





Vol. 15, No. 26

From the Beaches to the River District downtown Fort Myers

JULY 1, 2016



Sandy Stilwell and Elaine Hawkins

Vote For Your Favorite Celebrity

SalusCare is offering a new option for people to vote for their favorite celebrity in preparation for Laughter Is the Best Medicine Comedy Night Saturday, July 23.

The event is totally sold out with 215 attendees, according to SalusCare Development Committee Chair Mark Atkins, but Text2Give will give everyone an opportunity to support their favorite celebrity.

"It's a unique way for folks to participate who aren't able to attend," he said. "They can vote for their favorite comic with their dollars by texting a message in advance to SalusCare."

The dollars raised in the Text2Give program will be added to the live donations continued on page 13

Free Kids Fishing Tournament

The Ostego Bay Foundation, Bonita Bill's Waterfront Café, Semmer Electric, Key West Express, Fisherman's World, Sanibel Seafood, Bean Whitaker, Lutz and Karah, and other local community partners are sponsoring a free kids fishing tournament. The tournament will be held on Saturday, July 2 at Bonita Bill's Waterfront Café. Registration begins at 8:30 a.m., and kids and their families can fish from the docks from 9 a.m. to noon. There will be a free lunch for everyone.

Prizes in a variety of categoris will be awarded, including Most Fish, Heaviest Fish and Longest Fish. Cut bait will provided but participants must bring their own poles (one pole and hook per child) and any other bait they wish to use.

For more information, contact Joanne Semmer at 765-8101 or 470-4993. Bonita Bill's Waterfront Café is located at 702 Fisherman's Wharf on

Fort Myers Beach.

Grant Pushes Alliance To Begin Campus Enrichment Plan

Last year, the Alliance for the Arts began working on a strategic plan to enrich its campus to match the booming growth the 41-year-old nonprofit has experienced in recent years. The Alliance board and staff felt it was time for the organization's 10-acre campus to demonstrate the same vitality contained within the Alliance to the thousands of people who pass it every day on McGregor Boulevard. The overall plan envisions an expanded, sustainable cultural arts center with upgrades that include artist studios enhanced youth and adult classrooms, more space for arts organizations, a remodeled amphitheater, sculpture gardens and beautified walkways to create a park-like atmosphere. In late 2015, the Alliance was

In late 2015, the Alliance was challenged by the Robert Rauschenberg Foundation to raise \$150,000, which the foundation would match with a \$50,000 gift to help fund a portion of the campus enrichment effort. Earlier this year, the Alliance announced it had achieved the halfway mark with significant gifts from the LAT Foundation and the generous support of the community. The Alliance then received a generous \$75,000 pledge from the John E. & Aliese Price Foundation to complete the challenge.

The gift from the John E. & Aliese Price Foundation, established to support

Broadway Palm Lends A Helping Hand To Humane Society



The Wizard of Oz cast, from left, the Cowardly Lion, Toto, Dorothy, Tin Man and the Scarecrow

Broadway Palm Dinner Theatre is helping to raise funds for the Gulf Coast Humane Society this summer during the run of *The Wizard of Oz*, which plays from July 7 through August 13. During the run, the theater will be selling paper paw prints for \$1 each. The paws will be decorated by cast members and theater patrons then displayed throughout the theater. All proceeds from the paw print sales will go to the Gulf Coast Humane Society, a non-profit animal welfare organization that seeks forever homes for abandoned and neglected animals in the area.

The Wizard of Oz chronicles the adventures of Dorothy, the scarecrow, the tin man, the cowardly lion and Toto. You'll hear the songs from the movie's score, such as Follow the Yellow Brick Road, Somewhere Over the Rainbow and We're Off to See the Wizard.

Show ticket prices range from \$20 to \$62, with discounts for children and groups of 20 or more. There is a summer special for children 18 and under as tickets are just \$20 for the buffet and the show. Reserve tickets by calling 278-4422, by visiting www.BroadwayPalm.com or by stopping by the box office at 1380 Colonial Boulevard in Fort Myers.

religious, education and charitable organizations, will assist with phase one of the campus enrichment project, which focuses on the beautification of 2.2 acres along McGregor Boulevard, transforming the gateway into the City of Fort Myers into a pedestrian-friendly space for the entire community. This phase includes the installation of an eight-foot sidewalk, landscaping, irrigation, gardens, a significant placement/public art project, new signage and pedestrian friendly intersections.

Kenneth Walker, CEO and president of the Price Foundation said, "We are honored to partner with the Alliance to create a space where our community can come together. This project will transform the entrance to the City of Fort Myers for future generations and will have a lasting positive impact on our community, and how it's perceived by residents and guests alike."

The Alliance is currently narrowing its national search for an artist to create a centerpiece for the project. The finalist will be announced in the fall of 2016. The Alliance wishes to thank the Southwest Florida Community Foundation, the Robert Rauschenberg Foundation, the John E. & Aliese Price Foundation, the LAT Foundation, the Florida Department of Transportation and its generous community for making this possible.

For more information on how you can be part of this transformative project, contact Alliance Executive Director Lydia A. Black at 939-2787 or visit www.artinlee.org/phaseone/.☆

Historic Downtown Fort Myers, Then And Now: Historic Downtown Fort Myers, Then And Now: Sea Scout Adventures



by Gerri Reaves, PhD

his photo, probably taken in summer 1943, offers a glimpse into what must have been one of the most interesting activities around for boys of that era: the Sea Scouts, a division of the Boy Scouts of America. Pictured is 16-year-old Don Sawyer onboard the Sea Scout Ship South Seas, docked at the Fort Myers Yacht Basin. The battleship-gray vessel was owned by the U.S. Coast Guard and loaned to the scouts. A former lighthouse tender, it had an old four-cylinder hand-cranked engine. Rumor was, Sawyer wrote via email, that it had been cut in half to create two boats.

And nobody knew which end became the South Seas.

In front of him on the deck is an "open-helmet" diving helmet with a hand-operated air pump and hose, which seems antiquated compared to today's scuba gear. That gear, which Sawyer bought for \$25, enabled him to dive to several tens of

feet. The helmet was made from one end an old hot water heater.

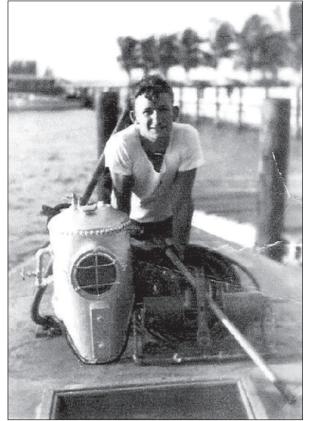
He had become interested in diving from studying William Beebe, who invented the reinforced spherical deep-sea chamber in 1930.

Sawyer had joined the scouts in 1942, states his U.S. Coast Guard-issued Sea Scout ID card.

So official was it that it not only had his photo, but his fingerprint and other particulars. The card also states that the group's sponsor was JC Penney. Scott Hough was the skipper (aka leader), Sawyer remembers.

It must have been particularly exciting to be in the group during the World War II (WWII) years. Most young men only a few years older than Sawyer were serving in the military.

What adventures those scouts had - and often with little adult supervision. In this time of "helicopter" over-involved parents, the sheer freedom the boys were allowed could make one envious.



Sea Scout Don Sawyer poses with his homemade diving gear aboard the South Seas, berthed at the Fort Myers Yacht Basin, circa summer 1943. Lofton's Island is in the left backaround. photo courtesy of Don Sawyer



Since the early 1940s, the basin has expanded, significantly increased capacity, and built a new headquarters. Lofton's Island remains much the same, but the twin spans of the Edison Bridge (right) have altered the river view. photo by Gerri Reaves

They traveled upriver to Lake Okeechobee or Pine Island Sound, camped overnight on the riverbank or mangrove islands, or camped at Boy Scout Camp Ropaco (an acronym-like name for the Boy Scout's Royal Palm Council), where they would skinnydip.

Less exciting duties included knot-tying practice and studying the Sea Scout Manual about rules of the road - or rather, seas.

As for attire, Sawyer recollects, "I bought a sailor outfit at the West Coast Army Stores on Hendry Street, but the 'crew' never assembled in the uniform as I recall. I did wear my white, 'salted' sailor cap around town."

Sawyer's scout days ended in 1945 when he was drafted into the U.S. Army after graduating from Fort Myers High School. He spent a year in Germany as part of the Occupation, and in 1947 entered engineering school at the University of Florida – no surprise, given his skill in building diving gear from hot water heater parts!

In the late 1940s, the venerable South Seas met its demise at sea. Conflicting

accounts of the mishap are hashed over to this day. Fortunately, in 1949, a \$19,000 cruiser was given to the group as a replacement and, no doubt, the fun continued.

Stroll down to the Yacht Basin and imagine teenagers setting off on a watery adventure aboard the makeshift South Seas with diving gear made from a hot water heater.

Then continue your exploration of how kids had fun in WWII-era Fort Myers at the Southwest Florida Historical Society's research center, open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

The all-volunteer non-profit organization is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

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Fort Myers Art: Art Walk Becoming A Two-Day 'Weekend Of Art' Starting Friday



by Tom Hall

• ince its inception in 2008, Art Walk has taken place in the historic downtown Fort Myers River District from 6 to 10 p.m. on the first Friday of each month. But beginning in July, Art Walk will morph into a two-day affair, with the River District galleries flinging open their doors from 11 a.m. to 4 p.m. on the ensuing Saturday as well. From this point forward, Art Walk will be a study in

contrasts. On Friday night, First Street will be closed to vehicular traffic to make extra room for the spirited crowds that wind their way up and down the boulevard along their self-guided tour of the River District's 14 premier galleries and

art stops. Inside, artists stand at the ready to talk inspiration and process during the receptions that denote the opening of their exhibits while outside street vendors and musicians vie for supremacy as the smells of roasting meats, barbeque, Tex-Mex and pizza waft through the night air. Then, during the daylight hours on Saturday with First open once more to passing cars and trucks, folks can return or come out for a fresh look at the new exhibits, together with the art demonstrations, art talks and

gallery walks, trunk sales and entertainment provided inside the galleries. This new and improved version of Art Walk includes 14 galleries and art stops, including:

• American Legion Veterans Gallery showing art done by veterans

Art League of Fort Myers – new exhibits each month
Arts for ACT Gallery – features three or more art exhibits every month plus co-op members art

• Bootlegger Alley Gallery – outdoor gallery open only during Art Walk in Patio de Leon

Grand Illusion Gallery – art, T-shirts and more
Marc Harris Wildlife Photography – on Jackson Street

• Miville Art Gallery – art and photography in the Franklin Shops

• Ollie Mack Gentry Photography – photography at 2180 West First Street

• Reverie & Rock Art Gallery – concert photography and surrealistic digital art •Sidney & Berne Davis Art Center – Main gallery exhibit and capitol exhibit on the third floor

• The Barrel Room – Jazz art, located on Bay Street

• Timeless Gallery – gallery and gift shop featuring steampunk art and more





Art Walk will now be a two-day event, with galleries open Saturday as well

 Two Newts Gallery – co-op gallery located off West First Street at 2064 Bayside Parkway

• Unit A – urban contemporary gallery of internationally-acclaimed artist Marcus Jansen, located in Gardener's Park

As this survey of participating galleries reveals, Fort Myers Art Walk spans the core of downtown Fort Myers and includes the Gardener's Park area and West First Street. Most of the action is located on First Street, but you can obtain a Fort Myers Art Walk map at any of the galleries that will lead you to all the art venues and Art Walk partners. "Enjoy cultural venues, restaurants, bars and businesses, plus live music," touts the River District Alliance. "Watch live art demos on First Street, eat amazing food, shop the unique local boutiques or just enjoy the atmosphere."

So, whether you prefer the energy of night or the calm of day, there's something for everyone during this new-and-improved weekend of art that Fort Myers still calls Art Walk.

The best way to get to Fort Myers Art Walk: off I-75 North: Exit #141 then west on Palm Beach Boulevard; off I-75 South: Exit #138 then west on Dr. Martin Luther King, Jr. Boulevard; from U.S. 41 Northbound: exit at Historic District McGregor Boulevard, right turn or; from U.S. 41 Southbound Exit before the Caloosahatchee bridge.

There is free street parking and \$5 at any of the parking garages. In season, ride the free River District Trolley.

Fort Myers Art Walk is a pet- and family-friendly free event!

Fort Myers Art Walk is hosted by The River District Alliance, a non-profit organization. For more information, visit www.fortmyersriverdistrictalliance.com. To become a volunteer, partner or sponsor of Fort Myers Art Walk, contact Claudia Goode at cgoode@actabuse.com.

Alliance Launches Campus Enrichment Plans With Help Of **Foundations**

In late 2015, the Robert Rauschenberg Foundation issued a challenge to the Lee County Alliance for the Arts. If the Alliance could raise \$150,000, the Foundation would make a \$50,000 gift to help fund a campus enrichment effort. Earlier this year, the Alliance reached the halfway mark thanks to significant gifts from the LAT Foundation and the generous support of our community. The Alliance announced that the John E. & Aliese Price Foundation has pledged the remaining \$75,000 needed to complete the Robert Rauschenberg Foundation challenge.

Plans to enrich the Alliance's 10-acre campus got underway last year. The goal: to have the campus reflect to passing motorists the enthusiasm of the Alliance's staff, the vitality of its members and the exponential growth that the 41-year-old nonprofit has been experiencing in recent years.

