



Hometown Glory

photo provided

Smithsonian Exhibit Coming To The Alliance

People around the country are drawn to compete in sports, and many others gather on the sidelines to cheer for their favorite athletes and teams. Nowhere do Americans more intimately connect to sports than in their hometowns. The Smithsonian's Museum

on Main Street (MoMS) program will celebrate this connection in the new traveling exhibition *Hometown Teams: Sports in American Communities*, which will be on display at the Alliance for the Arts from June 30 to August 11. There will be an opening reception on Friday, July 6 from 5 to 7 p.m.

Hometown Teams will capture the stories that unfold on the neighborhood fields and courts; or underdog heroics, larger-than-life legends, fierce rivalries

continued on page 21

Taste Of The Beach This Sunday

The Fort Myers Beach Chamber of Commerce 23rd annual Taste of the Beach will be held at 450 Old San Carlos Boulevard on Sunday, May 6 from 11 a.m. to 4 p.m. The popular food festival will include 20 restaurants, promotional vendors and live music by Jo List and Friends.

Local restaurants will serve up samples of their best signature dishes, available for purchase. Participating are The Salty Crab, Yucatan Beach Stand, Nauti Parrot, Castaways Bar & Grill, Bayfront Bistro, Fish Tale Waterfront Dining, Dixie Fish House, Doc Ford's Rum Bar & Grille, The Beached Whale, La Ola Surfside Grill, Pinchers Crab Shack, Nervous Nellie's, Bongo's at Pink Shell and Sunset Beach Grill.

Taste of the Beach awards include Best Appetizer, Best Dessert, Best Meat Entree, Best Chicken Entree, Best Seafood Entree, Best Decorated Booth and People's Choice. There will also be the fan-favorite Server Competition. Winners will be announced from the stage at 4 p.m. Tickets will be available on site. Food tickets are \$1 each, with the average plate costing around \$5. Admission is \$5 for adults; children age 12 and younger are admitted free.

Taste of the Beach 2018 is sponsored by Suncoast Beverage and Smokin' Oyster Brewery. In-kind sponsors are Costco Wholesale and Gavin's Ace Hardware.*



A participant of a previous crowd-pleasing Server Competition

photo provided

No Child Left On Shore Reaches New Horizons

submitted by Richard Finkel

The No Child Left On Shore (NCLoS) environmental education outreach project is a collaborative initiative of the Sanibel-Captiva Conservation Foundation (SCCF) and Captiva Cruises. The NCLoS endeavor strives to provide experiential education opportunities for the youth of Southwest Florida who might not have this first-hand exposure to our coastal environment in another way.

New Horizons of Southwest Florida is a not-for-profit organization dedicated to empowering at-risk youth through tutoring, mentoring and faith-building. New Horizons currently reaches 500 children and teens throughout Southwest Florida, providing over 100,000 hours of after school tutoring and mentoring annually at no cost to their families.

Children involved in the New Horizons program came to Captiva for a cruise and fun-filled learning experience on the shores of Cayo Costa State



The New Horizons group visited Cayo Costa State Park last week with Richard Finkel of Captiva Cruises, center

photo provided

Park. Aboard Captiva Cruises' vessel *The Playtime*, dolphins were seen to the delight of the youngsters, which for many of them was their first time on a boat.

Enroute to Cayo Costa, children marveled at the openness of Pine Island Sound and the Gulf of Mexico. Along

the barrier island shoreline, shells and sand dollars were found. Mole crabs and coquina clams were observed in the surf zone and, of course, the joys of feeling the splash of a wave while playing in the shallow waters were savored. In the words of one of the New Horizons instructors, "This experience will have a

lasting impact on these kids."

For more information about the No Child Left On Shore environmental education outreach project, including sponsorship opportunities, contact SCCF at 472-2329 or www.sccf.org, or Captiva Cruises at 472-5300 or www.captiva-cruises.com.*

Historic Downtown Fort Myers, Then And Now:

Lee Theatre



by Gerri Reaves, PhD

Pictured here circa-1943 is the Lee Theatre, one of several downtown motion picture theaters during the mid-20th century.

It opened in 1941 on Main and was located roughly across from the Patio de Leon entrance. Note the top corner of the Richards Building on Hendry Street visible above the one-story building (left).

Coincidentally, it was built just east of the spot where the 1920s silent-film Airdome Theatre had stood for a few years.

The stylish Lee Theatre was built just in time to provide entertainment for the area's surging population during the

World War II (WWII) years, when thousands of soldiers trained at nearby Buckingham and Page Fields.

Several details in the photo evoke that era. The movies listed on the marquee, *Submarine Base* and *He's My Guy*, were released in 1943 and were both WWII-themed.

Another sign of the times is the command, "Buy War Bonds" over the entrance doors.

The building had art moderne accents, such as the geometric white blocks on the upper façade, "port hole" windows, music-motif ornamental touches, the sign's vertical emphasis and rounded walls.

The theater was air-conditioned, a big deal in those days, and sold student tickets too – a draw for kids who wanted to spend Saturdays at the movies.

That block of Main was lined with businesses in those days, among them the hamburger restaurant conveniently located just next door (left) to the theater.

In August 1941, the new theater generated publicity with the *News-Press-Lee Theatre* contest. Participants cut-out and completed a form in the newspaper in hopes of winning one of four prizes.



Today, the Lee Theatre location is part of a city parking lot

photo by Gerri Reaves

All that was required to enter was to review a list of recently released movies and then list five of them in order of preference for screening at the new theater. The top winner would be the person whose list most closely coincided with the management's ultimate choice.

Among the movies on the list were *Strawberry Blonde* with James Cagney, Olivia deHavilland and Rita Hayworth; *The Letter* with Bette Davis and Herbert Marshall; *High Sierra* with Humphrey Bogart and Ida Lupino; and *Santa Fe Trail* with Errol Flynn, Olivia deHavilland and Ronald Reagan.

The theater had a 28-year run. The curtain was brought down on its last show, *Doctor Faustus*, on February 4, 1969.

By then, the theatre looked a bit careworn, and the snazzy musical motifs had disappeared. And, sadly enough, the country was entangled in yet another war – that time in Vietnam.

But the Lee Theatre lived on, in its way. The announced plan was for it to move just a stone's throw away to the Edison Theatre after the Edison had been remodeled and "upholstered-armed rocking chair seats" had been installed.

The old theater was eventually demolished. Today, the site of many pleasant hours of watching movies is a parking lot.

Walk down Main Street and imagine the block when the allure of a movie theater offered escape and comfort during wartime.

Then visit the following two research centers to learn more about the many downtown movie theaters that existed over Fort Myers history.

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

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



Circa-1943, the air-conditioned Lee Theatre offered escape, entertainment and comfort to area residents and thousands of soldiers stationed at Page and Buckingham Fields

photo courtesy SWFL Florida Historical Society

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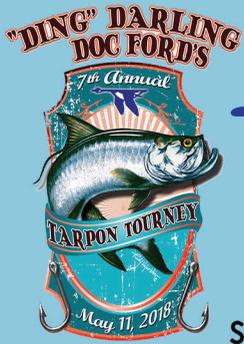
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AUCTION ITEMS

A preview of items up for bid at the tournament.



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Value: \$110

Interested in sponsorship or auction donations? Call Carrie Alexander at 239-472-1100 ext 256 for more information.



Guests perusing silent auction items at a previous event

photo provided

Dress For Success Unveils Theme For Signature Event

Dress for Success SW Florida has announced a glam New York theme for its annual signature fundraising event held at the Hyatt Regency Coconut Point Resort and Spa on Friday, May 11 from 6 to 9:30 p.m.

A New York Night in Black & White.™ will feature passed hors d'oeuvres, live and silent auctions, a Champagne toast and seated dinner.

Liz Carey, Dress for Success Worldwide's chief affiliate growth and sustainability officer, will serve as the keynote speaker for the evening. Her address will be followed by an Iconic

Fashion Show hosted by New York's very own Steven McDermott of Stevie Mac New York. Fashion designer to the stars, McDermott has dressed Oprah, CBS' Gayle King, Fox News and other celebrities.

The evening will close with a live auction, which will feature a variety of exclusive getaways and experiences for the highest bidders to enjoy. Offerings include a trip to Napa Valley for a wine tasting, a stay in New York City for a shopping spree at White House Black Market and a Broadway show, a Justin Timberlake concert package and a local beach stay.

Guests are invited to wear their finest black and white cocktail attire for an evening of fun and fashion in support of Dress for Success SW Florida. Individual tickets are available for \$125 each and tables are \$1,200.

Funds raised will help support Dress for Success SW Florida's popular program Women Empowered Through Employment Series (WETES) for unemployed and underemployed women in the community.

The Founding Sponsor of the signature event is White House Black Market. Other sponsors to date include: Card Systems, Conric PR & Marketing, Dr. Farahmand Plastic Surgery, eBella Magazine, Entech, Florida Skin Center, Hyatt Regency Coconut Point and Spa, Markham Norton Mosteller Wright & Company, PA, Nolte Wealth Management, Stevens Construction and Windfall. Sponsorships opportunities are still available.

Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs. For more information or to purchase tickets, contact Mary McDonough at 689-4992 or visit www.swflorida.dressforsuccess.org.

90s," said Keep Lee County Beautiful, Inc. Executive Director Trish Fancher. "We are making progress."

"I find it amazing that we have staff and volunteers who walk the beaches almost daily, collecting trash, but when you put on a big push like this you can still find over 100 pounds of trash in less than a mile. Amazing! As much as litter is improving it is still out there, so please do not give up the great work that KLCB does. We need it," said Terry Cain with Lee County Parks & Rec. and KLCB board member.

As part of the event, an additional, 58 youth worked at Koreshan State Park to paint a historic building, remove exotic plants, clean the Estero River, and plant 40 new shrubs.

Add one more location as more than 50 volunteers planted trees at the Edison & Ford Winter Estates to restore some of those lost in Hurricane Irma.

We are so truly blessed to be living in such a beautiful place and to have such caring citizens. To learn more about how you can get involved with similar KLCB projects, visit www.klcb.org or call 334-3488.*

Alliance Book Club To Meet

Alliance for the Arts Member Gallery Book Club will continue its monthly exploration of literature focused on art, artists, art history and art appreciation on Tuesday, May 15 at 6:30 p.m.

Club members must purchase their own copy of each book. An active Alliance membership is all that's required to join the club. The group meets the third Thursday of every month in the gallery.

The Alliance summer book club titles include *The Yellow House: Van Gogh, Gauguin and the Nice Turbulent Weeks in Arles* by Martin Gayford on May 15. The gallery exhibition will be *Along the Coast; The Lady and the Unicorn* by Tracy Chevalier on June 19 Meeting. The gallery exhibition is *Augmented Reality*; and *Reading Like a Writer* by Francine on July 17. The gallery exhibition is *Hometown Teams: How Sports Shape America*

For more information, visit www.alliance.org or call 939-2787.*

Trash Bash Yields 18,635 Pounds

More than 885 Lee County residents gathered at 36 locations to remove litter from their communities as part of the 20th Annual Great American Cleanup a.k.a. Earth Day Trash Bash with Keep Lee County Beautiful, Inc. (KLCB). Some 2,369 hours were spent scouring Lee County roadways, communities, and shorelines to remove 18,635 pounds of litter and debris.

"While that may seem like a tremendous amount, it is only 10 percent of what was cleaned in the early

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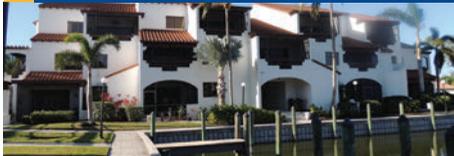
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Fort Myers Art:

Sculpture Show Opens At Davis Art Center May 4



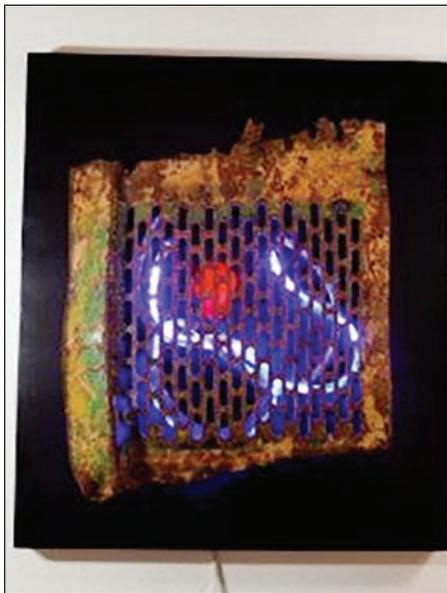
by Tom Hall

Opening during Art Walk on Friday, May 4 is *In Search for the Metal Muse: Juxtapositions in Disarray* at Sidney & Berne Davis Art Center. This

partnered show features sculptures from Jay Lana and Patricia Esposito that deal with issues of urbanization, war and the environment. Through metal works, experience the depth of these artists' understanding of the modern world.

Esposito is an abstract artist whose multimedia sculpture explores the natural decay of objects, whether occurring in the wilderness or urban industrial areas. Toward this end, her sculptural expressions typically juxtapose wood, metal, photographs and electric light, which metaphorically represent the synergy of earth, wind, fire and water in nature, and all of life.

Recycled materials that reflect their past is an ongoing component of Patricia's work. "Rust fascinates me," she said. "Metal goes through a metamorphosis, not unlike the colors and textures of the



Sculptures by Patricia Esposito and Jay Lana will be exhibited at the Sidney & Berne Davis Art Center photo courtesy www.artswfl.com

seasons. Corrosion of multiple layers, colors and textures can take years to achieve, resulting in the beautiful patina of an object's current life. The contrast of earth and rust, with the harshness and coldness of steel, can live harmoniously as in some of my two and three dimensional works."

Lana is a self-taught Southwest Florida sculptor. His artistic process began as a child when he used to dismantle various devices and then adding the components to his toys. As Lana grew up, other interests captured his attention. He took on pencil drawing in his teenage years, but he always kept those drawings to



X Marks Spot For Davis Art Center's 10th Anniversary

The Sidney & Berne Davis Art Center has issued a call to artists for its 2018 June juried exhibition. To honor its 10th anniversary season, SBDAC is inviting artists to interpret the symbol X as the theme for the show.

"Icons have power," the exhibition prospectus reads, in part. "They evoke memories, experiences and information stored in the collective unconscious. Of these icons, the symbol X has many evocative meanings: X marks the spot. X speaks of intersections. X is numeric. X is the most controversial rating. X indicates elimination. X is where we sign. X is how we sign. X signals a choice made. X is a variable. X expresses the power of magnification. X is marked of an unknown identity."

One thousand dollars in cash prizes will be awarded, as follows:

Overall Best in Show – Cash prize in the amount of \$500

People's Choice – Cash prize in the amount of \$250

SBDAC's Pick – Cash prize in the amount of \$250

The deadline for online submissions is May 11. Visit www.sbdac.com/2018-june-artist-call for a submission form.

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

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Cast members perform at a previous production of *Tosca*

photo provided

International Cast To Perform In Italian Opera

A new fully-staged production of Giacomo Puccini's beloved opera, *Tosca*, will be performed by an international cast at the Barbara B. Mann Performing Arts Hall at FSW on Saturday, May 12 at 7 p.m. *Tosca* stars Elizabeth Baldwin as Floria Tosca, Marco Panuccio as Mario Cavaradossi and Gustavo Feulien as Baron Scarpia. The cast also includes Tyler Putnam, James Held, Samuel Hall and Christian Miller. The production is directed by Vincent Connor and conducted by Andrew M. Kurtz. The sets are from

Sarasota Opera's David Gordon and costumes are from Tri Cities Opera's Betty Friedrichson of Binghamton, New York.

The story follows famed singer Tosca and her artist lover Cavaradossi as they conspire to conquer the malicious forces determined to wedge them apart. Moving through the shadows in Rome's churches and castles, they plot to undo the wicked intentions of their nemesis, the lecherous police sergeant, Scarpia, in Puccini's masterful love story, rich with captivating arias and orchestral drama. *Tosca* will be sung in Italian with English projected above the stage.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Tickets start at \$29, and are available by calling the box office at 481-4849, or visiting GulfCoastSymphony.org.*



The Mariner High JROTC Leadership Team

photo provided

Mariner High JROTC Team Vies For World's Best

For the second year in a row, the Mariner High School JROTC Leadership Team is one of the Top 40 out of 1,329 teams in the world. The team will return to the 2018 US Army Leadership and Academic Bowl Championship in Washington DC in June. The Mariner Leadership Team placed 9th in the world last year.

The Mariner High School JROTC Leadership Team, composed of Rhys Bastien, Mason Dennard, Auryana Player and Sarah Gerega, will receive an all-expenses paid trip to the championship event held on the campus of The Catholic University of America. The team is coached by Sgt. Maj. (Ret) Kimberly Williams, a JROTC instructor at Mariner.

