all, money.



Brian Linthicum as Charlotte Hollis and Randall Kenneth Jones as Cousin Miriam

photo courtesy www.artswfl.com

In the '64 film, Olivia de Havilland elected to give Miriam a refined, reserved demeanor. Jones and Lab Artistic Director Annette Trossbach have gone in the other direction. Perhaps that's in recognition that *Hush Up Sweet Charlotte* is, after all, a parody. Be that as it may, Miriam's inner self warrants, nay mandates, a campier, more idiosyncratic and outlandish depiction of the character.

On the other end of the spectrum, Brian Linthicum's beleaguered Charlotte Hollis is the perfect foil for her cousin's machinations. There are just some people who are professional victims. Sweet

Charlotte is one of them.

Charlotte had two great loves during her life. The first was her father, Big Sam Hollis. The other was her married lover, John Mayhew. The latter chooses the social event of the season, a glam party at the Hollis mansion, to end his affair with poor Charlotte. Little does Char know that her dad gave him little choice. Big Sam threw down on his philandering neighbor after learning of the tryst from Mayhew's wife, Jewel. But then, dear John lost a hand, his head and (obviously) his life. Her dress smeared in John's blood, Char becomes the top suspect in the unsolved murder and is shunned by everyone in the small backwater Louisiana town. The problem is that Charlotte herself isn't sure who did the deed. Was it her father, or did she kill old Johnny boy and then block the heinous crime from her fragile memory.

But all that's just so much backstory. We don't meet the wizened and

bedraggled Southern belle until some 37 years later. By then, Charlotte is barely clinging to her father's mansion and the last shreds of sanity. After nearly four decades of isolation and self-imposed agoraphobia, she's a mess in a dress. Linthicum captures Charlotte's confliction (guilt over what she may have done and anger about what her sainted father may have done to her instead) and gnawing regret for the life she might have enjoyed but for John's betrayal and ensuing death.

In the film, Bette Davis played the part with maniacal elan. Linthicum emulates her role model, but adds a number of his own touches to make the character come alive on stage. In particular, Linthicum realizes his character is a gritty survivor, if nothing else. But the problem is that she's never encountered anyone as devious as her cousin or as duplicitous as Dr. Drew.

Sue Schaffel is equally mesmerizing. She sizzles in the role of Charlotte's staunchly loyal maid. In the film, Agnes Morehead (Samantha's mom in *Bewitched*) played this part so well that she garnered a Best Supporting Actress Academy Award nomination and a Golden Globe win. Schaffel's Velna is a Southern-fried Ruth Buzzi. Her screechy bayou drawl adds to overall humorous tenor of the story. Her interactions with Miriam and the nefarious Dr. Drew are scene stealers, one and all. (But dear God, what would ever possess dear crusty Velna to turn her back on a bushwacker like Miriam?)

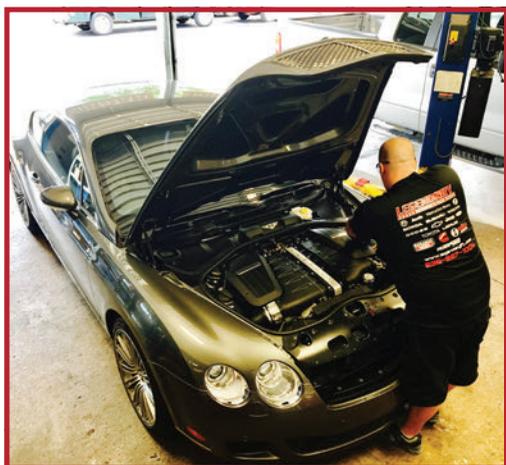
The rest of the cast turn in equally hilarious performances. Heather McLemore Shaw couldn't be funnier as "spit-ding" Sheriff Luke Standish. Steven Coe channels previous roles in *Play On!*, *Last Night of Ballyhoo* and *The Musical Comedy Murders of 1940* to put on the ritz as a snoopy British journalist eager to uncover the truth about John Mayhew's murder all those years ago. Albert

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Female Comedy Night At Alliance For The Arts

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

The line-up features Pam Bruno, Dani Thralow, Nancy Francis and Mariannette LaPuppet.

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

Thralow was recently named Acme

Comedy Club's Second Funniest Person in Minneapolis and St. Paul. She has been selected to perform at comedy festivals throughout the United States. She enjoys spending time with her daughters, running, and speaking about entrepreneurship.

Francis is a life-long family woman and a 30-year veteran of the real estate title business. This librarian look-alike decided to take to comedy. Francis' take it or leave it mom attitude transcends generations. Watching the audience watch this grandmom "tell it like it is" must be seen.

LaPuppet is a professional actress and writer of over 25 years turned comedian. She was a finalist in Nick at Nite's *America's Funniest Mom*, winner of the 2nd Annual Comedians Ball in Florida and finalist in Comic Cure's Florida's Funniest Female. She has featured for top comedians like Craig Shoemaker, Michael Winslow, Judy Tenuta and Pauly Shore.

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

FGCU Foundation Board Of Directors Makes Changes

The Florida Gulf Coast University Foundation, Inc. recently announced the election of two board members and inducted three members as Foundation Fellows at its quarterly meeting Wednesday, June 6.

Newly elected board members will serve four-year terms. New members include:

Kimberly Reese is a partner with RiteAire TEK, a distributor of RiteAire TEK Know-It-All plugs, which monitors air, power and water leaks on yachts using cellular technology. Reese moved with her husband to Fort Myers from Indiana, where he founded Cadence Environmental Energy. Reese served on the FGCU Foundation Development Committee as a community representative.

Nancy Wickham began her career at Pfizer, Inc. after graduating from Pomona College in California. While working in marketing at IBM in Tampa, she met her husband, Jeff. A native New Yorker, Wickham has been a full-time resident of Sanibel since 2010.

Three board members have been elected as Foundation Fellows, an elite group of longtime donors and advocates for the Foundation. New Fellows are:

W. Bernard Lester, PhD., rotating off the foundation board, served the university over the course of 25 years in many roles, including the FGCU Board of Trustees, Foundation Board of Directors and the Financing Corporation Board, to name a few. Lester and Ben Hill Griffin III were instrumental in gifting, from Alico Corporation, the 760 acres of land on which FGCU sits. Further gifts from Lester and Alico have supported scholarships, professorships, chairs and Alico Arena.

David Lucas, rotating off after eight years on the foundation board, also served 10 years on the FGCU Board of Trustees. Lucas is a distinguished founder of the university from its inception as a lead donor through an endowment supporting the Lucas Center for Real Estate and an endowment of the Lucas Center for Faculty Development. Lucas is an avid

supporter of the annual Founder's Cup golf tournament and has served on the Foundation's Finance Committee.

J. Dudley Goodlette, Esq, served on the foundation board for 12 years and the FGCU Board of Trustees for six years. He served in the Florida House of Representatives, representing Collier County, 1998 to 2006, and as chief of staff to the Speaker of Florida House of Representatives, 2009 to 2011. Goodlette was interim president of Edison College (now Florida SouthWestern State College) in 2012.

Current officers of the FGCU Foundation Board of Directors are beginning their second year of a two-year term. They are as follows:

David Holmes, Esq, chair, is an attorney and president of Farr, Farr, Emerich, Hackett, Carr and Holmes, PA in Punta Gorda.

David Call, vice chair, is the regional president of Fifth Third Bank within Florida.

Timothy Cartwright, treasurer, is a partner with Fifth Avenue Advisors, and serves as the managing director of Compass Advisory Group in Naples.

Steve Magiera, assistant treasurer, is FGCU's vice president for administrative services and finance.

Kimberly Johnson, Esq, secretary, is the chair of the law firm Quarles & Brady in Naples.

The FGCU Foundation supports the university's educational mission by securing and administering gifts on its behalf, managing its endowment and allocating funds that advance student achievement and enhance academic programs.

For more information, contact Chris Simoneau, vice president for advancement and executive director of the FGCU Foundation, at 590-1064.✪

Paws Pawty Benefit June 22

Take your furry friends to the Paws Pawty at the Gulf Coast Town Center on June 22 from 5:30 to 9 p.m. Center retailers will become pet friendly for the evening, and there will be free activities.

Patrons can participate in fun pet contests, a photo booth, paint with your pet, taste samples from six different

continued on page 23

Local Navy Man Performs In Military Exhibition

Musician 1st Class Winnie Dawkins, a native of Cape Coral, recently was a part of a performance with the massed bands at the 2017 Virginia International Tattoo.

Dawkins, who plays saxophone and flute, serves as a drum major in the U.S. Fleet Forces Band. Dawkins earned his bachelor's degree from Florida International University and joined the U.S. Navy in 2005. In his spare time, he enjoys playing sports such as football, basketball, ultimate frisbee and bowling.

One of Dawkins' favorite memories is going to Canada to participate in the Royal Nova Scotia International Tattoo in 2017.✪

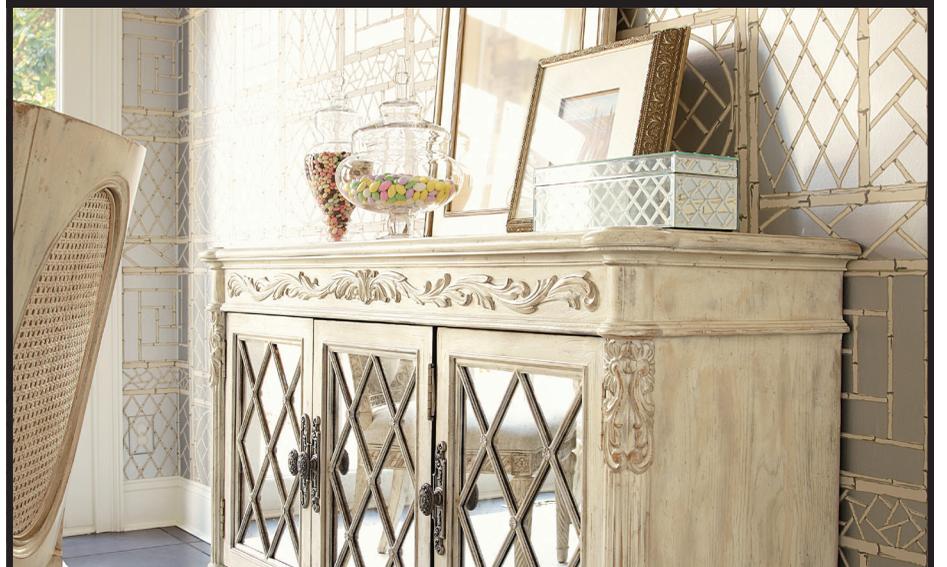


Winnie Dawkins

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Along The River

Bring your four-legged friend to **Pet Walk** at the **Butterfly Estates** this Friday, June 22 at 6 p.m. The monthly fourth Friday event offers a lot of great pet-themed activities within the complex.

Event sponsors include River District Alliance, Lee County Visitor & Convention Bureau, Fort Myers Community Redevelopment Agency and the City of Fort Myers.

The Butterfly Estates is located at 1815 Fowler Street in downtown Fort Myers.

The **Calusa Nature Center & Planetarium** will hold its quarterly **Laser Light Shows** this weekend and next weekend. Shows are on Friday, Saturday and Sunday at 6, 7, 8 and 9 p.m. There will also be Kids Laser Shows at 4 p.m. daily.

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

The second concert of the Sounds of Summer series at the **Sidney & Berne Davis Art Center** (SBDAC) will feature local favorite **Sheena Brook** and newcomer **Melissa Lee** this Friday, June 22. Doors open at 7:30 p.m. and the music begins at 8 p.m. The Sounds of Summer concert series is a biweekly event that features two acclaimed acts performing inside on the SBDAC stage.

Lee, an emerging Nashville



Laser Light Shows are returning to the Calusa Nature Center & Planetarium this weekend image courtesy calusanature.org

singer, will open the evening by performing her original songs. She is a contemporary country artist that is highly influenced by pop and classic rock. Her voice can be compared to Miranda Lambert and Natalie Maines of The Dixie Chicks. She kicked off the new year with a sold-out album release show at Kewadin Casino in Sault Sainte

Marie, Michigan and spent 2017 on tour with Confederate Railroad. Lee has opened for many national acts such as Brothers Osborne, Cole Swindell and David Allan Coe.

Brook, who appeared on NBC's Season 12 of *The Voice*, will then perform an hour-long solo acoustic set of her original music. Though considered a country singer/songwriter, she has created her own sound by playing all types of genres. With her quick wit and ability to connect and interact with her audience, she uses techniques like looping to create music on the fly that leaves anyone watching in awe. A Southwest Florida native, Brook has a laid-back style with an energetic and inviting vibe. Behind the scenes, she has had the pleasure of collaborating with hit writers such as JT Harding, Andy Albert and many others. She released an EP titled *The First Time*.

Tickets are \$5. FSW and FGCU students can buy one ticket and get one free by presenting their student ID at the box office.

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

The Academy of Lifelong Learning at **Shell Point Retirement Community** will present **Writers Workshop: Successful Writing Projects** in the community's Grand Cypress Room this Saturday, June 23 from 1 to 4 p.m. Led by award-winning author and historian Robert Macomber, the three-hour workshop will share tips on how to organize, start and complete a successful writing project. The course will teach guests how to keep a project on schedule, offer ways to edit without angst and provide ideas to inspire memorable writing. Attendees are encouraged to bring a large notepad and a pen or pencil.

Tickets to attend the writing course with Macomber, who recently won the Silver Medal for Popular Fiction from the Florida Book Awards, is \$35. Tickets can be purchased by calling 489-8472.

Shell Point Retirement Community is located at 15101 Shell Point Boulevard. For more information, visit www.shellpoint.org.

Dancers will take the stage at **Broadway Palm Dinner Theatre** this Sunday, June 24 to honor the late Jeanne Bochette, the region's pioneering dance teacher, woman entrepreneur, Grande Dame and performing arts advocate. **The Festival of Dance**, produced by Dance Bochette, its affiliated nonprofit Gulfcoast Dance Inc., and hosted by Broadway Palm Dinner Theatre, will include a noon brunch followed by a 2 p.m. matinee.

The tribute features performers from Bochette's historic Fort Myers studio – including those she trained during her six-decade career – showcasing ballet, tap, modern, jazz and hip hop. In addition, professional guest artists will travel to Fort Myers for special appearances and contributions.

Tickets are \$35 for adults, \$25 for children and \$20 for the performance only.