The overall plan envisions an expanded, sustainable cultural arts center with upgrades that include artist studios, enhanced youth and adult classrooms, more space for arts organizations, a remodeled amphitheater, sculpture gardens and beautified walkways to create a park-like atmosphere.

Because it's so ambitious, the plan will be tackled and completed in phases. The Price Foundation's gift will assist with Phase One, which focuses on the beautification of the 2.2-acres corridor that fronts along McGregor Boulevard, transforming it into a pedestrian-friendly space that will function as an inviting gateway into the City of Fort Myers. The Alliance will accomplish this by installing an eight-foot sidewalk, lush landscaping, irrigation, gardens, new signage, pedestrian-friendly intersections and a significant placement/public art project.

"We are honored to partner with the Alliance to create a space where our community can come together," said Kenneth Walker, CEO and president of the Price Foundation, which was established to support religious, education and charitable organizations. "This project will transform the entrance to the City of Fort Myers for future generations and will have a lasting positive impact on our community, and how

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Alliance Kicks Off Summer Camp With Wonderland Week



Alice payed a visit to summer campers

The Alliance for the Arts kicked off its first week of summer camp on June 14 with the theme Wonderland. A new theme is introduced every week, including A Bug's Life, Spotlight on Broadway, Inner Space and others. Every day, kids are involved in visual arts, theater, voice and dance instruction revolving around the weekly theme. The camp is open Monday through Friday from 9 a.m. to 4 p.m. with extended care available.

The Alliance offers three summer camps. The main Summer Arts Camp is for first through sixth graders, Mini Summer Arts Camp for 4- and 5-year-olds, and Broadway Palm Musical Theatre Intensive Camp is for teens. In the first week,



Children and instructors in Mini Camp





Hamming it up in Musical Theatre Intensive Camp

a total of 90 kids attended the main camp, 15 kids attended Mini Camp and 21 attended Musical Theatre Intensive Camp.

Throughout the week, kids in the main camp work toward a final performance on Friday that is open to family and friends. They learn songs and dances, create backdrops and props, and memorize lines for the final performance. Campers also learn how to make arts and crafts projects with the help of Alliance staff and volunteers.

The Summer Arts Camp is fun and energetic, and works to expose children to a wide spectrum of arts while engaging their imaginations. There is still room available in the Mini and Musical Theatre Intensive Camps. Visit article.org/summer-arts-camp or call 939-2787.

The Alliance for the Arts is located at 10091 McGregor Boulevard just south of Colonial Boulevard in Fort Myers.☆



*Valid 07/01/2016-07/05/2016. Not valid on previous purchases. Cannot be redeemed for cash or gift card. Other exclusions may apply.

Concert Fundraiser To Benefit Soup Kitchen



The First Presbyterian Choir performing This Is the Time I Must Sing

Lungry families and children out of school for the summer will benefit from an evening of patriotic music and fellowship at First Celebrates Freedom, presented by First Presbyterian Church of Fort Myers and sponsored by the Galloway Family of Dealerships.

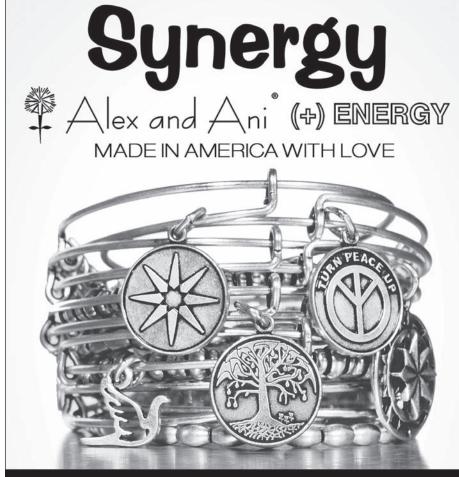
The fundraiser will be held on Wednesday, July 6 at First Presbyterian Church, located at 2438 Second Street in downtown Fort Myers. It will include a 90-minute performance of patriotic music, hymns, instrumentalists and special guests beginning at 7 p.m., with doors opening at 6:30 p.m.

Admission is free, although voluntary cash donations and cans of non-perishable food will be accepted to benefit Community Cooperative (The Soup Kitchen).

"For some families, summer means a certain kind of freedom. For the families we serve, it means just the opposite," said Community Cooperative CEO Tracey Galloway. "Summer months can be the cruelest season for families who can't rely on the schools to feed their hungry children."

During the school year, children often receive their only meals of the day at school.

To ease the strain this summer, Community Cooperative is partnering with



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First Celebrates Freedom organizer and sponsor Sam Galloway, Jr. and Community Cooperative CEO Tracey Galloway





Dnara Major sings with the Spiritual Voices at a previous event

Soloist Beth Wininger sings *The Star* Spangled Banner at a previous event

Sam Galloway Ford for the third annual Summer Drive for Hunger with a goal of collecting 25,000 pounds of food and raising \$25,000 to support hungry families during June and July. Sam Galloway Ford will donate \$1 for every pound of food dropped off at the Fort Myers dealership.

Community Cooperative provided food and other services to 10,250 people last year with the help of partner agencies, including the Harry Chapin Food Bank and United Way agencies Community Cooperative was founded in 1984 to help alleviate hunger and suffering in Lee County. The church has been a strong supporter of the agency from the beginning and continues to support its ministry there by providing volunteers and other support for The Soup Kitchen and the Meals On Wheels program.

Organizer and sponsor Sam Galloway, Jr., said the annual event, now in its 18th year, was renamed from A Midsummer Night's Sing to reflect the patriotic music as well as hymns that will be sung.

"We purposely planned the event close to July 4 to honor our great country and give everyone the opportunity to join in song to celebrate all that makes America wonderful," Galloway said.

Galloway has made feeding the hungry part of his life's work. "Our community has done so much to help our neighbors, but we need to do even more. If we each just gave the equivalent of what we would spend on a meal – either at home or in a restaurant – those few dollars could feed a family of four for an entire week." Galloway added.

The First Presbyterian Chancel Choir and friends will be featured during the evening, which will include sing-a-longs of well-known patriotic music and hymns everybody knows.

"Please try to bring whatever cash donation you can and at least two cans of non-perishable food," Galloway said. "And, if you're unable to contribute but still want to support the cause, come anyway and have a good time."

First Celebrates Freedom is the second of three sing-a-longs sponsored annually by the Galloway Family of Dealerships. The other two are Mrs. Edison's Hymn Sing in February and the very popular Christmas Carol Sing, scheduled for December 6. All three events benefit Community Cooperative (The Soup Kitchen).

For more information, call 334-2261 or visit www.fpcfortmyers.org

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Along The River

ort Myers Art Walk again returns to the downtown Fort Myers area this Friday, July 1 from 6 to 10 p.m. The monthly rain-or-shine art festival that falls on the first Friday of each month features new art exhibits within eleven art galleries. Art enthusiasts can "Meet The Artists" at most of the art galleries and enjoy live art demonstrations throughout the River District.

The self-guided walking tour throughout the streets of the Downtown Fort Myers River District core and the Gardner's Park area also provides a great atmosphere for shopping and dining.

For more information about Art Walk, call Claudia Goode at 337-5050 or go to www.fortmyersartwalk.com.

While at Art Walk, visit Arts for ACT Gallery for an artists reception from 6 to 10 p.m.

ACT Gallery will feature more than 50 artists who have entered the annual open themed show that involves three themes: Kings and Queens of Everything; Monsters, Dreams & Fantasy; and Incorporate a logo, brand or symbol into your art. There will be an array of eclectic, whimsical and realistic paintings, sculptures, watercolors, collage, oils and photography on display.

Arts for ACT Gallery is located at 2265 First Street in the downtown Fort Myers River District. The exhibit continues through August 1.

Pure Florida's Fort Myers location will offer a Marine Science Kids Cruise this Saturday, July 2 from 10 to 11:30 a.m. The Marine Science Kids Cruises are free to children with paid adult admission as part of Pure Florida's Kids Cruise Free Saturdays at 10 a.m. program.

Children will cruise along the Caloosahatchee aboard the M/V Edison Explorer, collect water and perform water quality experiments to test the levels of nitrates, phosphates, ammonia, pH and salinity. Pure Florida's Pure Education team will work alongside students as they record their results and explain the importance of each element in its relation to the health of the waterways and the marine wildlife that inhabit Southwest Florida estuaries and rely on healthy water.

The Marine Science Kids Cruise is an excellent way for children to get hands-on right in their environment to learn the history of Southwest Florida waterways and best practices for clean water preservation. Children and their families can enjoy sightseeing along the Caloosahatchee at the conclusion of the science portion of the cruise. While Pure Florida cannot guarantee animal sightings in the wild, potential wildlife sightings include dolphins, eagles, manatee, native birds and more.

Reservations can be made by contacting the Fort Myers reservation office at 919-2965. Admission is \$32 for adults, with free child admission with every paid adult. Additional child admission is \$16. The M/V Edison Explorer departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers. For more information, visit www.PureFL.com.





Fireworks can be viewed after watching a Fort Myers Miracle baseball game on Sunday

Are you up for some yoga this weekend? Yoga on the Beach offers classes on

Fort Myers Beach on four Saturdays in July. Instructor Becky Lang will teach yoga this Saturday, July 2. The class will run from 8:30 to 9:30 a.m. on Fort Myers Beach just north of the pier in front of the Edison Beach Hotel. Suggested donation is \$10.

The Level 1 flow class is suitable for most people. No pre-registration required, just get to the beach a little before 8:30 a.m. on class day with a yoga mat, sunscreen and water. Hourly parking is available nearby in the Times Square area.

For more information, contact Lang at 791-6538 or beckylang@comcast.net. If you cannot make that class, try to make it on July 9, July 16 and/or July 23.

Lakes Regional Park will host a **nature walk with a bird patrol guide** this Saturday, July 2 at 8 a.m. The tour, provided in cooperation with Lee County Parks and Recreation, is free with paid parking.

Interested participants are asked to meet at Shelter A7, which is situated to the far right of the park near the train station.

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

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

If you love fireworks, get a jump on Independence Day with a patriotic display one day early.

The Fort Myers Miracle will hold a Fourth of July celebration at Hammond Stadium at the CenturyLink Sports Complex on Sunday, July 3. The celebration features fried and specialty foods, fireworks and baseball.

The action begins when the Miracle host the Jupiter Hammerheads at 6:05 p.m. After the game, the Miracle will present a red, white and blue fireworks display in the Southwest Florida sky.

Gates open at 4:30 p.m. and parking is \$4 per vehicle. Tickets are available in advance and start at \$8.50. To order tickets, call 768-4210 or visit miraclebaseball. com.

The fireworks are presented by CenturyLink, Coors Light and 96 K-ROCK. Independence Day will also be celebrated in downtown Fort Myers.

The River District Alliance (RDA) will host the annual Fort Myers Freedom Fest July 4th Celebration in the historic River District, beginning at 6 p.m. and ending with the annual fireworks display over the Caloosahatchee at approximately 9:30 p.m.

Free to attend, Fort Myers Freedom Fest will include live entertainment by the Brittany Russell Band, a kid's zone including bounce house, family friendly vendors, a veteran's event & viewing area and the annual fireworks extravaganza over the river. Freedom Fest will be located along Hendry Street between Bay Street and Edwards Drive. Parking garages and lots will be open.

For more information, visit fortmyersriverdistrictalliance.com.

Would you rather be on a boat while viewing the Indepedence Day fireworks? **Pure Florida** will celebrate 4th of July with **fireworks cruises** from its Fort

Myers location on July 4 from 7:30 to 10 p.m. Guests are invited to watch the sunset and a stunning fireworks show, while taking in the natural beauty of Southwest Florida and observing the wildlife native to the region. While Pure Florida cannot guarantee animal sightings in the wild, potential wildlife sightings include dolphins, eagles, manatee, native birds and more.

Guests can see the sights along the Caloosahatchee at sunset aboard the M/VEdison Explorer as the knowledgeable Coast Guard-certified captain, also a master naturalist, offers a historical narration of local waterways and the environment. The cruise will feature American-inspired cuisine and will stop for a fireworks show from downtown Fort Myers. Tickets for the Fort Myers cruise are available for \$60 per person and drinks will be available for purchase onboard.

The M/V Edison Explorer departs from The Marina at Edison Ford, located at 2360 West First Street in Fort Myers. Reservations are required.

For more information or to register for the Independence Day fireworks cruises, call Pure Florida's Fort Myers location at 919-2965 or visit www.PureFL.com.

FORT MYERS FARE

Dining From Downtown's Historic River District To The Beaches For more information, check out our advertisers in this week's *The River Weekly News*

COURTNEY'S CUISINE

Courtney's is a family business run by Executive Chef Dale, his wife Betty and their son, Courtney. The warm and welcoming bar is great for lunch, libations and lots of laughter. Relax in comfort with friends and enjoy discounted drinks and appetizers during happy hour, served from open to close daily. The dining room offers a wonderful dinner variety; if you're an early diner, be sure to check out the Sunset Dining Specials from 4 to 5:30 p.m. Summer hours are Tuesday through Thursday from 4 to 9 p.m. and Friday and Saturday from 4 to 10 p.m.

20351 Summerlin Road, Units #111 and 112, Fort Myers. Call 466-4646

DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's bestselling mystery novels.

It's a well-known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito. 708 Fisherman's Wharf, Fort Myers

ICHIBAN

Beach. Call 765-9660.