This event is sponsored by the U.S. Army Cadet Command, JROTC Headquarters and is conducted by College Options Foundation.

During the two fast-paced preliminary rounds to qualify for the Academic Bowl Championship, students were tested on their knowledge of JROTC curriculum and current events as they competed online against schools worldwide. The Leadership Team also competed in a live, district competition in January, where they placed first against all other JROTC programs in the Lee County School District.

The JROTC Leadership & Academic Bowl (JLAB) is a nationally recognized academic competition created exclusively for JROTC students. By participating, cadets learn the values of citizenship, academic competition and college opportunity. The competition creates tremendous opportunities for JROTC cadets by allowing them to demonstrate leadership and academic abilities.✪

FGCU To Award 1,801 Degrees At Commencement

Florida Gulf Coast University (FGCU) will award 1,801 degrees in Spring 2018, with 1,507 graduates expected to participate in commencement ceremonies at Alico Arena on Sunday, May 6 at 9 a.m., 1 p.m. and 5 p.m. .

FGCU President Mike Martin will confer degrees, and the commencement address will be presented by Florida Senator Lizbeth Benacquisto at 9 a.m.; Arthrex, Inc. Founder and President Reinhold Schmieding at 1 p.m.; and FGCU Board of Trustees former chair Dudley Goodlette at 5 p.m.

Communication is the most represented bachelor's degree with 129 awarded. The most represented master's is occupational therapy with 31 degrees awarded.

At the 1 p.m. ceremony, the university will award the honorary title of Professor Emeritus to Dr. Peter Blaze Corcoran, and an Honorary Doctor of Science degree to Arthrex's Reinhold Schmieding.

Tickets for 7,535 guests have been distributed for the three ceremonies, which also can be viewed via webcast at www.fgcu.edu.

Alico Arena policy prohibits balloons and loud noisemakers, and they will not be allowed indoors during the ceremonies.

FGCU has awarded more than 30,000 degrees since opening in fall 1997.✪

Improv Group At Lab Theater This Friday



Members of Square One Improv

photo provided

On Friday, May 4, Square One Improv makes a return to Lab Theater with a night of hilarious antics, musical comedy and on-the-spot jokes... all with a holiday theme at 8 p.m. Every facet of the improvised show is based on audience suggestions. With years of experience performing and competing nationally, Square One delivers a side-splitting, one-of-a-kind show every time.

Performances will be both short- and long-form improv in a fast-paced, musical and completely improvised fashion. For the more adventurous, there are occasional opportunities to join the

cast on stage.

"We try and give our audiences a taste of everything," said co-founder Shaun Johnson. "From hilarious characters to fully-improvised songs, there's something for everybody."

Individual tickets are \$15 per person for adults, \$12 for senior/military/students (plus applicable online service fees).

Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers. For more information or tickets, visit www.laboratorytheaterflorida.com or call 218-0481.✪

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Along The River

The **Off-Broadway Palm** welcomes back the fun-filled improv comedy show **Harry's Senior Moment** for five performances from this Thursday, May 3 to Sunday, May 6. Featuring 84-year-old Harry Lichtcsien (who has been battling 4th stage colon cancer since 2011) and his younger improv family cast, the troupe takes audiences on a rollicking, completely improvised show each time. Harry and his improv family will also be joined by a stellar group of improv friends from the Southwest Florida community.

Harry's Senior Moment has been performing throughout Southwest Florida for the past three years and no two shows are the same. The audience gets involved immediately, giving suggestions and interacting with the performers. An interactive improv course for seniors, their families and caregivers is currently being developed.

Tickets range from \$25 to \$45. For more information or to reserve tickets, call 278-4422, visit www.broadwaypalm.com/shows/harrys-senior-moment or stop by the box office located at 1380 Colonial Boulevard in Fort Myers.

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, May 4 from 6 to 10 p.m. and Saturday, May 5 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district. For more information, visit www.fortmyersriverdistrictalliance.com.

During ArtWalk on Friday, **Arts for**



Don't forget to wear a colorful hat at your Kentucky Derby party

photo courtesy Coady Photography, Kentucky Derby Facebook

ACT Gallery will hold an **opening reception** and meet-the-artists session from 6 to 10 p.m. Whitney Hackett's exhibit *Dream in Color* will be featured in the main gallery, while Tina Marie Fleury's artwork will be shown in the white gallery. New works from the gallery co-op artists will also be shown.

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

The **Alliance for the Arts** will also host an **opening reception** for an exhibit titled *Along the Coast* that will feature work by Laura Waller and Sarah Hull,

award-winning painters from Tampa, this Friday, May 4 from 5 to 7 p.m. A conversational walk-and-talk with the exhibiting artists will be held this Saturday, May 5 at 10 a.m. during the weekly GreenMarket.

Admission to the gallery is free, but a \$5 suggested donation helps keep arts programming accessible.

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

The **Down & Derby Party**, hosted by HelloSWFL, will be held on the back lawn of the historic **Heitman House** along the Caloosahatchee River, just a few blocks east of downtown Fort Myers this Saturday May 5 from 3 to 7 p.m. Net proceeds will benefit Valerie's House.

This Kentucky Derby party will feature the Hat & Dapper Contest, where the

best-dressed male and female partygoers who don derby attire and headwear will be crowned. There will also be complimentary valet parking; swag bags and pint glass giveaways; complimentary mint juleps; miniature pony photo ops; music by DJ Manny C; passed heavy hors d'oeuvres; derby day cocktails; lawn games; live broadcast of the race via bigscreen TV and player's pool live derby betting.

After the event, there will be a **Derby Sunset After Party** at lodging sponsor, **Hotel Indigo**. The party will be at the Rooftop Bar immediately following the party.

Heitman House is located at 2577 First Street in downtown Fort Myers. Hotel Indigo is located at 1520 Broadway suite 104 in downtown Fort Myers.

Lee County Tax Collector Larry Hart will be the emcee for **Viva La Derby**, the annual fundraiser of the Guardian ad Litem Foundation (GALF), 20th Judicial Circuit, Inc. at **Colonial Country Club** this Saturday, May 5 from 5 to 9 p.m.

The derby-themed event now in its fourth year will have live-streaming of the actual Kentucky Derby race, a parade of colorful hats and eclectic bowties, casino games, heads and tails contest, a cork-pull and auctions. A disc jockey will be on hand to spin the right mix for such a party, and the host venue will serve a buffet dinner.

Downtown Fort Myers will come alive with the **Downtown Cinco de Mayo Fiesta** this Saturday, May 5 from 4 to 10 p.m.

The family fun features live music from Heat Latin Jazz Band, salsa dancing in the street, a spicy taco eating contest as well as a non-spicy contest for the juniors, crafts and giveaways at the kids' and welcome area, where tykes can get their face painted. There will also be a Chihuahua Walk beginning at Starbucks at 4:30 p.m. with prizes for Best Dressed and Most Festive Chihuahua.*



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Choral Composition Summer Program

The concert season has ended for the Fort Myers Symphonic Mastersingers, but the music continues into the summer as the group launches a new community outreach program to foster the choral arts in Southwest Florida. The first annual Sanibel-Captiva Trust Prize in Choral Composition has been announced, and newly composed works are being submitted for judging later this summer. The winning piece of music will then be performed by the Mastersingers in a program next season. The composer will be awarded a \$750 prize and will be present at the performance of the work.

The competition is the brainchild of Mastersingers bass section leader and board member Dr. Jason Bahr. As an accomplished composer, Bahr knows the challenges for aspiring composers to get their works out to the public and to be paid for their efforts.

"I have been involved in competitions like this in the past, and they serve as a great opportunity for the neophyte composer to get their music performed

by an accomplished group like the Mastersingers," said Dr. Bahr. "As this is the first year for this event, we did not place many limitations on the music. We hope to receive upwards of 100 scores and will then choose the best piece."

Mastersingers Artistic Director, Jeff Faux noted, "We try to program recently composed pieces frequently throughout our season. This project will give us the opportunity to discover talented musicians that would have otherwise gone unnoticed."

Rules covering submission of scores are quite simple in that composers of any age or background may submit up to two works for SATB (soprano, alto, tenor, bass) choir with or without accompaniment (piano or organ and/or strings up to string orchestra). Works should be between six and 12 minutes long and have a limited performance history. Individual movements from longer works are acceptable. One winning work will be performed by the Mastersingers.

The endeavor is made possible by the generous support of Sanibel-Captiva Trust Company who have long shown an interest in Mastersingers projects. For more information on the Sanibel-Captiva Trust Prize in Choral Composition or to submit a score, visit www.newmusicengne.org/categories/sanibel-captiva-trust-prize-in-choral-composition/index.html.*

GCHS' Second Chance Fund Saves Lives

The Gulf Coast Humane Society's Second Chance Fund has been an invaluable savior to countless animals who have nowhere else to turn to during a serious medical issue which has inflicted them by no fault of their own.

The Second Chance Fund helps pay for medical bills and rehabilitation from everything to being hit by a car, a serious medical diagnosis or an injury caused by negligence or abuse.

The success rate is nearly perfect, as well. Every animal which was a Second Chance Fund recipient, was eventually adopted.

But this vital fund could not be an option without the caring and graciousness of GCHS' supporters and donors. The fund was set up to help animals which have no one else to turn to, and the donations to the Second Chance has kept it as a viable option for several years now.

"It's literally been a life-saving fund for many of these animals," said GCHS executive director Jennifer Galloway. "The fund has covered medical costs which would have never been picked up by anyone else, so in essence, they would have never had the procedure done. It's a very important initiative of ours at GCHS."

The importance of the Second Chance Fund has been on full alert the last couple of months, with more than several animals' lives being directly affected by it.

For example, Howie's surgery cost nearly \$3,000. He had a shunt placed on his liver.

"Howie was born with an abnormal vessel shunting blood around the liver instead of into the liver. The shunting vessel caused toxins to build up in his body, causing illness," said Jason Eisele, DVM, DACVS, surgeon for Howie. "Without surgery, Howie may have been able to live approximately two-to-four years. But with



Howie photo provided

the elimination of the shunt, Howie should now be able to live a healthy, normal life."

Howie isn't up for adoption yet, but will be after his recovery.

"He is one hard to resist," Galloway added.

With many animals now healthy and living full lives because of the Second Chance Fund, Galloway said it's an obvious decision to try and keep the fund viable for many more years to come.

"We could never pay for all these procedures without the Second Chance Fund," Galloway said. "And the Second Chance Fund could not be possible without caring peoples' donations."

Helping animals with no chance, that's what a donation to the GCHS' Second Chance Fund provides.

To make a donation to the Second Chance Fund, visit www.gulfcoasthumanesociety.org/second-chance-fund.html and click the red Donate Now button; send a check to: GCHS Second Chance Fund, 2010 Arcadia Street, Fort Myers, FL 33916; or call 332-0364.✪

Automotive And Motorsports Expo

The Florida Automotive & Motorsports Expo (FAME) will be held at Top Rocker Field at Six Bends on May 12 and 13 from 10 a.m. to 5 p.m. both days. FAME is the largest recreational and show vehicle exposition in Southwest Florida.

Combining industry and consumer audiences, this one-of-a-kind convention allows attendees to explore the newest automotive and motorsport equipment, showcase custom vehicle builds, and connect with spectators and others who are serious about the automotive and motorsport industries.

The custom-built vehicle competition, sponsored by Atturo Tires, will feature show-worthy modified motorcycles, trucks, jeeps, and more competing to win awards. Exhibit and vendor booths from top automotive accessory brands and merchandisers will be on-site all weekend long. Florida Motorsports will be onsite offering ATV, UTV and Side-by-Side demos. Awards will be presented on Sunday afternoon at 3 p.m.

Activities and events include a food truck rally, Saturday night after-party, and more. A Mother's Day brunch will be hosted on Sunday morning to benefit Eva's Closet and Foundation, a Fort Myers-based non-profit that supplies clothing, shoes, household goods, food, toiletries and baby supplies at no cost to individuals and families in need across Southwest Florida. In addition to brunch, the organization will host a raffle to win a custom 1957 Chevrolet Suburban. Eva's Closet raffle tickets are \$25 each and all proceeds will go directly to the foundation.

Additional raffles from other sponsors and vendors will be hosted throughout the event for \$5 per ticket.

Single-day admission is \$12 and a two-day event ticket is \$20. Children under age 12 are free. VIP Ticket packages are available and include one-weekend pass, a FAME T-shirt, four complimentary raffle tickets, VIP bathroom facilities, swag bag and a complimentary parking and after party pass.

Top Rocker field at Six Bends is located at 9510 Thunder Road in Fort Myers. To purchase tickets, enter your vehicle into the expo, become a vendor and more, visit www.visitfame.com or call 980-5674.✪

Rapper To Perform At Hammond Stadium May 11



Nelly photo provided

Acclaimed rapper Nelly will be performing at Hammond Stadium, home of the Fort Myers Miracle, on Friday, May 11 at 7 p.m. .

Nelly, a three-time Grammy award winner, has announced a swing through minor league ballparks this spring following his All Work No Play Canadian tour. Nelly is best known for his hit songs *Country Grammar*, *Hot in Herre*, *Shake Ya Tailfeather* and *Grill* during the 2000s.

Tickets start at \$34 and available online at www.miraclebaseball.com or

by calling 768-4210. Luxury suites also will be available for large groups.

The concert stage at Hammond Stadium will be positioned behind second base in shallow center field. The ballpark's unique seating opportunity for concerts will allow 3,000 Nelly fans to stand in the infield area and another 4,500 to be seated in the grandstands between first base and third base.

The Fort Myers Miracle, which began the 2018 regular season on April 5, will be on a road trip while Nelly performs in Fort Myers.✪

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OBITUARY



JUDI FOGARTY WILLIAMS

Judi (Fogarty) Williams, born on May 10, 1944 in Akron, Ohio to Frederick and Nancy (Sweeney) Fogarty, passed away in Cuyahoga Falls, Ohio on February 11, 2018.

She is survived by her daughter Danielle Williams (David Holt) of Ranger, Georgia and her son Nelson Williams II of Fort Myers, Florida, her sister Jean Marie Fogarty of Cuyahoga Falls, her grandson Dylan Holt, her granddaughter Ashton Williams, her cousin Michael Sweeney of Fort Myers, Florida and many cousins

and loving friends.

She was preceded in death by her parents Frederick and Nancy Fogarty, brother Alan Fogarty and grandson Jonathan Williams.

Judi came to Sanibel for the first time in the Spring of 1977 with her two young children Nelson and Danielle (8 and 9 years old).

She worked in many of the Sanibel-Captiva restaurants including the iconic Timmy's Nook and later began her own cleaning business.

She considered herself as a "Beatnik" and loved to do tie-dye. She also loved to paint funky flowers and maple leaves on old, big Cadillac and Lincoln Continental cars. In the late 1980s, she acted in the original Sanibel "little theater" the Pirate Playhouse.

Judi enjoyed writing very unique poetry which she shared with many of her Sanibel friends. Judi was an "Island Icon" and loved everybody (almost everybody) and was always ready with a joke to make everyone laugh.

Back in the "good old days," she had many friends. She moved back and forth to Ohio, then around 2009, moved to Georgia to be near her daughter Danielle and family. While there, she managed apartments in Sandy Springs, Georgia.

Her final move was in 2016, back to the town where she was raised, Cuyahoga Falls, Ohio.

There will be a gathering of old friends on her birthday on Thursday, May 10 on the west side of Island B on the Sanibel Causeway from 6 to 8 p.m. Please come and reminisce.✧

OBITUARY



EMMETT F. NEALON

Emmett Francis Nealon, age 92, of Fort Myers, Florida passed away at home on April 27, 2018.

He was born November 5, 1925 in New York, New York, son of Michael E. Nealon and Jane O'Brien Nealon. He attended Evander Childs High School, Bronx, New York and graduated from St. John's Prep, Danvers, Massachusetts, and Parks College of Aeronautical Engineering of St. Louis University.

His military service was with the U.S. Army Air Corps. He spent his entire business career with Sikorsky Aircraft, both in the U.S. and

internationally.

He was a devoted husband, father, grandfather and uncle. He is survived by his wife of 67 years, Kathleen Kimball Nealon; sons Michael (Robin), Kevin (Susan), and Christopher; daughters Sharon and Kimberly; grandson Gable; granddaughter Kaitlin (Blake); great-granddaughter Brooke; and many nieces and nephews.