Performance highlights include: Carla Amâncio and Phillipe Teixeira, principal dancers from Dance Alive National Ballet, performing the classic pas de deux from *Romeo and Juliet* as well as modern works;

Broadway-inspired original tap choreography by area master teacher Ron Fucci;

Dance Bochette director and former Mark Morris Dance Group member Alyce Bochette will pay homage to her mother with her new work set to Beethoven's enchanting *Moonlight Sonata*;

A re-staging of May O'Donnell's classic *Dance Energies* taught to Dance Bochette students by Nancy Lushington, former O'Donnell soloist, Marymont Manhattan College assistant professor of dance and board member of the O'Donnell Green Foundation for Music and Dance.

Broadway Palm Dinner Theatre is located within Royal Palm Square at 1380 Colonial Boulevard in Fort Myers. Tickets can be purchased by calling the theater at 278-4422.

Sidney Berne & Davis Art Center will host its monthly **Art & Poetry Networking Event** on Thursday, June 28 at 8 p.m.

The Gulf Coast Leisure event will feature mixed media artists, music, spoken word, and vendors. Attendees also have a chance to network and connect with other like minded people in the arts community. Sign up early to perform, or be a part of the audience. Join in this interactive music and art showcase.

Cost is \$10 per person. Visit www.gclmovement.com/vendors-sponsors to register as an artist or vendor.

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



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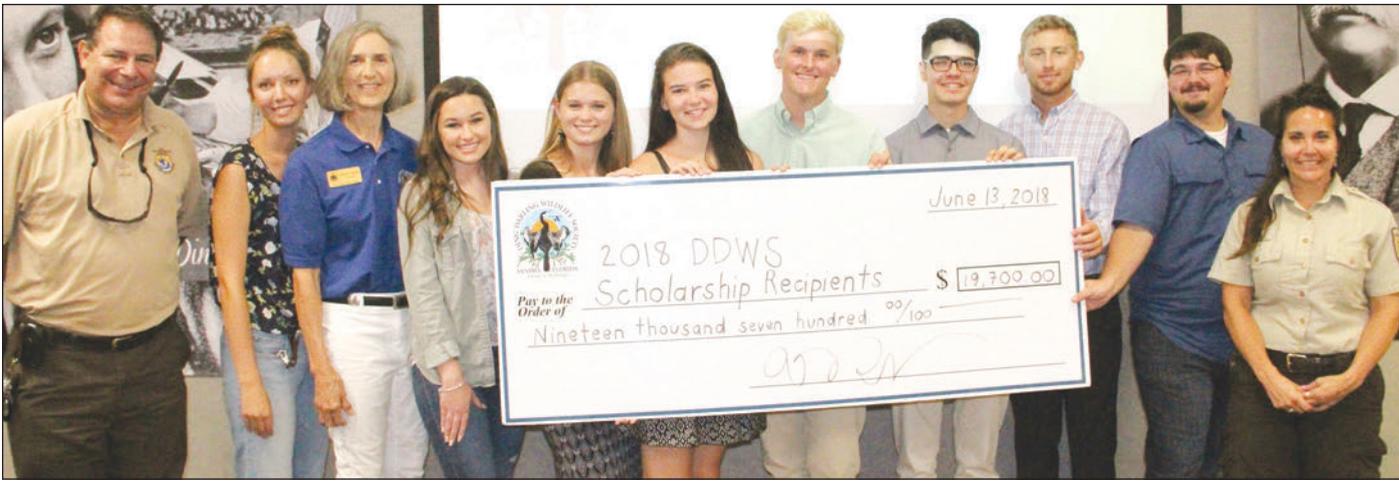
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From left, Wildlife Refuge Ranger Paul Tritaik, DDWS Philanthropic Coordinator Sierra Hoisington, DDWS Education Committee Chair Wendy Kindig, recipients Maegan Mikkelson, Morgan Humphrey, Danielle Winchel, Marlin Smith, Kevin Macias, Jake Joers, Taylor Hancock and Supervisory Refuge Ranger Toni Westland.

Scholarships For Environmental Studies Awarded

At a special after-hours gathering at JN "Ding" Darling National Wildlife Refuge on June 13, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) awarded \$19,700 in conservation education scholarships to 15 students from the surrounding five-county area. During its 12-year history, the DDWS Environmental Scholarship Program has awarded a total of \$116,700.

"The society is committed to educating today's youth to become conservation stewards of the future," said DDWS Education Chair Wendy Kindig. "We work with businesses and individuals to provide annual scholarships to award to outstanding students pursuing degrees related to conservation, wildlife biology and the environment. A big thank you to our scholarship sponsors for helping us in our mission."

Nine donors sponsored the 15 scholarships this year. Some sponsors were on hand at the ceremony to present checks to and congratulate the students who were able to attend. Many of those scholarship recipients who were unable to attend the ceremony sent thank-you videos that highlighted their education and career plans.

DDWS awarded two Richard Bailey Scholarships named in memory of a longtime refuge volunteer and donated by his family. They went to Taylor Hancock, an Estero High graduate now studying environmental science at Florida Gulf Coast University (FGCU) in Fort Myers, and Robert Smith, a North Fort Myers High graduate who will be majoring in environmental studies at FGCU.

The Mike and Terry Baldwin Scholarship, named for DDWS' president and his wife, an emeritus board member, went to Katie Thorp, a Fort Myers High graduate studying environmental engineering at the University of Florida (UF) in Gainesville.

Sarah Swiersz, a Southwest Florida Christian Academy graduate studying computational and physical science at the University of Central Florida (UCF) in Orlando, received the Dr. Andrew and Laura Dahlem Scholarship. The Dahlems live part-time on Sanibel and were

honored with a named scholarship by family members.

Barron Collier High graduate Morgan Humphrey, who now studies environmental engineering at FGCU, was awarded the Dr. H. Randall Deming Endowed Scholarship for Conservation & Environmental Studies. Deming's family established the memorial in 2016 as a permanent endowed scholarship in his memory.

Two Leslie & Hans Fleischer Scholarships went to Anthony Bonacolta, a Bishop Verot High graduate who studies marine science and microbiology at the University of Miami (UM), and Cypress Lake High graduate Dara Craig, who studies wildlife ecology and conservation at Vanderbilt University in Tennessee. The Fleischners are part-time Sanibel residents whose love of the island's environment moved them to sponsor the scholarship.

Maegan Mikkelson, a recent graduate of North Fort Myers High who is headed to UF to major in environmental studies, won the Mary Elaine Jacobson Memorial Scholarship, made possible by the Sanibel-Captiva Audubon Society.

Barron Collier High graduate Kevin Macias, studying biological sciences at Cornell University in Ithaca, New York, received the Francine Litofsky Scholarship, in memory of a published nature photographer and active refuge volunteer.

Tarpon Bay Explorers Scholarships sponsored five recipients: Seacrest Country Day School graduate Stella Souza, who will study environmental science at the University of South Florida (USF) in Tampa; Adrian Dougherty, a graduate of Fort Myers High studying wildlife ecology and conservation at UF; Jack Joers, a Barron Collier High graduate studying oceanic engineering at Florida Atlantic University in Boca Raton; Danielle Winchel, a recent Oasis High graduate headed to UF to study environmental science; and Haleigh Niles, a recent Lemon Bay High graduate entering Washington University in St. Louis to study environmental earth science. Tarpon Bay Explorers started the original DDWS scholarship program in 2007.

The Jane Werner Endowed Environmental Scholarship, DDWS' first permanent endowed scholarship established in 2011, went to recent Naples High graduate Griffin Alexander, who will be attending UM to study marine

ecosystems, policy and law. The family of the late Jane Werner, who volunteered at the refuge for 25 years, set up the scholarship in her honor.

"These students become part of the greater 'Ding' Darling family," said Kindig. "We welcome them back as scholarship applicants next year and as fellow conservation stewards in years to come."

DDWS will be awarding scholarships of \$1,000 to \$4,000 each at the end of the 2018-19 school year. High school seniors and college students living in Lee, Collier, Charlotte, Glades, and Hendry counties and pursuing careers in biology, conservation and environmental studies are eligible.

For an application and to read full descriptions of 2018 scholarship winners

and donors, visit dingdarlingsociety.org/articles/student-scholarships.

Individuals and businesses interested in establishing a named scholarship of \$1,000 or more for 2018-19 should contact Birgie Miller or Sarah Lathrop at 472-1100 ext. 4.✪

Class Of 2018 Earns Millions In Scholarships

The Lee County School District graduating class of 2018 has earned millions of dollars in scholarships and will be attending colleges, universities and technical centers across the United States.

Early data show that the Class of 2018 earned over \$54 million in scholarships.

Along with scholarship dollars earned, members of the Class of 2018 reported their post high school plans. Of the students who provided information, the breakdown is as follows:

- Attend a four-year college or university: 2,019
- Attend a two-year community/state college: 1,650
- Attend a technical college/school: 502
- Enter the workforce directly: 254
- Enter the U.S. Armed Forces: 201
- Uncertain of future plans at this time: 372
- Other: 238✪

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A mother and daughter snack on s'mores

photo provided

Girl Scouts To Host Summer Sizzler For Families

Girl Scouts of Gulfcoast Florida is inviting families to a morning of all-ages fun, Girl-Scout style, at Camp Caloosa on Saturday, June 23 from 9 a.m. to noon.

The free Summer Sizzler event will feature camp tours, music, games, hands-on STEM stations, solar s'mores, and

more. The invite is designed to introduce families to the many Girl Scout program options available for girls, as well as volunteer opportunities for adults.

The first 100 girls to register online will receive a free goody bag at the event. To register, click on the Events tab at www.gsgcf.org.

Camp Caloosa is located at 19931 State Road 31 in North Fort Myers. For more information about the event, contact Baileigh Davis at bdavis@gsgcf.org, or 941-921-5358 ext. 317. To learn more about Girl Scouts of Gulfcoast Florida, visit www.gsgcf.org ✨

Immokalee Foundation Receives Grant

The Immokalee Foundation has been awarded a \$10,000 grant from the Suncoast Credit Union Foundation to provide Career Development program scholarships.

Career Development introduces a broad range of career choices to high school and middle school students through workshops, career panels, internships and job shadowing opportunities that allow the students to gain exposure to industries and careers outside of agriculture.

The Immokalee Foundation's Career Development program also provides job and college readiness initiatives to ensure that by graduation, students have the academic knowledge and professional skills needed to succeed in post-secondary education or training for their chosen careers, whether through attendance at a community college, university, technical or vocational program, or an apprenticeship or internship. Critical components of the Career Development workshops include ACT preparation, resume writing, networking skills and financial literacy.

The success of The Immokalee Foundation's programs speak for them-

selves: more than 5,000 students have received critical support at no cost to them, and 100 percent of the students enrolled in its programs graduate from high school. Similarly, 100 percent of those high school graduates continue on to a college or vocational post-secondary path, and nearly 90 percent of those post-secondary students have graduated or are on the path to graduation from their institutions of choice.

"Through the Career Development program, the foundation is working to help students discover careers in fields they may not even know are available to them," said Steven Kissinger, executive director of The Immokalee Foundation.

The Suncoast Credit Union Foundation has raised and donated over \$22 million to help provide a better future for children. For more information, visit www.suncoastcreditunion.com.

The Immokalee Foundation provides a range of education programs that focus on building pathways to success through support, mentoring and tutoring, and life skills development leading to economic independence. To learn more about The Immokalee Foundation, volunteering as a mentor, making a donation, including The Immokalee Foundation in your estate plans, or for more information, call 430-9122 or visit www.immokaleefoundation.org ✨

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, allfaiths-uc.org, 226-0900.

ALL SAINTS BYZANTINE

RITE CATHOLIC

Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

ANNUNCIATION GREEK ORTHODOX

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

BAT YAM-TEMPLE OF THE ISLANDS

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

BETH SHILOH MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH

Sunday 9:30 a.m. and 5:30 p.m. 2466 First Street, www.fumcftmyers.org, 332-1152.

FORT MYERS CHRISTIAN

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m. 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m. 881 Nuna Avenue, 481-1143.

KINGDOM LIFE

Sunday 10:30 a.m. 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m. 10051 Plantation Road, www.newhopefortmyers.org, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

Sunday 8 and 10 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peace@peaceftmyers.com, 437-2599.

REDEEMER LUTHERAN

Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m. 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m. 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE

METROPOLITAN

Sunday 10 a.m. 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m. 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

Sunday 11 a.m.; Wednesday 6 p.m. 16940 McGregor Boulevard, 454-3336.

TEMPLE BETHEL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. 16225 Winkler Road, templebethel.com, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE NEW CHURCH

Sunday 11 a.m. 10811 Sunset Plaza Circle #401, newchurchflorida.com, 481-5535.

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m. 11120 Ranchette Road, unityoffortmyers.org, 278-1511.

WESTMINSTER PRESBYTERIAN

CHURCH Sunday 9:30 and 10:45 a.m. 9065 Ligon Court, 481-2125.

WORD OF LIFE

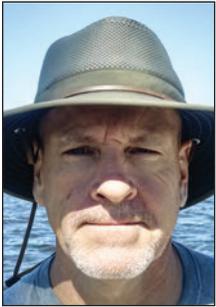
Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m. 7401 Winkler Road, zionfm.org, 481-4040 ✨

CROW Case Of The Week:

Loggerhead Sea Turtle



by Bob Petcher

The loggerhead sea turtle (*Caretta caretta*) is the most common sea turtle in Florida. In 1987, there were nearly 96,912 nests reported in the state by the Florida Fish and Wildlife

Conservation Commission. Compare that to the 53,102 Green sea turtle nests reported in the state last year, and you can see the nearly 2-to-1 ratio between the most common and second most common.

While the numbers appear impressive, these marine reptiles are still considered an endangered species and protected by state law.

Loggerhead sea turtles are so named due to their large blockheads to go with their strong jaw lines. They have a heart-shaped upper shell and thick front flippers.

At CROW, an adult male loggerhead sea turtle was admitted after it was reported to be struggling and rolling over in the water just offshore of Sanibel. The turtle was rescued by Sanibel-Captiva Conservation Foundation (SCCF) staff.

During the intake exam, the patient

weighed in at about 239 pounds. Based on its clinical signs, CROW medical staff stated the turtle was suspected to have been affected by brevetoxicosis, also known as red tide poisoning.

“Since this past October, we have admitted 274 patients for suspected brevetoxicosis; 229 of those have been admitted since January 1 of this year,” said Dr. Robin Bast, CROW veterinary intern. “Typically, brevetoxicosis cases make up approximately 10 percent of our caseload annually.”

Dr. Bast explained that larger sea life like a sea turtle is not necessarily less susceptible to red tide poisoning than a small fish,

“We see a wide variety of clinical presentations depending on the species affected,” she said. “For example, if they have another concurrent medical condition, that makes them more susceptible or are unable to clear the toxin. Severity of clinical signs has not been directly correlated with patient weight or amount of toxin found in the blood. The toxin remains in the environment and food chain long after the algal bloom itself resolves.”