Ichiban is a downtown favorite for Chinese and Japanese cuisine. The name means "Number One" in Japanese and offers its customers the perfect balance of great quality and affordable prices. Ichiban has been family owned and operated for 11 years and its enduring popularity is a testament to its exceptional, friendly service.

1520 Broadway #106, Fort Myers. Call 334-6991.



Dimitri of II Tesoro

IL CIELO

specials in an upscale casual atmosphere.

From locally caught fish, American lamb and grass-finished beef to farm-fresh

prepared dish on the menu for everyone.

through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and

and half-priced house wines, domestic

beers and well drinks. Enjoy live piano

music by Scott McDonald on Thursday,

Friday and Saturday nights, beginning at

features signature small plates, appetizers

Il Cielo is located at 1244 Periwinkle

organic produce, there is a thoughtfully

Il Cielo offers creative American

cuisine and internationally inspired

Way on Sanibel and open Tuesday

photo by Bob Petcher

Call 472-5555 for reservations.

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

ll Tesoro (The Treasure) serves dinner seven nights a week from 5 to 10 p.m. 751 Tarpon Bay Road, Sanibel. Call 395-4022.

ISLAND COW

Where can you go when you're in the "moooood" for some great cookin', local fun and prices that won't make you lose the farm? Try Island Cow on Sanibel.

Island Cow is an airy bistro with French doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of Sanibel's only al fresco eating porches. 2163 Periwinkle Way, Sanibel. Call 472-0606.

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire Blues Band and Cruzan Vibes' reggae on the weekends.

The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour, 5 to 7 p.m.

Dinner reservations are suggested. 1223 Periwinkle Way, Sanibel. Call 472-1771.

STANDARD RESTAURANT

The Standard Restaurant offers legendary food, cocktails and hospitality in a relaxed atmosphere. The combination of iron beams, old brick walls and thick wooden table tops add to the restaurant's ultra-modern feel. Noted executive chef Katlyn Johnson serves fresh home-cooked style dishes from her "made from scratch" kitchen.

The Standard Restaurant is open six days a week, serving lunch and dinner each day from Tuesday through Sunday as well as brunch with bottomless mimosas on Saturdays and Sundays.

1520 Broadway, Fort Myers, 219-6463.��



Churches/Temples ALL FAITHS UNITARIAN CONGREGATION (UUA)

2756 McGregor Boulevard, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900.

www.allfaiths-uc.org ALL SAINTS BYZANTINE **RITE CATHOLIC CHURCH**

10291 Bayshore Road, North Fort Myers Divine Liturgy Sunday 10:30 a.m.; Rosary begins 10 a.m. Lenten services (Presanctified Liturgy) will be on Wednesday evenings at 6 p.m. starting February. Very Reverend Peter Lickman, 305-651-0991. Church of the Eastern Catholic or Byzantine Rite, 1.5 mi. east of

Interstate 75. ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Fr. Dean Nastos, Proistamenos Orthros Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., www.annunciation. fl.goarch.org, 481-2099 BETH SHILOH

MESSIANIC SYNAGOGUE

15675 McGregor Boulevard. Rabbi Judah Hungerman. Friday Service, 8 p.m., Saturday Service, 11 a.m. Shabbat School Saturday Morning, Adult Hebrew Classes. Call for information 437-3171 **BREAD OF LIFE MINISTRIES**

CHURCH OF GOD

16581 McGregor Boulevard, 267-3166 Just past the Tanger Outlet Mall. Pastor Barry Lentz, 281-3063. Sunday Worship, 10:30 a.m., Wednesday Bible Study, 7 p.m. CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX

5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbi@ chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kabbalah class 9 a.m.; Shacharit 10 a.m.; Kiddush at noon. Minyan Monday and

Thursday 7 a.m. CHAPEL OF CYPRESS COVE

10200 Cypress Cove Circle Fort Myers 850-3943, Located at Cypress Cove Retirement Center on HealthPark Campus An ecumenical non-denominational community of believers. Sunday Worship Service, 10 a.m.; Wednesday Bible Study, 7 p.m. Reverendt Ted Althouse, Pastor revtedalthouse@aol.com

CHURCH OF THE CROSS

13500 Freshman Lane; 768-2188. Pastor Bud Stephens; A nondemonimational church emphasizing a personal relationship with Jesus Christ. Sunday Service: 9:15 a.m. Traditional, 10:45 Contemporary.

CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978. Pastor Douglas Kelchner, Worship times Sunday's 9 and 10:30 a.m. Website: www.taecc.com COVENANT PRESBYTERIAN CHURCH 2439 McGregor Boulevard, 334-8937 Reverned Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

CYPRESS LAKE BAPTIST CHURCH

8400 Cypress Lake Drive, Fort Myers, 481-5442 Randy A. Alston, Reverend. Sunday Services: Bible study, 9:45 a.m. Morning Worship, 11 a.m., Evening Worship, 7 p.m., Wednesday Prayer Meeting, 6:30 p.m. CYPRESS LAKE

PRESBYTERIAN CHURCH

8260 Cypress Lake Drive, Fort Myers, 481-3233. www.clpc.us. Clint Cottrell, Pastor. Prayer Service 8 a.m., Praise 9 a.m., Children's Church 9 a.m., Traditional 11 a.m. Summer Prayer Service 8 a.m.

Combined Traditional/Praise 10 a.m. CYPRESS LAKE UNITED METHODIST CHURCH

8570 Cypress Lake Drive, Fort Myers, 482-1250, 8 and 11 a.m. Sunday Traditional Service 9:30 a.m. Praise Service Sunday School all times.

FAITH FELLOWSHIP WORLD **OUTREACH MINISTRIES**

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to12 available. FAITH UNITED METHODIST CHURCH 15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. Traditional Service Sunday 8:45 a.m., Contemporary Service Sunday 10:30 a.m. Go south on McGregor Boulevard. The church is 1/2 mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel. FIRST CHURCH OF CHRIŚT, SCIENTIST 2390 West First Street, next door to Edison 2390 West First Street, next door to Edisor Estates. 10:30 a.m Sunday Service and Sunday School; 12 noon Wednesday Testimony Meeting. Child care provided at services. Reading Room located in church building for quiet study and information about Christian Science. Monday and Friday noon to 4 p.m., Wednesday 1 to 4 p.m. christiansciencefortmyers.net, christianscience.com

FIRST CHURCH OF THE NAZARENE 13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Worship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m. FIRST UNITED METHODIST CHURCH Downtown Fort Myers River District, 2466 First Street, 332-1152. www.fumcftmyers. org. Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church Service; 5:30 p.m. Youth Group. FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION 5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15

a.m. FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

8210 College parkway, Fort Myers, 482-3133. Reverend Anton DeWet, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m. Friendship Time follows worship. IONA-HOPE EPISCOPAL CONGREGATION

9650 Gladiolus Drive, Fort Myers 454-4778. Reverend Ray Buchanan Rector. Saturday 5 p.m., Eucharist with Healing; Sunday 8 a.m., Holy Eucharist, Rite One; 9:30 a.m., Family Eucharist with Healing and Church School. Tuesday 9:30 a.m., Morning Prayer (in Spanish); Wednesday 9:30 a.m., Eucharist with Healing. Child care available Saturday 5 p.m. and Sunday 9:30 a.m. services. JESUS THE WORKER

CATHOLIC CHURCH 881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m. KINGDOM LIFE CHURCH 2154 McGregor Boulevard, Fort Myers, 218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service. LAMB OF GOD CHURCH A few federated Lutheran (ELCA) and

Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www. lambofgodchurch.net. Reverend Dr. James Reho. Šunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m

NEW BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane, North Fort Myers, 656-0416. Weekly Friday meeting meet and greet 6:30 p.m. Kingdom Teaching 7 p.m. Fellowship and refreshments. nbcministry@embargmail. com, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers NEW COVENANT EYES CHURCH

See Clearly. Meeting monthly at 9 a.m. at the Elks Lodge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. www.newcovenanteyes.com. LIFT Kidz program, free coffee and donuts **NEW HOPE BAPTIST CHURCH OF FORT MYERS**

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study. NEW HOPE PRESENTERIAN CHURCH 3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org PEACE COMMUNITY CHURCH

Fort Myers Beach Masonic Lodge 17671 Pine Ridge Road. 267-7400 Pastors, Gail and RC Fleeman. Adult Discussion Classes 8:45 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship:10:30 a.m. www.

peacecommunitychurch.com. PEACE LUTHERAN CHURCH Sunday Worship at 9:30 a.m. Peace a member of ELCA. Weekly communion with traditional liturgy, organ and choir. 15840 McGregor Boulevard, Fort Myers, on the way to Sanibel. 437-2599, www. peaceftmyers.com, peace@peaceftmyers. com

REDEEMER LUTHERAN CHURCH 3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care. RIVER OF LIFE ASSEMBLY OF GOD 21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m Services; 11:30 a.m. Legacy Service, multi-generational. SAMUDRABADRA BUDDHIST CENTER

Meditation classes. Guided meditations, methods to relaxe body and focus mind on virtuous objects. Bring peace and happiness into daily activity. 567-9739. www.MeditationInFortMyers.org. SAINT COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday 6:30 p.m., Tuesday through Saturday 8 a.m. Saturday 4 p.m.; Sunday 8, 10 a.m. and 5:30 p.m. Reconciliation Saturday 9 a.m. or by appointment. ST. FRANCIS XAVIER

CATHOLIC CHURCH

2157 Cleveland Avenue, Fort Myers, 334-2161. Masses: 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., 12:15, 4 Creole and 6 p.m. SAINT JOHN THE APOSTLE METROPOLITAN COMMUNITY CHURCH 3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

SAINT MICHAEL LUTHERAN CHURCH & SCHOOL (LCMS) 3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and

children Sunday at 9:15 a.m. SAINT PETER LUTHERAN CHURCH 3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com.

Sunday worship service at 9:30 a.m. SAINT NICHOLAS MONASTERY Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar. Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. www. saintnicholasmonastery.org. ST. VINCENT DE PAUL

CATHOLIC COMMUNITY 13031 Palm Beach Boulevard (3 miles east of I75) East Fort Myers (across from Fort

Myers Shores) 693-0818. 9 a.m. Tuesday through Friday. 4 p.m. Saturday, 9 and 11 a.m. Šunday. SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard, Fort Myers, 454-3336. Robert G. Kasten Pastor. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednsday Service 6 p.m. TEMPLE BETHEL SYNAGOGUE 16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi.barras@ templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday. **TEMPLE JUDEA (CONSERVATIVE)** 14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan:

Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and Saturday 9 a.m. www.tjswfl.org. THE NEW CHURCH

The New Church of SWFL, 10811 Sunset Plaza Circle #401, behind Zoomers. Reverend Gabriella Cahaley. Sundays 11 a.m. during the season. Other worship events on Fort Myers Beach. http://www. newchurchflorida.com. 481-5535. UNITARIAN UNIVERSALIST

CHURCH FORT MYERS 13411 Shire Lane (off Daniels Parkway

one mile west of I-75). Minister The Reverend Allison Farnum. Sunday services and religious education at 10:30 a.m. 561-2700. www.uucfm.org. UNITY OF BONITA SPRINGS

28285 Imperial Street, Bonita Springs. 947-3100. Family Service 10 to 11 a.m. Healing Circle 11 a.m. Hospitality and Fellowship, 11 a.m. Inspiring lesson, uplifting and dynamic music, meditation in a loving environment.

UNITY OF FORT MYERS

11120 Ranchette Road, Fort Myers Sunday Services 9:15 and 11 a.m. Children's classes 11 a.m. Reverend Jim Rosemergy. 278-1511, www. unityoffortmyers.org. Our God is Love, Our Race is Human, Our Religion is Oneness **WESTMINSTER PRESBYTERIAN** CHURCH

9065 Ligon Court, Fort Myers, across from HealthPark Hospital, 481-2125. Senior Pastor Robert Brunson. Sunday 9:30 a.m. Sunday School for all ages. 11 a.m. Blended Worship. www. westminsterfortmyers.org

WORD OF LIFE CHURCH

2120 Collier Avenue, Fort Myers. 274-8881. Sunday 10 a.m.; Wednesday 7 p.m. Bishop Gaspar and Michele Anastasi **ZION LUTHERAN CHURCH**

7401 Winkler Road, Fort Myers. 481-4040. Pastor Curtis Deterding. Sunday 8 a.m. Traditional, 10:45 a.m. Blended, 9:30 a.m. Eductional Hour. www.zionfm.org.

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Tuesday, July 26 9:30 a.m.

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15101 Shell Point Boulevard • Fort Myers, Florida 33908 Shell Point is located just off Summerlin Road in Fort Myers, 2 miles before the Sanibel Causeway. Shell Point is a non-profit ministry of The Christian and Missionary Alliance Foundation, Inc. ©2016 Shell Point. All rights reserved. SLS-3152-16

Sight Fish The **Beaches** For Snook



by Capt. Matt Mitchell

f you want to catch snook and lots of snook. action just does not any better than it is right now. Light east winds have been the perfect set up to snook fish

out on the beaches while spending time in the passes was also a good choice. Most of the snook we are catching are in the 20- to 28-inch range, but several times a trip you'd get a shot at a 30-inch plus fish.