A memorial celebration of his life will be held at a later date. In lieu of flowers, if you wish, a donation in his memory may be made to Hope Hospice, Development Office, 9470 HealthPark Circle, Fort Myers, FL 33908 or <https://donate.hopehcs.org/>✧

Gulf Coast Writers To Meet May 19

Do you have a vision for your self-published book, but maybe you need a little help? The Gulf Coast Writers can help. The group will be holding a meeting at Zion Lutheran Church on Saturday, May 19 from 10 a.m. to noon. Guest speaker will be award-winning writer Patty Brassard Jefferson, the CEO of PJ Boox. She will be sharing some of her successful marketing tips to help lead writers in the right direction.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. First time guests are free. For more information, call 770-906-7885 or visit www.gulfwriters.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.

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.

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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.

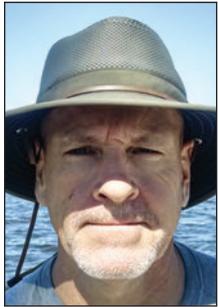
ZION LUTHERAN

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

CROW Case Of The Week:

Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is not your typical owl. One of Florida's smallest owls, this species stands only at an average height of nine inches tall. This small owl with long legs and brown body with speckles of white also spends most of its time on the ground instead of high on a tree branch looking for prey.

Also unlike most other owls, the burrowing owl does not have ear tufts or is particularly nocturnal. Burrowing owls are mostly active during the day and live in open habitats and hunt close to the ground. They prey on various insects and animals like grasshoppers, beetles, roaches, crickets, lizards, frogs, snakes, birds and rodents.

Named for their ability to burrow underground to build their own homes, burrowing owls also been known to live in burrows dug by other animals. Interestingly, juvenile owls – owlets – are able to scare away predators by hiding in their burrows and imitating the sounds of a rattlesnake.

Burrowing owls, like most other owls, rely on keen eyesight to locate their prey even in dark conditions. An uncanny ability to have directional hearing also helps locate hidden prey.

At CROW, an adult burrowing owl was admitted to the clinic from Cape Coral after it was discovered on a person's screened porch with an apparent injury. During its intake exam, veterinarians noted the patient to have mild, wispy hemorrhage from the posterior chamber of one of its eyes, a closed right humerus



Patient #18-1323 succumbed to the trauma of its injuries on Monday photo by Brian Bohman
fracture that was very close to the shoulder joint, while its feet were covered in dried/caked dirt.
"The owl suffered some unknown trauma, likely a

hit by a car," said Dr. Robin Bast, CROW veterinary intern. "Another term for an open fracture (where) bone is exposed through skin is compound fracture. In this bird's case, it was a closed fracture (where) bone (is) not exposed through skin."

Due to the proximity of the fracture to its shoulder joint, the patient was deemed not to be a candidate for surgical repair. Instead, it was placed in a body wrap to immobilize the wing. The owl was provided with pain medications and its feet were cleaned.

"The wing will be stabilized in a wrap for at least three weeks, with physical therapy every three days, while it heals," said Dr. Bast shortly after the patient's intake.

The eye injury was not believed to be serious. "The hemorrhage in the back of the eye was mild and resolved within a few days. Since the eye is such a large part of a bird's skull, when they get head trauma they often have secondary eye damage as well. In the case of an owl that also hunts by hearing, it can usually still survive if it only has sight in one eye. This bird was on anti-inflammatory medication for the eye," said Dr. Bast.

The owl remained in an intensive care unit cage on strict rest while it received treatment and care. Unfortunately, it did not recover from its injuries.

"Sadly, the owl was found unresponsive in its cage Monday morning," said Dr. Bast. "CPR was performed – a tube was placed in its airway so we could breathe for it, and resuscitation drugs were given – but was unsuccessful. The bird passed away due to complications from its initial trauma."

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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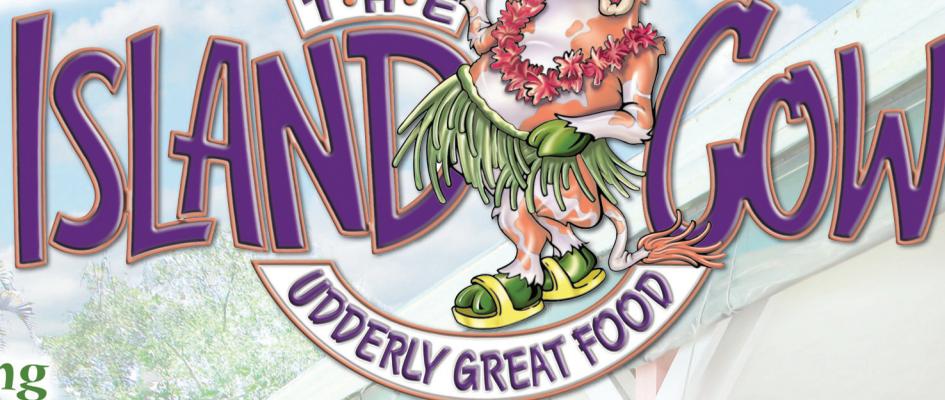
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Pass Fishing Lights Up



by Capt. Matt Mitchell

Fishing the passes this week was the best action around. Springtime warm water temperatures have pushed lots of snook and trout of all sizes into our passes in massive numbers. During periods of clear water during the incoming tide, it's amazing how many snook you can see stacked up around the structure or even straight down under the boat as large black patches of pre-spawn snook cover up the bottom. With our snook fishery totally catch and release now until September, and the fact that at times it's possible to catch a snook on almost every cast in the passes, you should give these fish that little bit of extra care when releasing them as it's spawning time. Not lifting them out of the water, using a dehooking tool and avoiding using a landing net are all good for this incredible fishery.

This week, we managed to consistently hook into some much larger snook in the passes for the first time since last fall. Use bigger baits and heavier tackle if you want a chance at landing a real trophy over that magic 40-inch mark. Hooking into few of these giants on my regular 15-pound spinning tackle, we simply got smoked. Seeing

one of these big spawning female snook break the surface before parting ways stays in your head for a while.

To target these big snook in fast current requires at least 30-pound tackle to have any chance at all to turn these fish away from the structure. I describe this fishing to my clients as full contact and, even when you are on your game using the larger tackle, it's tough to get one of these hard-charging fish out into the open water, let alone to the boat. My pass tackle for these big snook is a shorter, stout-jigging, style-spinning rod with at least a 5500 spinning reel. Set the drag to exterminate and get ready for hand-to-hand combat. I rig with a 50-pound leader, a sliding weight and a heavy duty gorilla-style hook. When fishing with such a tight drag, it's common to straighten any regular hook when you put the heat to it.

Trout fishing in the passes has also been on fire with the slower periods of tide movement bringing the best action. Live shiners rigged with a split shot a foot or two up from the hook caught trout after trout, ranging in size anywhere from 15 to 25 inches. These trout are also spawning too so if you don't plan on keeping them to eat, a dehooking device is a great tool to release these fish without even touching them.

Windy conditions again at times this week made tarpon fishing a guessing game more than the sightfishing fishery we all enjoy. During calmer periods rolling and free jumping tarpon are both gulfside and all through the sound. Fosters point was one of the hot spots this week with cut bait fisherman doing really well.



Big trout like this one are being caught in all of the local passes

photo provided

Red tide has continued to lurk around Fort Myers Beach and Bonita Beach and, although we have not had any fish kills in San Carlos Bay or Pine Island Sound, its made it more difficult than usual to catch the large threadfin herring we use for tarpon fishing. Most past years, threadfins can be caught by making a couple of throws of a cast net on the causeway or on Gulfside channel markers. Threadfins are a fragile species

and it appears they are one of the first species to vacate the area when there is any red tide at all present.

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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Plant Smart

Wild Coffee

by Gerri Reaves

Native wild coffee (*Psychotria nervosa*) is a long-lived perennial tree or shrub and a member of the madder family. It is also called Seminole balsamo.

In the wild, it usually grows in coastal areas and is found in dry hammocks, swamps, thickets, coastal shell mounds and pine flatwoods.

The common name comes from the red fruit's resemblance to the true coffee bean. Despite that name, however, the plant is not used as a coffee substitute, nor is it a source for caffeine.

In fact, though the ellipsoid berries are reportedly edible, they make a lousy snack or cup of "coffee."

Nervosa refers to the distinctive leaves – the word means a tree-like pattern of veins -- and *Psychotria* is Greek for "vivifying," referring to medicinal properties.

The leaves are up to six inches long, pointed, opposite and oval. Their distinctive appearance comes from the impression of the veins on the upper surfaces, giving them a grooved, wrinkled, or pleated look. The textured



Native wild coffee is low maintenance, ornamental and wildlife friendly

photo by Gerri Reaves

leaves inspire another common name, shiny-leaved wild coffee.

Flat clusters of small white four- or five-petaled tubular flowers bloom at the branch ends.

The fleshy fruit measures about a half-inch across and contains two seeds. The berries attract a variety of birds as well as other wildlife, including cardinals, mockingbirds, catbirds and various pollinators.

This species provides nectar for atala, great southern white, zebra longwing, Julia and Schaus' swallowtail butterflies.

The plant flowers and fruits throughout the year but blooms mostly in the warmer months.

Typically multi-trunked, it grows four to eight feet tall and nearly as broad.

It has a moderate growth rate and drought tolerance but poor salt

tolerance.

Wild coffee's preference for shade or partial shade, along with its ability to grow in almost any well-drained soil makes it versatile indeed.

Use this pest-resistant, wildlife-friendly species in a mass planting or as a hedge, border, or background plant. Include it in a butterfly garden.

The contrast between the shiny evergreen leaves and red berries gives it ornamental appeal.

It readily self-seeds but can also be propagated with seeds or cuttings.

Sources: *Five Hundred Plants of South Florida* by Julia F. Morton; *Florida Plant Guide* by Edward F. Gilman; *Florida Plants for Wildlife* by Craig N. Huegel; *Florida, My Eden* by Frederic B. Stresau; *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *Growing Native* by Richard W. Workman; *National Audubon Society Field Guide to Florida* by Peter Alden, et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; www.eattheweeds.com, www.edis.ifas.ufl.edu, www.fnps.org, www.plantbook.org, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱



SFWMD has completed its restoration work in the Southern Corkscrew Regional Ecosystem Watershed (CREW) in Lee County

photos provided

Watershed Restoration Completed

The South Florida Water Management District (SFWMD) officially completed the restoration of 1,000 acres of the Southern Corkscrew Regional Ecosystem Watershed (CREW) in Lee County before handing the project over to its Land Stewardship Division for long-term management.

"By taking out roads and plugging ditches, this agency continues much needed restoration while also maintaining flood control by providing water storage to protect nearby residential properties," said Big Cypress Basin Board Chairman and SFWMD Governing Board Member Rick Barber, an avid hiker of the CREW region and longtime secretary of the CREW Trust

Executive Committee. "As the results of our efforts begin to pay dividends, I have no doubt that Southern Corkscrew will be fully restored to its natural beauty."

SFWMD and its partners – representing businesses, environmental groups, landowners and governmental agencies – manage the watershed for its numerous benefits to water storage and wildlife preservation. The 60,000-acre watershed, spanning Lee and Collier counties, includes a 5,000-acre marsh at its headwaters, as well as the famous Audubon Corkscrew Swamp Sanctuary.

Work began on this SFWMD restoration undertaking back in 2016. The project included degrading approximately 10 miles of roads built decades ago, as well as berms, while also removing spoil piles, plugging ditches and canal drainage systems.

All of this work allowed the area to return to its natural hydrological conditions of periodic inundation. The restoration



A great crested flycatcher in CREW

project benefits the entire Southwest Florida ecosystem and its residents by restoring wetlands and historic sheetflow of water, improving regional flood protection,

drainage and increasing water storage and aquifer recharge capability.

About CREW

Water once flowed freely across the pristine landscape of what is now Bonita Springs in Lee County. Historic sheetflow in the Corkscrew Regional Ecosystem Watershed was later blocked by dirt roads, agricultural ditches and several residential communities. This altered the ecosystem and contributed to flooding in areas.

Floods in 1995 led the SFWMD to develop the Southern CREW Restoration Project to restore the ecosystem while protecting residents and their properties.

With work spanning more than a decade, the SFWMD acquired approximately 4,000 acres for this project, cleared exotic vegetation from more than 2,500 acres, removed roads and plugged agricultural ditches on more than 600 acres. To date, the SFWMD and state have invested more than \$32 million to conserve the lands, with the U.S. Department of Interior contributing another \$7 million to the restoration effort.✱

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Local Image Awards Winners

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) recently announced the winners of its Local Image Awards at the iMAG History and Science Center in Fort Myers. The competition is conducted annually to recognize outstanding public relations programs in Southwest Florida during the last year, and to encourage and promote the development of public relations professionalism. Winners demonstrate the very best examples of innovation, planning and design.

The awards included: Grand Image Award and an Image Award – Priority

Marketing for the Guadalupe Center 2017 Impact Report; Image Awards – Jennifer J. Edwards, Heather Doane and Trish Robertson, APR for the 2017 High School Voter Registration Challenge; Kara Hado for GoEP2: Edgewater Drive Phase II Improvements; Albert Arguelles and Randy Mitchelson, APR for iPartnerMedia Digital Marketing Workshop for Kinetic Water Systems; Lee Health Strategic Communications and Public Relations Department for Take 5 Leadership Newsletter; Award of Distinction – CONRIC PR & Marketing for Cape Coral Community Foundation ENPYs; Rob Moher for Wildlife Injury Prevention Campaign; Pushing the Envelope, Inc. for DOCK5 versus Hurricane Irma; Lee County Port Authority Communications

and Marketing Team for FPRA In The Spotlight - Southwest Florida Chapter's 2017 Local Image; Judges' Award – Jennifer J. Edwards, Heather Doane and Trish Robertson, APR for the 2017 High School Voter Registration Challenge.

For more information, visit www.fpraswfl.org.

Marketing Firm Gains Award

Pushing the Envelope, Inc. (PTE), a local marketing communication firm, won an Award of Distinction at the Florida Public Relations Association (FPRA) Southwest Florida Chapter Image

Awards ceremony earlier this month. This is the eleventh year in a row that the firm has been honored for outstanding communications campaigns.

PTE won an Award of Distinction for its Hurricane Irma crisis communication work on behalf of The Dock at Crayton Cove, a staple Naples restaurant. An Award of Distinction recognizes an outstanding public relations program.

The Florida Public Relations Association is a statewide organization designed to promote professional and ethical public relations through professional development and community involvement. For more information about the local chapter, visit www.fpraswfl.org.



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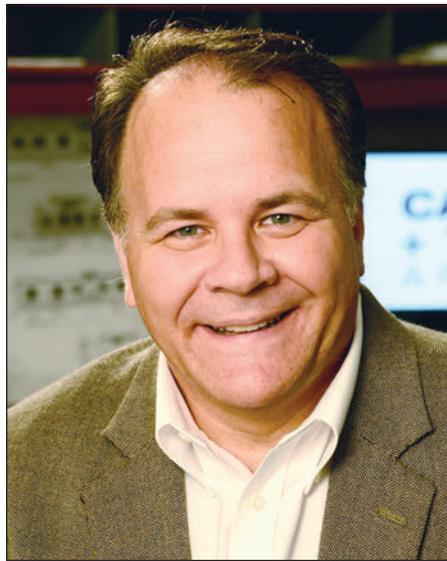
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Architect Group Elects President

Art Castellanos, AIA, has been elected president of the American Institute of Architects Florida Southwest Chapter for a one-year term. The Southwest Florida chapter includes 160 architects in Lee, Charlotte, Collier, Glades and Hendry counties.

Castellanos is the president of Castellanos + Tramonte Architects, a full service multi-discipline architectural firm that specializes in commercial design. He has more than 25 years of experience in architecture working in both public and private settings. He served as the architect for the Lee County School District for 10 years and worked in commercial enterprises such as WCI Communities and McGarvey Development Co. prior to starting his own architectural firm in 2014. He earned a bachelor's degree in architecture from the University of



Art Castellanos photo provided Miami.

For more information, visit www.castellanostramonte.com.✱

Seminar To Cover Disaster Prep

A panel discussion by Above Board Chamber of Florida will address the creation of enduring business models, exit strategies and disaster preparedness during a seminar at the Pelican Preserve Town Center on Thursday, May 10 from 11:30 a.m. to 1 p.m.

Master of ceremonies Kristyn Wellesley, digital media and audience engagement expert for the *Naples Daily News*, will lead a discussion featuring Lynn Rasnake, tax manager for Markham Norton Mosteller Wright & Company, PA; Joe Alter, owner of Sunbelt Business Brokers; and William Blevins, executive vice president of Encore.

Register at AboveBoardChamber.com or call 910-7426. The cost on or before Friday, May 4 is \$25 for members and \$30 for non-members. After May 4, it's \$30 for members and \$35 for non-members.