The prehistoric patient also had some other minor health problems that were addressed.

“Epibiotia, or external barnacles and algae buildup, were found on the turtle’s shell. This indicates the turtle may have been debilitated for some time,” said Dr. Bast. “It is easily removed within 48 hours of admission by placing the patient in fresh water.”

The turtle was given ceftazidime to



CROW medical staff members work on patient #18-2170 after he was brought in for suspected brevetoxicosis.

photo by Brian Bohlman

prevent complications with possible aspiration due to rolling over in the water.

“Ceftazidime is an injectable antibiotic. In this turtle’s case, we suspected aspiration and potential pneumonia due to its history of being upside down in the surf,” said Dr. Bast. “Additionally, patients with brevetoxicosis get ileus, or slowing of their gastrointestinal tract, and antibiotics are indicated to treat this as well.”

After two weeks at CROW, the loggerhead sea turtle appears to be returning to good health.

“The loggerhead’s bloodwork has improved; he is swimming well in the tank, and has started to eat on his own,” added Dr. Bast. “Bloodwork will be reassessed this week to determine a plan for potential release.”

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

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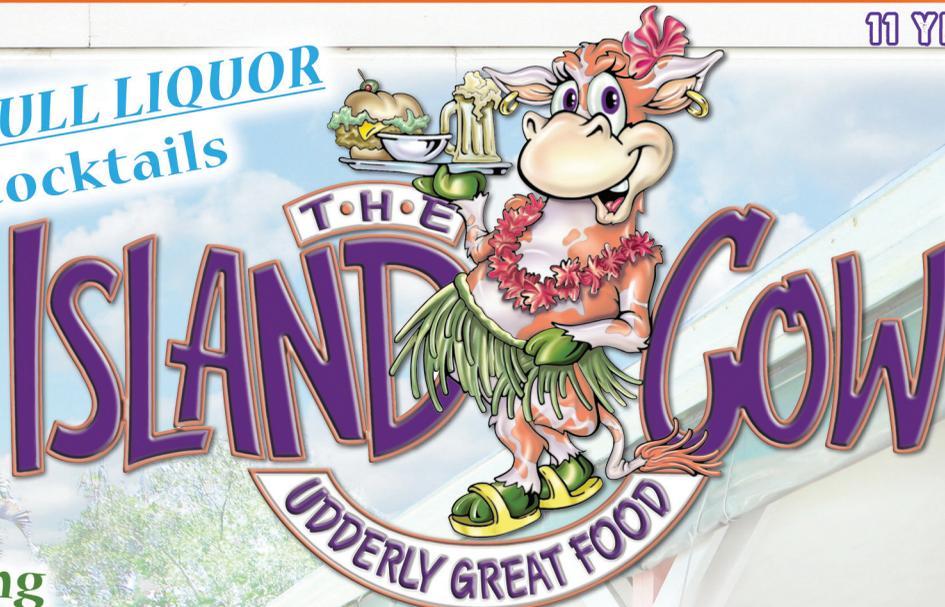
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Big High Tides Offer Lots Of Options



by Capt. Matt Mitchell

Calm conditions and great tides made for an awesome week of charters. Snook and large mangrove snapper kept my clients busy. The tide pattern we have been on for more than a week now is as good as it gets with a huge high incoming tide coming right at midday. Three foot tides like these don't come

very often, and when they do, it offers anglers lots of options with many mangrove islands becoming reachable and very fishable.

During the morning, lower incoming tide areas around the passes have been the places to be with some of the best catch-and-release snook action of the year now happening. Along with the snook, we did mix it up with a few trout, gag grouper, mangrove snapper and even a few Spanish mackerel all right in the passes. As the tide really starts to flood in and the current gets too fast to pass fish, I've been moving to the areas both inside and just outside the passes to keep this nonstop snook bite going.

During the last few hours of the incoming tide, the options are endless with the water being so high. Oyster bars have been a good choice with the ones on the western side of the sound bringing the better snook action. When fishing these bars, either the action is almost every cast or not at all. If you throw a few baits and don't get bit, it's time to move. Several of my favorite oyster bars resulted in double and even triple hook-ups on snook for 20 to 30 minutes. What these snook lack in size they make up for in sheer numbers, and when there are so many smaller males around it's only a matter of time till you hook into a much bigger female.



Adam from North Port with a bonus small tarpon caught while targeting snook with Capt. Matt Mitchell this week photo provided

Mangrove islands around St James city, south Matlacha Pass and the mouth of the river have also been on fire during the very top of the tide. Both the very end of the incoming tide and the first hour of the outgoing tide has resulted in some crazy action on big mangrove snapper up to 16 inches, giant drag-screaming jacks and snook. I just don't fish many of these places in these areas until we have these super high tides. Watching 10-pound-plus jacks and big mangrove snapper crash bait on the surface is a sight to be seen when this bite goes off.

As we are getting later through the month of June, more and more large mangrove snapper are being caught throughout the sound. The fish houses, docks of the intercoastal, deeper mangrove shorelines and any submerged structure can be just loaded with big schools of these hard-fighting fish of summer. Live free-lined shiners or small pinfish are key to catching these mangs along with a small light wire hook and light fluorocarbon leader as these snapper have really good eyesight. Limits of these excellent table fish will become more and more common over the next few months and become my go-to fish when my clients want to take home fillets.

Although I did not tarpon fish this week, I sure did see lots of them all through the southern sound. Most days while catching bait up off Regla Island, I would see rolling fish in the slick calm morning conditions then, while returning to St James City or the causeway area, there where rolling fish south of the powerlines in the deeper water. Then when heading to Punta Rassa, I would go under the C-span of the causeway, and there they were again. After not being able to find any tarpon for the last few weeks in the southern sound, I was making a run to Foster Point and north to locate them. Now that these fish do not have all the boat pressure on them that they did through mid-April, this bite will only get better.

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.*

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The ray flowers' toothed edges create a fringed look photos by Gerri Reaves

Plant Smart
False Hawksbeard

by Gerri Reaves

False hawksbeard (*Youngia japonica*) is a non-native wildflower present in most Florida counties and throughout the southeastern U.S.

A native of Asia, it is also called oriental false hawksbeard, Japanese hawkweed, rocketweed, or Asiatic false hawksbeard. It is common in disturbed sites, lawns and even sidewalk cracks.

It blooms all year, the slender leafless stem arising from the center of a rosette of lobed oblong basal leaves. The stem can be up to two feet tall.

The leaves are prominently veined and reach up to 10 inches long. Ruffled or curled edges give them a wrinkled look.

The petals, or ray flowers, are five-toothed, which gives them a fringed effect. They measure only about a centimeter across.

Flowers on one plant are often in various stages of blooming.

When it goes to seed, the clusters of flowers resemble dandelion puffs but are only about one-fifth of that size.

The plant has a milky sap.

The dry one-seeded fruit has a ring of stiff hairs that act as a parachute,

False hawksbeard is a non-native annual and member of the aster family

dispersing the seeds on air.

A short taproot makes it easy to pull up this "weed," but it spreads so easily that eradication is difficult, nevertheless. Some homeowners abandon the herbicides and enjoy the flowers that provide nectar for bees.

If you love asters, there are plenty of native ones to choose from, so replacing this weed with a pretty native aster is simple.

One way to dispense of this weed is to eat it, for it's a potherb. But be warned -- some people find the leaves quite bitter.

False hawksbeard was used medicinally in China to treat colds, diarrhea and sore throats. It has shown promise in the treatment of leukemia.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida, Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.eattheweeds.com, www.garden.org, <https://plants.ifas.ufl.edu>, www.rufino-osorio.blogspot.com, www.susanleachsnnyder.com, and www.wildsouthflorida.com.

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

Scallop Season: Use Divers-Down Flags And Buoys

With the opening of scallop seasons fast approaching, the Florida Fish and Wildlife Conservation Commission (FWC) wants to remind everyone engaged in this outdoor activity to use a divers-down warning device whenever they are snorkeling or scuba diving while searching for these tasty treats.

The divers-down symbol is rectangular or square and red in color with a white diagonal stripe. A divers-down flag displayed on a boat must be at least 20 inches by 24 inches and displayed at the highest point where it can be observed from 360 degrees around the vessel. A buoy may not be used or displayed from a vessel. A divers-down flag or buoy, displayed from the water, must be at least 12 inches by 12 inches. A flag must have a wire or other stiffener to hold it open, and a buoy may be three- or four-sided.

All divers must prominently display a divers-down device in the area in which the diving occurs.

"Displaying and understanding what constitutes a proper divers-down symbol are critical," said Capt. Tom Shipp of FWC's Boating and Waterways Section. "These safety devices are meant to alert boaters to the presence of people under the water's surface and to give them plenty of room."

All vessels must make reasonable effort to stay at least 100 feet away from a divers-down device within a river, inlet or channel. In open waters, vessels must make reasonable effort to stay 300 feet away. For safety, divers should stay within those same distances of their displayed device. A vessel that approaches closer must be fully off plane and at idle speed.

"Divers share the responsibility of



A divers-down warning device photo by Tim Donovan

boating safety with the boat operators," Shipp said. "Diving without the divers-down symbol properly displayed or using it for reasons other than to inform others of the presence of divers is unlawful."

The divers-down device should only be displayed when divers are in the water. When divers or snorkelers exit the water, it must be taken down.

More information on divers-down requirements is available online at www.myfwc.com/boating by clicking on Boating Regulations and Divers-Down Devices.

For more information on the 2018 scallop season dates and bay scallop regulations, visit www.myfwc.com/fishing and click on Saltwater Fishing, Recreational Regulations and Bay Scallops.*

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From left, Chris Forbes, Dominic Cervio, Steven Niehaus and Joseph Welsh photos provided



Dawn Brown and Adam Welsh



Eden McIntyre and Brad McIntyre

Conversations And Cocktails

Bell Tower Shops welcomed area business leaders and young professionals for a lively Conversations and Cocktails social event on May 31.

Attendees at the two-hour gathering were treated to a mini "Taste of Bell Tower Shops," a tasting session that featured food and drink samples provided by five of the center's restaurants and eateries: Cru, DaRuMa Japanese Steak House & Sushi Lounge, Grimaldi's, Spice Wine Smoothies and World of Beer.

Each month, the Greater Fort Myers Chamber of Commerce schedules a Conversations and Cocktails social event at a member venue, offering an opportunity for members and non-members to familiarize themselves with the host business while networking, socializing and enjoying food and drinks.

The May 31 event was particularly enlightening as guests were able to review the comprehensive redevelopment underway at Bell Tower Shops. Extensive facility enhancements include new gathering areas, updated architecture, redesigned storefronts, fresh paint and contemporary lighting, all of which combine to create an overall modern look. Additionally, Bell Tower Shops is pursuing new boutiques, salons and restaurants to build the landmark into an 18-hour-a-day destination for shopping, dining and entertainment. Recently, Bell Tower Shops welcomed Noire the Nail Bar and Spice Wine Smoothies, and Dave & Buster's has announced plans to open an entertainment center on site in early 2019.*



Jay Graham and Bryce Grimsley



Jodi Suskind and Jeff Parcheta



From left, Jovita Perez, Debra Szymczak, Phily Tascher and Laura Spencer



Melissa Steindler and Rich Denezza



From left, Melissa Vogt, Laura Reed and Colleen DePasquale



From left, Susan Blust, Mark Blust, Dorothy Taylor and Sherri Kubesh

Attorney Certified Law Expert By The Florida Bar

Henderson, Franklin, Starnes & Holt, PA, Attorney Suzanne Boy has become Florida Bar Board Certified in Labor and Employment Law. Certification is the highest level of evaluation by The Florida Bar. Only seven percent of eligible Florida lawyers are board certified.

Douglas Szabo, chair of Henderson Franklin's Business Litigation department, shares, "We are all proud of Suzanne's accomplishment, but not surprised. Suzanne has been providing superior employment law advice to her clients for years and has established herself as an expert in her field."

Suzanne assists clients with all aspects of employment-related litigation, claims, and counseling, and she is passionate about helping her clients proactively and cost-effectively resolve workplace issues. She frequently conducts workplace training sessions, and she speaks to businesses and professional groups on various employment matters. Boy is the editor of the Southwest Florida Employment Law Blog and chair of the firm's HR Law & Solutions annual conference.

Boy has been recognized for her professional achievements and community involvement. She was honored as one of *Gulfshore Business Magazine's* 40 Under 40 and *Business Observer's* 40 Under 40; recognized by Florida Super Lawyers



Suzanne Boy photo provided

magazine every year since 2010; and, named an "Up and Comer" by *Florida Trend* magazine's Legal Elite. She also holds the highest AV rating by Martindale Hubbell.

Boy is the legislative director for the SHRM SWFL Board of Directors. She is a graduate of the 2012 Greater Fort Myers Chamber of Commerce Leadership class and serves on its board of directors. Boy is also a Trustee for the Canterbury School. She received her undergraduate degree from the University of Florida (with honors, 2002) and her law degree from Stetson University College of Law (2006).*

Lieutenant Graduates From FBI Academy

Fort Myers Police Department Lt. Victor Medico recently graduated from the 272nd session of the FBI National Academy held at Quantico, Virginia. Lt. Medico completed the internationally known, 10-week law enforcement and academic program as part of a 232-member class from throughout the United States and 25 international countries.

"The quality of leadership and professionalism I was surrounded by for the last 10 weeks was world class," said Lt. Medico. "It was an honor to attend the FBI National Academy, and I look forward to sharing the knowledge and experience gained."

Training for the program is provided by the FBI Academy instructional staff, special agents and other staff members holding advanced degrees, many of who are recognized internationally in their fields of expertise.

"Lieutenant Medico's successful completion of the FBI National Academy is an integral part of the FMPD's dedication to the advancement



Victor Medico photo provided

of our officers," said Chief Derrick Diggs. "This department's vision is to recruit, train and develop future leaders for our command staff who are committed to the safety and security of our citizens."

A total of 51,042 graduates now represent the alumni of the FBI National Academy since it began in 1935.*

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United Way Campaign Chairs

The United Way of Lee, Hendry, Glades, and Okeechobee announced that the 2018-19 United Way Campaign chairs will be Linda Doggett and Robert Shearman. The goal for the new campaign will be \$10,301,386, which is a three percent increase over what was raised for the previous campaign.

Doggett is the clerk of the circuit court and comptroller for Lee County. She is also a native Floridian. Doggett is a United Way board member and a United Way allocations team leader. She has been active in many court related organizations such as the Florida Commission for Access to Civil Justice, and is on the board of directors of the Florida Court Clerks and Comptrollers organization.