Sight fishing along the beaches only requires a sunny day and light winds, making these fish easy to spot. I like to slowly trolling motor just 50 feet or so out from the sand and look for cruisers. Often they sit right in the trough right before where the waves gently lap the sand. You can also spot these fish while walking the beach. Cayo Costa and



Gary Biltgen with a snook caught with Capt. Matt Mitchell last week

North Captiva are my favorite beaches to do this, only because there is less beach traffic to spook them but any barrier island beach has snook on it right now. For shore-bound anglers, a three-inch

Lead is toxic.

Choose non-lead

weights.

Send Us Your Fish Tales

he River Weekly would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Email press@riverweekly.com; or call 395-1213.

swimbait that looks like a shiner is a good way to go due to its cast ability and portability. Storm makes swimbaits that look just like a shiner that have the hook built right in. My favorites are the three-inch model Storm WildEve swim shad in either the pearl or shiner chartreuse silver color. These baits are very easy to operate, just requiring a slow retrieve as the paddle tail imparts all the action. In clear water, a 20- to 30-pound fluorocarbon leader is all you need as there is not much if any structure for the snook to break you off on.

When fishing these snook from a boat along the beaches, I like to go midday



when the sun is up high, which makes them a whole lot easier to spot. Slowly move the boat down the beach until you spot the snook gently easing up past them before casting out in their projected path. My go-to out here is a free lined live shiner or small pinfish. Once you locate these fish, it's often just a matter of getting a bait out in front of the pack and it's game-on as you can often watch them chase the bait down. Light leader is also key when sightfishing live baits in the clear water.

Our snook fishery is a total catch-andrelease fishery until September 1. When catching these snook, handle them with care and try to touch them as little as possible while removing the hook. There is nothing worse than watching someone drag a big snook up on the sand or put it in a landing net, knocking the protective slime coat off it while it gasps for air. Treat these fish with respect – wet your hands before you handle them and you don't need to even take it out of the water. With so many snook out on the beaches to be enjoyed by all anglers, this awesome fishery is as good as it gets right now.

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.玜



OBITUARY



JENNIFER NEWSOM WILSON

ennifer Newsom Wilson passed away in Fort Myers on June 15, 2016, after a brief illness. The daughter of Frances Biddle Newsom of Amesbury, Massachusetts and Arthur Clifford L. Newsom of Great Britain, Jennifer grew up in Larchmont, New York, where she was an avid and competitive sailor at the Larchmont Yacht Club. She was was employed at McMichael's Yacht Brokerage, then as parish administrator for St. John's Episcopal Church in Larchmont, New York and St. Paul's Episcopal Church

in Riverside, Connecticut. She was also the administrative assistant to the CEO of Young & Rubican until her marriage to George McLeod Wilson, her longtime friend and sailing companion. He predeceased her in 1997.

Jennifer and her daughter, Susan, moved to Fort Myers, in 2003. In Florida, Jennifer was a volunteer at St. Michael & All Angels Episcopal Church in Sanibel. She served for many years as a volunteer with the Osteogenesis Imperfecta Foundation, where Susan served on the board of directors. Jennifer was a superb cook and enjoyed entertaining friends and family at her table.

Jennifer is survived by her daughter, Susan L. Wilson; her cousins, William E. Biddle (Sharon) of Barnet, Vermont; David P. Biddle (Betsy) of Rye, New York; Jesse Biddle (Jessica) of Westborough, Massachusetts; Wendy Bendle (Matt) of Ipswich, Massachusetts; Charlie Biddle (Katherine) and Amanda Biddle of Rye, New York. She is also survived by her cousins' children: Caroline and Jack Biddle; Sage and August Bendle; and Claire and James Biddle.

A celebration of Jennifer's life will take place on July 9, 2016, at 11 a.m. at St. Michael & All Angels Episcopal Church, 2304 Periwinkle Way, Sanibel.

In lieu of flowers, please send donations in Jennifer's name to the Osteogenesis Imperfecta Foundation, PO Box 824061, Philadelphia, PA 19182-4061, (www.oif.org).

From page 1 Favorite Celebrity

received the night of the event to determine the winner, he said.

Nine local celebrities will perform a five-minute stand-up routine at the Sidney & Berne Davis Arts Center in downtown Fort Myers. The celebrity who receives the most donations will be named "Lee County's Best Comic for 2016.'

To vote for your favorite comic, text SALUSCARE to 243725. Each comic has a day specifically set aside for them: Sunday, July 10 – Chris Cifatte –

WINK-TV news anchor

Monday, July 11 - Stephanie Davis - Downtown Diva

Tuesday, July 12 – Brian Hamman Lee County commissioner

Wednesday, July 13 - Sandy Stilwell CEO, Stilwell Enterprises and Elaine Hawkins – president/CEO, Private

Client Insurance Group Thursday, July 14 - Sheldon Zoldan - News-Press content strategist

Friday, July 15 – Tom Cronin – Shell Factory general partner

Saturday, July 16 - Nancy McGovern - Lee Memorial Health System board of directors

Sunday, July 17 - Tom Chase - Fort Myers "Country Lawyer"

Nationally recognized Comedian Michael Palascak of NBC's Last Comic Standing will round out the evening with a grand finale of his humor while the votes are being tabulated.

Interior Designer Marc Collins will serve as master of ceremonies of the 2nd annual Laughter Is the Best Medicine Comedy Night to benefit SalusCare, the region's largest provider of treatment for individuals with mental health and substance use issues.

Leading Edge Benefit Advisors is the major sponsor for the evening with media sponsors The News-Press Media Group and TOTI Media.

Laughter Is the Best Medicine not only showcases our local celebrities, but gives everyone an opportunity to support a charity that provides mental health and substance use treatment for more than 15,000 people per year," Atkins said.

For more information about Laughter Is the Best Medicine Comedy Night, contact Todd Cordisco at 791-1575 or visit www.saluscarecomedynight.org.☆

Read us online at IslandSunNews.com



14 | THE RIVER - JULY 1, 2016 Plant Smart Southern Beeblossom

by Gerri Reaves

Southern beeblossom (Oenothera simulans) is a native wildflower of the evening-primrose family. You can find it blooming spring through fall in pinelands, sandy fields, woods, and coastal dunes as well as along roadsides.

The name "beeblossom" refers to its ability to attract not only bees but many other insects.

It is the larval plant for the beautiful clouded crimson flower moth (Schinia gaurae) that visits at dusk. Hummingbirds also seek nectar from this flower, which is also called morning honeysuckle.

While it might look rather weedy and scraggly, the flower spikes are truly lovely – definitely worth welcoming to your yard, where it will readily reseed.

The branched spikes measure two inches to more than a foot long. White tubular flowers open at day's end, turn pink by the morning, and then shed their petals.

Each flower is about an inch across and consists of four spatula-shaped petals, four narrow downward-curving sepals under the petals and eight prominent stamens.

Club-shaped fuzzy reddish buds at the top of the spike stand ready to replace the old flowers.

The alternate leaves appear on upright smooth arching stems that grow



Southern beeblossom is a common native wildflower along roadsides, in fields and other habitats photo by Gerri Reaves

from a single base and reach two to six feet high. The leaves are one to five inches long, lance-like and grayish green.

The pod is nut-like. The plant is an herbal remedy for pain

and inflammation. Sources: Everglades Wildflowers by

Roger L. Hammer, Florida Wild Flowers and Roadside Plants by C. Ritchie Bell and Bryan J. Taylor, Wildflowers of Florida by Jaret C. Daniels and Stan Tekiela, and wildflower.org. Plant Smart explores the diverse

flora of South Florida.

Wildlife Federation Presents Awards

The Florida Wildlife Federation honored 10 conservationists at its 79th annual Conservation Awards Banquet on June 25, at the Courtyard Marriott Riverfront Hotel in Bradenton.

Winners were selected by the federation's board of directors based on their accomplishments on behalf of Florida's fish, wildlife and native habitats.

The following individuals and groups will receive wildlife statuettes: Conservationist of the Year, Carissa Kent, Oviedo; Wildlife Conservationist of the Year, Tim Breault, Tallahassee; Land Conservationist of the Year, Alto "Bud" Adams, Fort Pierce; Conservation Communicator of the Year, Paula Dockery, Lakeland; Youth Conservationist of the Year, Kaitlin Greenough, Zephyrhills; Conservation Organization of the Year, Charlotte Harbor National Estuary Program, Punta Gorda; Fish & Wildlife Law Enforcement Officer of the Year, Lt. Mike Andriano, FWC, Fort Myers; Francis S. Taylor Outdoorsman of the Year, Capt. Esteban Gutierrez, Fort Myers; President's Award, David A. Theriaque, Esq., Tallahassee; and FWF Conservation Hall of Fame, U.S. Senator Bill Nelson.

More information at fwfonline.org.

City Holiday Waste Schedule

Fort Myers Solid Waste Division will observe Independence Day on Monday, July 4. The Solid Waste and Utility Billing offices will be closed. All city offices including city hall will also be closed.

Residential or commercial trash and recycling will not be collected on Monday, July 4. Customers will be serviced one day later, Tuesday, July 5 through Saturday, July 9.

All regular collection schedules will resume Monday, July 11.

Call 321-8050 with questions. 3

From page 2 Sea Scout

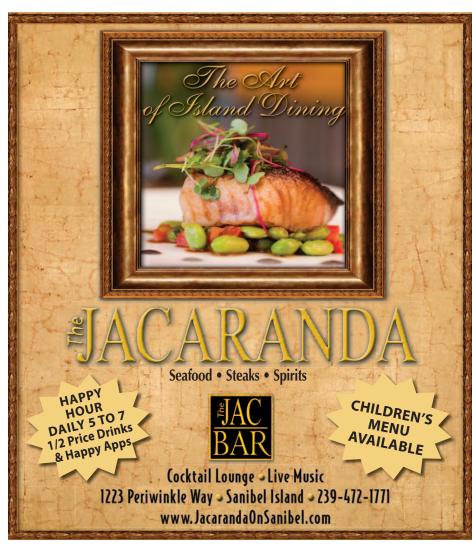
Call 939-4044 or visit swflhistoricalsociety.org for more information.

Watch the website of the Southwest Florida Museum of History for when it will reopen after renovations: museumofhistory.org.

Then enjoy the exhibits at 2031 Jackson Street. Call 321-7430 for information.

Source: http://www.mlahanas.de/ Greeks/UnderWater.htm.**





Davis Art Center July Activities

Exhibitions and activities this month happening at the Sidney & Berne Davis Art Center, located at 2301 First Street in Fort Myers, will include the following:

the following: • Friday, July 1 – Art exhibit, #Unexpected, by photographer Mila Bridger, showing in the Grand Atrium

Bridger has a way with her camera capturing the unique energy of a subject through her lens. Her beautifully vivid, colorful and sometimes twisted imagery exudes a unique flair of European Expressionism, her passion, style and depth of experience are plainly and equally evident in both her creations and her personality.

and her personality. The opening of #Unexpected will feature entertainment by Tripleshot and hors d'oeuvres provided by celebrity chef Brian Roland of Crave Culinaire. Special guest artists will also be around to perform. Parental discretion is advised. #Unexpected will exhibit through July 26.

• Friday, July 1 – Art Walk returns to Downtown Fort Myers from 6 to 10 p.m.

Author Cornell Bunting will make an appearance during July's Art Walk with his new book, *Lion With No Roar*. Bunting will be signing copies in the Davis Art Center lobby. Meet the cast from the story.

• Friday, July 15 – 4P Music Network, part of the monthly Music Walk in downtown Fort Myers held from 6 to 10 p.m.

Are you ready to claim your five minutes of fame? Join the 4P Music Network and perform during Music Walk at the Davis Art Center. We will record your performance and you can use this to build a promo pack. You can post your recording on social media and the 4P Network to make connections. There is no fee to join. Learn more and sign up at www.4pmusic.com/network.

• Saturday, July 23 – SalusCare 2nd annual Laughter is the Best Medicine Comedy Night, held from 7 to 10 p.m.

Attend an evening of comedy to benefit SalusCare. More than \$60,000 was raised in 2015 to support youth and adolescent behavioral healthcare services at SalusCare. Special guest Michael Palascak from NBC's *Last Comic Standing* will headline the evening. The emcee for the evening is Marc Collins. Visit www. saluscarecomedynight.org for more information.

• Thursday, July 28 – Art & Poetry Networking Event, held at 8 p.m.

Gulf Coast Leisure presents Art & Poetry Networking Events, showcasing the best art and poetry Southwest Florida has to offer. Artwork of every media is represented as well as music, spoken word, poetry and crafts. Network with like-minded people and expand the artistic community. Held monthly on the 4th Thursday of each month, general admission tickets are \$10 each. Call 333-1933 or visit www. sbdac.com for more information. • Monday, August 1 – TGIM Indie Movie Mondays

Watch short indie films submitted to the Fort Myers Film Festival and help decide whether or not it makes the grade for final programming during the annual festival. Doors open at 6:30 p.m. and films start at 7 p.m. Tickets are \$10 for adults and \$8 for seniors and students.

Ward 2 Community Meeting

The City of Fort Myers will be holding a Ward 2 Community Meeting at Riverside Community Center on Thursday, July 7 at 7 p.m.

City Councilman Johnny W. Streets, Jr. will host the meeting. The agenda involves a presentation on a Community Development Block Grant program, the city's mobile application, a city business update and a discussion with residents on neighborhood issues.