The Pelican Preserve Town Center is located at 10561 Veneto Drive in Fort Myers. For more information on the event or on how to become a member of the Above Board Chamber, call Jeanne Sweeney at 910-7426 or visit www.aboveboardchamber.com.✱

Doctor Named To Ward 4 Council

The Fort Myers City Council has named Dr. Liston (Lin) Bochette III to fill the remaining term of Ward 4 council member Michael Flanders, who recently became president and CEO of the Edison & Ford Winter Estates. Councilman Flanders will leave his council position on May 15.

Council members heard presentations from eight candidates who applied to fill the vacancy, ultimately selecting Dr. Bochette to represent the residents of Ward 4. Dr. Bochette, a Fort Myers native and five-time Olympian, holds a PhD in philosophy with an Ed ABD in education.

The Ward 4 City Council seat will go

on the general election ballot in November. In his presentation to city council, Dr. Bochette indicated that he will not run for the council seat in the general election. "I look forward to working with the mayor, city council members and staff using a steady hand and calm outlook to meet the needs of the city and Ward 4 residents," said Dr. Bochette.✱

Law Firm To Sponsor 5K

Mothers Against Drunk Driving of Southwest Florida (MADD SWFL) recently announced Goldstein, Buckley, Cechman, Rice & Purtz PA as the presenting sponsor of the third annual Walk Like MADD and 5K to be held on September 29.

Goldstein, Buckley, Cechman, Rice & Purtz Partner Christopher Smith stated, "We are thrilled to partner with MADD and serve as the presenting sponsor of the Walk Like MADD and 5K. MADD does vital work in our community to help prevent drunk driving and to give support to victims affected by drunk drivers. The fundraising done in anticipation of the walk and 5K event funds much of that work so we want to help spread word of the event in the community and do our part by donating. As your local Southwest Florida Personal Injury law firm, we, like MADD, work every day to fight for those injured or victimized by drunk driving so it only makes sense that we team up with MADD."

This annual awareness and fundraising event features a one-mile walk and five-kilometer USA Track and Field (USATF)-certified run ending on home plate at JetBlue Park at Fenway South in Fort Myers. After the walk and run, the event has family and pet friendly activities as well as music and food from local celebrity chefs and restaurants. Registration fees and other contributions directly benefit victims and survivors of drunk, drugged and substance-impaired driving crashes as well as funds MADD SWFL's free informational programs.✱

New Box Truck For Food Bank



Disaster victims wait in line to get supplies from a Midwest Food Bank truck photo provided

Midwest Food Bank (MFB) Florida has received an \$80,000 grant from Walmart for the purchase of a refrigerated box truck to serve those in need. This truck, which arrived in April, will allow Midwest Food Bank Florida to expand the number of agencies served.

"The truck from Walmart will be a tremendous help in picking up and delivering food donations" said Karl Steidinger, executive director of MFB Florida.

"Nutritious, perishable foods in particular will be easier to acquire and transport, and it will cost less than a semi to operate."

At the time of the request, MFB Florida

was serving 83 agencies monthly. That number has risen to 112 and is set to increase with the arrival of the truck.

In addition to providing food for those in need, MFB Florida offers relief to disaster victims. Hurricane Irma offered an opportunity to serve areas with unmet needs. MFB Florida was on the ground with water and food in hard hit areas with 25 mobile pantry distributions in the month of September. Immokalee, Arcadia, Alva, Everglade City, Naples, Bonita Springs, Fort Myers and Labelle were all given relief and supplies were delivered to the Keys.✱

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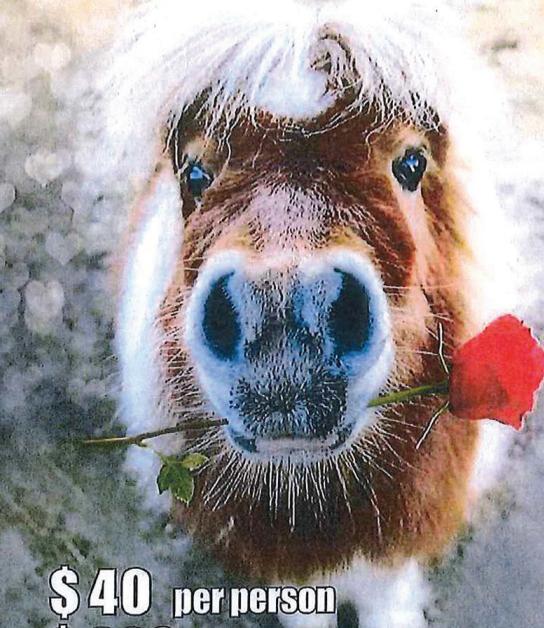
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Beverage volunteers

photos provided

BBQ, Bands & Brew Nets \$75,000 For Builders Care

Lee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA), netted \$75,000 from the ninth annual BBQ, Bands & Brew event on Sunday, April 8.

Proceeds support Lee BIA Builders Care's mission of providing emergency repairs and construction services at no cost to elderly, disabled and economically disadvantaged homeowners who are unable to obtain repairs through traditional means.

Local headlining bands Rocker, Chasing Dallas, Deb & The Dynamics and Soulixxer provided entertainment for more than 10,000 people in attendance, while area barbecue restaurants served some of their tastiest items to claim these titles:

- Best Ribs – Famous Dave's
- Best Chicken – Jonesez BBQ
- Best Pork – BurgerQue
- Best Side Dish – Gator John's
- Best Dessert – Famous Dave's
- Best Presentation – Famous Dave's
- People's Choice Award – Jonesez BBQ

Best BBQ in SWFL – Famous Dave's
 "BBQ, Bands & Brew is always a great event, and this year we had 158 volunteers working behind the scenes to help make it a resounding success," said Christi Pritchett, executive director of Lee BIA Builders Care. "The music was great and the food was fantastic, but the best part is knowing we'll be able to help so many local residents repair their homes."

All Star Equipment Rentals & Sales was the presenting sponsor. Additional sponsors included Action Automatic Door, Banks Engineering, Barraco & Associates, Beattie Development, Cape Coral Plumbing, Ferguson Enterprises, Florida Hydronic Solutions Inc., Grabber Construction Products, Land Solutions, Lee County Electric



Robb Brooks of Chasing Dallas

Cooperative, Minto Communities, Moen, MW Horticulture Recycling, Plumbing Solutions of Southwest Florida, R.D. Johnson Construction, Sarlo Power Mowers, J Steakley Wealth Management, Stevens Construction and Suncoast Beverages/Budweiser.

Media partners included Brent's Music, Carter Pritchett Advertising, Creel Tractor, Florida Weekly, Fort Myers Magazine, iHeart Media, Juniper Landscaping, Garden St. Portables, Lightning Wireless Solutions, Priority Marketing, Trophy Case and WINK-TV.

Vendors included Artisan Gelato by Norman Love, Big Smoke BBQ, BurgerQue, Cinnamon City, Famous Dave's, Gator John's BBQ, Jonesez BBQ, Nawty Hogg BBQ, Smokin' R's BBQ, Currie's Smokin' Hot BBQ, Original Shrimp Dock, Sattler's Hats & Leather, Reel Islander Apparel and Lightmark Aerial. ✨



Famous Dave's was the big winner



Jonesez BBQ Team



WINK News Celebrity BBQ Judges Jessica Alpern and Nicole Valdes



Wendi Carroll and Annette Nilles



professionals in the U.S., Canada and across the world.

The BAS course provides the opportunity for auctioneers to attain the BAS designation. The designation signifies that an auctioneer has trained with leaders in the field of fundraising auctions and has made a commitment to the industry. In addition to being auctioneers, those with a BAS designation are fundraising auction specialists. Less than 1 percent of the auctioneers in the country have earned the BAS designation. The BAS instructors are considered among the best charity auctioneers in the country.

Robertson works as a full-time fundraising auctioneer and consultant at Scott Robertson Auctioneers (SRA) along with International Champion auctioneer Sara Rose Bytner. An auctioneer since 1994, he has assisted thousands of not-for-profit organizations raise the funds needed to continue their good work. In the past six years, SRA has helped raise more than 150 million dollars. Bytner is a third generation auctioneer with more than 10 years of fundraising experience. Robertson and Bytner are the only Benefit Auction Specialists in Southwest Florida.

"I am honored to have been chosen as an instructor for this prestigious course. The BAS designation helps professionals elevate their fundraising auction awareness and education, which helps us to be more successful for our clients," said Robertson.

To learn more about Scott Robertson Auctioneers visit thevoe.com or call 246-2139.*



Cecil Pendergrass photos provided



Randy Henderson

Scott Robertson photo provided

Auctioneer To Teach National Specialist Course

Scott Robertson, CAI, BAS, a 20-plus year veteran auctioneer and principal of Scott Robertson Auctioneers, has been chosen by the National Auctioneers Association (NAA) to teach the Benefit Auction Specialist (BAS) course. Founded in 1949, NAA is the world's largest professional association dedicated to auction professionals and represents the interests of thousands of auction

Leadership NEXT Program May 8

Leadership NEXT, a monthly program for advancing business leaders brought to you by the Greater Fort Myers Chamber of Commerce, will host a government-centric educational session and networking opportunity at the Old Lee County Courthouse on Tuesday, May 8 at 5 p.m.

Fort Myers Mayor Randy Henderson and Lee County Commissioner Cecil Pendergrass will discuss politics in Southwest Florida, explain government processes and offer a tour of commission

chambers. Following the hour-long program, there will be networking opportunities, appetizers and refreshments at The Standard Restaurant, 1520 Broadway in downtown Fort Myers. Royal Palm Coast Realtor Association is sponsoring the May program.

Leadership NEXT is a group of advancing professionals who represent a variety of businesses and industries throughout Southwest Florida. The program is free to attend for members of the Greater Fort Myers Chamber of Commerce and \$10 for future members.

The Old Lee County Courthouse is located at 2120 Main Street in Fort Myers. Attendees are encouraged to register in advance at www.fortmyers.org.*

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Daniela Jaeger

photo provided

Publisher Granted U.S. Citizenship

Daniela Jaeger, publisher of *Times of the Islands Magazine*, published by TOTI Media, Inc., took her Oath of Allegiance for U.S. Citizenship on April 11 in Fort Myers. Jaeger was presented with her Naturalization Certificate following the Pledge of Allegiance. She was accompanied by her husband, Friedrich Jaeger, chairman and founder of TOTI Media, Inc.✱

Superior Interiors

Designing For The Sexes



by Marcia Feeney

The issue of “designing for the sexes” is only partly about gender, and a lot about melding the likes, dislikes and thought processes of two different people. The stereotypical assumption is that

women generally want more feminine elements – floral patterns, ruffles, lace and pastel colors, while men prefer plaids, stripes and darker colors. Although that stereotype sometimes bears itself out, the reality is that conflicts in decorating more often arise from husbands and wives differing about whether their home’s overall style should be casual, traditional or more modern and contemporary. In addition, the process is made significantly more complicated when one party is a “right” brain thinker and the other is more “left-brained.”

People who are predominantly right-brained thinkers tend to be very creative, are attracted to things that are unique, prefer asymmetry to symmetry and can easily envision how something will look before it exists. Left-brained thinkers are much more analytical, often unsettled by

“too much going on” in a room. Even when they have a myriad of product samples right in front of them, they can still have difficulty imagining how those things will look in their room. Neither of these types of thinking is superior to the other; they are simply different.

So, if you are a couple who have differing tastes in overall decorating style and completely different ways of thinking through the decorating process, how is that going to play out in your home? First, you need to analyze where your similarities and differences lie. Then, begin to formulate a plan for the room(s) you will be decorating. Thirdly, recognize if it would be helpful to enlist the assistance of a professional interior decorator, and if so choose someone who will really listen to both of you, work hard to coordinate your preferences and guide you through the decision-making process.

There are three keys to making this work and ensuring that both parties will end up satisfied: incorporating some elements from each of your decorating preferences, creating a good balance and coordination of both and, of course, some compromise on both of your parts. It’s not an easy task and must be done carefully to end up with rooms that have an overall pleasing appearance in addition to incorporating the tastes of two different people. However, it can be done, and if done well will result in not only a great look, but a real feeling of personalization of your home.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.✱

Financial Focus

Strategies For Your Investment Garden



by Jennifer Basey

If you’re a gardener, your busy season is at hand, as April has been designated National Garden Month. But could the skills you deploy at gardening be transferred to other areas of your life –

such as investing?

Here are a few ideas for doing just that: Establish a timeline. As a gardener, you typically follow a well-defined timeline. You need to get the soil ready a few months before you want to plant, and you need to plant at different times, depending on what plants you choose. You even need to set up a schedule for watering, feeding, weeding and other garden care. As an investor, you may also need to observe a timeline. During the early and middle stages of your career, you probably need to invest primarily for growth, so you can build resources for a comfortable retirement. Then, as you near retirement, you may want to lower your risk level by shifting some – though certainly not all – of your investment dollars from growth-oriented vehicles into more income-producing ones. And once you do retire, your focus will shift to preserving your money, so one of your key decisions will center on how much you can afford to withdraw each year from your investment portfolio.

Choose “healthy” investments. Gardeners like to choose plants they know will really last. That’s why they look for things such as green leaves, as

opposed to brown or yellow ones, and thick stems, which usually indicate a plant is strong, healthy and capable of surviving a transition from the pot to the ground. And when you invest, you, too, should look for signs of health in the investments you choose. For example, when picking stocks, look for companies with solid fundamentals, such as experienced management, strong earnings and the demonstrated ability to produce products and services attractive to consumers. Or, when considering bonds, consider those that independent rating agencies have awarded the highest grades, in terms of the financial strength of the issuer.

Feed your investments properly. Things like fertilizer and plant food can be valuable, but the most important element in plant nutrition is water. Under-watered plants will not survive, but overwatering your plants can certainly damage them severely. When you invest, you also need to know the right amount of “food,” or “nutrients,” to apply. If you don’t put enough money into investments, they may not grow as much as you’d like. On the other hand, it is possible to “overwater” certain investments. For example, if you constantly put money into just one or two investments, they could end up crowding out others in your portfolio, causing you to lose the value of diversification. And if these particular investments are already growth-oriented vehicles, highly subject to market risk, they could take a big hit during a market downturn. Ultimately, seek a balance in how you distribute your investment dollars.

Year after year, successful gardeners reap the rewards of their labors. And following some of their habits can help you work toward a long-lasting and fruitful investment garden, too.

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.✱

Teacher Candidates Gain Job Offers

For the fourth consecutive semester, 100 percent of Florida SouthWestern State College’s (FSW) School of Education graduating teacher candidates have received job offers for local teaching positions.

FSW’s School of Education provides a rigorous learning environment ensuring teacher candidates will achieve their greatest potential.

“FSW’s teacher education program immediately begins preparing our students to work in the classroom by putting them in the field at the very start of their education,” said Dr. Joyce Rollins, chair, School of Education. “Additionally, we have high expectations for initiative and passion, and our professors model teaching with both passion and dignity.”

All 39 candidates in the class of 2018 received the offers during the FSW School of Education’s annual teachers’ career fair held on the FSW Thomas

Edison Campus.

“The teachers’ career fair allows us to provide an additional level of support to our students and to welcome our district partners to FSW,” said Dr. Larry Miller, dean, School of Education. “It is also nice to see some friendly competition across district boundaries for our hardworking and well-prepared future teachers.”

“We are so proud of all of the hard work of our teacher candidates, and we are confident that they will positively impact the lives of children in Southwest Florida,” Dr. Rollins said.✱

Author To Speak At Library Meeting

The Friends of Lakes Regional Library will host author Terry Sykes-Bradshaw at a meeting at the library on Friday, May 11 at 1 p.m.

Sykes-Bradshaw has written three mystery novels. A book signing will follow the discussion. No registration is required for this free program.

Lakes Regional Library is located at 15290 Bass Road.✱

Book Review

Why Can't Grammy Remember Me?



by Di Saggau

I have reviewed several books by Dan Perkins, most of them thrillers dealing with terrorism. He told me he was writing a children's book about dementia for youngsters. That book is *Why Can't Grammy Remember Me?*, and it is aimed at helping family members understand what is happening.

This unique book is written specifically for children ages 9 to 12. However, it's actually for all ages to help learn about memory loss. It suggests ways for children to help a family member with dementia. The main characters are two young girls, Hudson and Charlotte. They are good at finding lost items so they decide to open a detective business. Their fathers build them a tree house which they call "H and C Lost and Found". Their first customer is James, who asks them to find his Grammy's memory and bring it back to her.

The girls are challenged by this and go to their fathers for advice. They start out by explaining how our brains work and how sometimes as we get older certain portions close down. Their fathers suggest they work on ways for James to create more memories of his Grammy so she will always be special to him. They help him build a lasting memory of her



through photos and conversations with other family members.