Shearman is a board certified civil trial attorney with Henderson Franklin Attorneys at Law, and concentrates on defense of tort, civil rights and real estate law. He is a United Way board member, a United Way allocations team leader and a United Way ReadingPal. Shearman has been a Big Brother and a trustee of the Calusa Nature Center and Planetarium.

Regarding this year's campaign, Shearman said, "Linda and I have chosen a theme for the campaign, The Power of U, that refers to both the power of you as an individual and the power of United Way to make a difference in the community. Every individual, every



Linda Doggett photos provided

company, every dollar given to United Way makes a difference in the lives of hundreds of thousands of local people."

Doggett added, "The United Way of Lee, Hendry, Glades, and Okeechobee has a strong history of successful campaigns and continues to support the growing needs of the people of our community. This campaign will be the largest ever, and every penny of it will be needed to meet the needs of our constantly growing community. This campaign will support over 100 agencies and 250 programs that help hundreds of thousands of our friends and neighbors. I am a native Floridian,



Bob Shearman

and I know how important United Way is to this community. I am excited to be a part of this vital campaign, and hope the community will embrace the challenge and support the needs of our community."

"Being asked to chair the United Way Campaign is an honor and a challenge," said Shearman. "It is a huge responsibility to raise over \$10.3 million for our United Way, but we will pursue the goal with passion and enthusiasm. When people ask me why I support our United Way, I answer that it is one of the most efficient, effective and compassionate ways to give back to the community we love."

"Both Linda Doggett and I have been involved with United Way as members of the board of directors and allocations

team leaders. The allocations process has given us an understanding and appreciation of the incredible work being done by United Way Partner Agencies. We have seen these agencies in action helping children, veterans, seniors and families who are struggling. United Way and over 100 partner agencies work tirelessly to meet the real human needs of our community. I witnessed United Way in action during Hurricane Irma and observed firsthand the difference it makes."

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$167 million since it was established in 1957.

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way Partner Agencies and initiatives include: The Alvin A Dubin Alzheimer's Resource Center, Partners for Breast Cancer Care, Harry Chapin Food Bank, the Boys and Girls Clubs, and United Way 211, to mention a few. These agencies serve a diverse range of needs in the community such as nurturing children and youth, strengthening families, and meeting critical needs like helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in our community, the United Way promotes partnerships and collaborations among agencies and initiatives, helping them to work together focusing on issues and solutions that continue to improve lives.

For more information, call 433-2000 or visit www.unitedwaylee.org ✪

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Meet our Closing Team: Nicole Naumann and Samantha Baker

From page 1

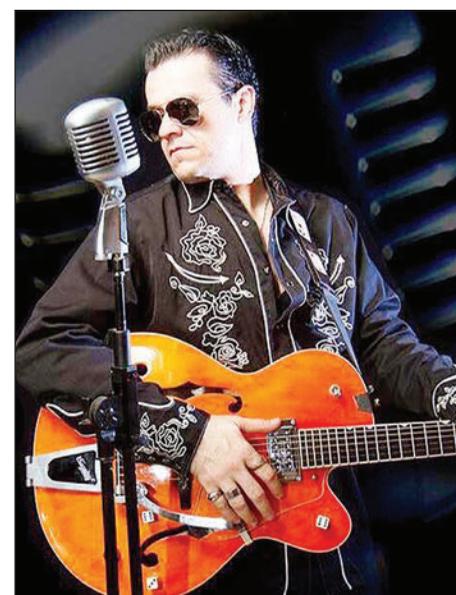
Art Of Burlesque

The show starts at 6 p.m. and admission is \$25, or \$20 plus a gently used dress.

Hosted by "the sassy, saucy and oh-so-bossy" Chloe Bone Cicconi and "Stage Kitten" Isabella Von Leopard, the July 17 Davis Art Center show will also feature Miami-based performers The Prima Latina and Reigning Queen of the Latina and Hispanic Burlesque Festival Sofia Luna. In addition, Rio Dios Mio will perform as Rio Chavarro, "The Little Tramp," in an homage to Charlie Chaplin.

Live music will be provided by international performing and recording blues artists Joel DaSilva and Little Eddie and the Fat Fingers. Originally from Chicago, DaSilva has performed across the world at prestigious events including the Montreal International Jazz & Blues Festival, RiverWalk Blues Festival and the San Diego Music & Roots Festival. He has opened for headline acts the likes of BB King, Ray Charles, Jeff Beck, The Black Crowes and Leon Russell.

Tickets for the Glam! Bam! Burlesque! Show Me The Honeys performance (open to ages 21 and older) are \$35 each. Tables of four are \$250; tables of eight are \$500. Doors open at 8 p.m. and the show runs from



Blues musician Joel DaSilva will perform throughout the evening photo provided

9 to 11 p.m. at the Sidney & Berne Davis Art Center, located at 2301 First Street in Fort Myers. To purchase tickets, visit www.sbdac.com.

The troupe's Show Me The Honeys performance will be repeated on Saturday, August 18 at Dixie Roadhouse in Cape Coral. For more information, go to www.glabamburlesque.com ✪



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Community Completes Villas Expansion

Cypress Cove at HealthPark Florida officials and guests recently gathered to celebrate the completion of the Life Plan community's multiple million dollar 14-villa home expansion project.

The two-and three-bedroom villa additions, featuring lakeside and preserve-view homes, increases Cypress Cove's Villas home community to 44. Constructed by Fort Myers-based Chris-Tel Construction, Inc., the spacious new villa homes, with large lanai and attached garages, boast from 1,700 to slightly more than 1,900 square feet of living space.

"Today's ribbon cutting ceremony," said Cypress Cove Executive Director Michele Wasserlauf, "completes what has been an extremely busy three-year expansion period on our beautiful 48-acre campus where we've added key components to our Life Plan community in living options and resident services."

Since 2016, Cypress Cove's expansion has not only included the upscale villa homes, but also the opening of its nationally acclaimed memory care assisted living facility (The Cottage), a large state-of-the-art



Front row from left, Lee FP Chief Financial Officer Matthew Lux, Cypress Cove Board of Director Dan Adams, Chris-Tel Construction President Howard Wheeler, Cypress Cove Board of Directors Chairman Charles Edwards, Lee FP, Inc. President Doug Dodson, Cypress Cove Executive Director Michele Wasserlauf and Cypress Cove Marketing and Sales Director Gerry Harris. Back row, members of Villas project look on.

photo provided

rehabilitation and therapy center (The Mead Therapy Center), renovation of its 64-private room skilled nursing facility and of its 44-apartment assisted living community.

Attending Thursday's festivities were members of Cypress Cove's Board of Directors, representatives from Lee Healthcare Resources and directors and residents of Cypress Cove. Event remarks were presented by Wasserlauf, Cypress Cove Board of Directors

Chairman Charles Edwards, Lee FP, Inc. President Doug Dodson, Chris-Tel Construction President Howard Wheeler and Cypress Cove Marketing and Sales Director Gerry Harris.

For more information, visit www.cypresscoveliving.org.✧

Bank Promotion

Sanibel Captiva Community Bank has promoted Christina Almeida to senior vice president at its College Parkway branch in Fort Myers. She is responsible for supervising and overseeing all aspects of the Bank Secrecy Act/Anti-Money Laundering Program for the bank.

Almeida joined the bank in February and has more than two decades of banking experience, including previous positions as compliance officer and vice president. She earned a bachelor's degree in biology from Monmouth University in New Jersey and moved to Southwest Florida in 2005. Almeida received her Certified Anti-Money Laundering Specialist certification and is a member of the Association of Certified Anti-Money Laundering Specialists.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort



Christina Almeida photo provided

Myers. For more information, visit www.sancapbank.com.✧

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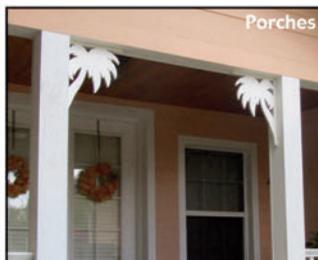
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Bank Hires Teller

Cassie Spara has joined Sanibel Captiva Community Bank as a teller at the College Parkway branch in Fort Myers. She is responsible for assisting customers with personal and business banking transactions.

A Fort Myers resident since 2015, she earned a bachelor's degree in marketing from Florida Gulf Coast University.

"We are pleased to have a recent FGCU marketing program graduate join our team," said Craig Albert, Sanibel Captiva Community Bank president and CEO. "She is a great addition."

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort Myers.

To learn more, visit www.SanCapBank.com.✪



Cassie Spara

photo provided

Superior Interiors

Welcome To Our Home

by Barb Cacchione



Each one of our clients expresses their own individual taste and style preferences. Ask them about color, and there are those who like bright happy hues while others desire a more

subdued neutral or monochromatic palette. As far as comfort level, they will let you know if formality best suits their lifestyle, or the way they like to live is more casual. Today the trend is individuality... whatever spells living well to a client.

However, as a group, clients face universal challenges and goals. Every client desires feeling at ease when she or he entertains family and friends. Taking pride in the way a home looks is extremely important. Nobody's home comes without

a challenge or two that needs to be addressed. It's surprising how long many people wait before converting the room that guests first see when they enter a house into attractive, functional, inviting space.

Enhancing the foyer or creating an inviting entry can be easily accomplished with minimal investment. It's important that the foyer sets the tone for the home's décor. Highlight a color present in the public rooms and add a few functional furniture pieces, rug and accessories to finish off the space.

If the entry into your home is directly into the living area, concentrate on making an inviting first impression there. A well-designed living or great room begins with a furniture plan with distinct conversation areas. These cozy arrangements draw your guests in with a "sit a while" attitude. Layers of interest with the addition of color, texture and form with paint, fabrics and furniture will complete the space. Consider adjacent rooms that are visible from the entry door and address this area as well to ensure that there is a continuous design flow throughout your home.

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

Financial Focus

What To Look For In An Annual Financial Review

by Jennifer Basey



Given the complexities of the investment world, you might consider working with a financial professional to help you move toward your goals, such as a comfortable

retirement. You'll want to establish good communication with whomever you choose, and you should meet in person at least once a year to discuss your situation. At these annual reviews, you'll want to cover a variety of topics, including these:

Your portfolio's progress – Obviously, you will want to discuss how well your investments are doing. Of course, you can follow their performance from month to month, or even day to day, by reviewing your investment statements and online information, but at your annual meeting, your financial professional can sum up the past year's results, highlight areas that have done well or lagged, and show you how closely your portfolio is tracking the results you need to achieve your long-term goals.

Your investment mix – Your mix of investments – stocks, bonds, government securities and so on – helps determine your success as an investor. But in looking at the various investments in your portfolio, you'll want to go beyond individual gains and losses to see if your overall mix is still appropriate for your needs. For example, is the ratio of stocks to bonds still suitable for your risk tolerance? Over time, and sometimes without you taking any action, this ratio can shift, as often happens when stocks appreciate so much that they now take up

SCHOOL ACHIEVEMENTS

Student Named Academic All-Conference

Fort Myers native Whitman Wiggins, a student-athlete at Wheaton College, was named to the College Conference of Illinois and Wisconsin (CCIW) Academic All-Conference team as a football player.

College Graduates

Abigail McClory of Fort Myers recently graduated from the University of New Hampshire in Durham, New Hampshire. She earned a bachelor of arts degree in political science.

North Fort Myers native Golan Gil-More recently graduated from Muhlenberg College in Allentown, Pennsylvania with a bachelor of arts degree in philosophy.

Fort Myers native Michele Cabell recently graduated from the University of Dayton in Dayton, Ohio.

Dean's List

Sixteen Southwest Florida natives were recently named to their respective school's Spring 2018 Dean's List.

Kelly Harder of Fort Myers was honored at Mississippi College in Clinton, Mississippi. Mikayla Ries of Fort Myers was named at Oglethorpe University in Atlanta, Georgia. Marco Tanzella of Fort Myers was honored at Coastal Carolina University in Conway, South Carolina. Nicole Fortner-Rodriguez of Fort Myers was named at

Jacksonville State University. Tristen Protzmann of Cape Coral was honored at Siena College in Loudonville, New York. Matthew Celebrado of Fort Myers was named at Tufts University in Boston, Massachusetts. Jaelyne Gary of Cape Coral was honored at the University of Hartford in West Hartford, Connecticut. Wendy Waks of Fort Myers was named at the University of Delaware in Newark, Connecticut. Jillian E Richter of Fort Myers was honored at Samford University in Birmingham, Alabama.

Eight of the students were named to the Spring 2018 Dean's List at Tallahassee Community College in Tallahassee, Florida. They are Fort Myers natives Ashley Carlton, Phenise Charles, Lauren Proce, Eliphetejo Supervil and Harper Walker as well as Cape Coral natives Cristian Marzullo, Tyler Myers and Devyn White.

Dean's List Pursuing Master's

Fort Myers native Kaleigh B. Hall has been named to the Spring 2018 semester Dean's List at Husson University in Bangor, Maine.

Hall is a senior who is currently pursuing a bachelor of science degree in healthcare studies and a master of business administration degree with a concentration in health care management program.

President's List

Three Fort Myers natives recently were named to the Spring 2018 President's List at Tallahassee Community College in Tallahassee, Florida. They are Hannah James, Melissa Menard and Yndia Rivera.✪

a larger percentage of your portfolio than you intended – with a correspondingly higher risk level. If these unexpected movements occur, your financial professional may recommend you rebalance your portfolio to align it more closely with your goals and risk tolerance.

Changes in your family situation – A lot can happen in a single year. You could have gotten married, divorced or remarried, added a child to your family or moved to a new, more expensive house – the list can go on and on. And some, if not all, of these moves could certainly involve your financial and investment pictures, so it's important to discuss them with your financial professional.

Changes in your goals – Since your last annual review, you may have decided to change some of your long-term goals. Perhaps you no longer want to retire early, or you've ruled out that vacation home. In any case, these choices may well affect your investment strategies, so it's wise to discuss them.

Changes in the investment environment – Generally speaking, it's

a good idea to establish a long-term investment strategy based on your individual goals, risk tolerance and time horizon, and stick with this basic strategy regardless of the movements of the financial markets or changes in the economy. Still, this doesn't mean you should never adjust your portfolio in response to external forces. For instance, if interest rates were to rise steadily over a year's time, you might want to consider some changes to your fixed-income investments, such as bonds, whose value will be affected by rising rates. In any case, it's another thing to talk about during your annual review.