The meeting is open to the public and all are encouraged to attend. Riverside Community Center is located at 3061 E. Riverside Drive in Fort Myers. Capri Casino Toin the Kennedy Kruisers as they

Isle Of

head to the Isle of Capri Casino on Pompano Beach for an day of gaming fun.

Interested participants should meet at the Cape Coral center at 7:30 a.m. prior to the 7:45 departure time. The trip back begins at 4 p.m. with approximate return arrival slated for 6:30 p.m.

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Cost is \$35 per member and \$40 per non-member.

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16 | THE RIVER - JULY 1, 2016 CROW Case Of The Week: Black Vulture

by Bob Petcher



The American black vulture (*Coragyps atratus*) is a large bird of prey with a decent wing span, although its wings are not as long as a turkey vulture or other member of

the vulture family. The black vulture is part of the New World vulture family, a group that extends from the southeastern United States to mid-South America. As a species, it is not as common and widespread as the turkey vulture, a bird that breeds well into Canada and the southernmost tip of South America.

The black vulture is mostly found in flat lowlands and tends to adapt to the coastal plains, like our surrounding area. It does like to roost and nest in forest areas.

While the black vulture is considered a large bird, it is relatively small for a vulture. Its features include a black plumage, a featherless, grayish-black head and neck, and a short, hooked beak.

Like other vultures, the black vulture is a scavenger that feeds on carrion. Usually, vultures forage by smell by flying low to the ground to pick up the scent of a gas produced by the beginnings of decay in dead animals. However, black vultures have been known to fly very high when foraging, searching for carrion and studying the behavior of other vultures to find food. Overall, these creatures play an important role in the ecosystem by disposing of the dead and decaying flesh of an animal that could otherwise be a breeding ground for disease.

Besides carrion, back vultures will also dine on bird eggs, turtles and lizards as well as bird chicks, sea turtles hatchlings, parts of plants and rotting vegetables. They are also known to scavenge for garbage in landfills.

Interestingly, black vultures lack the vocal organ of birds – what is called a syrinx – so their only utterances are grunts or low hisses. Members of the species generally raise only two chicks per year, and these offspring are fed by regurgitation.

In the U.S., vultures receive legal protection under the Migratory Bird Treaty Act of 1918. That makes it illegal for anyone to take, possess, import, export, transport, sell, purchase, barter or offer for sale, purchase or barter, any migratory bird, or the parts, nests, or eggs of such a bird except under the terms of a valid permit issued pursuant to Federal regulations, according to the U.S. Fish & Wildlife Service.

CROW recently received a black vulture after it was found injured on Fort Myers Beach. Apparently, the crow-like bird flew into a concrete wall and was unable to swim.

CROW officials stated patient #16-



Patient #16-2185 suffered through neurological problems and had to be euthanized

2185 was given radiographs, and the x-rays found no fractures. The photos did reveal that the black vulture had minor head trauma.

Initially, CROW medical staff decided to offer the patient supportive care with fluid and nutritional support until the black vulture was able to be released.

Unfortunately, things took a turn for the worse during the past weekend. The head trauma experienced by the black vulture really must have begun to affect the bird's nervous system immensely. It was decided that euthanasia was needed for compassionate reasons.

Dr. Allison Daugherty, a DVM intern

theTIMBERS

at CROW, explained. "Yesterday, neurologic signs appeared to have worsened – head twisting backwards – and (the black vulture) was unable to walk or stand at all when taken out of the cage. It was dragging its legs behind its body, so we elected for humane euthanasia."

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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Golf In An Hour For \$9 Is A Unique Approach To The Game



by Ed Frank

Despite the national decline in the interest and participation in the game of golf, Southwest Florida remains a mecca of golf with reportedly 150 courses in this area, more per capita than anywhere else. But what holds for the future?

Golf boomed in the Tiger Woods era, but since that time play declined 19 percent from 2003 to 2014, according to the National Golf Foundation. Far more courses closed in 2014 (157) than opened (I4).

Perhaps the young guns such as Jordan Spieth, Jason Day and Rory McIllroy have sparked renewed interest as 2015 did show an uptick in play.

In addition to cost, the major complaint of the game is the time it takes to complete a round.

That problem is being addressed through a unique revamping of a public course in the Chicago area that has captured the attention of the United States Golf Association.

The Arlington Lakes Golf Club, a park district course, spent about \$400,000 to provide golfers a far different experience on the links. Here's how it works: Players can choose just a three-hole loop, or if you have just an hour or so to play, you can select a six-hole route. The third and sixth holes return to the clubhouse.

And the cost is reminiscent of the 1970s -- \$14 for six holes and \$9 for seniors and juniors.

"It's innovative thinking," said Hunki Yun, the USGA's director of partnerships, outreach and education.

To make the course more playable, enjoyable and quicker for juniors and high handicappers playing full 18 holes on the 5,432-yard layout, two-thirds of the traps were eliminated, the greens were enlarged and some trees were removed.

"Over the last 15 to 20 years, golf has struggled to regain its popularity," said Tim Govern, the club's golf operations manager. "This is fun golf at fantastic rates."

True, the Arlington Lakes Golf Club may not be challenging enough for a low handicapper. But it could be just what is needed to attract youth to the game.

Despite the 150 courses we have in this area, maybe a links like Arlington Lakes Golf Club would be an added plus.

Miracle Open Season's Second-Half Winning Two of Three Games

The season's second-half started last week for the Fort Myers Miracle baseball team, which won two of three games on the road against the Jupiter Marauders. The 2-1 record tied Bradenton for first-place in the Florida State League South

Division. Bradenton won the division title in the first-half. Fort Myers is home this weekend at Hammond Stadium for a three-game series against Jupiter. The Friday game has a 7:05 p.m. start and Saturday and Sunday games begin at 6:05 p.m. A big fireworks show follows the Sunday game.

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SPORTS QUIZ

- 1. In 2015, the Miami Marlins' Jose Fernandez set a major-league record for most home wins without a loss to start a career (17). Who had held the mark?
- 2. When was the last time before 2015 that the Kansas City Royals sent at least five players to the All-Star Game?
- 3. As a rookie in 2014, Jacksonville QB Blake Bortles was sacked 55 times. Name the two signal-callers to be sacked more in their rookie NFL season.
- 4. In 2015, Oklahoma's Lon Krueger became the second men's college basketball coach to take four schools to the NCAA Tournament's round of 16. Who was the first?
- 5. How many consecutive years did an "Original Six" team win the Stanley Cup after the six-team NHL expansion in 1967.
- 6. Name the first country other than Norway to win a gold medal in the Olympic men's Nordic combined skiing.
- 7. In 2015, David Love III became the third-oldest golfer (51) to capture a PGA Tour event. Who was older?

ANSWERS

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I. LaMarr Hoyt (1980-82) and Johnny Allen (1932-33), with 16 each. 2. It was 1982, when George Brett, Hal McRae, Dan Quisenberry, Frank White and Willie Wilson made the All-Star team. 3. Houston's David Carr was sacked 76 times in 2002, and Cleveland's Tim Couch was sacked 56 times in 1999. 4. Eddie Sutton, with Creighton, Arkansas, Kentucky and Oklahoma State. 5. Six seasons before the Philadelphia Flyers won in 1974 and 1975. 6. Finland's Heikki Hasu won gold in 1948. 7. Sam Sneed was 52 when he won in 1965,

Calendar Girls



The Calendar Girls pose with American Legion Post 323 Lehigh Commander Michael Mason

The Calendar Girls were honored to perform at the installation of new American Legion Post 323 Lehigh Commander Michael Mason. The Calendar Girls of Florida have been sponsoring Guide Dogs for Veterans since 2006.

For more information, visit www.calendargirlsflorida.com. \ddagger



Rotary Club Pro-Am Golf Classic Raises \$27,000 For School Foundation



From left, Norm Lutz, Jake Spanberger, Marshall Bower, Cyndi Doragh, Alicia Miller, Dan Russell, Kevin Kerns and Mark Pollock

The Rotary Club of Fort Myers - Sunrise Pro-Am Golf Classic raised \$27,000 for The Foundation for Lee County Public Schools. The title sponsor for the 2016 tournament was Millennium Physician Group.

The tournament was held May 13 at The Forest Country Club in Fort Myers. The Pro-Am Golf Classic featured 84 amateur players and 22 professionals. The professionals competed for a \$3,000 purse. Three professionals, Chris Trout, David Guy and Alex Medinis, shot a 69. Chris Trout won the tournament on a tie-breaker.

Proceeds will fund scholarships for low-income, at-risk students enrolled in the Foundation for Lee County Public Schools' Take Stock in Children program. Take Stock in Children is a statewide program that provides a unique opportunity for students to escape the cycle of poverty through education.

"Fort Myers Sunrise Rotary is a true community partner with an incredible

Youth Council Places In Video Competition

The Fort Myers Teen Advisory Council's video, *I Love Fort Myers*, showcasing the city's historical and recreational features, captured second place in the Florida League of Cities' 5th annual Municipal Youth Council Video Competition.

The Florida League of Cities invites municipal youth councils to submit videos for the annual competition as a way of presenting their ideas, creativity and commitment to the community. This year's competition sought entries 30- to 60-seconds long, answering one question: "Why I love my city."

Winners receive a trophy, a monetary award and recognition at the league's annual conference. They will also be featured in the league's statewide publication, *Quality Cities* magazine and have their videos posted on the league's website, Facebook and Twitter accounts.

For additional information, visit floridaleagueofcities.com.

LCEC Employee Program Benefits Local Charities

Lec C has designed the Pay It Forward program, encouraging volunteerism and supporting employee efforts to give to their favorite qualifying nonprofit. Employees who volunteer and track their hours can earn Pay It Forward donation dollars, which are awarded to the employee's 501(c)3 charity of choice. To receive donation dollars, employees must volunteer at least 50 hours. Upon hitting 50 hours, an employee can designate an organization to receive a \$50 donation on his or her behalf. Employees can earn up to \$100 in Pay It Forward donation dollars in a year by volunteering 100 or more hours.

Benefiting organizations must be not-for-profit, and supporting documentation of their status must be submitted with the donation request. Since the program's March 2016 launch, \$200 has been awarded to local charities.

passion to help students achieve their full potential," said Marshall Bower, president and chief executive officer of The Foundation.

"We are pleased to have a great partnership with the Foundation, Millennium Physician Group and all of our amazing sponsors in helping us make a difference in the lives of Lee County students," said Jake Spanberger, president of Sunrise Rotary.

This year's sponsors included Millennium Physician Group, Arika Bjorkedal of VIP Realty Group, EnTech, the Lee County Sheriff's Office, Wells Fargo Advisors, The News-Press Media Group, Spectrum Signworks, South Trail Tire and Auto Repair, RL James Construction, Jaguar & Land Rover of Fort Myers, Sanibel Captiva Community Bank, Prosperity Payroll, People's Trust Insurance, Freedom Insurance Center, Iron Ridge Insurance Services, Cathleen O'Daniel Morgan, Revive Pharmacy, Scanlon Auto Group, Fort Myers Memorial Gardens, TKW Consulting Engineers, Marshall T. Bower, Esq., Chase, Pool Pros, American Strategic Insurance, Morgan Stanley – Bill Finke, Andy Chernow, Ed Connor, The Royal Palm Group at Morgan Stanley, and Investors Security Trust.

The Rotary Club of Fort Myers - Sunrise includes 34 members who attend weekly meetings and raise money for various efforts including The Foundation for Lee County Public Schools, Gift of Life – Florida, Florida Sheriff's Youth Ranch, Lakes Park Enrichment Foundation, the Heights Foundation, Blessings in a Backpack, and hunger organizations.

Board Members Appointed

MIkids Southwest Florida appointed members to its executive board for the 2016-2018 term. The board consists of Cole Peacock, chairman of the board of directors; Caryn Clark, vice chair; Daniel Zeugin, secretary; Marvin Metheny, treasurer; Bill Crouch, at-large director; John Ingraham, Legacy Fund representative; and Phyllis Ershowsky, APR, CPRC, immediate past chair. Each board member, including the chairman, serves a two-year renewable term to help the non-profit organization achieve its goals of helping troubled boys and girls overcome their past and look forward to a bright future.

As part of the executive board, members will be asked to take on additional initiatives to help AMIkids Southwest Florida further its program for students. Within the past year, AMIkids Southwest Florida has launched a vocational program, an extracurricular sailing certification course and now offers graduating seniors a high school diploma.

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20 | THE RIVER - JULY 1, 2016 Financial Focus How To Declare Your Financial Independence



by Jennifer Basey Next week, we observe the Fourth of July with sparklers, picnics and parades. And living in a country that offers so much freedom, we have a lot to celebrate. But on a more

personal level, you may still be working toward another type of independence – financial independence. What can you do to speed your progress toward this goal?

Here are some ideas to think about:

• Free yourself from excessive fear. As an investor, it's not hard to find something to fear. Oil prices, interest rates, political squabbles, even natural disasters - at any given time, each of these factors (and many more) might be blamed for volatility in the financial markets. In response, many people take a "time out" from investing. Don't let fear hold you back. It takes discipline and some mental toughness to stay invested in all economic environments, but if you're constantly jumping in and out of the market, you're almost guaranteed to miss out on the kind of continuity and opportunities you need to move toward your financial freedom.