The book includes several suggestions on how to deal with dementia. Dr. Bill E. Beckwith, who has studied dementia, says, "It should not only help children to understand dementia, but also actively integrate family history and create valuable stimulation for those who are seriously forgetful. It may be helpful for adults who want a way to interact positively with their own parents."

Perkins asked three people to read the book and includes their thoughts in the book. Two are doctors and one is a 9-year-old girl. Their reviews give strong reasons for including the book in your library. I hope this review does the same. Perkins is donating 10 percent of his royalties to the Alzheimer Foundation.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My almost 3-year-old son will be transitioning from daycare to preschool for the 2018-19 school year. There are going to be a lot of changes for him.

What can I do to help prepare him for this change?

Lucia B, Fort Myers

Lucia,

Entering preschool is a big step for any child. Parents and teachers can help children adjust by anticipating their needs and preparing them for their new school environment. Ideally transition efforts, such as visiting the preschool, should start several months prior to the child's third birthday and/or the beginning of school. The goal is to familiarize the child with the teacher, classroom and school; provide the teacher opportunities to "get to know" the child and plan more effectively before he/she becomes a member of the class; and provide parents with opportunities to become acquainted with the new teacher,

class and school policies and procedures, and future classmates, and their parents.

Listed below are the National Association of School Psychologists specific suggestions for successful transition planning for children entering preschool.

Set up an initial meeting with the teacher. Although this can take place at school, home visits give the child the chance to meet the new teacher in their own environment, which can reduce anxiety later and strengthen the sense of home-school connection, and allow the teacher the opportunity to get a firsthand sense of the child's home environment.

Plan a few visits to the new school that include spending time with the teacher, exploring the classroom and playing on the playground. Decide ahead on an individual basis whether visits occur when other children are present.

Parents should share any concerns or special considerations regarding their child, such as certain fears, level of toilet training, food allergies, etc.

Use pictures and/or stories to familiarize the child with their new classmates and teacher.

Be sure the child is in good physical and mental health. Schedule doctor and dental checkups early. Discuss with the pediatrician any concerns you have over your child's emotional or psychological

development. The doctor can help determine if concerns are normal, age appropriate issues or require further assessment. Children benefit if potential issues are identified and addressed early.

If the child has been in a different program already, encourage communication between receiving and sending teachers, particularly if the child has special needs or particular issues coping in the classroom.

Allow the child to bring a favorite toy or belonging to school in order to increase his or her comfort level during the first few weeks of school.

Don't over-react if the first few days are a little rough. Young children may experience separation anxiety or shyness initially but teachers should be trained to help them adjust. If a child cries at drop off, parents should remain calm and positive. They should not linger but rather reassure the child that he will be okay and that they will be back soon.

During the first few weeks of school, teachers and parents should share information about how they think the child is adjusting to school.

Ideally, parents should plan to spend extra quiet one-on-one time with their child during the first weeks. Keep the family schedule as simple as possible to allow for the new preschooler's adjustment needs.

Arrange play dates with a new friend (or friends) from school. Strengthening social bonds with classmates helps build children's sense of familiarity and comfort level in school.

If possible, parents should try to volunteer in the classroom at least

periodically throughout the year. Doing so helps even children feel that their school and family life are linked. Being in the classroom is also a good way to develop a relationship with the child's teacher and classmates, and to get firsthand exposure to their classroom environment and routine. Most preschool teachers welcome even occasional parent help.

Children who have been identified with a disability prior to age 2 should be receiving services. These services are normally provided in the home or a combination of home-center based programs, usually through an Infant-Family Served Plan (IFSP). A primary focus of the IFSP is on the child and family, including family objectives as well as child goals. Transitioning to a public preschool program that is governed by IDEA guidelines for eligibility and an Individual Education Plan (IEP) may require some adjustment. Parents will need to familiarize themselves with the law, the rights of their child and the school's specific procedures. Starting this process prior to the start of school and with the goal of ongoing home-school collaboration is important.

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.✱

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www.EDITORIALRXPRESS.COM

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*

Ageless Bartolo Colon Continues To Win With His 11th Major League Team



by Ed Frank

Here in the land of retirees, you've got to love the story about ageless pitcher Bartolo Colon, just a few weeks shy of his 45th birthday, and the oldest active player in Major League baseball, who continues to hurl winning baseball.

Last Saturday, Colon, known as "Big Sexy" (he weighs 285 pounds), pitched seven effective innings for the Texas Rangers in a 7-4 victory over the Toronto Blue Jays. The week before, he flirted with a perfect game going to the eighth inning against the World Champion Houston Astros before giving up a hit.

The Rangers have only three starts of seven innings this season, and Colon has two of them.

In notching his win last week, he joined just three other pitchers, LaTroy Hawkins, Mike Morgan and Ron Villone, to record victories with 11 different teams. He also is the lone active player from the old Montreal Expos. The other three combined for 241 Major League wins. Colon by himself has won 277.

His 22-year career includes stints with Cleveland, Los Angeles Angels, New York

Mets, Oakland, Chicago White Sox, Montreal, New York Yankees, Boston, Atlanta, Texas and last season with the Minnesota Twins. Another notch in his amazing career is the fact that his 241 wins are just two short of Juan Marichal's mark for pitchers born in the Dominican Republic. As he climbs up on several leader boards, his usual nonchalant response through an interpreter is, "I guess I'm old."

The Twins chose not to resign Colon this year, but the Rangers signed the vagabond pitcher to a Minor League contract, eventually earning himself a spot on the 25-man roster.

Jamie Moyer holds the record for the oldest Major League pitcher, retiring in 2016 at the age of 49. Don't be surprised if Colon flirts with that record.

Everblades Perfect In Postseason Playoffs

After sweeping Atlanta in the first round of the Kelly Cup Championships, the Florida Everblades hockey team continued their torrid playoff pace defeating the Orlando Solar Bears 4-1 and 5-1 last weekend at Germain Arena in the ECHL South Division championship.

Ahead two games to none, the series moves to Orlando for Game Three tonight, Thursday, and Game Four Friday. If a fifth game is necessary, it will be played Sunday at Orlando.

Hockey fans are encouraged to cheer their team to victory for these road games at the Breakaway Sports Pub in Germain. Doors open at 6 p.m.

If Games Six and Seven are necessary, the series will conclude here at Germain next Tuesday and Wednesday. Both would have 7:30 p.m. starts.✪

New Football Coach At North



Coach Dwayne Mack photo provided

Dwayne Mack has been hired to be the next head football coach at North Fort Myers High School. He has served as an assistant coach the past 16 years at Mariner, Ida Baker and South Fort Myers high schools.

"Joining North Fort Myers High School is an opportunity to continue and grow the strong football traditions," Coach Mack said. "Spring practice begins soon and getting to know the players and parents and learning their abilities will be one of my first priorities."

Principal Debbie Diggs says the school is happy to have such an outstanding teacher and coach join the North Fort Myers High School family. "I have known Coach Mack

for the last 13 years as both a colleague and parent. He is an incredible educator and motivator both in the classroom and on the field. Our students, athletes, staff, parents and community are so very fortunate to have a professional of his caliber, reputation and commitment to kids joining our family. He has the energy, skillset and dedication necessary to help Red Knight athletics continue to build upon its success."✪

Snook Harvesting Now Closed

Starting May 1, snook has closed to all harvest in Gulf state, federal and inland waters, including all of Monroe County and Everglades National Park. Seasonal harvest closures conserve Florida's valuable snook populations and help sustain and improve the fishery for the future.

Snook is open to harvest in Atlantic state, federal and inland waters including Lake Okeechobee and the Kissimmee River through May 31, closing June 1.

Both the Atlantic and Gulf will reopen for recreational snook harvest on September 1.

Snook are one of the many reasons Florida is the fishing capital of the world. While snook may be caught and released during the closed season, the Florida Fish and Wildlife Conservation Commission (FWC) encourages anglers to handle their catch carefully to help the fish survive upon release. Proper handling methods can

help ensure the species' abundance for anglers today and generations to come. To learn more about fish handling, visit www.myfwc.com/fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Fish Handling."✪

Golf Classic To Benefit Veterans

In recognition of Military Appreciation Month, the Southwest Florida Chapter of the Florida Association of Mortgage Professionals (FAMP) invites golfers and sponsors to participate in the 2nd annual Veterans' Golf Classic tournament at Kelly

Greens Golf and Country Club on May 4. The shotgun start will be at 1 p.m. and the awards dinner and silent auction will begin at 6 p.m.

The charity golf tournament will support Cape Coral based Hearts & Homes for Veterans to provide housing and basic necessities such as food, clothing, bedding, recreation, training and education for local low income veterans and homeless veterans. Golf fee is \$99 per player. Sponsorship levels from \$100 to \$2,000 are available, and silent auction items are acceptable.

Kelly Greens Golf and Country Club is located at 12300 Kelly Greens Boulevard in Fort Myers. Call Arlene "Red" Moran-Crandall at 565-1031 to participate.✪

SPORTS QUIZ

1. Who was the last Chicago Cubs pitcher in the modern era before Jake Arrieta (2015, '16) to toss more than one no-hitter?
2. In what year did Rickey Henderson pass Lou Brock as baseball's career stolen base leader?
3. Adam Gase, in 2016, became the third Miami Dolphins coach to win six consecutive games. Who were the other two to do it?
4. Kentucky's men's basketball team holds the record for most official NCAA Tournament appearances (57). Which school holds the men's mark for the most Final Four appearances?
5. Name the last rookie before Vancouver's Brock Boeser in 2018 to win the MVP Award at the NHL All-Star Game.
6. How many consecutive 400-meter hurdles races did Edwin Moses win between 1977 and 1987?
7. In 2018, Bubba Watson became the third PGA golfer to win three times at Riviera Country Club in California. Name either of the other two golfers to do it.

ANSWERS

1. Ken Holtzman, in 1969 and 1971. 2. It was 1991 when he surpassed Brock's 938 career steals. 3. Don Shula and Nick Saban. 4. North Carolina, with 20. 5. Pittsburgh's Mario Lemieux, in 1985. 6. He had 122 consecutive wins. 7. Ben Hogan and Lloyd Mangrum.

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Registration Open For Final Captiva Triathlon

Registration has opened strong for the final Galloway Captiva Triathlon, scheduled for September 15 and 16 at South Seas Island Resort on Captiva. The triathlon has sold out every year since its 2011 inception and is limited to 750 participants for the Sunday adult sprint event. Proceeds will benefit the Community Cooperative Healthy School Pantry program.

According to Kate Gooderham, one of the three race directors, "This has been one of the best sprint triathlons in Florida. We wanted to finish the series on a high note with everyone wanting more. We also wanted to let people know now, so they can be sure to participate in this final event. We hope that past participants – particularly those who may have missed the last few races – will join us for our last swim, bike and run."

The adult event is scheduled for

September 16 and includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1-mile run along the gulf and Redfish Pass. The nonrefundable cost to register is \$75 for individuals, \$85 for elite amateur athletes and \$180 for relay teams of two or three people. Registration fees increase June 1 to \$85, \$95 and \$200 respectively.

South Seas will also host a shorter Children's Fun Tri on September 15. The race will not be timed, and all finishers will earn a medal. Children will compete in three age groups: 6 to 8, 9 to 10 and 11 to 13 with the distances of each race varying. Registration is \$25 (which does not increase June 1). All three age groups are limited in size, and have sold out even before the adult event in years' past.

The Galloway Family of Dealerships is the title sponsor of the event. CCMi uses the event proceeds to benefit its program that provides backpacks of food to children who otherwise may not have easily accessible meals at home.

South Seas Island Resort is located at 5400 Plantation Road on Captiva. For more information and registration, visit www.captivatri.org.

Bird Count On World Migratory Bird Day

Celebrate World Migratory Bird Day by participating in a bird count at Hidden Cypress Preserve in Bonita Springs on Saturday, May 12 from 8 to 10:30 a.m. The non-competitive event is free and open to the public.

Participants will be guided by expert birders and volunteers with the Lee County Bird Patrol. The 1.5-mile loop trail at this Conservation 20/20 preserve allows participants to observe birds in multiple habitats, including pine flatwoods, live oak hammocks, freshwater marshes and cypress. The trail is not ADA-accessible.

"Although several migrating birds will already be headed north from this area by early May, there is still an opportunity to observe some migratory

birds," said Charlie Ewell, Lee County Bird Patrol president. "There will also be plenty of resident bird species to see, so any bird observed will count."

Last year's participants counted 29 species, including swallow-tailed kite, white-eyed vireo, northern parula, pileated woodpecker, glossy ibis and one barred owl.

Registration is required, and space is limited. Call Jason Boeckman, Lee County Parks & Recreation's Conservation 20/20 coordinator, at 204-1125.

Suggested items to bring include water, hat, sunscreen, binoculars, camera, and a notebook and pen for recording bird observations. Participants should wear closed-toed shoes, not sandals.

Hidden Cypress Preserve entrance is located at the intersection of Wellfield Road and Liberty Youth Ranch Way. Visit www.conservation2020.org or call 204-1125 for more information.

From page 1

Smithsonian

and gut-wrenching defeats. For well over 100 years, sports have reflected the trials and triumphs of the American experience and helped shape the national character. Whether it's professional sports or those played on the collegiate or scholastic level, amateur sports or sports played by kids on the local playground, the plain fact is sports are everywhere in America.

This project gives communities an opportunity to share these stories, celebrate local legends and collect memorabilia from the community. With the support and guidance of Florida Humanities Council and Lee County Black History Museum, these towns will develop complementary exhibits, host humanities programs and facilitate

educational initiatives about sports and ideals such as team work, fair play, leadership and respect.

This exhibit is made possible by a Florida Humanities Council Grant awarded to the Southwest Florida Historical Society. Project partners include the Smithsonian, the Alliance for the Arts and the Lee County Black History Museum.

Receptions and gallery talks are open to the public and do not require tickets or reservations. While the gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information on the Hometown Teams exhibit, call 939-2787 or visit www.ArtInLee.org/HometownTeams.

Amberjack Season Opens In Gulf Waters



Greater amberjack season is open until May 31

photo by Amanda Nalley

As of May 1, the greater amberjack recreational season in gulf state waters has reopened to harvest. It will remain open through May 31. The season will reopen again August 1 through October 31.

Greater amberjack is overfished and undergoing overfishing, and the season has closed increasingly early in recent years due to federal quotas being met or exceeded. This new season structure adopted at the Florida Fish and Wildlife

Conservation Commission (FWC) meeting in December will optimize recreational fishing opportunities in both the spring and fall while minimizing harvest during the spawning season, helping to rebuild the stock.

For more information on greater amberjack including size and bag limits and other regulations, visit www.myfwc.com/fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Amberjack."

Grouper, Hogfish Open To Harvest

The following species reopened to recreational harvest effective May 1 in Florida state and federal waters of the Atlantic: hogfish; gag, black, red, yellowmouth and yellowfin grouper; scamp; red hind; rock hind; coney; and graysby.

Hogfish will remain open through October 31 on the east coast of Florida

as well as south and east of Cape Sable on the gulf coast. The other species will remain open through December 31 on the east coast of Florida and all state waters off Monroe County.

For more information about hogfish and grouper bag and size limits, gear restrictions and fishing seasons, including a map of the Atlantic and gulf grouper fishing boundaries, visit www.myfwc.com/fishing; select "Saltwater Fishing" then "Recreational Regulations."