These aren't the only elements you may want to bring up in your yearly review with your financial professional – but they can prove to be quite helpful as you chart your course toward the future.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.✪

Book Review

The Immortalists

by Di Saggau



Chloe Benjamin's new novel *The Immortalists* is devoted to the awareness of death and how different people deal with it. Her characters are more aware than others because as

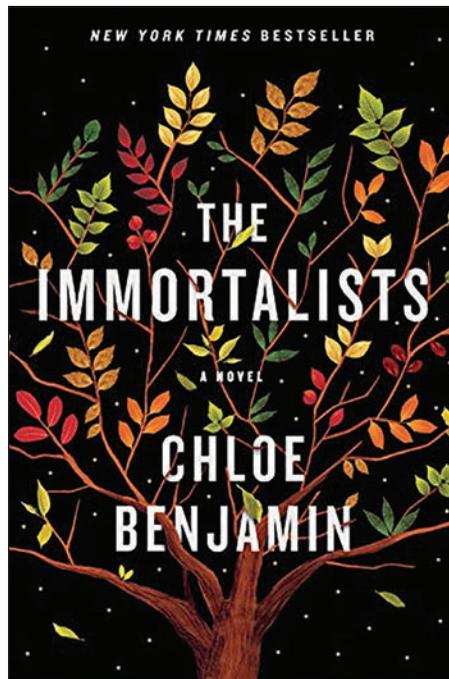
small children, the four Gold children, in 1969 New York, visit an old crone who claimed to be able to tell anyone the day they will die. She gives each of them a date. They then live their lives knowing exactly when they will die.

Simon learns that he will die at 20 so he embraces his homosexual identity and starts a new life in San Francisco. He figures he has no time to lose. He runs away at age 16 and is one of the first victims of the AIDs plague. The disease kills him before the disease has even been named.

His sister, Klara, teaches herself the art of magic and performs it brilliantly. Her specialty is dangling at great heights with a rope between her teeth. She too has a date with death at age 32. Daniel is a military doctor who determines which recruits are healthy enough to face mortality on the battlefield. He is set to die at 48. His passion to learn the truth about his brother and sister puts his life in peril.

Only Varya is given a long lifespan, living to 88. She's a scientist who researches longevity. She learns to embrace her death-haunted siblings and believes that the best ways to stop aging are to suppress the reproductive system or restrict one's caloric intake.

The Gold siblings are different from everyone else because they are all aware of their death all the time. They



are always a little bit sad all the time. It's what they do with their sadness and their fear that makes them worth following. Benjamin takes us from 1969 to the present. She goes inside each sibling's head sequentially, so the book reads like a four-act play. We have the gay scene in San Francisco in the early '80s, what it's like to be a touring magician in the '90s, what it's like to live in the suburbs in 2006 and what it's like to be a female scientist in 2018.

The writing flows easily, and we are entranced by the world of the Gold siblings. Nathan Hill, author of *The Nix*, said this about the book, "A beautiful, compassionate, and even joyful novel. Chloe Benjamin has written an inspiring book that makes you think hard about what you want to do with the time you're given. This is not really a book about dying, it's a book about how to live." *The Immortalists* is a deeply moving testament to the power of story, the nature of belief and the unrelenting pull of familial bonds.✧

need to work on their fine and gross motor skills. Here are some suggestions from an occupational therapist that are both instructional and enjoyable.

For Fine Motor Skills:

Cooking – From chopping vegetables to kneading bread or pizza dough, cooking together can be a relaxing way to build fine motor skills. It also gives you some time together and learning how to cook is a valuable life lesson.

Building – If your child enjoys working with her hands, put her to work doing some home repairs. Working with tools like a hammer and a screwdriver allows kids to make use of the small muscles in their hands. It also improves hand-eye coordination.

Playing a musical instrument – Playing an instrument, especially piano, woodwind instruments and guitar, can help build fine motor skills. Even if your child had trouble playing an instrument as a younger kid, it's worth trying again if she expresses an interest.

Practicing beauty routines – Putting on makeup and creating complex hairstyles require a surprising amount

of fine motor skill. Assuming the use of makeup works with your house rules, this could be a lot of fun for your daughter.

3D puzzles – 3D puzzles have foam-like pieces that fit together to create models of everything from the Millennium Falcon to the Eiffel Tower. Until your child's fine motor skills improve, it may be hard to place the pieces. Start with simpler puzzles and work up to the more complicated ones.

For Gross Motor Skills:

Trampolines – Jumping on a trampoline is a great activity to improve balance. Going to an indoor trampoline park can turn practice into a social event with friends as well. You can also buy a mini-trampoline to use at home but, if you do, make sure to set safety rules, like having a jump bar.

Bowling – Aiming for targets and rolling a bowling ball is another way to work on gross motor skills. If you don't have a bowling alley nearby, you can always set up water bottle bowling at home, using empty plastic water bottles and a soccer ball.

Walking or hiking – Walking or climbing over unstable surfaces can help kids work on strengthening their trunk muscles. Taking a hike with your child would also be beneficial for both of you.

Swimming – Swimming is a whole-body activity in which your child's body must work against the resistance of the water. It not only builds gross motor skills, it also helps develop proprioceptive awareness (knowing

where your body is in space).

Playground activities – Using "unstable" playground equipment also helps develop your child's trunk muscles. Kids can try out things like rope ladders and wobble bridges. And it gives tweens, especially, an excuse to return to the playground.

Riding a bike or a scooter – Some kids who struggle with gross motor skills may learn to ride a bike later than their peers do. A scooter is a little easier to master and can be a step on the way to bike riding. Once kids do get the hang of it, though, bike riding can help older kids learn to maintain balance. Plus, it gives them a way to get around independently and an activity where they can interact with their peers.

Dancing – Whether it's a dance class, a dance at school or just dancing to music at home, dancing has many benefits. Dancing helps kids develop balance, coordination and motor sequencing skills. It can also be a great way for kids to socialize.

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

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 12-year-old daughter has some visual, motor and sensory processing deficits that slowed the development of her fine and gross

motor skills. Her skills are improving but she still needs to work on them. I would like some suggestions for helping her with this over the summer.

Leslie C, Fort Myers

Leslie,

Children develop fine and gross motor skills at different rates. Improvement of these skills is usually targeted to younger children, and it's often assumed that these skills have been ameliorated by the tween and teen years. In fact, many older children do

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

U.S. Open Golf Championship Win Is What Should Be Remembered, Not Veteran Player's Amateurish Antics

by Ed Frank



When the dust settles over last weekend's 118th U.S. Open Golf Championship, most will remember the ridiculous slapping back a runaway putt on the 13th hole Saturday by Phil Mickelson rather than the stirring back-to-back championships by Brooks Koepka.

And it's a shame.

Koepka's victory at the brutally tough Shinnecock Hills Golf Club in Southampton, New York, was the first repeat since Curtis Strange's feat in 1988 and 1989.

But, unfortunately, the golf world, and much of the sports world, will continue talking about Mickelson's childish antics during the third round.

It was the kind of behavior you would expect from a weekend golfer playing at a municipal golf course – not what you would expect from one of golf's all-time favorite players competing in our national championship.

To set the record straight, conditions last Saturday at Shinnecock Hills, particularly in the afternoon, were nearly unplayable. A 25- to 30-mile-an-hour wind had dried the greens to a crusty, lightning-fast surface. That, added to the design of the greens, made it often impossible for the world's best golfers to keep their approach shots, and even some of their putts, from tumbling off the greens.

So here comes Mickelson, who was having a bad round anyway, to the 13th green. His downhill, bogey putt rolls well past the hole and before it stopped moving, Mickelson slaps the ball back past the hole.

He ends up with an eight and was assessed a two-stroke penalty for a 10 on the hole. He ended the day with an embarrassing 81. To his credit he shot a respectable 69 in the closing round.

Mickelson's run and slap was stunning. Many said they had never seen such a thing in a professional tournament. But Mickelson defended his move, claiming he knew he would be penalized two strokes rather than having his putt roll all the way off the green.

Others said it was in a fit of anger, not becoming in this most prestigious championship.

It probably will be debated, and debated, whether he should have been disqualified.

More, important, however, what should be discussed and remembered was the thrilling finish to the U.S. Open.

Koepka showed what real champions are made off. His one-over-par, one-stroke victory over England's Tommy Fleetwood earned him \$2.16 million.

This is what we should remember, not the likeable Mickelson's slippery slope performance on the 13th green last Saturday.

Mircle's Blankenhorn Wins All-Star Game Home Run Contest

Fort Myers Miracle infielder Travis Blankenhorn won the Florida State League All-Star Game home run contest last week belting 31 homers.

Blankenhorn is ranked the 14th best prospect in the Minnesota Twins organization having been drafted in the third round of the Major League Draft in 2015.

He has been hitting .333 in the month of June to raise his season average to .270.*



Brooks Koepka

photo courtesy PGA Tour profile



A young angler with his catch

photo courtesy Gavin Hart

Fishing Programs Reward Anglers, Promote Fisheries

Summer fishing season is heating up, and the invitation is open to Catch a Florida Memory with the Florida Fish and Wildlife Conservation Commission (FWC) by participating in any of three Saltwater Angler Recognition Programs.

See if you can catch all 71 species in the Saltwater Fish Life List. Caught a big

fish that warrants bragging rights? Submit it to the Saltwater Reel Big Fish program. And be sure to check out the nine categories of Saltwater Grand Slams that challenge anglers to catch three specific fish in a 24-hour period.

Anglers of all ages and skill levels can earn various prizes such as certificates, shirts, hats, rods and reels, dehooking tools, rubber-coated nets and more. Successful anglers receive recognition in Florida Saltwater Recreational Fishing Regulations booklets and on the club members page of www.catchafloridamemory.com, plus

SPORTS QUIZ

1. Name the first major-league relief pitcher to win an MVP award.
2. Pitcher Jim Kaat was in the majors for seven presidential administrations. Name the first and last presidents in office when he pitched.
3. When was the last time before 2016 that Army beat Navy in football?
4. Who was the first European player to win the NBA Defensive Player of the Year award?
5. After the Mighty Ducks of Anaheim joined the NHL for the 1993-94 season, how long was it before the team made the NHL playoffs?
6. In 2018, Chip Ganassi Racing recorded its 200th overall victory. In which car series did Ganassi record a majority of its 200 victories?
7. When was the last time before 2017 that France won tennis' Davis Cup?

ANSWERS

1. Jim Konstanty, in 1950. 2. Kaat pitched in the majors from 1959 to 1983 (from Dwight Eisenhower to Ronald Reagan). 3. It was 2001. 4. Marc Gasol, with Memphis in 2013. 5. It was the Mighty Ducks' fourth season (1996-97). 6. Ganassi captured 103 of its 200 wins in IndyCar. 7. It was 2001.



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the chance to win monthly raffle prizes courtesy of generous program partners.

Catch a Florida Memory programs are not only fun and rewarding, but they also promote fisheries conservation. Anglers are encouraged to target a diversity of species to help decrease fishing pressure on the most sought-after fishes. Catch-and-release fishing and responsible fish handling practices are emphasized, and anglers do not have to harvest their catches to qualify. Photos of the angler with each catch are required and could even be featured in FWC publications or on social media.

Saltwater Fish Life List – Can you catch them all? Similar to a birding life list, this program allows anglers to track their progress at catching 71 different species of saltwater fish. Anglers who catch at least 10 different Life List species can join the Saltwater Fish Life List 10-Fish Club and receive a prize pack including a certificate of accomplishment and a shirt, plus be eligible for additional prizes as they catch 30, 50 and all 71 fish on the list. Anglers who complete their Life List by submitting all 71 fish will be awarded a grand prize. Get started today and print your Saltwater Fish Life List or request to receive one by mail at www.catchfloridamemory.com.

Saltwater Reel Big Fish – Don't let that whopper of a fish turn into just a whopper of a story. Memorialize your Saltwater Reel Big Fish by submitting a photo of you with your catch and a photo of the fish over a measuring device. This program includes 30 different species in both adult and youth (age 15 and younger) categories. Successful participants receive a prize pack including a certificate of accomplishment and a shirt, and are eligible for additional prizes as they catch five, 10, 15 or all 30 different Saltwater Reel Big Fish species. Plus, anglers who submit all 30 species will get a grand prize.

Saltwater Grand Slams – Can you meet the challenge? FWC has nine different Saltwater Grand Slams that award anglers for catching three specified fish within a 24-hour period, and the categories may surprise and challenge you. From the Inshore Grand Slam consisting of red drum, spotted seatrout and flounder to the Florida Grand Slam of permit, tarpon and bonefish, these challenges will make you work to increase your fishing skills. The program even includes a Small Fry Grand Slam for anglers age 15 and younger who catch a pinfish, catfish and grunt. Successful anglers receive a prize pack with a certificate of accomplishment and a shirt showing the fish from their Grand Slam, and can win additional prizes when they catch three, six, or all eligible Grand Slams. Plus, a grand prize will be given to anglers who complete all eligible slams.

For more information, visit www.catchfloridamemory.com, view how-to videos at www.myfwc.com/saltwaterfishing and brush up on your saltwater fish identification skills at www.myfwc.com/fishinglines.*

Sanibel • Captiva



39th ANNUAL ROAD RALLY

The Sanibel Captiva Optimist Club 2018 Official Entry Form

For an early start time, preregister and mail or email this form along with an entry fee of \$40.00 to:

Sanibel Captiva Optimist Club
P.O. Box 1370 Sanibel, Florida 33957
Contact e-mail info@sancapoptimist.org

Additional Info (area code 239) Randy @ 699-8739, Richard @ 292-4631 or Dani @ 472-0836
on-line @ www.sancapoptimist.org



Card Type ___ AE ___ Visa ___ MC ___ DISC

Exp: Date _____ Card # _____ Card Digit code _____ Billing zip _____

Team Name: _____

Driver's Name & Shirt Size: _____

Navigator's Name: _____

Where Can We Contact The Team Leader? Please Print:

Team Leader Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Cell Phone: _____ **E-Mail** _____

Time Out: **Time In:** **Total Time:**

Mileage Out: **Mileage In:** **Total:**

Route Score: **+ Bonus:** **- Penalties:** **Total:**

Preregistration Fee \$40.00. Walk-in fee day of event \$45.00
Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt.
(Additional T-Shirts will be available for \$15.00)

Penalties:

- Five points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under average course time at the Committee's discretion.
- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill @ The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon July 4th,
in the parking lot at Timbers Restaurant
703 Tarpon Bay Road, Sanibel Island, Florida
Conducted by: The Sanibel Captiva Optimist Club

The Sanibel – Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible.

Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to helping the kids!