• Liberate your investments' growth potential. Many investors avoid investing too aggressively, wishing to lower their risk level. And that's certainly not a bad idea. On the other hand, you can easily slip into investing too "safely" by keeping the bulk of your portfolio in investments that protect your principal but offer so little in the way of return that they may not even keep up with inflation. So, try to always maintain a reasonable percentage of growth-oriented vehicles in your portfolio. The exact amount may depend on your age and tolerance for risk, but at virtually every stage of your life, you need some growth potential.

• Avoid the tyranny of debt. It's not easy to stay out of debt. But carrying a heavy debt load is truly a burden – you're not only concerned about making the payments, but you're also depriving yourself of dollars that could be used to invest for your future. Try to do everything you can to live within your means and avoid racking up more debt than is necessary. And when you do whittle down your debts, put that "found" money to work. The more you put in your investment portfolio, the more opportunities you have to reach your objectives.

• Free your thinking about the future. Here's another roadblock on your journey toward financial independence: short-term thinking. Instead of seeking quick gains (which are notoriously hard to achieve), strive for steady growth. Instead of reacting to the news of the day by making impulsive moves, chart a long-term strategy that's appropriate for your needs, and stick to it. Instead of focusing on the losses you might see on one month's investment statement, look back over the progress you've made over the last five or 10 years. In short, worry less about today and plan for tomorrow.

It will take a lot of time, effort and patience to ultimately achieve your own Financial Independence Day. But once you do, you'll have reason to rejoice – and you won't even need the fireworks.

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.**

Young Professionals Portal Launched

The Southwest Florida Young Professionals Group has launched a web portal offering young professionals, ages 20 to 40, a single source for information on area events, activities and interests.

In 2013, the Horizon Council Workforce Task Force recognized a need to create awareness of what Southwest Florida had to offer the growing number of young professionals in the region. The council commissioned a study that found local young professionals had a difficult time reaching others due to limited information about events and activities.

"Representatives from the Bonita Springs Chamber of Commerce-Young Professionals, Young Professionals, the Greater Fort Myers Chamber of Commerce Leadership NEXT and the Naples Young Professionals worked together to seek funding, secure a vendor and develop the portal," said Dr. Guido Minaya, chair of the YP portal initiative.

The portal was funded by Chico's FAS, Inc., Lee Memorial Health System and a grant from the Southwest Florida Community Foundation. It is produced by Atilus, a web design and Internet marketing company based in Bonita Springs, owned by young professionals.

"Atilus understands the goals of the group and was the best candidate to create this flexible communication tool," said Dr. Minaya. "With input from a committee and based on research, the YP portal offers quick and easy access to current and upcoming events and, most importantly, resources for housing, jobs, volunteering and so much more."

"In addition to growing our network and ease to connect with our peers, it will allow us to give back to the community through volunteering for various civic causes," said Joe Nugent, *The News-Press'* 2016 Young Professional of the Year. "All of these things will ensure that YPs will live, work and play in Southwest Florida for many years to come."

"We all know that communities come in all varieties and engage across many platforms," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "The community foundation is all about bringing people together to create a more vibrant region."

For more information, visit ypswfl.com.

Symphony Appoints New Director

The Southwest Florida Symphony recently appointed Barbara Wells as its new director of development. Wells, who has over 25 years of experience in the arts and culture industry, will be responsible for the development and management of the organizations fund-raising programs.

"We are all thrilled to have sophisticated and experienced development support on the symphony's staff. Barbara brings a wealth of knowledge and a sparkling personality to work every day" said Amy Ginsburg, executive director. Wells has an extensive background in non-profit management and

Wells has an extensive background in non-profit management and development, having most recently served as director of development for BIG ARTS on Sanibel. She was the director of resource development at Community Cooperative, Inc. and director of alumni relations and major gifts at the Edison State College Foundation (now Florida SouthWestern State College).

Wells serves on the board of the Partnership for Philanthropic Planning, the scholarship awards committee of the Uncommon Friends Foundation and Chrysalis Awards, as well as the Cape Coral Community Foundation Giving Alliance. Along with her family, She migrated to Southwest Florida from Richmond, Virginia where she served as the director of development for Richmond Ballet, Theatre Virginia in the Virginia Museum of Fine Arts and the School of the Performing Arts in the Richmond community.



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Emcee Robert McDonald of New Beginnings Events

Darlene Grossman, Robert Pawlecki and Sandy Stilwell

Dress Collection Party Raises Over \$19,000 For PACE Center

Members of the community recently helped raise \$19,830 for PACE Center for Girls during the Love That Dress!8 Sunset Collection Party at SS Hookers on June 15. With 100 percent of the proceeds benefitting PACE, more than 120 people attended and participated in silent and live auctions.

The evening included a selection of appetizers, music and entertainment by Robert McDonald of New Beginnings Events as well as raffle prizes, a silent auction and live auction with emcees Mike Joyce of Gulfcoast Coin and Jewelry and Gina Birch, local radio and TV personality. Auctions items included vacation packages for Sanibel and Captiva islands, spa treatments, golf and fishing packages, jewelry, restaurant gift cards and advertising packages.

"I am so grateful for the wonderful ladies on our event committee for organizing such an incredible evening of fun and giving." said Sandy Stilwell, past chairwoman of the PACE Center board and SS Hookers owner, "We couldn't have done it without the generosity and support of our event sponsors, the local businesses who helped us put together over \$30,000 worth of the most amazing auction packages and, of course, to all those who attended the event. The support of our event and of the PACE Center is heartwarming."

of the PACE Center is heartwarming." This year's Love That Dress!8 will take place on Wednesday, August 24 at the Embassy Suites in Estero, located at 10450 Corkscrew Commons Drive. In the months leading up to the event, members of the Southwest Florida community are being asked to donate new and "gently loved" dresses and accessories at collection events and convenient drop-off locations across the county. Collection parties hosted by local businesses and organizations are a great way to connect with community members and sample the local fare, all while collecting inventory, raising funds and generating awareness for the main event.

Additional collections will include Rum Runners' Miami Vibes in Cape Coral Thursday, July 7; The River District Collection at Goodwill Boutique on First and the after-party at Red Door Photography's studio in Downtown Fort Myers on Thursday, July 14; the Season Finale hosted by Six Bends Harley-Davidson on Friday, July 29; and the new Love That Dress!8 Fashion Preview presented by Miromar Outlets & Embassy Suites by Hilton at Embassy Suites on Thursday, August 4.

Tickets are available at LoveThatDress.org. This year's goal is to generate an inventory of over 4,000 dresses and raise \$120,000. All proceeds benefit PACE Center for Girls of Lee County.

Anyone interested in participating in a collection event may contact Allyson Ross, special projects associate for PACE Lee, at Allyson.Ross@PACECenter.org. For more information, call 470-7548 or visit PaceCenter.org/Lee.**



Kayla Richmond receiving her award from Christopher Pietruszkiewicz, dean of Stetson University College of Law

Attorney Honored At Bar Convention

Aumni Representative Award from the Stetson University College of Law during last week's annual Florida Bar Convention.

Richmond, as secretary and chapter representative, also accepted the Outstanding Chapter Award on behalf of the Lee County Association for Women Lawyers, the Lee County Chapter of the state-wide Florida Association for Women Lawyers.

Richmond focuses her practice exclusively in the areas of divorce, marital and family law. She handles dissolution of marriage (divorce), custody, paternity, child support and domestic violence cases.

Richmond is very in the community. In addition to her roles in the Stetson Alumni Associate and the Lee County Association for Women Lawyers, she serves as president-elect of the Lee County Bar Association's Young Lawyers Division and is a member of the Association of Family Law Professionals. Richmond also devotes time to serving community organizations and is a mentor for the Take Stock in Children Program and a committee member for Harry Chapin Food Bank Hunger Walk. She was recently recognized by 2016 Florida Super Lawyers as a Rising Star in the practice of family law.

Richmond is a Fort Myers native, graduating from Fort Myers High School in 2006. She received her undergraduate degrees from the University of South Florida (BA, 2010, magna cum laude); her law degree from Stetson University College of Law (JD, 2013); and, her graduate degree from Stetson University (MBA, 2013, summa cum laude). Richmond can be reached at 344-1156 or via email at kayla. richmond@henlaw.com.‡



22 | THE RIVER - JULY 1, 2016 School Smart



by Shelley M. Greggs, NCSP ear Shelley, Since school has let out. my 13-year-old

daughter has been spending too much time on social media. She admits to it and

also knows that it's not good to obsess over all the stuff that goes on but she still seems affected. She's so concerned about it that she has even given me her devices at night so she can sleep. How can I help her, other than take away her technology full time, which wouldn't solve the problem anyway?

Annalisa L., Fort Myers Beach, Florida

Annalisa,

You are not alone with this issue. Parents and kids everywhere are trying to cope with the intense impacts from the over use of social media. Your daughter has already made a huge step by acknowledging the problem and giving you her technology so she can sleep uninterrupted.

Kids love to use social media, but it's also creating many opportunities for them to feel anxious. Counting likes, comparing selfies and FOMO (fear of missing out) make kids want to keep tabs on what everyone else

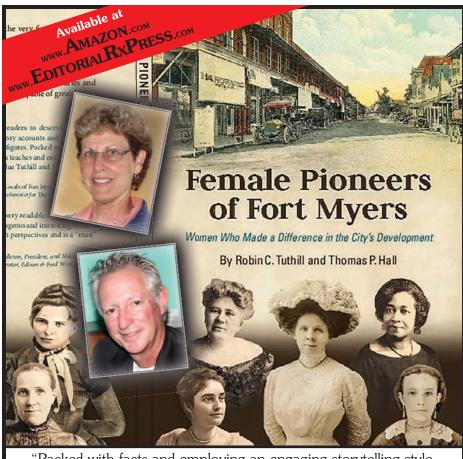
is doing. While adults might consider unplugging when it gets to be too much, with teenagers, unplugging isn't a very realistic option because so much of adolescent socializing requires being online.

Adolescent socializing is more important than you think. Teenagers are still figuring out their place in the world, and it is often through their relationships that they begin to make sense of their own identity, and social media is clearly a part of this development. It isn't in their interest to stop using social media, however, finding a way to have healthy relationships and a healthy self-esteem

while still using social media is. Psychologist Jill Emanuele suggests adapting mindfulness skills to how we use social media. She says that, "Mindfulness involves being aware, in a non-judgmental way, of how you're feeling, not just when you're out walking in the rain, but when you're looking at your friends' pictures on Snapchat or Facebook.

What exactly is mindfulness? Mindfulness is a technique for living in the moment and without judgment. It helps you become more aware of what is happening around you and how you feel. Taking the time to slow down and notice these details helps you regulate your emotions and stress levels. It also introduces a level of reflection and selfawareness that people often don't have when they're scrolling through feeds online," said Dr. Emanuele.

Dr. Emanuele recommends the



"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.³ Gerri Reaves, PhD, author of Legendary Locals of Fort Myers and Fort Myers, Then & Now following mindfulness strategies to make time spent online and offline happier:

Work on being more self-aware and prioritizing how you feel and what you think when you're using social media of its impact. "How am I doing right now? How is this app making me feel? How did that picture make me feel?" Try to be aware of changes in your mood, and see if you notice any patterns. And if you notice negative emotions, don't judge yourself but do acknowledge the emotion.

However, if something is consistently making you feel bad, practicing mindfulness can also help you identify that and then ask yourself why, and if there is something you can do that might help. Taking the time to notice and value how you are feeling is an important skill that will make you happier and more confident in all areas of your life, not just when you're online.

The best way to get a little perspective is to take occasional breaks from social media. Do yoga, go for a run, spend time with friends in person,

Book Review The Nightingale



uthor Kristin Hannah said she did everything she could not to write this novel. But when research on World War II led her to the story of a 19-year-old Belgian woman

who had created an escape route out of Nazi-occupied France, she was hooked. The Nightingale is a fictional account of two sisters struggling to survive during World War II in France. Isabelle is rebellious and intent on fighting for France, while Vianne simply wants to survive the war with her family intact. Both learn who they are and what they are capable of as the war wages on.

The story begins at the Oregon Coast in 1995 with an elderly woman who is dying of cancer. Her identity is not revealed. As her son helps her move to a retirement home, he sees a photo of a young woman and asks his mother who she is. The elderly woman begins to remember the story of Vianne and Isabelle.

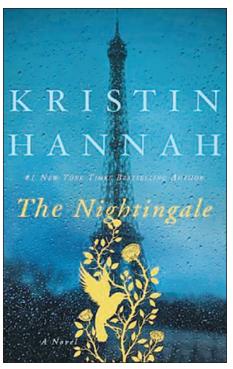
The sisters have taken very different paths after their mother's devastating death and their father's transformation into a distant and withdrawn parent. Vianne, the eldest, sought comfort in the arms of a schoolmate, consequently finding herself pregnant and married at just 16. Rebellious Isabelle gets herself kicked out of multiple schools. Then the Germans conquer France, and the sisters' lives change even more drastically.

Husbands and fathers are forced to enlist while the Germans take over their towns, billeting themselves in people's homes, gorging on food while and hang out in nature. Whatever it is, doing things in real life can be a big stress reliever and make you feel better about yourself in a way that scrolling through a feed never will.

Try to practice self-awareness during offline activities, too. Notice how you feel in the moment when you are being active, and note what really feels like fun to you. You'll earn more about yourself and, chances are, you'll find that your stress decreases greatly.

Hopefully, using these strategies will help your daughter handle her social media anxiety more effectively.