Help SCCF Bring Back the Barn Owls

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

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

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- bromailone
- difenacoum
- difethialone

SCCF
472-2329
sccf.org

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

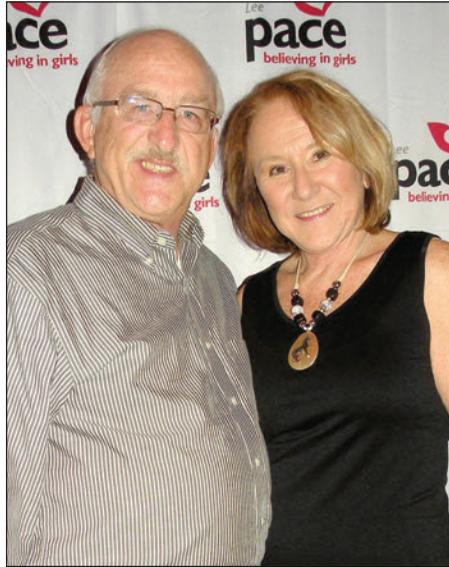


Launch Of PACE Center New Love That Dress! Collection

PACE Center for Girls, Lee County recently celebrated the launch of its next Love That Dress! collection during a recent fashion show in Bonita Springs. Fashion meets Passion featured 15 well-known community leaders donning the latest fashion trends and styles on the runway, highlighting new looks from White House | Black Market and retailers from Miromar Outlets, as well as favorite Love That Dress! finds. The event, held at the Center for the Performing Arts in Bonita Springs, marked the 10th season of PACE Center for Girls, Lee County's Love That Dress!, an annual campaign that solicits donations of new and gently loved dresses, handbags, shoes and accessories. Each year, thousands of items are resold at discounted prices, with all proceeds benefiting PACE Center programs and services.*



Love That Dress! co-founders Trish Leonard and Christin Collins photos provided



Bob and Meg Geltner



From left, Alexianna Thompson, Tiffany Vazquez and Shantae Clarke



Gail Markham and Cyndi Smith



Christine Sherlock and Barbara Dell



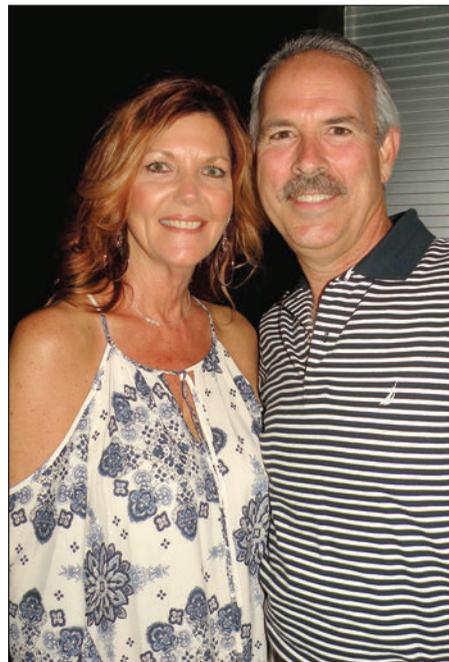
From left, Ally Rose, Mackenzie Bart and Jonathan Gabel



Stefanie Ink Edwards and Melissa Coffa



From left, Stephen, Amy and Sienna Sanford



Susan and Mark Blust



Lynne Lempicki and Christi Finger

New Tool To Combat Opioid Epidemic

by Melanie L. Thomas, MBA, Public Affairs Specialist, Bay Pines VAHCS

The Bay Pines VA Healthcare System (VAHCS) is now equipping its federal police force with medication known to counter the effects of someone suffering from an opioid or opiate-related overdose.

Naloxone is an opioid antagonist which displaces the opioid from receptors in the brain and can be used to reverse an opiate overdose, possibly saving a life. It is approved by the Food and Drug Administration and found to be beneficial for individuals who are unresponsive, possibly due to an opioid overdose.

The healthcare system first implemented the Opioid Overdose Education and Naloxone Distribution (OEND) program for veterans and appropriate clinical staff in early 2015. Since May 2017, Naloxone training and distribution has been expanded to include VA police officers across the VA Sunshine Healthcare Network (VISN 8).

"The idea to expand Naloxone Distribution across VISN 8 was made after the VA Boston Healthcare System submitted the gold star best practice to VA's Shark Tank competition," said Steven Elliott, VISN 8 chief of police. VA's Shark Tank competition is



Dr. Shinelle Green, a clinical pharmacist, provides instruction to VA Police Officer Charles McCuller on how to use Naloxone nasal spray

photo provided

held annually to identify solutions developed by VA employees. The ideas are then shared across the system to help directly improve experiences for veterans.

"Equipping our police officers with Naloxone was an easy decision," said Dr. Miguel LaPuz, VISN 8 network

director.

"The opioid epidemic poses a significant threat not only to its users, but also to law enforcement and medical professionals who respond to emergencies involving overdoses and drug encounters. This best practice also allows our responders to administer the

medication at a critical time needed to save a life," he said.

Pharmacy Service at Bay Pines VAHCS has worked to develop and implement comprehensive training and a health system memorandum on the administration of nasal Naloxone by VA police, explained Dr. Gary Wilson, Chief, Pharmacy Service.

Pharmacy Service trains police officers on proper procurement and disposal strategies, storage and administration of Naloxone nasal spray. Upon completion of their training, each officer is provided with a certificate of completion, a Naloxone spray kit and a detailed education pamphlet.

"The initiative has been very well received by all of our police officers," said Edward Avilla, chief, VA Police Service, Bay Pines VAHCS. "The kit is another tool our police officers have that can help save lives. They now have the ability to address potential opioid overdoses right away and no longer have to wait for emergency medical support to administer the medication," he said.

According to the Centers for Disease Control and Prevention (CDC), 42,249 people died from overdosing on opioids in 2016. This equates to 116 individuals dying each day due to abuse of both prescription and illicit opioid drugs.

For more information about mental health services available through the Bay Pines VAHCS, to include treatment options for substance abuse, visit www.baypines.va.gov/services/Mental_Health_Services.asp.✱

HealthPark Center Honored

Lee Health's HealthPark Care & Rehabilitation Center recently received a Certificate of Achievement from the American Health Care Association (AHCA) and the National Center for Assisted Living (NCAL) in recognition of its achievement in the 2017 Quality Initiative Recognition Program, which recognizes skilled nursing facilities that attain four or more of the following AHCA Quality Initiative goals:

- Decrease turnover rates among nursing staff

- Reduce the number of unintended health care outcomes

- Safely reduce the number of hospital readmissions

- Improve discharge back to the community

- Safely reduce the off-label use of antipsychotics

- Safely reduce hospitalizations

- Adopt consumer satisfaction questionnaire system

"We are very proud of this achievement," said Troy Churchill, senior administrator, HealthPark Care & Rehabilitation Center. "The initiative goals align with our priorities: safety, satisfaction and our patients' return to a better quality of life, which wouldn't be possible without our dedicated, professional team."

In addition to the AHCA Certificate of Achievement, HealthPark Care &

Rehabilitation Center has again received an overall five-star rating from the Centers for Medicare & Medicaid Services (CMS). The star ratings are updated monthly, and HealthPark Care & Rehabilitation Center has earned the overall five-star rating for 17 of the last 18 quarters. Also in 2018, for the first time, the center received five-stars in all four categories, including health inspections, staffing, quality measures and overall quality.

"Congratulations to HealthPark Care & Rehabilitation Center, we are proud of your efforts to deliver the safest, highest quality, compassionate, patient-centered care," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

"Patients and families can look to these achievements and feel comfortable and confident in choosing HealthPark Care & Rehabilitation Center for the skilled nursing and rehabilitation they and their loved ones need."

A 112-bed skilled nursing facility, HealthPark Care & Rehabilitation Center combines leading-edge treatment with the care and compassion patients need to reach their maximum potential. The staff focuses on rehabilitation with the goal of enabling those in their care to return home or to their prior living arrangement.

HealthPark Care & Rehabilitation Center offers all the services of a skilled nursing facility, including a full range of rehabilitative and sub-acute services. Being located adjacent to Lee Health's HealthPark Medical Center ensures the best emergency medical care 24 hours a day.✱

JOINT DAMAGE?



DEGENERATED JOINTS NEED REGENERATIVE MEDICINE.



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dearRPharmacist

Coming To A Pharmacy Near You – Marijuana



by Suzy Cohen, RPh

Dear Readers: As a pharmacist for almost 30 years, I have to tell you I never thought I'd live to see the day when an advisory committee to the FDA unanimously voted to approve a

pot-related drug, known as Epidiolex.

It is making a lot of people scratch their heads in wonder, for many reasons:

1. Does this mean pot is legal? No
2. Will this drug be sold at stores without a prescription? No
3. Is it going to make people high. No

The FDA's move to prescriptionize a cannabis-related drug is stunning to most. But to me, it's really no surprise considering the pressure they've been under these past few years. You see, parents of children with seizures have become activists, and have been all over regulatory agencies, such as the FDA to change the laws.

Why? Because conventional medicine like benzodiazepines, phenytoin, valproate, gabapentin and/or carbamazepine weren't always clinically successful.

Children were becoming seriously injured or disabled from seizure-related accidents. Many died in their mother's or father's arms. Families were going bankrupt. Somewhere along the way, word got out that an extract called CBD (cannabidiol) from the cannabis sativa plant (ie pot) could stop the seizures and make some of these kids go from catatonic, to normal with one special cookie!

Epidiolex is causing a lot of consumer

confusion, as well as heartache in Colorado, which is the state I live in.

By the way, you make your own form of cannabis every single day, and this naturally-produced compound binds to the cannabis receptor in the same exact way as if you had smoked a joint! You have "pot" receptors all over your body.

Colorado-based dispensaries have been in business for decades, and we are experiencing a population explosion in my state, primarily because we have what I call a "Pot Rush" going on, which is akin to the Gold Rush in the 1850s, except now the commodity is weed, not gold.

Epidiolex is pure CBD. There's no psychoactive THC in it. This drug will require a prescription. The problem here is that dispensaries in Colorado can't sell FDA-approved drugs like Epidiolex, and likewise, pharmacies in Colorado can't sell cannabis-containing products.

Parents in every state (except Colorado) will soon be able to go to the pharmacy to get the drug, once it is approved and on the pharmacy shelf. You will need a prescription. FYI, cannabis-related products can and do help with dozens of conditions, especially symptoms of insomnia, pain, autism, high anxiety, inflammatory (cancer) and autoimmune disorders. I have a longer version of this article that I can send to you if you sign up for my newsletter, at my website, www.suzycohen.com.

In summary, Epidiolex is different from medical marijuana, mainly because it does not contain any THC whatsoever, and also because it is FDA approved, and standardized. It is the most potent form of CBD currently available, and it can't be sold by dispensaries. Once it hits the U.S. market, it will only be available at pharmacies nationwide, with the exception of pharmacies in Colorado.

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

Doctor and Dietician

Back Pain From Spinal Instability



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

Back pain is a leading cause of disability, with spinal instability often at the root of the problem. There are numerous treatments aimed at providing relief for nagging back pain, such as cortisone injections and pain medications, but unfortunately they only cover up the pain and can lead to an endless and possibly dangerous pain cycle.

When you injure your low back, at times just the muscle is tweaked, and in a few days the muscle heals up and you're back to normal. But when healing doesn't occur, and pain becomes chronic, low back pain can be disabling, interfering with life as you know it. To permanently alleviate pain, repair the source of the pain. Many are surprised to learn that the source of back pain is often injury to the ligaments, which connect vertebra to vertebra and provide critical spinal stability. Ligaments are also full of nerves, as opposed to discs or cartilage which are often wrongfully blamed as the source of pain. When standing, bending and turning, ligaments keep these motions in check by allowing the vertebrae to move but not too much. When the back is injured from a force greater than what the ligaments can withstand, the ligaments become stretched out and weakened. Picture a rubber band

stretched past its capacity and void of elasticity. In this state, the ligaments are unable to stabilize the area of the spine properly.

When low back pain continues despite contemporary treatments, an undiagnosed ligament problem could be to blame. Until the ligament issue is resolved, treatments that focus on other areas such as muscles and trigger points are only likely to result in temporary relief. Specialized regenerative injection treatments, like prolotherapy, can help to restore ligament integrity nonsurgically and provide sustained back pain relief.

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.

Chronic Pain Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health is offering a free six-week workshop entitled Chronic Pain Self-Management at The Sanctuary on Fridays beginning May 25 from 1 to 3:30 p.m. Seating is limited and registration is required.

The research-based program developed by Stanford University can help one become empowered to improve his or her quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

The Sanctuary is located at 8960 Colonial Center Drive in Fort Myers. Call 343-9264 for more information.

Beautifulife:

Refresh



by Kay Casperson

A few weeks ago, I wrote about how important it is to keep a close eye out for the things that you need to remove from your life as certain unwanted items and people tend

to creep in without even realizing it. So, today I would like to follow up on that advice with some new relevant information that is necessary to fill the void from the things that you clean out.

Remember that every time you take something out of your life, regardless of what it is, you will most likely need to

fill the space before the old stuff creeps right back in. I will give you some examples to make it easier for you to apply, and encourage you to come up with ideas that might fit nicely into your life.

Emotional – Refresh your mind with positive thoughts, affirmations and inspiration. Listen to uplifting music, read books with positive messages and continue to tell yourself how awesome you are, which will close the gap from anything negative entering.

Spiritual – Find a suitable place of worship and fellowship with like-minded believers and fill your heart with love and light. Write down the messages that resonate with you and keep them close to your heart. Pray for yourself and others, and believe in the best results.

Physical – After removing any unhealthy foods from your diet, you will need to replace them with alternatives that keep you vibrant and strong. A few examples would be to replace

processed snacks with more fresh fruits, vegetables or nuts. Sodas or sugary drinks can be replaced with drinking more water – try adding a lemon slice for some taste and other benefits. Skip the dessert and have a reduced sugar alternative or even a nice glass of red wine instead.

Environmental – There are many ways to refresh your environment. Outdoors, it is always nice to do a bit of planting or landscaping to make things look fresh again. Indoors, it makes a big difference when you repaint, refurnish or redecorate an area to bring out a whole new look and feel.

Social – Make some new friends and refresh your social life, which is essential especially if you have removed a few that were holding you back or bringing you down. Another great thing to do is to join a new group or club that you're passionate about or get involved with a nonprofit organization that will help you contribute to change and

growth.

I love the word refresh because it is so positive and can contribute to much needed change in all areas of your life. It is such an important word for me that I named the second step to my skincare line after it, with an affirmation that keeps you right in line with helping you live your most balanced and beautiful life.

My affirmation for you this week is: "I am adding only the best things back into my life to fill the void from all that has been removed."

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

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Triscuit And Blueberry



Triscuit

Hello, my name is Triscuit. I am a beautiful 1-year-old Calico kitty, and I recently had a litter of kittens. I am currently living with a foster family. I will be spayed and brought



Blueberry

up to date on all vaccines. My adoption fee is \$100. Hi, I'm Blueberry. I am a beautiful 1-year-old Russian Blue kitty with bright green eyes. I am a very shy little girl and really need to be in a quiet home with someone that will give me time to adjust. I am currently staying with a foster mom. I am spayed and up-to-date on all vaccines.

My adoption fee is \$35. *We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.**

Lee County Domestic Animal Services

Vincent And Louise



Vincent ID# A735997

Hello, my name is Vincent. I am a 7-year-old male American bulldog mix who is the epitome of a gentle giant. I am a pretty chill guy that likes to play with my canine friends. I will go for strolls with our volunteers, but I prefer to lounge around and give you love and affection. My tail is always wagging with happiness.

My adoption fee is \$25. Hi, I'm Louise. I'm an 8-month-old female domestic shorthair who is as playful as you would expect a kitten to be. I will roll on my back as soon as I see you coming so that I can play with you. I love to zip up and down my cat tower and play hide and seek through the holes.

My adoption fee is \$50, and you can get a second kitty for free.