Back row from left, Cookie Douglas, Heather Decker, Paula Kambros, Cindie Barker; Front row from left, Allyson Ross, Sandy Stilwell-Youngquist, Nancy Finch photos provided

Benefit Raises \$35,588 For PACE Center For Girls

PACE Center for Girls, Lee County recently raised more than \$35,500 during its Sunset at St. Charles Yacht Club Love That Dress! collection event on June 5. It was hosted by Sandy Stilwell-Youngquist and St. Charles Yacht Club in Fort Myers. A collection event for PACE Lee's 10th season of Love That Dress!, the event was emceed by Gina Birch and ABC-7's Mackenzie Bart and featured smooth jazz and Latin sounds by Marc Vee and extensive silent and live auctions featuring packages from local businesses.

A Progressive Dinner, hosted by residents of St. Charles Harbour, is expected to raise an additional \$5,000 once the few remaining spots are filled. Nearly 200 dresses were collected during the gathering to be sold at discounted prices during Lee County's Love That Dress! event on August 22, with all proceeds benefiting PACE educational programs and therapeutic social services, which impact middle school and high school age girls and young women.

Sponsors of the event included



Anna Toole and Jennifer Norman

Sanibel Captiva Community Bank, Bateman Contracting, Domino's Pizza, Dorothy Fitzgerald, Richard and Sandy Heinrich, M. Elizabeth Byck, Dean and Lori Munro, Tim and Sandy Youngquist, Adore Cosmetics, Advanced Aesthetic Solutions, Jay Brown, 96.9 WINK-FM, Fort Myers Infiniti, New Beginnings, Gulfshore Life, Comcast Spotlight, Living Local, Florida Weekly, TOTI Media, South Seas Island Resort, Island Sun and The River Weekly News.*



Sandy Heinrich and Gail Markham



Alexianna Thompson and John Carr



From left, Heather Fitzenhagen, Karen Scott and Sherri Kubesh



From left, Andrea Henderson, Robert McDonald and Mackenzie Bart



From left, Pason Gaddis, Scott Fischer and Mark Blust



From left, Gretchen Sax, Cheryl Komnick and Barb Bates

Suicide Prevention: Signs, Symptoms, Help

Recently, we have learned about the tragic suicide of designer Kate Spade and famous chef Anthony Bourdain, who committed suicide in France. As a society, there has been a tendency to put celebrities on a pedestal, at times over-identify with them, believe that they have everything they could ever dream of and therefore should have no issues or concerns in their everyday life. As sometimes happens when high profile celebrities are found dead and suicide is either suspected or confirmed, people may find themselves or loved ones who are dealing with depression thinking, feeling or expressing fear and worry that "if they couldn't deal with it and they had everything in the world, how am I supposed to deal with it?"

According to the Centers for Disease Control, suicide is the 10th leading cause of death for adults and the second leading cause of death for ages 10 to 34. Unfortunately, between 1999 and 2016, the rate of suicide increased in nearly every U.S. state and rose in some areas of the country by 30 percent, which highlights the importance of suicide awareness and prevention as both a national and personal public health imperative. There is typically not a single reason that may be identified as the "cause" of suicide, but rather a combination of factors related to physical, environmental, financial and relationships.

According to the National Institutes of Mental Health, risk factors and signs/symptoms include such things as:

Risk Factors

- A history of a mental health condition
- A physical health condition including chronic pain
- Experiencing prolonged stressful situations such as harassment/bullying
- Experiencing a stressful life event such as divorce, death of a loved one and loss of financial security
- A family history of suicide
- A family history of mental health conditions or substance abuse
- Previous suicide attempts
- Childhood abuse and/or trauma
- Access to lethal means including firearms in the home
- Being exposed to others' suicidal behavior including family members, friends and celebrities
- Signs and Symptoms
- Talking about wanting to die or killing themselves
- Making plans or researching ways of

killing themselves

Feelings of hopelessness and helplessness, guilt or shame, unbearable pain (physically or emotionally) and feeling like a burden to others

Increased use of alcohol or other drugs
Withdrawing or isolating from support systems

Saying goodbye to friends and family, putting affairs in order and/or giving away important possessions

If you or someone you know is experiencing, expressing or displaying any of these warning signs, or other behaviors that are concerning or out of character, reach out to someone immediately. Be there as a support for them, keep someone safe by removing access to lethal means, listen carefully to what they are thinking and feeling, and don't be afraid to ask directly if they are thinking of wanting to kill themselves; studies have shown this does not increase the risk of suicide.

There are many resources available for someone in need that includes:

The phone number to a trusted family member or friend

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or for the deaf and hard of hearing via TTY at 1-800-799-4889 – available 24 hours a day, seven days a week

The Crisis Text Line: 741741

The non-emergency number of your local law enforcement

Call 911 for those in immediate risk of harm to self or others and request a CIT (Crisis Intervention Team) Officer as they have had additional training in working with those in crisis

If you want to learn more about suicide prevention and awareness or other mental health conditions, visit the following internet sites:

- Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- National Institutes of Mental Health: www.nimh.nih.gov/index.shtml
- Centers for Disease Control and Prevention: www.cdc.gov
- National Alliance on Mental Illness: www.nami.org
- Suicide Prevention Resource Center: www.sprc.org

The important thing to remember is that you are not alone even though it may feel that you are, you are loved even though you may not feel it and you are needed even if you don't feel that you are. Help is available – reach out.

The Lee Health Behavioral Health Center offers assistance and support. To speak with a team member for an appointment for you or a loved one, or to learn about additional resources in the community, call 343-9180.*

From page 7

Paws Pawty

restaurants and meet pet-related organizations and businesses showcasing their causes, products and services in a animal-friendly environment. There will also be raffles and an agility course. So, whether you have a chihuahua or a mastiff, dog owners are encouraged to attend with their pets.

Paws Pawty has partnered with the Gulf Coast Humane Society and Paws Lee County Inc. to help provide dog owners with helpful resources for their animals. Both will be bringing out pets soon to be available for adoption and educating patrons on their resources and services.

Gulf Coast Town Center is located at 9903 Gulf Coast Main Street in Fort Myers. For more information, contact Sonya at sonya@simplyeventsfl.com.*

Family Child Advocate Of The Year Award

Golisano Children's Hospital of Southwest Florida has awarded Mike Ellis the 2018 Prendergast Family Child Advocacy Award. Ellis received the award at the Golisano Children's Hospital of Southwest Florida Annual Pediatric Conference held at Sanibel Harbour Marriot Resort & Spa on June 9.

"Mike Ellis has been a pillar in the community for pediatric health for decades. We are extremely grateful for his contributions and, with this award, recognize Mike for his efforts of improving mental health access for the children of Southwest Florida," said Dr. Emad Salman, regional medical officer, Golisano Children's Services. "His integrated program has changed the lives of many families."

Ellis is the president/CEO of Healthcare Network of Southwest Florida. Prior to coming to Healthcare Network, he was executive director of the Golisano Children's Hospital. He also held senior staff positions at the Family Health Centers of Southwest Florida, University Hospital at the University of Florida in Jacksonville, Nemours Children's Hospital in Jacksonville and St. Elizabeth Medical Center in Dayton, Ohio.

Ellis is a former Lee Memorial Health System board of director and currently a commissioner on the Lee County Mosquito Board of Commissioners.

Every year, in recognition of Child



Mike Ellis and Dr. Emad Salman photo provided

Abuse Prevention Month, Golisano Children's Hospital and the Prendergast Family Endowment Fund host a lecture on child abuse and recognize a special individual in the community for their commitment to prevention and advocacy.

In 2005, Eileen Prendergast and her family gave the community "a million reasons" to help children in Southwest Florida when they made a \$1 million gift to establish the Prendergast Endowment Fund for the Golisano Children's Hospital of Southwest Florida's Child Advocacy Program and the annual Prendergast Child Advocate of the Year recognition. The program features free parenting classes taught in partnership with the Children's Advocacy Center of Southwest Florida to prevent child abuse. These classes have touched the lives of more than 7,500 parents in the Southwest Florida region.*

JOINT DAMAGE?



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Eat Bananas In The Pursuit Of Happiness



by Suzy Cohen, RPh

Dear Readers: Most bananas are peeled and eaten within one minute. That's according to The Guinness Book of World Records. While not officially amazing in my opinion, the most bananas peeled

and eaten in one minute is eight and was accomplished by a man named Patrick "Deep Dish" Bertolotti, a competitive eater. Because bananas have a constipating effect on your digestion, this guy was probably constipated for days, lol!

Bananas have a tremendous amount of medicinal applications. For one, the peel of a banana is known as a home remedy to promote wound healing from minor burns. The actual fruit could have substantial impact on several illnesses, including depression.

Last year in 2017, the crop that sells about 145 million tons of bananas (worldwide) came under attack. A deadly fungus spread through plantations and, simultaneously, bacterial disease killed some plantations in Africa. Bananas are not doomed, so don't worry, and that's a good thing if you have depression or Parkinson's disease which are due in part to low dopamine.

Dopamine is a happy brain chemical; it's your body's natural antidepressant. Dopamine is what makes you want to garden or golf for example, to dance, laugh and do fun hobbies. Healthy dopamine levels are critical for movement and coordination. With declining levels of dopamine, or dopamine receptor insensitivity, you could see Parkinson's-like symptoms, depression,

bladder dysfunction, obesity, memory loss, sometimes attention problems and unexplained fear or anxiety spells.

So where do bananas fall into this discussion? In their small way, they contribute a chemical that helps you make dopamine. They are naturally high in an amino acid called tyrosine that is part of the dopamine chemical structure. Without tyrosine, you can't make dopamine or thyroid hormone for that matter. Dopamine and thyroid hormone are two primary "happy" brain chemicals. So, if you're in the pursuit of happiness, go bananas!

In some strange banana news, a British man was driving in Taiwan, and he threw his banana peel out the car window. A Taiwanese man, who saw this act of littering, followed him and confronted him at a red light. The man said, "Littering is unethical and uncivilized behavior." While I do agree, I don't think I would have chased someone down over a flying banana peel.

Bananas could possibly help with diabetes due to the pectin and resistant starch. Leg cramps could be soothed by the amount of potassium and magnesium in bananas. And some research suggests anti-cancer effects. I've written an extensive article on the health benefits of bananas and, if you'd like to read that version, sign up for my free newsletter at www.suzycohen.com

In the meantime, here are seven ideas to help you go bananas.

1. Just peel and eat
2. Add a banana to your smoothie
3. Make banana chocolate chip bread or muffins
4. Make banana chips with a dehydrator
5. Dip bananas into melted chocolate then freeze the pop
6. Make banana tea by boiling it in water, I have a recipe at my site.
7. For breakfast, make banana nut collagen pancakes

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. ✨

From page 6

Fort Myers Art

Gayoso excels as Dr. Drew Bayliss. Char Loomis, Kenneth Cosmo Ruisi and newcomer Danica Murray also contribute to the madness and mayhem that unfolds along the way.

But don't be lulled by the preceding into concluding that *Hush Up Sweet Charlotte* is little more than an aggregation of memorable characters, unapologetically over-exaggerated performances and uninterrupted laughs. At its core, *Hush Up Sweet Charlotte* is a cleverly-crafted murder mystery. The challenge of figuring out who actually killed that lynx, 'cheatin' John Mayhew keeps the audience invested in the convoluted twists and turns unfolding on the stage on both an overt and subliminal way. Was it actually Charlotte with the hatchet in the boat house? Or did Big Sam find out that his randy married neighbor was going to run away with his daughter after all? Or did Miriam do in Mayhew and let her rich bitch cousin take the fall? The nagging who-dunnit

question is insidious. It tugs at the back of the mind even in the midst of outrageously funny sequences. It unifies, lends cohesion to the plot and provides impetus to the characters' thoughts and motives.

Last year, a host of current and prospective Lab patrons experienced their own regret over having missed *Whatever Happened to Baby Jane - a Parody of the Horror*. Admittedly, there exist lots of reasons to miss any stage production. A plethora of other events and happenings compete for your scarce reserves of time, attention and discretionary dollars. Don't be diverted! This is a show Southwest Florida will be talking about for years, and you really don't want to be caught on the outside looking in. The remaining show times are June 22, 23, 29 and 30 at 8 p.m., with a 2 p.m. matinee on June 24 and July 1.

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. ✨

Doctor and Dietician

Infection Fighting Foods



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

Food affects every process and function of the human body. It is literally the body's fuel. Providing our body with healthy food encourages a healthier body. Proper nourishment not only keeps us moving, but also supports the immune system, fending off viruses or infections.

Incorporating fresh, raw vegetables is an important part of a healthy diet and body. Spinach, a green, leafy superfood, contains folate, Vitamin C and fiber. Broccoli has Vitamins A and C, and the antioxidant glutathione. Include onions and garlic as part of your kitchen staples and recipes, because they both possess anti-inflammatory agents that help with chronic pain, decrease inflammation and fight infection.

Many fruits are loaded with

antioxidants, especially berries. Blueberries, elderberries and acai berries have a darker color, a sign that they contain a strong antioxidant called anthocyanin. They also provide selenium and the B vitamins riboflavin and niacin, which help build the immune system. Watermelon strengthens the immune system too, because it's high in the antioxidant glutathione, which can help fight infections. Fruit is raw, fresh and very tasty, but since it contains high amounts of fructose, be careful not to overdo it. Try fruit on top of plain, Greek yogurt for added protein, probiotics and Vitamin D.

The beautiful orange color of sweet potatoes indicates high amounts of carotenoids, powerful antioxidants that fight systemic inflammation and bolster the immune system. Sweet potatoes baked as "French Fries," are delicious and much healthier than the fried version.

When we are fighting a bug, homemade chicken soup is one of our favorites. It's a true remedy with science to back. It contains carnosine, which is made up of amino acids that act to slow down degenerative conditions. Great to know. These foods help fight infections as part of a healthy lifestyle.

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. ✨

Workshop To Assist Seniors With Legal Needs

Seniors face an array of unique legal needs, including issues such as advance directives, elder abuse, and probate issues. To help Southwest Florida seniors and their caregivers better understand their legal options, Florida Rural Legal Services (FRLS) is presenting a half-day workshop, Resourceful Strategies for Older Adults, at the Riverside Community Center on Tuesday, June 26 from 9 a.m. until 1 p.m.

The workshop is presented in coordination with the Area Agency on Aging for Southwest Florida (AAASWFL) and is funded through the Florida Department of Elder Affairs. Seniors and caregivers interested in attending should reserve a seat by calling Florida Rural Legal Services at 334-4554.

The event will assist FRLS and AAASWFL in identifying and addressing the legal needs of vulnerable seniors in Southwest Florida.