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.



forcing starved locals to wait in endless lines for rations. Vianne's husband is captured as a prisoner of war, and she is forced to take in a German captain to provide food for her young child. Isabelle joins the Resistance, boldly leading fallen airmen fighting for the liberation of France over the Pyrenees to safety while also falling in love herself. While trying to protect her own daughter, Vianne finds the courage to rescue and hide away a number of Jewish children.

The Nightingale is a powerful tribute to the brave women who lived, worked and fought behind enemy lines. It is full of compassion, suffering, romance and constant dangers. Being historical fiction, it is based thoroughly on fact and human experience, and that makes these women and their stories spring off the page and into life. It's a perfect book club selection with fascinating characters and events to discuss.☆

Community Foundation Gains Honor

The Southwest Florida Community Foundation has earned the Platinum GuideStar Nonprofit Profile Seal of Transparency, the highest level of recognition offered by GuideStar, the world's largest source of nonprofit information. The Platinum level was developed and introduced to nonprofits earlier this year.

By sharing metrics that highlight changes that the Southwest Florida Community Foundation is making toward its mission, the organization is helping donors move beyond simplistic ways of nonprofit evaluation, like overhead ratios, and is focusing on the organization's impact in the community and the changes the foundation is making in the region.

"Based on the foundation's long-held belief in being transparent about our work, we are excited to convey our organization's results in a user-friendly and highly visual manner," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "By updating our GuideStar Nonprofit Profile to the platinum level, we can now easily share a wealth of up-to-date organizational metrics with our supporters as well as GuideStar's immense online audience, which includes donors, grantmakers, our peers and the media."

To reach the platinum level, the Southwest Florida Community Foundation added extensive information to its nonprofit profile on GuideStar: basic contact and organizational information; in-depth financial information; qualitative information about goals, strategies, and capabilities; and quantitative information about results and progress toward its mission.

"By taking the time to provide this information, the Southwest Florida Community Foundation has demonstrated its commitment to transparency and to giving donors and funders meaningful data to evaluate us," added Owen. "We're proud that our GuideStar Platinum Nonprofit Profile and its associated benefits help us better communicate our organization's exciting initiatives at a global scale."

The GuideStar database contains a profile for every tax-exempt nonprofit registered with the IRS.

GuideStar encourages every nonprofit to claim and update its profile at no cost to the organization Updating allows nonprofits to share a wealth of up-to-date information with the more than 7 million people who visit GuideStar to learn more about nonprofit organizations each year. Updating also allows nonprofits to share information with the more than 180 philanthropic websites and applications that are powered by GuideStar data. To reach a given participation level, organizations need to complete all required fields for that participation level. The GuideStar participation levels, acknowledged as symbols of transparency in the nonprofit sector, are displayed on all updated participants' profiles in the GuideStar database.

For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.

City Community Meeting Planned

The City of Fort Myers' Housing & Real Estate Division will host their 2nd annual Action Plan Community Meeting, in association with the Housing and Urban Development Community Development Block Grant Program, on Tuesday, July 5 from 6 to 7 p.m. The meeting will be held at the Dr. Carrie Robinson Center, located at 2990 Edison Avenue in Fort Myers.

The City of Fort Myers receives grant funding annually from the U.S. Department of Housing and Urban Development (HUD) to provide housing assistance and public service programs to eligible, low to moderate, income residents of the City of Fort Myers. The Action Plan Community Meeting provides an opportunity for residents to learn about the various housing and community development programs. Moreover, it allows individuals an opportunity to provide input on the identified community needs and proposed funded activities.

The meeting is open to the public. All who are interested are encouraged to attend. $\overset{\circ}{\approx}$

Healthy Living Lecture

The Lee Memorial Health System will offer a free interactive and

▲ informational program on how to limit toxins and decrease the risk of auto immune disease on Wednesday, July 13 from noon to 1 p.m. at the Gulf Coast Medical Center Community Room, 13681 Doctors Way, in Fort Myers.

The lecture, led by Dr. Sal Lacagnina, system medical director of wellness and employee health, will also cover how to develop a healthy lifestyle action plan.

Seating is limited and reservations are requested by calling 424-3234. Visit healthylee.com for more information.*

To advertise in The River Weekly News Call 395-1213

New Cardiac Rehabilitation Center At Cape Coral Hospital



From left, Scott Kashman, CAO of Cape Coral Hospital; Wendy Piascik; Cindy Brown; Keith Callahan; Therese Everly, member of the Lee Memorial Health System Board of Directors; Skip Leonard, CFO, Lee Memorial Health System Foundation; Carol Rae Culliton; Richard Metzger; Charlie Culliton; Adam Culliton; and Sandy Childress

The new Gunterberg Family Foundation/Culliton Family Cardiac Rehabilitation facility was unveiled at Cape Coral Hospital June 16. Featured in the 4,000-square-foot space is all new exercise equipment and 12 monitors, a 120-foot track, men's and women's locker rooms, reflection room and consultation rooms.

Continental Women's Club Meeting

Representatives from Animal Refuge Center (ARC), a local non-kill animal rescue group, will be the featured guests at the Continental Women's Club of Greater Fort Myers Thursday, July 7 luncheon meeting.

ARC is looking for donations of pet toys, paper towels, old linens and towels, kitty litter, and wet and dry Pedigree dog and cat food. ARC will have a van onsite to collect donations.

The club's monthly meetings are held on the first Thursday of the month at 11:30 a.m. at Colonial Country Club, 9181 Independence Way in Fort Myers. The cost for the luncheon is \$19. Call 466-1938 before Monday, July 4 to make a reservation.

For more information on club membership, call 561-8973.炎

From page 4 Art Walk

it's perceived by residents and guests alike."

The Alliance is currently narrowing its national search for an artist to create a centerpiece for the project. The finalist will be announced in fall of 2016. Along with the John E. & Aliese Price Foundation, the Alliance expressed gratitude to the Southwest Florida Community Foundation, the LAT Foundation, the Florida Department of Transportation, the Robert Rauschenberg Foundation and the community for making this component of its campus enrichment initiative a success.

For information on how you can be part of this transformative project, contact Alliance Executive Director Lydia A. Black at 939-2787 or visit www. artinlee.org/phaseone/. *Tom Hall is both an amateur artist*

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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Why You Shouldn't Eat Leftovers Or Fermented Foods



by Suzy Cohen, RPh

ear Readers: Many of you are eating fermented foods and drinking kombucha under the advice of well-meaning practitioners or bloggers or magazine articles you've read. If you have any

autoimmune disease (Hashimoto's, Graves' disease), or have hypothyroidism, insomnia, gastrointestinal disorders, chronic pain, panic attacks, fatigue, depression, anxiety, chronic headaches, skin rashes or brain fog, your miserable symptoms could be coming from what's on your plate.

Fermented foods are, by definition, a food that is undergoing the process of turning into alcohol through the use of yeast, bacteria, fungus (mold), or enzymes that break down the food. It's food that's starting to rot a little, right? For example, it's milk that's starting to rot and turn into cheese. Tofu is fermented soy and sauerkraut is fermented cabbage. Grapes become alcohol and milk becomes cheese. Ferment a sausage and you'll get

salami. As you read this today, I want you to ask yourself:

Do I react well or badly after eating cheese, cold cuts, yogurt or any fermented food including tofu and leftovers?

Do I react well after drinking wine, soy milk or kombucha?

Did you know one of the top reasons for migraines is fermented foods? The logic in recommendations to restore friendly gut bacteria to your microbiome is important, it's essential. I'm all for a healthy gut. I've been an advocate for probiotic supplementation for two decades, before it became vogue. But the tight junctions in your gut aren't really closing up after you eat tofu or drink vinegar (kombucha), and if it is happening, your zonulin levels should come down. Feel free to send me a study that proves that.

Fermented foods may cause uncomfortable side effects for some of you like bloating, flatulence, belching, headaches, palpitations, itchiness and rashes. Fermented foods and drinks are very high in histamine. Eating high-histamine foods can cause histamine levels to skyrocket within minutes to hours and it will accumulate to a sickening level if you cannot break it down fast enough, and it accumulates. Throw out leftovers because they are high in histamine. The Internet is a black hole of bad information. So because fermented foods are high in histamine, I say to avoid them if you have an autoimmune disorder.

Now, I'm not trying to take all your fun away. I know you love some of those foods. I'm not saying they are bad for all of you. But all of you who eat fermented foods or drink fermented drinks know who you are... you are still the ones who are miserable with plaguing symptoms, and if you trace it back in your mind, there may be a correlation to what you

Humane Society Seeks Volunteers

The Gulf Coast Humane Society (GCHS) is looking for volunteers to help walk dogs, socialize animals, assist in the clinic and take photos/videos of the animals. Volunteers are in high demand due to summer vacation travel.

Other opportunities include helping with the clinics, dog training, administrative reception, cleaning, maintenance and fostering pets. Volunteers will also help train some dogs to walk on a treadmill as well as behavioral training.

A set schedule is not required as volunteering hours are very flexible. Interested volunteers must apply online and attend orientation. Volunteers age are eating and drinking. This is what I want you to think about and if you have the mind clarity, to keep a food diary and see if you can track flare-ups to fermented foods. If you sign up for my free newsletter, I'll send you an email with a longer version of this article, and a list of foods that are high in histamine.

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.**

13 to 15 must have a parent present when volunteering, and volunteers age 16 to 17 must have a parent sign a liability waiver. Volunteer hours may satisfy school requirements. Courtordered community service may also be completed, which requires a separate application that can be found at http:// gulfcoasthumanesociety.org/courtordered-community-service-information. html

To apply, visit http://www. gulfcoasthumanesociety.org/become-avolunteer.html and fill out an application that asks for contact information, availability and assignment preferences. Once the application is approved, an email will be sent to sign up for orientation.

For more information about Gulf Coast Humane Society, call 332-0364 or visit www.gulfcoasthumanesociety.org.‡

children needed a married mother and father. The father supported his children and made it possible for the mother to give care. That mindset, I guess, has long gone to extinction.

I cannot imagine any ethical physician allowing such a procedure to go to term. Apparently money was his motive and I wonder if he also committed to their support for the next 20 years. *Lizzie*

Dear Agnes,

Well, the reality show pushes me over the edge. Unfortunately, I bet you millions will watch it like a bad train wreck, so awful but they cannot turn away.

There are many facts we do not know; maybe the mother lied to her physicians about her circumstances. Many of us do lie to our doctors. Maybe the physician told the mother the pregnancy needed to be reduced but she refused. There is a term for patients not following medical advice: AMA. If a patient refuses a procedure and makes an informed decision, a physician cannot force a patient to have a procedure. I think there is a criminal statute that covers that. I am sure the details will be fodder for the electronic and print media for months to come.

Just a small but important point: the mother of the 14 children lives with her parents. She came from an intact family with a married mother and father. So maybe the marriage certificate is not what is important as much as the quality of parenting in an intact family or single parent family that is the critical factor. *Pryce*

Lizzie and Pryce's email address is momandmeaging@hotmail.com.

Look And Feel Great With The Help Of Food



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

When most people think of a "diet," they automatically think of weight loss. What people don't realize is that diet actually means habitual nourishment or a food or drink regularly consumed. Interestingly, the concept of nourishment often gets tossed to the side when attempting to lose weight or fix other problems at the expense of overall health. Eating real, organic, unprocessed food instead of fake foods/drinks and those loaded with sugar, assists your body to look and feel the way it should.

Low energy levels are one of the top complaints we hear from people. So many people are struggling to get through their day. The purpose of food is to create energy for the body in order to function well. While turning to processed, fast foods or "energy" drinks may give a boost in the short term, these contribute to your overall intake of processed foods and should not be regularly consumed. Therefore, if you habitually "nourish" your body with these items, your metabolism may not be working efficiently and you may find yourself losing steam and reaching for another quick fix pick-me-up, perpetuating the cycle.

When we say that diet affects every aspect of your body, we do mean every aspect. Eating the wrong types of food puts stress on your body, and sleep is one thing that can be affected. It may be surprising how much better you sleep, and how rested you feel, when you eat cleaner, real foods.

Mental clarity, alertness and lack of foggy-headedness are all improvements seen with clean eating. These qualities make it easier to work, play, concentrate, engage with and enjoy the company of others. Make sure your brain and body are receiving the right nutrients to function at their best.

This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services 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.*

Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a twogenerational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

I was shocked and appalled to read in the newspaper that a single woman with no job, no husband, living in a tiny house with her parents and her six older living children could have in-vitro fertilization and deliver eight more babies,

There is little doubt that the taxpayers will have to pick up the bill for the next 20 years plus.

What is this country coming to?

Dear Agnes,

This seems to me to be medical technology gone amuck, and an extreme violation of medical ethics.

I was always under the impression that

Agnes

Southwest Florida Museum of History 321-7430

PETS OF THE WEEK

ello, my name is Butterscotch. I'm a $1^{1/2}$ -year-old neutered male redbone coonhound mix. I came to the shelter as a cute puppy with a bubbly personality and was adopted quickly as adorable puppies often are. A year later, I found myself back at the shelter in need of a home. I'm now a big and handsome dog, but just as bubbly and playful as I was as a puppy. Every good dog deserves a good home. Won't you adopt me and give my tale a happy ending?

My adoption fee is \$50 (regularly \$75) during Animal Services "Once Upon A Time" Adoption Promo

Hi, I'm Kong. I'm a 2-year-old neutered male domestic short hair. I am king of the cattery and love to hang out in my cat tree. I am very polite and sociable with my roommates in the cattery. I can be found perched high above my domain either sleeping or looking out while waiting for my new forever family to arrive.