Louise ID# A737559

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

*The adoption package is valued at \$500.**



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
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

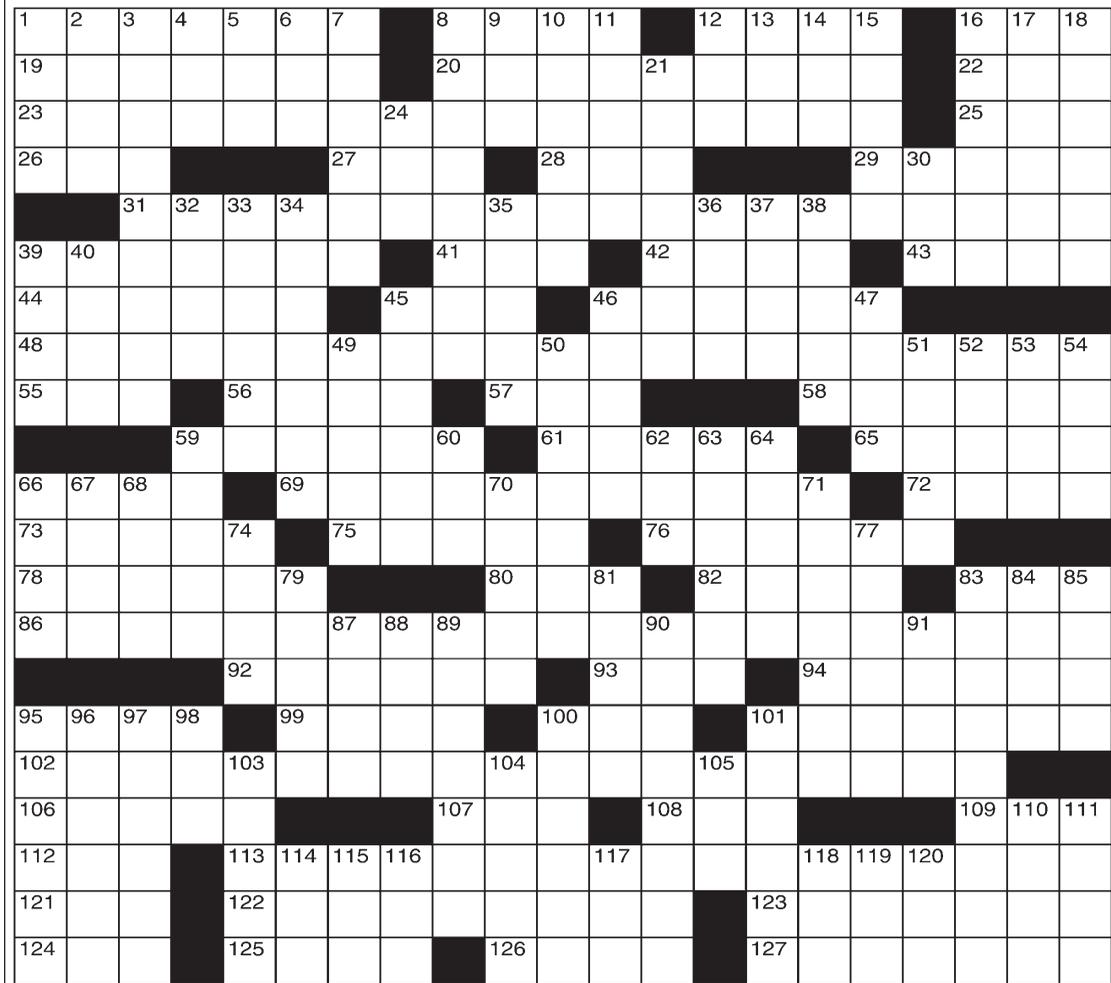
PUZZLES

Answers on page 29

Super Crossword

WILLIAM'S
WAIF

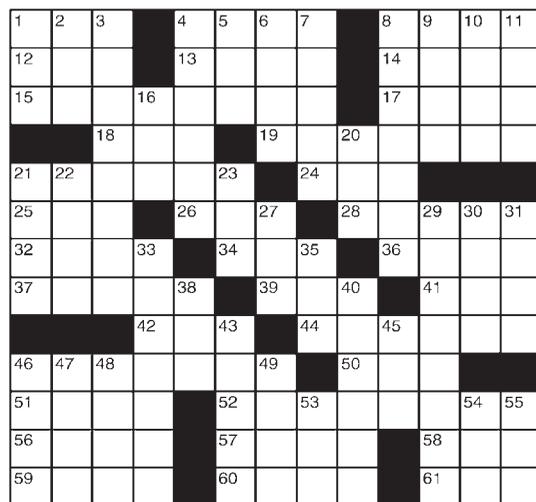
- ACROSS**
- 1 Fuel dispenser
 - 8 Beat, as wings
 - 12 Pairs
 - 16 Boohoo
 - 19 Waldorf — (hotel)
 - 20 Instantly
 - 22 Stan of comics
 - 23 Start of a riddle
 - 25 Eggs in a lab
 - 26 Lock insert
 - 27 AAA request
 - 28 — Aviv
 - 29 Entryways
 - 31 Riddle, part 2
 - 39 Said aloud
 - 41 Zebra's kin
 - 42 Very gloomy
 - 43 "Electric" fish
 - 44 One of the 12 apostles
 - 45 Post-Q string
 - 46 Alternative to Zoloff or Paxil
 - 48 Riddle, part 3
 - 55 Olive of comics
 - 56 2004-10 nickname on the Houston Rockets
 - 57 Actor Mineo
 - 58 Biting comedy
 - 59 Boozed up
 - 61 Slangy assents
 - 65 Arcade coin
 - 66 Not firm
 - 69 Riddle, part 4
 - 72 Allows to
 - 73 Less diluted
 - 75 Opening for a letter-shaped bolt
 - 76 Like part of the heart
 - 78 "The Simpsons" voice actor
 - 80 Disk in a 1990s fad game
 - 82 "Milk" Oscar winner Sean
 - 83 OR figure
 - 86 Riddle, part 5
 - 92 Crystal-lined stones
 - 93 Scepter
 - 94 Mobster's code of silence
 - 95 Fair-minded
 - 99 Take — (sample the drink)
 - 100 The "E" of PEI: Abbr.
 - 101 Having as a foundation
 - 102 End of the riddle
 - 106 Persona non — (outcast)
 - 107 Quadrennial games org.
 - 108 Brain wave test, in brief
 - 109 Chest bone
 - 112 Address for a knight
 - 113 Riddle's answer
 - 121 Koko or Kong
 - 122 Most itty-bitty
 - 123 Decorated pilots
 - 124 Get married
 - 125 Hedge shrubs
 - 126 Lofty works
 - 127 Least slobby
- DOWN**
- 1 Rubberneck
 - 2 Court great
 - 3 "Don't move"
 - 4 Lobster trap
 - 5 Geller with a psychic act
 - 6 Prefix with represent
 - 7 Gave a gentle touch
 - 8 Whizzed by
 - 9 Ignited
 - 10 Some spitzes
 - 11 Actor Finch
 - 12 Lao- —
 - 13 "Says —?"
 - 14 Gut-punch sound
 - 15 Exaggerated
 - 16 Dress
 - 17 Let slip
 - 18 Leavenings
 - 21 Quickly, musically
 - 24 Santa's laugh sounds
 - 30 Swallowed
 - 32 Utter agony
 - 33 Noble Brit
 - 34 Said nothing
 - 35 "Cómo —?" (Juan's greeting)
 - 36 Univ. lecturer
 - 37 Minnelli of "Arthur"
 - 38 Garner
 - 39 As many as
 - 40 "So — say"
 - 45 School break
 - 46 Volcano that destroyed St. Pierre
 - 47 Small talk
 - 49 Knows the answer
 - 50 Be really flattering
 - 51 Ringlike isle
 - 52 Tandem, e.g.
 - 53 Pitcher
 - 54 Hankers
 - 59 Far from lax
 - 60 650, in old Rome
 - 62 Gardner of old films
 - 63 Table protector under a warm dish
 - 64 Not as iffy
 - 66 Fix, as a dog or cat
 - 67 Liqueur akin to Sambuca
 - 68 Herr's wife
 - 70 Pueblo dwellers
 - 71 Vocalize loudly
 - 74 Actress Diana
 - 77 Absence of vigor
 - 79 "Save me —"
 - 81 Avant- — (totally new)
 - 83 Cajun dish
 - 84 Painter Dix
 - 85 Bluish green
 - 87 "Baloney!," to Brits
 - 88 Falco or Adams
 - 89 Patches
 - 90 Costs for cheap apartments
 - 91 Jail unit
 - 95 Many-pieced puzzle
 - 96 Still green
 - 97 Roped in
 - 98 Trike rider
 - 100 Cut in glass
 - 101 Enthusiast
 - 103 Run-down
 - 104 Lead-in to economic or political
 - 105 Lead-in to colonial
 - 110 Glazes, e.g.
 - 111 Unequaled
 - 114 "— -haw!"
 - 115 "Gross!"
 - 116 Little — (tykes)
 - 117 British verb ending
 - 118 Be in the running (for)
 - 119 Noted time
 - 120 Actor Faxon



King Crossword

ACROSS

- 1 Restroom, for short
- 4 Back talk
- 8 Blunders
- 12 Yale student
- 13 Friends, old style
- 14 Manner of walking
- 15 Gut level
- 17 Sans siblings
- 18 Feline
- 19 Snake or lizard
- 21 Untamed horse
- 24 Apiece
- 25 Second person
- 26 Wheel center
- 28 Basic assumption
- 32 Piquancy
- 34 Afternoon beverage
- 36 Water conduit
- 37 Come in
- 39 Sprite
- 41 Stitch
- 42 Tin Man's need
- 44 Alt-rock band, Barenaked —
- 46 Cheesy paper
- 50 Make marginalia
- 51 Vivacity, musically
- 52 Hun opponent
- 56 Enthusiastic
- 57 Send forth
- 58 Fish eggs
- 59 Optimistic
- 60 Antitoxins
- 61 Agent
- 9 Hindu princess
- 10 Streamlet
- 11 Eyelid woe
- 16 Has the skill set
- 20 Coatrack part
- 21 Memory measure
- 22 Reddish horse
- 23 No longer stylish
- 27 Spelldown
- 29 Guests
- 30 Duel tool
- 31 Nightly telecast
- 33 Earth science
- 35 Every last crumb
- 38 Carnival city
- 40 Tex-Mex treat
- 43 18-Across' ennead
- 45 Follow relentlessly
- 46 Slope transport
- 47 Jason's ship
- 48 Life stories, briefly
- 49 Exemplar of thinness
- 53 Round Table title
- 54 Upper surface
- 55 "Yoo-hoo!"



DOWN

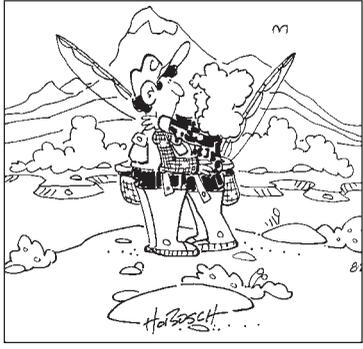
- 1 Third O.T. bk.
- 2 Boxer Muhammad
- 3 Baron's superior
- 4 Draw
- 5 Melody
- 6 Celebrity
- 7 Drag (Var.)
- 8 Braggart's journey?

MAGIC MAZE ● MARDI GRAS CELEBRATIONS

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

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

- Barranquilla
- Limburg
- Mobile
- Salvador
- Binche
- Mainz
- New Orleans
- Sinaloa
- Cologne
- Marseille
- Port of Spain
- Sweden
- Dakar
- Mazatlan
- Quebec City



"We can't fo on meeting like this.
My husband is sick of
_____."
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!

Donate

OWNED

Aspect

REAFUTE

Adorned

PRADED

Grimace

SLOWC

TODAY'S WORD

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

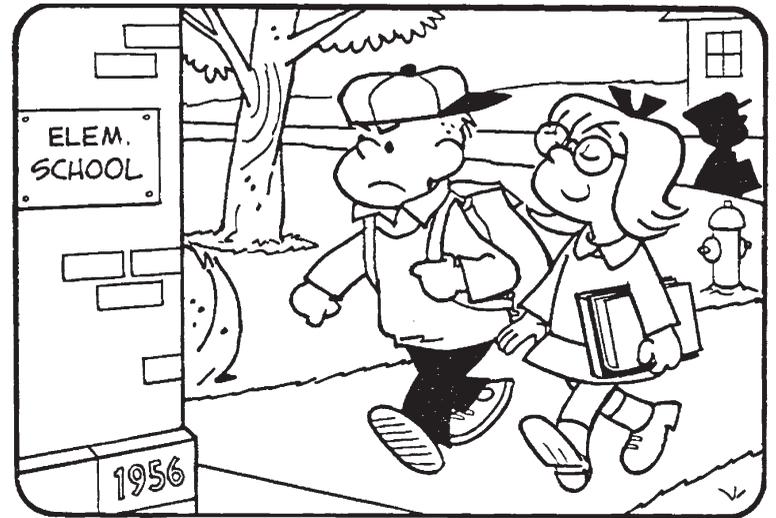
SUDOKU

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

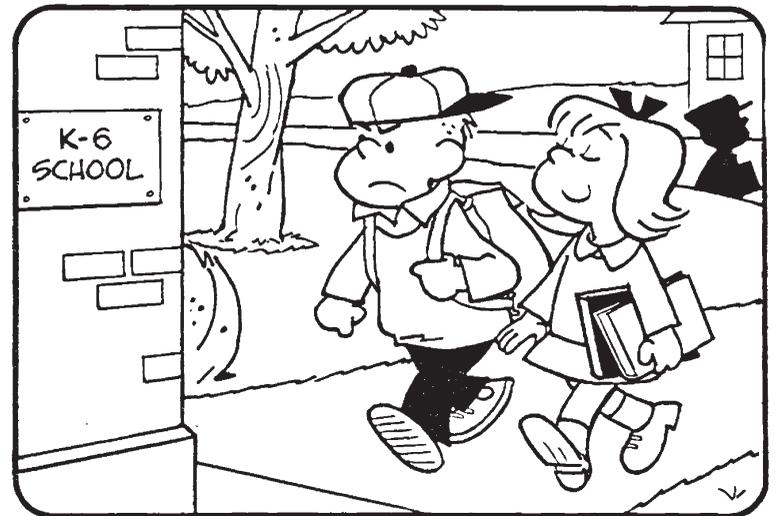
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Sign is different. 2. Cornerstone is missing. 3. Arm is moved. 4. Glasses are missing. 5. Book is missing. 6. Fireplug is missing.



Vegetable Nachos

- 2 cups low-fat refried beans
- 1 cup broccoli, chopped small
- 1 cup radishes, chopped small
- 1 cup squash, chopped small
- 2 cups shredded pepper jack cheese
- 1/4 cup fresh scallions, chopped small
- 1/4 cup fresh cilantro, finely chopped
- Tortilla chips

Spread refried beans at the bottom of a baking dish and sprinkle chopped broccoli, radishes and squash on the oven at 300 degrees F for 7 minutes. Remove baking dish from the oven and add cheese and tortilla chips on top and bake in the oven for 3 minutes more. After removing the baking dish from the oven, sprinkle nachos with scallions and cilantro. Add low-fat sour cream, fresh salsa and guacamole on the side. Serve immediately.

Yields 2 to 4 servings.*



Vegetable Nachos

photo courtesy Fresh From Florida

 FRIDAY Sunny High: 83 Low: 74	 SATURDAY Mostly Cloudy High: 85 Low: 72	 SUNDAY Partly Cloudy High: 83 Low: 74	 MONDAY Few Showers High: 80 Low: 71	 TUESDAY Cloudy High: 83 Low: 73	 WEDNESDAY Partly Cloudy High: 81 Low: 72	 THURSDAY Sunny High: 84 Low: 74
---	--	--	--	--	---	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	6:05 am	8:37 am	3:27 pm	11:22 pm	Fri	5:10 am	8:39 am	2:32 pm	11:24 pm	Fri	5:09 am	9:42 am	3:06 pm	11:25 pm	Fri	8:15 am	1:49 am	5:37 pm	11:53 am
Sat	4:08 pm	None	None	None	Sat	3:13 pm	None	None	None	Sat	6:03 am	10:01 am	3:54 pm	None	Sat	6:18 pm	2:38 am	None	None
Sun	4:59 pm	12:17 am	None	None	Sun	4:04 pm	12:19 am	None	None	Sun	7:02 am	12:18 am	4:52 pm	10:29 am	Sun	7:09 pm	3:33 am	None	None
Mon	10:01 am	1:18 am	6:07 pm	11:57 am	Mon	9:06 am	1:20 am	5:12 pm	11:59 am	Mon	8:01 am	1:29 am	6:00 pm	11:10 am	Mon	12:11 pm	4:34 am	8:17 pm	3:13 pm
Tue	10:27 am	2:17 am	7:39 pm	2:08 pm	Tue	9:32 am	2:19 am	6:44 pm	2:10 pm	Tue	8:55 am	2:34 am	7:48 pm	2:23 pm	Tue	12:37 pm	5:33 am	9:49 pm	5:24 pm
Wed	10:50 am	3:12 am	9:15 pm	3:37 pm	Wed	9:55 am	3:14 am	8:20 pm	3:39 pm	Wed	9:43 am	3:23 am	9:03 pm	3:32 pm	Wed	1:00 pm	6:28 am	11:25 pm	6:53 pm
Thu	11:11 am	3:59 am	10:34 pm	4:38 pm	Thu	10:16 am	4:01 am	9:39 pm	4:40 pm	Thu	10:30 am	4:05 am	10:10 pm	4:27 pm	Thu	1:21 pm	7:15 am	None	7:54 pm

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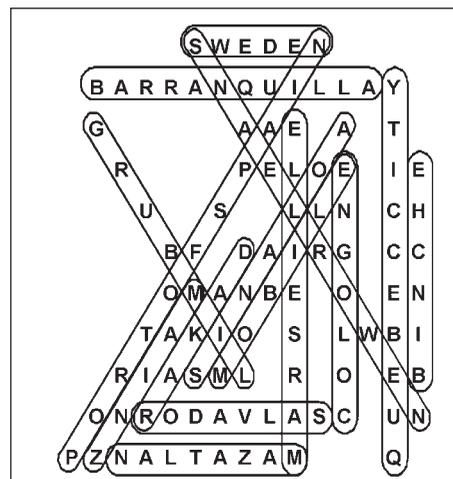
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF MAY 7, 2018

Aries (March 21 to April 19) You've set a fast pace for yourself. But as you approach your goal, you might want to slow down a bit in order to take time to reassess your situation and make changes while you can.