"We will discuss topics that are

important to Southwest Florida's older adults," said Lorraine Barker, paralegal at FRLS. "These include bankruptcy, divorce, domestic abuse, advance directives, nursing homes and financial obligations after the death of a spouse."

Florida Rural Legal Services is a nonprofit law firm that provides civil legal advice, representation and education for people with limited incomes, including elders and migrant workers. FRLS provides free services to those that qualify. For more information, visit www.frls.org.

The Area Agency on Aging for Southwest Florida is a nonprofit organization serving Charlotte, Collier, DeSoto, Glades, Hendry, Lee and Sarasota Counties. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida. The organization is committed to helping adults ages 60 and over and people with disabilities to live with independence and dignity in their own homes and communities. For more information, visit www.aaaswfl.org or by calling the toll-free Elder Helpline at 966-413-5337.

The Riverside Community Center is located at 3061 Riverside Drive in Fort Myers. ✨

Our email address is press@riverweekly.com

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Kristmas And Biscuit



Kristmas

Hi there! We are Kristmas and Biscuit. We are both 8-years old, neutered and up to date on all vaccines. We are about to lose the only home that we have known our entire lives. Our human mother has to move into an assisted living facility, and she can't take us with her. We need to stay together because all we have now is each other. We are very friendly and well-behaved boys. Our scratch posts, toys, food and litter boxes will come with us, and it will help us feel at home to have our own things.



Biscuit

Biscuit is a dark tabby with beautiful, bright, green eyes and a cute little, white chin. I am a red tabby, with four white paws and an adorable face.

Call Marcy with Haven on Earth Animal League at 410-9983 to learn more about us.

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.✧

Lee County Domestic Animal Services

Winnie And Smokey



Winnie ID# A741547

Winnie is a 3-year-old female labrador retriever mix who is part of the new Foster-to-Adopt program. Have you been interested in adopting a dog but aren't sure of what breed will fit into your lifestyle? Maybe you are not sure that a dog of a particular size, age or energy level is right for your home and family. Lee County's Foster-to-Adopt Program gives you the opportunity to see if a dog is the perfect fit before committing to adoption. What happens if it isn't the perfect fit? That's ok! You can provide us with valuable information on how the dog was in your home to better pair him or her up successfully in their next home, and you will be given the option to select another dog that may be a better fit. The adoption fee is \$50.



Smokey ID# A737488

This silver-haired beauty is Smokey, a 3-month-old female domestic shorthair who is available to go home with another feline friend at no charge when you pay for her \$20 adoption fee. The adoption fee includes spay, up-to-date vaccinations, rabies, county license, 10-day health guarantee. That's a \$500 package! This fun-loving kitten will give you years of love and all-day fun. The adoption fee is \$20.

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



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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

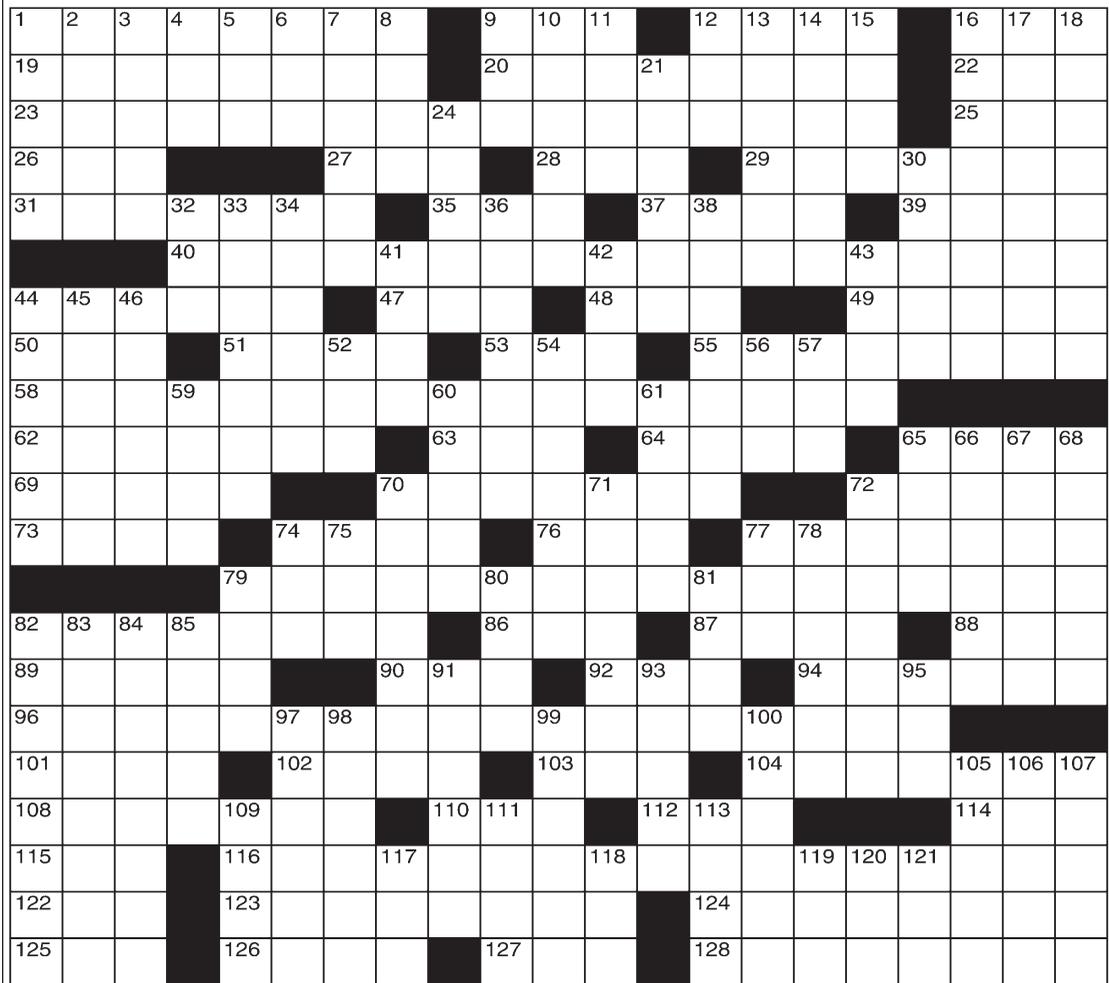
PUZZLES

Answers on page 29

Super Crossword

SWIMMINGLY GOOD ERA

- ACROSS**
- 1 Good enough
 - 9 Biblical talking beast
 - 12 Chimed
 - 16 Game show VIPs
 - 19 — acid (vitamin C)
 - 20 At any place
 - 22 Grain morsel
 - 23 Start of a riddle
 - 25 Joanne of "Abie's Irish Rose"
 - 26 Hide-hair connection
 - 27 Tooth in a machine
 - 28 Professional wrestler Flair
 - 29 Oater
 - 31 Furtive action
 - 35 Movie-archiving gp.
 - 37 River in a Best Picture title
 - 39 Shah's land
 - 40 Riddle, part 2
 - 44 Tropical rodent
 - 47 Former Russ. state
 - 48 Folk rocker DiFranco
 - 49 Exterior
 - 50 Bremen loc.
 - 51 Intuit
 - 53 Camera for a pro
 - 55 Tongs, e.g.
 - 58 Riddle, part 3
 - 62 Reference book's "Look here, too"
 - 63 — profit (lucratively)
 - 64 "Can — true?"
 - 65 Leaning Tower's city
 - 69 Play for time
 - 70 Gym tops
 - 72 Vents vocally
 - 73 Atoll part
 - 74 Sit next to
 - 76 Stage design
 - 77 Grows molars, e.g.
 - 79 Riddle, part 4
 - 82 Hold down
 - 86 Rural rest stop
 - 87 Exotic berry in fruit juices
 - 88 Writer Deighton
 - 89 Giant in foil
 - 90 See 3-Down
 - 92 Nov. lead-in
 - 94 Very focused
 - 96 End of the riddle
 - 101 Tennis legend Björn
 - 102 Election analyst
 - 103 Gods, to Livy
 - 104 Use one's lungs
 - 108 Under control
 - 110 Soft & —
 - 112 Classical introduction?
 - 114 Au — (roast beef option)
 - 115 San Francisco's — Valley
 - 116 Riddle's answer
 - 122 Taxing gp.
 - 123 Playwright McNally
 - 124 Submarine
 - 125 Cougar, e.g.
 - 126 Mgr.'s helper
 - 127 Salon colorer
 - 128 Admiration taken too far
 - DOWN**
 - 1 Expendable chessmen
 - 2 Take — at (attempt)
 - 3 With 90-Across, frighten away
 - 4 Drunk
 - 5 Jackie's hubby #2
 - 6 Small ammo
 - 7 Brittle-shelled Chinese fruit
 - 8 Back talk?
 - 9 Grain bristle
 - 10 Actor Omar
 - 11 Shipping rig
 - 12 Match official
 - 13 Declaration
 - 14 Water nymph
 - 15 Mardi —
 - 16 Not extreme
 - 17 Indy 500 entrant, e.g.
 - 18 Eye-catchers
 - 21 S'pose
 - 24 "Bejabbers!"
 - 30 Keep busy
 - 32 Clerk on "The Simpsons"
 - 33 Drop
 - 34 Judges, e.g.
 - 36 "The Day of the Jackal" novelist Frederick
 - 38 Orville and Wilbur of aviation
 - 41 Main port of Norway
 - 42 Give an alert
 - 43 Luxurious
 - 44 Tennis legend Andre
 - 45 Civets' cousins
 - 46 Long trial
 - 52 Broody music genre
 - 54 Intermediary
 - 56 BBQ piece
 - 57 Flexible card
 - 59 Fit as a fiddle
 - 60 Vicious
 - 61 Clever
 - 65 Bikeway, say
 - 66 Fill one's lungs
 - 67 Tyler of rock
 - 68 Green light
 - 70 End up
 - 71 Rudolph's facial feature
 - 72 Joins again
 - 74 "Selma" director DuVernay
 - 75 "— Mir Bist Du Schön"
 - 77 Quirk
 - 78 "Evita" star Paige
 - 79 Part of QED
 - 80 "Back to the Future" bully
 - 81 Bit of power
 - 82 Of Jewish scholars
 - 83 Stage actress Duse
 - 84 Least abundant
 - 85 Difficult
 - 91 Bring up until able to fly, as a bird
 - 93 Tianjin locale
 - 95 Baking meas.
 - 97 12 in a foot
 - 98 Impostors
 - 99 Sheer folly
 - 100 In the area of
 - 105 "— Called to Say I Love You"
 - 106 Writer Godden or actress Willis
 - 107 Analytic work
 - 109 Comics' Kett
 - 111 Rip apart
 - 113 Prefix meaning "the same"
 - 117 Tate displays
 - 118 Agent's take
 - 119 Flurry
 - 120 Minister's field: Abbr.
 - 121 Levin or Gershwin



King Crossword

ACROSS

- 1 Hamstrings
- 6 Poorly lit
- 9 Moreover
- 12 Take as one's own
- 13 Elizabethan, e.g.
- 14 Luau side dish
- 15 Suitor
- 16 Sponge
- 18 Logic
- 20 Clue
- 21 Sapporo sash
- 23 Drench
- 24 Papa
- 25 File's partner
- 27 Women's home, said John Gray
- 29 Power source
- 31 "The — Cometh"
- 35 Because
- 37 Portrayal
- 38 Pop
- 41 Expert
- 43 Feedbag tid-bit
- 44 Reed instrument
- 45 Askew
- 47 In a temperamental way
- 49 Archipelago component
- 52 Emeril's interjection
- 53 Lennon's lady
- 54 African capital city
- 55 Pigpen
- 56 A Bobbsey twin
- 57 Private student
- 58 Chinese chairman
- 59 Garden pest
- 60 Incessantly
- 61 Filthy
- 62 Second drink?
- 63 Lucky roll
- 64 Raw rock
- 65 Prohibit
- 66 French noble title
- 67 Showed affection
- 68 Sis' kid
- 69 Remove a stripe
- 70 Press
- 71 Chinese glow, maybe
- 72 Chair
- 73 Garden pest
- 74 Incessantly
- 75 Filthy
- 76 Second drink?
- 77 Lucky roll
- 78 Raw rock
- 79 Prohibit
- 80 French noble title
- 81 Showed affection
- 82 Sis' kid
- 83 Little louse
- 84 Having a romantic
- 85 Chinese glow, maybe
- 86 Carte lead-in
- 87 Profit
- 88 Big gorge
- 89 Gets zero stars
- 90 WWII vessel
- 91 Spacious
- 92 Oust
- 93 Radius neighbor
- 94 Birthright barterer
- 95 Charged bit
- 96 Before
- 97 Pirouette pivot

DOWN

- 1 Legislation
- 2 Commotion
- 3 Dock doings
- 4 Duel tool
- 5 First Little Pig's material
- 6 Remove a stripe
- 7 Press
- 8 Chinese glow, maybe
- 9 Garden pest
- 10 Incessantly
- 11 Filthy
- 12 Second drink?
- 13 Lucky roll
- 14 Raw rock
- 15 Prohibit
- 16 French noble title
- 17 Showed affection
- 18 Sis' kid
- 19 Little louse
- 20 Having a romantic
- 21 Chinese glow, maybe
- 22 Chair
- 23 Garden pest
- 24 Incessantly
- 25 Filthy
- 26 Second drink?
- 27 Lucky roll
- 28 Raw rock
- 29 Prohibit
- 30 French noble title
- 31 Showed affection
- 32 Sis' kid
- 33 Little louse
- 34 Having a romantic

MAGIC MAZE ● CONSECUTIVE TWO-WORD PHRASES

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

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

- Animal
- House
- Cat
- Food
- Coloring Book
- Cover Letter
- Box Kite
- (clue answer) Instrument
- Landing Craft
- Fair Weather



"Looking for someone to join you in a _____ toast, Feeney?"

answer on page 29

SCRAMBLERS

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

Strength
WORPE

Damage
FEACH

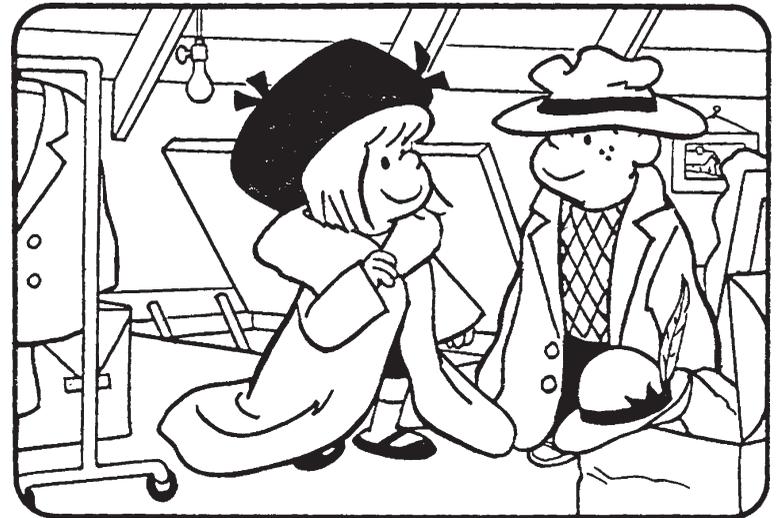
Gather
ANGLE

Transparent
LACER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Light is missing. 2. Box is smaller. 3. Collar is smaller. 4. Shirt design is different. 5. Hat is smaller. 6. Picture is missing.