My adoption fee is \$10 (regularly \$50) during Animal Services "Once Upon A Time⁷ Adoption Promo

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.举



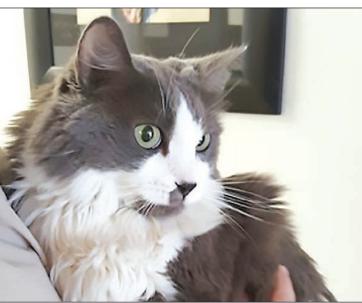
Butterscotch ID# 621974



Kong ID# 664193

PAWS Of Sanibel Laya

aya has been alone since Memorial Day when her owner was found unconscious. Sadly, her owner never regained consciousness and passed away after 10 days in hospice care. Laya is now at the PAWS of Lee County shelter in North Fort Myers. She is 9-years old, spayed and comes with her vet records. Laya is a sweet girl, and she was great companion to her owner. She would love to get out of her cage and into a real home. To meet Laya, call PAWS of Lee County at 652-6722.举

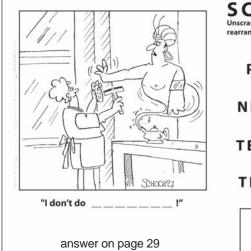


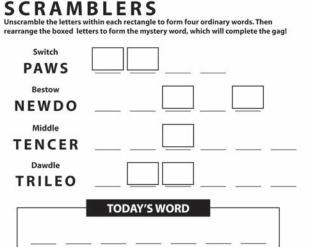
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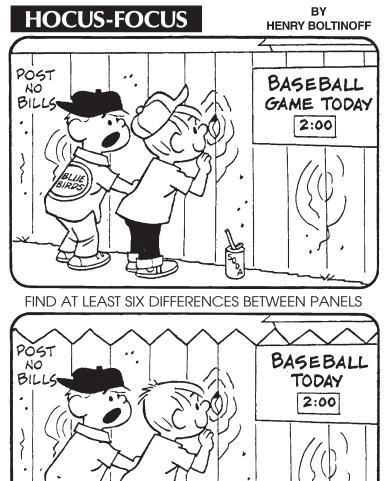
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SUDOKU

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

answer on page 29

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4. Cuffs are missing. 5. Soda can is missing. 6. Sign is different.

Differences: 1. Fence top is different. 2. Shirt emblem is missing. 3. Cap is missing.

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Arugula and Berry Salad with Candied Pecans

16 ounces arugula, rinsed and drained 1 dozen strawberries, rinsed, hulled and sliced

1 cup blueberries

2 oranges, peeled and segmented

8 ounces goat cheese, crumbled

1 lemon, juiced

- 1 tablespoon olive oil
- Sea salt, to taste

Fresh ground pepper, to taste

In a medium-sized mixing bowl, add arugula, lemon juice and olive oil. Lightly toss the arugula to coat and season lightly with salt and pepper.

Serve on four chilled plates. Add an even amount of the dressed arugula to the center of each plate. Arrange an even amount of citrus, blueberries and strawberries in a decorative manner on each plate. Evenly distribute the crumbled goat cheese over the top of each salad. Garnish each salad with a few of the candied pecans. Serve salad chilled.

2 cups pecans

- 3/4 cup natural sugar
- 1/2 teaspoon sea salt

Heat oven to 400 degrees F. Spread the nuts on a baking sheet

and toast, tossing once, until fragrant, 6 to 8 minutes; transfer to a bowl. Once the baking sheet is cool, line it with parchment paper.

In a large skillet, combine the sugar,



Arugula and Berry Salad with Candied Pecans

salt, and 2 tablespoons water. Simmer, swirling the pan occasionally (do not stir as it will crystallize the caramel), until the liquid is amber colored, 12 to 15 minutes. Stir in the nuts, and then spread the mixture on the prepared baking sheet, separating the nuts as much as possible. Let cool. Break up any large clusters before serving.

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4:30 to 5:30 p.m. Second Monday of each month President, Di Saggau 239-466-4707

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My Stars ★★★★

FOR WEEK OF JULY 4, 2016

ARIES (March 21 to April 19) You clever Ewes and Rams love nothing more than to rise to a challenge. So, by all means, if you feel sure about your facts, step right up and defend your side of the issue.

TAURUS (April 20 to May 20) You've done some great work recently. Now it's time to reward yourself with something wonderful, perhaps a day at a spa or a night out with someone very special.

GEMINI (May 21 to June 20) You love to talk, but don't forget to make time to do a little more listening; otherwise, you could miss out on an important message someone might be trying to send to you.

CANCER (June 21 to July 22) Your aspect indicates some uncertainty about one of your goals. Use this period of shifting attitudes to reassess what you really want and what you're ready to do to get it. **LEO** (July 23 to August 22) Your

LEO (July 23 to August 22) Your social life is picking up, and you'll soon be mingling with old friends and making new ones. But 'twixt the fun times, stay on top of changing workplace conditions.

VIRGO (August 23 September 22) A trusted friend offers understanding as you vent some long-pent-up feelings. Now, move on from there and start making the changes you've put off all this time.

LIBRA (September 23 to October 22) You might well feel uneasy as you face a difficult situation involving someone close to you. But you know you're doing the right thing, so stick with your decision.

SCORPIO (October 23 to November 21) You're a good friend to others. Now's the time to allow them to be good friends to you. Rely on their trusted advice to help you get through an uncertain period.

SAGITTARIUS (November 22 to December 21) Family and friends are always important, but especially so at this time. Despite your hectic workplace schedule, make a real effort to include them in your life.

CAPRICORN (December 22 to January 19) That project you've been working on is almost ready for presentation. But you still need some information from a colleague before you can consider it done.

AQUARIUS (January 20 to February

18) Don't let those negative attitudes that have sprung up around you drain your energies. Shrug them off, and move ahead with the confidence that you can get the job done.

PISCES (February 19 to March 20) Aspects favor some dedicated fun time for the hardworking Piscean. A nice, refreshing plunge into the social swim can recharge your physical and emotional batteries.

BORN THIS WEEK: You love to travel and be with people. You probably would be happy as a social director on a cruise ship.

THIS WEEK IN HISTORY

• On July 5, 1775, the Continental Congress adopts the Olive Branch Petition, which appeals directly to King George III and expresses hope for reconciliation between the colonies and Great Britain. George refused to accept the petition. A year later, the Declaration of Independence took a much stronger stance.

• On July 4, 1804, Lewis and Clark stage the first-ever Fourth of July celebration west of the Mississippi River. The expedition stopped near a creek, which they named Independence Creek in honor of the day.

• On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon. The tournament was suspended after semifinals were held July 12 in order to leave London fans free for a cricket match.

• On July 10, 1925, in Dayton, Tennessee, the so-called Monkey Trial begins with John Thomas Scopes, a highschool science teacher, accused of teaching evolution in violation of Tennessee law. The town took on a carnival-like atmosphere and included a chimpanzee that wore a plaid suit, brown fedora and white spats.

• On July 6, 1942, in Nazi-occupied Holland, 13-year-old Anne Frank and her family are forced to take refuge in a hidden area of an Amsterdam warehouse. The day before, Anne's older sister, Margot, had received a call-up notice to be deported to a Nazi work camp.

• On July 8, 1960, captured CIA pilot Francis Gary Powers, who was shot down two months before while flying a secret spy mission over Moscow, is charged with espionage by the Soviet Union. It was a huge setback in U.S.-Soviet relations.

• On July 7, 1983, Samantha Smith, an

11-year-old girl from Maine who had written to Soviet leader Yuri Andropov about her worries of a nuclear war, begins a twoweek goodwill visit to the Soviet Union at Andropov's invitation.

MAGIC MAZE

PIECE OF CAKE

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REVOKL

STRANGE BUT TRUE

• It was noted 20th-century English historian A.J.P. Talyor who made the following sage observation: "Conformity may give you a quiet life; it may even bring you to a University Chair. But all change in history, all advance, comes from the nonconformists. If there had been no troublemakers, no dissenters, we should still be living in caves."

• Those who study such things say that the typical raccoon weighs twice as much in September as it does in March, at the end of the long, lean winter.

• Standard Oil of Louisiana opened the first gasoline superstation in 1912 in Memphis, Tennessee. It offered 13 pumps and a maid who served ice water to customers. On opening day, a gallon of gas cost \$0.29.

• You might be surprised to learn that Cirque du Soleil, the largest theatrical producer in the world, was founded by two street performers who never completed high school.

• Iconic actress Marilyn Monroe spent much of her childhood in foster homes and an orphanage, and her troubled life has been much publicized. Considering her struggles with depression, anxiety and addiction, it should not be surprising that Monroe's will named the Anna Freud Center, a mental-health research, training and treatment center dedicated to helping children, as a beneficiary.

• A global survey of people's vacuuming habits finds that more than 60 percent of vacuumers in Colombia, Mexico, Brazil and Chile listen to music while performing that chore -- more than anywhere else in the world. Only a third of Americans listen to music, though; according to the survey, the favorite pastime of vacuumers in the United States is just to think about vacuuming.

THOUGHT FOR THE DAY

"When the power of love overcomes the love of power the world will know peace." -- Jimi Hendrix

SUDOKU

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

SCRAMBLERS

solution 1. Swap; 2. Endow; 3. Center; 4. Loiter Today's Word WINDOWS

TRIVIA TEST

- 1. ANATOMY: Where are the carpal bones found in the human body?
- 2. GEOGRAPHY: What is the deepest lake in the United States?
- 3. LANGUAGE: What is another name for a sommelier?
- 4. ANIMAL KINGDOM: What is the chief characteristic of a palmiped's feet?
- 5. MUSIC: A piece of music in the "adagio" style would be played in what manner?
- 6. HISTORY: What was the name of first fully functional Space Shuttle orbiter?
- 7. MOVIES: What was the acronym name of the artificial intelligence in the "Iron Man" and "The Avengers" movies?
- 8. GENERAL KNOWLEDGE: What is the study of the movement of bullets?
- 9. U.S. GOVERMENT: Who was the first secretary of the Treasury?
- 10. LITERATURE: What was the title of the first James Bond novel?

TRIVIA ANSWERS

I. Wrist 2. Crater Lake in Oregon 3. Wine steward 4. Webbed, like a water fowl 5. Slowly 6. Columbia 7. J.A.R.V.I.S. 8. Ballistics 9. Alexander Hamilton 10. "Casino Royale."



 $\star \star \star$ www.islandsunnews.com PLACE CLASSIFIED $\star \star \star$

Turtle Nesting Season Guidelines

Tith the official start of sea turtle nesting season now upon us, the City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), is asking all residents and visitors to do their part in protecting these threatened and endangered species.

On Sanibel, nesting and hatchling emergence

typically occur between May 1 and October 31. The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

By following these simple guidelines, you can do your part to ensure the survival of these

magnificent creatures: • Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.

• Remove furniture and other items from the beach and dune area when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach, including beach furniture, toys and trash, may be barriers to nesting or result in entanglement and predation of hatchlings.

• Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.

• Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.

• Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings. Gulf-front property owners should

make sure that their properties are in compliance with the city's sea turtle protection ordinances and ensure that artificial lighting from the property is not illuminating the beach (Sanibel Code Section 74-181-74-183, Section 126-996-126-1002).



Volunteers check a sea turtle nest after hatching photo provided by SCCF

THE RIVER - JULY 1, 2016 31

An easy way to test if your property is in compliance is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light could potentially deter female turtles from nesting or disorient hatchlings as they emerge from the nest.

We look forward to another successful sea turtle nesting season and hope to uphold Sanibel's reputation as having one of the darkest and most "turtle friendly" beaches in the state. We ask for your continued compliance with city's sea turtle protection ordinances and remind all residents and visitors that violations of these ordinances may be subject to city, state, and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111, Sanibel Code Enforcement at 472-4136, or Natural Resources at 472-3700.

For more information regarding sea turtles on Sanibel, visit the city's website at http://mysanibel. com/Departments/Natural-Resources/Protecting-Our-Beaches/Sea-Turtles.☆



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Alva	Alva	2007	7,403	\$2,995,000	\$2,670,000	211
Cape Coral	Cape Coral	2016	2,982	\$1,249,900	\$1,150,000	107
Sweet Bay at Shadow Wood	Bonita Springs	2002	2,825	\$995,000	\$975,000	346
Cape Coral	Cape Coral	1971	3,075	\$950,000	\$900,000	195
Useppa Island	Useppa Island	1982	3,323	\$890,000	\$790,000	165
Cape Coral	Cape Coral	2015	2,580	\$875,000	\$850,000	91
Wildcat Run	Estero	2006	3,316	\$869,000	\$840,000	87
Woodlake at Bonita Bay	Bonita Springs	1989	2,623	\$839,000	\$790,000	31
North Captiva Sands	Captiva	1981	1,056	\$829,000	\$782,300	83
Cape Coral	Cape Coral	1974	2,243	\$800,000	\$750,000	21

Courtesy of Royal Shell Real Estate



AWARD WINNING Flavors From The Caribbean Rim!

Sanibel Island

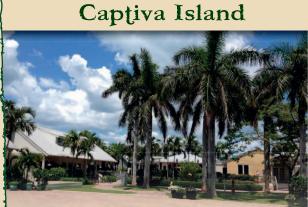


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