Taurus (April 20 to May 20) Patience continues to be a virtue for the Divine Bovine. So as eager as you might be to get things moving, remember that time is on your side. Make good use of it.

Gemini (May 21 to June 20) There's a wee bit of uncertainty in the early part of the week. But things clear up as more facts come to light. Spend quality time this weekend with family and friends.

Cancer (June 21 to July 22) An old friend's return could open new possibilities for both of you. But don't let yourself be rushed into anything. There could be some factors you haven't yet explored.

Leo (July 23 to August 22) This week offers a challenge you're raring to take on. And while eager to get started, do so slowly so that you can focus those sharp Cat's Eyes on every detail.

Virgo (August 23 to September 22) Put your skepticism aside and listen to advice from colleagues who've been where you are now. What they say could be helpful as you get closer to a decision.

Libra (September 23 to October 22) A family matter might again require your reassuring touch. Handle it, as always, with kindness and fairness, even if some of your kin prove to be especially difficult.

Scorpio (October 23 to November 21) Your ability to tackle even the most intricate details of a project is likely to impress some very important people. A relative shares news later this week.

Sagittarius (November 22 to December 21) The Archer's aim might be focused on the big picture this week, but don't overlook checking for those details you might have missed.

Capricorn (December 22 to January 19) You might feel awkward asking for assistance, but who would refuse the charming Goat's request? Do it, then go ahead and enjoy a musical weekend.

Aquarius (January 20 to February 18) Pour some cold water on that simmering misunderstanding before it boils over. The

sooner things settle, the sooner you can move ahead with your plans.

Pisces (February 19 to March 20) You're in a highly productive period, which you feel can go on forever. But you could be courting exhaustion. Take time out to relax and restore your energies.

Born This Week: You can combine a sense of adventure with a penchant for practicality. Have you considered a travel-related field?

THIS WEEK IN HISTORY

- On May 7, 1789, President George Washington attends a ball in his honor. The event provided a model for the first official inaugural ball, which later became an annual tradition. The record number of inaugural balls attended in one night by a president is 15, set by President Bill Clinton in 1997.

- On May 11, 1947, the BF Goodrich Company announces it has developed a tubeless tire, a technological innovation that would make automobiles safer and more efficient. In 1952, Goodrich won patents, and the tubeless tire quickly became standard on most new automobiles.

- On May 13, 1958, anti-American demonstrators pelt then-Vice President Richard Nixon's limousine with rocks in Caracas, Venezuela. Despite warnings not to send Nixon to Venezuela, where anti-American sentiment ran particularly high, he went anyway.

- On May 12, 1963, Bob Dylan walks out on *The Ed Sullivan Show* after network censors rejected the song he planned to perform, *Talkin' John Birch Paranoid Blues*. Sullivan had heard the song days before and had no concerns.

- On May 9, 1971, the last original episode of the sitcom *The Honeymooners*, starring Jackie Gleason, airs. Although a perennial rerun favorite in syndication, only 39 episodes actually aired.

- On May 8, 1984, the Soviet Union announces that it will boycott the 1984 Olympics in Los Angeles. It was a response to the United States' decision to boycott the 1980 Moscow games. Thirteen other communist nations also refused to compete.

- On May 10, 1990, the government of the People's Republic of China announces the release of 211 people arrested during the massive protests held in Tiananmen Square

in Beijing in June 1989. Observers viewed it as an attempt by China to dispel much of the terrible publicity it received for its brutal suppression of the 1989 protests.

STRANGE BUT TRUE

- It was famed journalist and news anchor Edward R. Murrow who made the following sage observation: "Just because your voice reaches halfway around the world doesn't mean you are wiser than when it reached only to the end of the bar."

- Thomas Jefferson was an inventor as well as a statesman, but he refused to take out patents on any of his ideas. He believed that inventions should benefit all of humanity, not just himself.

- Many people know American counterculture figure Ken Kesey as the author of the 1962 novel *One Flew Over the Cuckoo's Nest*, which presents a disturbing portrait of life in a mental institution. It's less well known, though, that Kesey got an inside view of the system when he worked as a janitor in a mental hospital before he became famous.

- Those who study such things say that a typical newspaper contains just 30 percent editorial content – 70 percent of the paper you buy is taken up by advertising.

- The last country in the world to get telephones was the South Asian nation of Bhutan, and both television and the Internet were banned there until 1999. Incidentally, Bhutan also is the only nation in the world in which the well-being of the citizens is so important that the government measures the country's Gross National Happiness.

- The Beatles was not the first band in which John Lennon played. Those previous groups obviously didn't work out, though; in fact, at one point Lennon broke a washboard over a bandmate's head during a dispute. After the Beatles' success, though, Lennon apologized in style: He bought the poor guy a supermarket.

- In Germany, Rice Krispies don't say "Snap, Crackle, Pop"; they say "Knisper, Knasper, Knusper."

THOUGHT FOR THE DAY

"A hick town is one in which there is no place to go to where you shouldn't be."
 – Alexander Woollcott

SCRAMBLERS

- Endow; 2. Feature;
- Draped; 4. Scowl

Today's Word SEAFOOD

TRIVIA TEST

- Art:** Which artist from Iowa painted the iconic "American Gothic"?
- Business:** Where is the Target store's headquarters?
- Geography:** What is the longest mountain range in North America?
- Language:** What is the meaning of the Latin term "ad infinitum"?
- General Knowledge:** When does winter begin in the Southern Hemisphere?
- Nobel Prizes:** Who was the only prime minister to win the Nobel Prize for Literature?
- Food & Drink:** What are the ingredients in a Moscow Mule?
- Anatomy:** What is the most common blood type in human beings?
- Animal Kingdom:** What is the largest rodent in North America?
- Literature:** How many lines are in a Shakespearean sonnet?

TRIVIA ANSWERS

- Grant Wood 2. Minneapolis, Minnesota 3. Rocky Mountains 4. Going on forever 5. June 21 6. Winston Churchill 7. Vodka, ginger beer and lime juice 8. O positive 9. The beaver 10. 14

★ ★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★ ★

REAL ESTATE

BUILD NEW ON SANIBEL \$500,000
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 239-850-0979
 John Gee & Company, Realtors
 4/13 ★ 6/1

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 4/29 ★ TFN

COMMERCIAL RENTAL

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.
 8/5 ★ TFN

VACATION RENTAL

HOUSE FOR RENT
 2BR2B, den, garage, boat dock & lift, furnished, W/D on a canal near Ding Darling. Available June 1- October 31, \$2,000/mo. 239-410-8979
 4/13 ★ 5/4

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 1/26 ★ TFN

RENTALS WANTED

WANTED TO RENT 2019
 Mature woman looking to rent a 1-2 bedroom unit on Sanibel for March 2019.
 Call 860-391-3238
 4/13 ★ 5/4

RENTAL WANTED
 Longtime Sanibel residents (mature couple) seek small cat friendly house or condo on Sanibel or Captiva for 3 to 6 month rental Nov. through April, 2018-19.
 239-395-3422
 4/27 ★ 5/18

ANNUAL RENTAL

ANNUAL RENTAL

GREAT DEAL NOW RENT TILL NOV. 1
 RIGHT ACROSS FROM BEACH
 Furnished two BR/two baths. Pool/Tennis.
 Discounted \$1,000/mo

Waterfront - This 4/2 UF piling Home with dock. \$3,100/mo.

Call Today
472-6747
 Gulf Beach Properties, Inc.
 04/13 ★ TFN

SANIBEL ANNUAL RENTAL

Available June 1 - Annual Rental - Canal home 3 bedroom, 2 bath pool home in Shell Harbor with close access to the Gulf on the East end of Sanibel. Perfect location - \$4,000 per month. Call or text Rose at 239-851-5188
 5/4 ★ 5/18

ANNUAL RENTAL AVAILABLE

Sanibel 3/2 duplex avail June 1 or earlier. Great location, ground level access
 \$2,300 +
 239-322-8642
 Jim3s2g@gmail.com
 4/27 ★ 5/11

SANIBEL ANNUAL RENTAL \$1,700 / MO. (SIX MONTH NEGOTIABLE)

A fully furnished 2-bedroom waterfront condo. Beautiful canal views and gorgeous morning sunlight from the balcony of this TOP FLOOR unit at Tennisplace! Convenient East End location for easy on-off Island. Under building parking, bike racks, and an additional private beach storage locker at the parking level. Short walk or bike ride to the beaches. Tennisplace offers a newly remodeled HEATED IN GROUND POOL, (2) Tennis Courts (marked for pickle ball,) a TREX BOARDWALK along the canal with multiple boarding ladders, a fish cleaning station with water and cutting board, WATER SIDE BBQ GRILLS AND DINING AREA, deeded beach access. A perfect Sanibel Island waterfront condo!
 Call 607-745-5534.
 5/4 ★ 5/11

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Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203
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 4/20 ★ TFN

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PUBLIC SERVICE ANNOUNCEMENT

ADDICTION SCREENINGS
 Narconon can help you take steps to overcome addiction in your family.
 http://www.narconon-suncoast.org
 Call today for free screenings or referrals.
 877-841-5509
 3/2 ★ TFN

HELP WANTED

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300.
 1700 Periwinkle Way
 5/6 ★ TFN

BOATS - CANOES - KAYAKS

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Hourly, Daily, Weekly and Monthly.
 Captiva Island 472-5800
 1/4 ★ TFN

ITEMS WANTED

KEYBOARD WANTED

Looking to buy gently used digital keyboard for student lessons. Must be 88 weighted keys. Ideally includes music stand, bench and pedal. Must be in excellent condition. Call with make, model and price (917) 701-5086
 4/27 ★ 5/4

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

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



Don't Harm The Fish
 by Capt. Matt Mitchell

Shore Fishing:
 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.

Calendar Girls Sponsor 21st Puppy

The Calendar Girls had a busy weekend first performing at the 4th annual Southeastern Guide Dogs Walkathon at JetBlue on April 15. At that event they introduced their 21st sponsored puppy, Culligan.

On April 16, the girls traveled to Port Charlotte to entertain the crowd at the 4th annual Southwest Florida Horse Rescue Inc. Open House.

For more information, visit www.calendargirlsflorida.com.*



The Calendar Girls pose with Southeastern Guide Dogs

photo provided

LCEC Recycles

From volunteering in the community to fundraising for organizations like the United Way to providing local environmental funding awards, Lee County Electric Cooperative (LCEC) believes in taking an active role in making communities and the environment a better place to work and live.

Another less obvious way that LCEC gives back is through recycling. Each year, aluminum, copper, steel and other equipment is recycled to generate revenue that is reinvested into the system. In addition, materials such as plastic, paper and wood are routinely recycled, and employees and contractors are encouraged to participate.

Last year alone, LCEC recycled 1.7 million pounds of recycled aluminum, copper and other materials as well as 38,510 pounds of paper. Recycling is just another way LCEC is proud to help energize the community.*

Intangible Savings For College Affordability

When it comes to comparing the costs of various colleges, remember that on the broadest level, costs can be tangible or intangible. To save money, follow these tips from KHEAA.

Tangible costs include tuition and fees and room and board.

Intangible costs include everything else: textbooks and supplies; computers; and personal items, such as shampoo, clothes, entertainment, laundry, and other expenses.

You can save money, sometimes a lot of money, by controlling the costs of your lifestyle. That doesn't mean skimping on shampoo, soap, food and doing your laundry. But you can cut costs by finding sales or using coupons. Always be looking out for buy one, get one free deals.

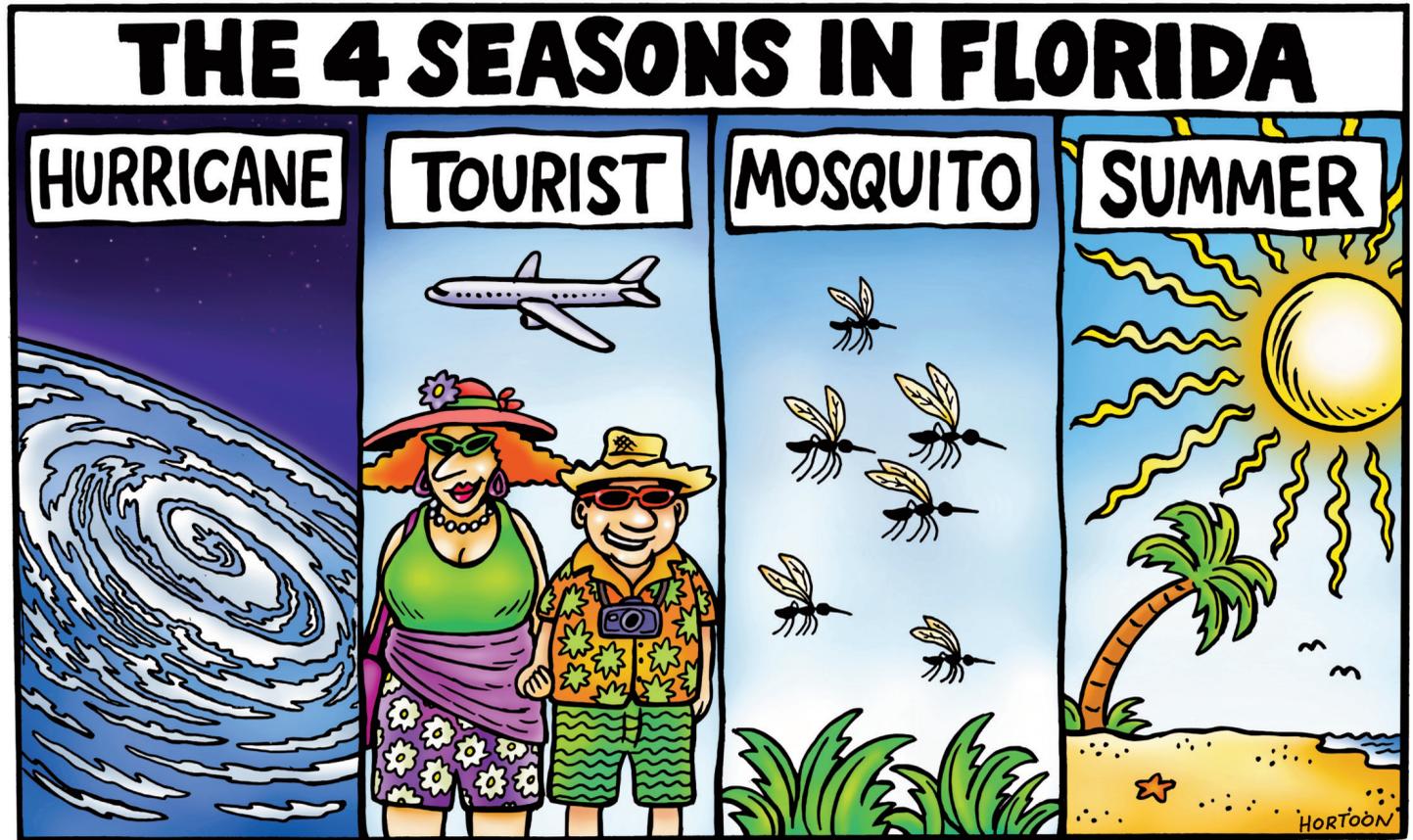
You can also save quite a bit of money by cutting back on treats such as entertainment and dining out. Doing those things less often will make them even more special when you do treat yourself.

Remember, the less you spend on the intangibles, the less you'll have to take out in student loans. That means that after you graduate you can afford more of the things you enjoy.

To learn more, visit www.kheaa.com.

In addition, KHEAA disburses private Advantage Education Loans on behalf of its sister agency, KHESLC. For more information about Advantage Education Loans, visit www.advantageeducationloan.com.*

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes and Bounds	Sanibel	1964	3,795	\$4,995,000	\$4,900,000	0
Venetian Gardens	Fort Myers Beach	2015	4,025	\$1,874,000	\$1,800,000	390
Butterknife	Sanibel	2017	3,629	\$1,699,000	\$1,699,000	19
Island Shores	Matlacha	2007	2,742	\$1,425,000	\$1,425,000	8
Not Applicable	Sanibel	1990	2,424	\$1,195,000	\$1,060,000	346
Parkridge	Fort Myers	2008	5,605	\$1,175,000	\$1,075,000	202
Shell Harbor	Sanibel	1973	2,230	\$1,159,000	\$1,125,000	43
Mossy Glen	Fort Myers	2007	3,584	\$950,000	\$937,500	34
Cape Coral	Cape Coral	2012	2,091	\$769,000	\$747,000	282
Savona	Cape Coral	1979	2,775	\$749,000	\$710,000	123

Courtesy of Royal Shell Real Estate



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