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

SUDOKU

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

answer on page 29



Sautéed Shrimp And Green Beans

- 1½ pounds shrimp, peeled and deveined
 - 3 tablespoons olive oil
 - 2 cups green beans, cleaned
 - 2 cups mushrooms, sliced
 - ½ cup almonds, sliced
 - 2 tablespoons soy sauce
- Cook shrimp in half the olive oil, set aside. Heat remaining oil and sauté beans and mushrooms until beans are tender. Add almonds and soy sauce.
- Yield: Four servings.*



Sautéed Shrimp and Green Beans

photo courtesy Fresh From Florida

Read us online at IslandSunNews.com

 FRIDAY Sunny High: 88 Low: 82	 SATURDAY Mostly Sunny High: 91 Low: 84	 SUNDAY Mostly Cloudy High: 88 Low: 82	 MONDAY Cloudy High: 91 Low: 84	 TUESDAY Few Showers High: 88 Low: 82	 WEDNESDAY Few Showers High: 87 Low: 81	 THURSDAY Few Showers High: 85 Low: 79
-----------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------

Redfish Pass Tides

Day	High	Low	High	Low
Fri	9:54 am	2:51 am	11:00 pm	4:34 pm
Sat	10:28 am	3:31 am	None	5:31 pm
Sun	12:19 am	4:08 am	11:00 am	6:19 pm
Mon	1:26 am	4:42 am	11:31 am	7:00 pm
Tue	2:22 am	5:13 am	12:02 pm	7:38 pm
Wed	3:09 am	5:43 am	12:32 pm	8:13 pm
Thu	3:47 am	6:13 am	1:04 pm	8:47 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	8:59 am	2:53 am	10:05 pm	4:36 pm
Sat	9:33 am	3:33 am	11:24 pm	5:33 pm
Sun	10:05 am	4:10 am	None	6:21 pm
Mon	12:31 am	4:44 am	10:36 am	7:02 pm
Tue	1:27 am	5:15 am	11:07 am	7:40 pm
Wed	2:14 am	5:45 am	11:37 am	8:15 pm
Thu	2:52 am	6:15 am	12:09 pm	8:49 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:13 am	3:08 am	9:52 pm	3:57 pm
Sat	9:55 am	3:51 am	11:01 pm	4:51 pm
Sun	10:41 am	4:36 am	None	5:45 pm
Mon	12:09 am	5:25 am	11:29 am	6:38 pm
Tue	12:59 am	6:16 am	12:11 pm	7:27 pm
Wed	1:43 am	7:03 am	12:47 pm	8:14 pm
Thu	2:29 am	7:47 am	1:18 pm	9:01 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:04 pm	6:07 am	None	7:50 pm
Sat	1:10 am	6:47 am	12:38 pm	8:47 pm
Sun	2:29 am	7:24 am	1:10 pm	9:35 pm
Mon	3:36 am	7:58 am	1:41 pm	10:16 pm
Tue	4:32 am	8:29 am	2:12 pm	10:54 pm
Wed	5:19 am	8:59 am	2:42 pm	11:29 pm
Thu	5:57 am	9:29 am	3:14 pm	None

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4/29 ★ TFN

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East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message.

6/1 ★ 6/29

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



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8/5 ★ TFN

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ANNUAL RENTAL

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This Beautiful, Private 4/2 home is on Bayou with Gulf & Bay access.
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06/22 ★ TFN

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3BR/2B Annual Rental \$2,700 month. Furnished, two car garage. Ground level, no stairs, 3 miles from school near Ding Darling. Begin July 2018. 239-770-5568. Call in evening.

6/8 ★ 6/22

ANNUAL RENTALS NOW AVAILABLE

2/1 apt on Main Street \$1,900/mo. Dogs okay.
 3/1 apt on Schooner Place \$2,000/mo. Dogs okay.
 Call Bridgit 239.728.1920

6/8 ★ 6/29

EAST END COTTAGE

Annual or Seasonal rental, East End Cottage, 1/2 duplex, near beach, 2BR/1BA, Furnished or Unfurnished, Laundry, Non-smoking, No pets. Available July 1, 630-417-0249.

6/15 ★ 6/22

PUBLIC SERVICE

PUBLIC SERVICE ANNOUNCEMENT

ADDICTION SCREENINGS
 Narconon can help you take steps to overcome addiction in your family. <http://www.narconon-suncoast.org>
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 877-841-5509

3/2 ★ TFN

ANNUAL RENTAL

SANIBEL ANNUAL RENTAL

Available July 1 – Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor – close access to the beach and causeway on the East End of Sanibel. Perfect location – \$3,800 per month. Call or text Rose at 239-851-5188.

6/15 ★ 7/13

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05/25 ★ TFN

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5/6 ★ TFN

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The Clinic for the Rehabilitation of Wildlife (CROW) is looking for a detail-oriented, "people" person to help with our student and volunteer programs and to perform administrative and office support activities.

Duties include correspondence, maintaining schedules and databases, coordinating arrivals and orientations, taking reservations, and helping with general office support.

Applicants should be proficient in the use of computer and email, have excellent communication skills – written and verbal, and the ability to multi-task and meet deadlines. Must be a team player with positive attitude and must be able to work cooperatively with co-workers, students, volunteers and the public.

Please submit a resume to jurasky@crowclinic.org to be considered.

6/15 ★ 6/29

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PERSONALS

LOOKING FOR GRANDCHILDREN

Grandmothers passed away and grandfathers trying to locate the grandchildren. Tampa Jo Lee and Lance Allen Lee please call 812-372-5536.

6/22 ★ 6/22

NOTICE TO CREDITORS

The administration of the estate of Suzanne H O'Connor, deceased, whose date of death was December 9, 2017, is pending in the Circuit Court for Lee County, Florida, Probate Division, the address of which is Justice Center, 1st Floor, 1700 Monroe Street, Fort Myers, Florida 33901. The names and addresses of the personal representative and the personal representative's attorney are set forth below. All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS

AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM. All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is June 22, 2018. Attorney for Personal Representatives: Richard J. Miller, Jr., Morris & McVeigh LLP, 540 Broadway, Albany, NY 12207.

Personal Representatives: Kathleen Donovan, 703 Great Oak Lane, Kennett Square, PA 19348, Denis O'Connor, 1296 Bruynswick Road, Gardiner, NY 12525, and Cynthia Gamble, 20 Cedar Street, Charlestown, MA 02129.
 Date of Pub: June 22 & 29, 2018.

6/22 ★ 6/29

Shore Fishing: Don't Harm The Fish



by Capt. Matt Mitchell

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

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

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

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

it out of the water – and do it quickly.

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

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

Survey Support Improves Fisheries Management

Faster access to data. Improved fisheries estimates. More informed decision-making. Participation in the Gulf Reef Fish Survey has led the Florida Fish and Wildlife Conservation Commission (FWC), for the first time ever, to be able to manage the harvest of recreational red snapper in both state and federal waters in the Gulf. Participants in the survey are helping improve fisheries management in Florida.

Since April 2015, recreational anglers who fish from private boats on the Gulf coast of Florida have been asked to sign up for the Gulf Reef Fish Survey. Signing up is required to legally harvest red and vermilion snappers; gag, black and red groupers; gray triggerfish; and amberjack species.

The purpose of the Gulf Reef Fish Survey is to provide timely and precise data to state and federal agencies that are responsible for managing reef fish and making decisions that impact recreational anglers in Florida. By signing up for the survey, anglers are eligible to receive a questionnaire in the mail about recent fishing activity. Each month, angler responses from the mail survey are used to estimate the numbers of recreational trips taken on the west coast of Florida to fish for Gulf reef fish species.

By working collaboratively with NOAA Fisheries, the Gulf Reef Fish Survey produces data that are complementary with the existing Marine Recreational Information Program. When information collected from the two surveys is used together, estimates of landings are more precise, and this allows fishery managers to have greater confidence in the data. Later this year, the FWC will request NOAA Fisheries certify the Gulf Reef Fish Survey for use in regional stock assessments and fisheries management.

The Gulf Reef Fish Survey is the primary data collection method for private recreational anglers to help improve recreational data collection for use in fisheries stock assessments and fisheries regulations. For red snapper, anglers can also use a smartphone/tablet app called iAngler Gulf Red Snapper to voluntarily log red snapper fishing trip data. Anglers who report through the app are still asked to participate in the Gulf Reef Fish Survey if

they receive a questionnaire in the mail or are interviewed by an FWC biologist at the dock. Participation in the survey, MRIP and the iAngler app is important for fisheries management.

If you receive one of the Gulf Reef Fish surveys in the mail, we ask that you fill out the questionnaire and return it to the marked address. Return the questionnaire even if you did not fish during the month of the survey. If an FWC biologist greets you at a boat ramp or marina, the interview takes just a few minutes of your time. By participating in an interview for the Gulf Reef Fish Survey, you are making an important contribution to help conserve Florida's recreational fisheries.

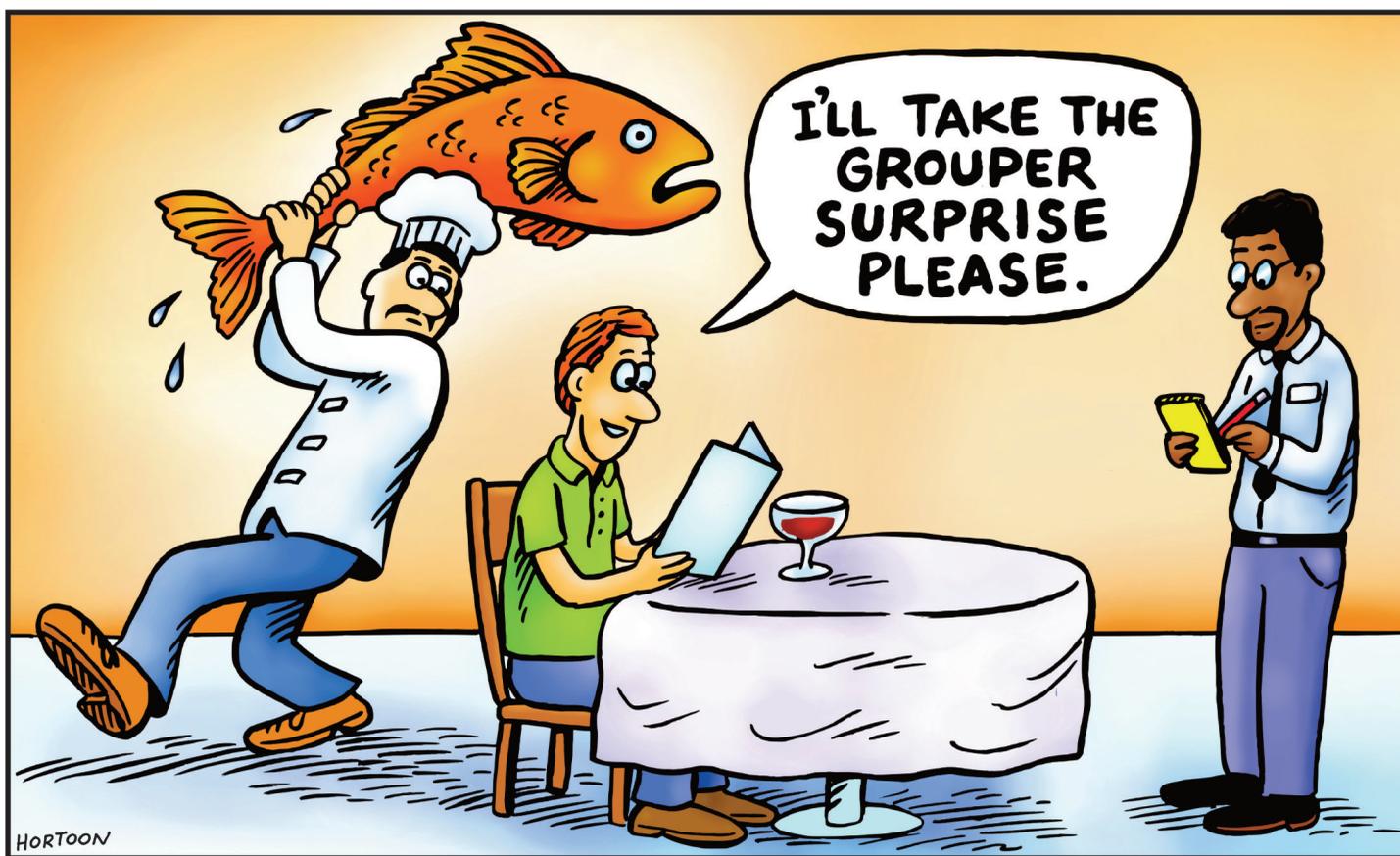
For more information about the Gulf Reef Fish Survey, visit www.myfwc.com/research, click on "Saltwater," then "Commercial and Recreational Fisheries" and "Gulf Reef Fish Survey." ✨



Gag grouper

photo provided

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Frowes Subdivision	Captiva	1946	3,161	\$2,495,000	\$2,350,000	138
Cases	Fort Myers Beach	1945	2,024	\$2,300,000	\$2,140,000	22
Colony Beach Estates	Sanibel	1988	3,240	\$2,075,000	\$1,950,000	238
Hérons Landings I	Sanibel	1989	2,880	\$1,349,000	\$1,279,000	105
Lakewood	Fort Myers	2005	3,871	\$995,000	\$975,000	181
Cranbrook	Bonita Springs	1992	2,974	\$959,500	\$925,000	54
Renaissance	Fort Myers	2018	3,255	\$946,805	\$920,000	83
Idlewilde	Estero	2003	3,122	\$895,000	\$830,000	69
Cape Coral	Cape Coral	2014	2,853	\$845,000	\$810,000	231
Wildcat Run	Estero	1990	3,311	\$874,900	\$800,000	217

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