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THE RIVER WEEKLY NEWS

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Vol. 15, No. 29

From the Beaches to the River District downtown Fort Myers

JULY 22, 2016

Artists To Showcase Works From Colorado Residency Program



Koixistence by Mariapia Melerba

The Sun Peaks Center for Art & Sustainability in Colorado Springs, Colorado will host Southwest Florida art entrepreneurs Mariapia Melerba and Leila Mesdaghi during a two-week artist residency program. Their works will be presented during the August Art Walk at the Sidney & Berne Davis Art Center (SBDAC), located in the historic downtown River District at 2301 First Street in Fort Myers.

Sun Peaks Center for Art & Sustainability is a non-profit educational organization created to explore new designs and ideas that embody a new balance between current technology and future possibilities, bringing breakthroughs in environmental science down to a comfortable, understandable

human scale. It is a collaboration between Ray Armstrong, the developer of the property, and Marne Adler, an internationally known artist and arts educator and advocate, in which their unique vision of combining science and art to inspire a model of sustainability in the areas of water conservation, renewable energy, gardens, Koi ponds and art and design has come to life.

Both artists will return home at the end of the month to present the work they created in their own exhibit opening on Friday, August 5 at the Sidney & Berne Davis Art Center. The show, titled *Symbiotic: Melerba/Mesdaghi*, will represent their reflection and meditation on their creative processes while in a setting that



Sun Peaks Center for Art & Sustainability's koi pond

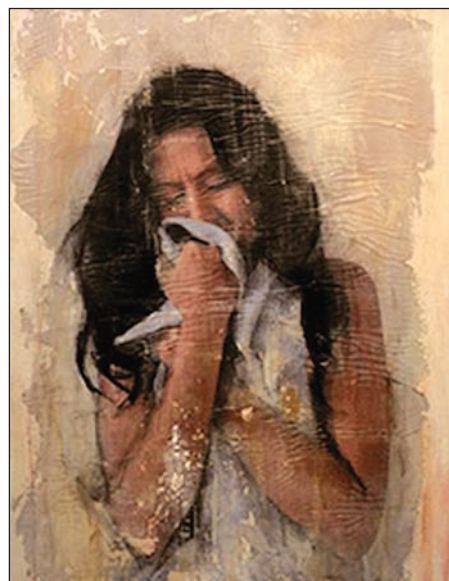
photos courtesy of Sidney & Berne Davis Art Center

preserves the integrity of earth's natural resources.

Melerba is an Italian-American artist who was born in Puglia, a region in Southern Italy. She studied art in high school and then went on to study at Accademia di Belle Arti, a fine art institute in Florence, Italy. After earning a degree in art, with primary coursework in scenography, set design and costume history, she moved to Lake Como in Lombardy, Italy to work as a textile designer. She has created textile designs for well-known fashion designers such as Dolce and Gabbana, Versace and Roberto Cavalli.

Mesdaghi is an Iranian-American artist living in Fort Myers. She holds a BA in law from Tehran Azad University, Iran, and a BA in arts from Florida Gulf Coast University. To her, making art is a combination of emotional experiences

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Leila in Black by Leila Mesdaghi

Pokémon For The Arts Lure Event At Alliance This Saturday

The Alliance for the Arts is calling all Pokémon Go! trainers to its 10-acre campus on Saturday, July 23 from 11 a.m. to 1 p.m. during the next Alliance GreenMarket. Meet fellow gamers as you catch as many Pokémon as you can. Explore the GreenMarket and meet local growers, bakers and artisans as you hunt for pocket monsters.

The Alliance is home to four Pokestops and one gym. During the course of the event, there will be nonstop Lure Modules deployed. Free goodies will be available at the information table inside the main gallery and there will be a drawing contest with a prize for the winner. Wifi is available to anyone who checks in and likes the Alliance Facebook page, but you must visit the information table to obtain the password.

"A video game like Pokémon Go! is a great example of how a team of artists can come together to create a world that brings people together," said PR director Mike Kiniry. "We'd like to provide a safe environment for gamers to engage with each other and capture wild Pokémon."

Check out the Alliance Facebook event for more information.

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

A Siren's Call At Lab Theater

by Di Saggau

A combination of great humor and genuine poignancy exists in *Sirens*, now showing at Laboratory Theater of Florida. It's by playwright Deborah Zoe Laufer. I saw her play *Informed Consent* at Gulfshore Playhouse in Naples last year and was most impressed. After seeing *Sirens*, I am doubly impressed. This is a fresh, smart entertaining play with some of the most amusing dialogue I've heard in a very long time. I laughed a lot.

The play centers on Sam and Rose Abrams, who are celebrating their 35th wedding anniversary. They are played respectfully by Patrick Day and Brenda Kensler. Both are beautifully suited to their

roles. Rose is a piece of work and Kensler plays her to the hilt. She is blessed with the best lines, which also helps, and her delivery is spot on.

The play opens with the Abrams sitting in a travel agency trying to decide on a trip to celebrate their anniversary. While making up their minds, Rose accuses Sam, a middle-aged songwriter, of drooling over young girls in public and flirting with them on Facebook. She has done some snooping on his computer. Rose delivers some sharp condescending comments. Her last words in the first scene are priceless.

I should mention that Sam wrote a song for Rose when they first fell in love, a song that has been recorded by many recording artists and can be heard on elevators and even on cell phone rings. He hasn't had a hit song since because he

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Historic Downtown Fort Myers, Then And Now:

Perennial Hotel Spot



by Gerri Reaves, PhD

This November 2007 photo of the corner of Main and Broadway reminds us of the upheaval brought by the streetscape project of the previous decade. Downtown redevelopment seemed to kick into high gear, as multiple structures were renovated, some with respectful attention to original historic features. Streets were blocked off, torn up and resurfaced. Under-ground utilities were replaced, and water, sewer and storm-drain systems were renovated. Benches, bicycle racks and trash- and dog-waste receptacles appeared in the project’s final stages.

One of the first of the mid-decade projects to get underway and be completed was Hotel Indigo. The project as conceived had a lot in its favor, and that probably helped to insure that it was finished while some other projects were never realized.

For one thing, the fact that it was an infill project pleased proponents of New Urbanism and, practically speaking, core downtown certainly needed a hotel.

In contrast to some other projects of the era, its seven-story height did not raise alarm, inspire law suits, or brazenly challenge the city redevelopment plan.

Its architectural style and soft white exterior, too, was for some people a welcome change from the ubiquitous (sometimes faux and/or drably colored) Mediterranean-revivalist style of so much of downtown.

But history buffs appreciated the project for particular reasons. It was a nod to history in a way, because the location had a century-long history as a hotel.

The Hammon Hotel was built circa 1908 on the eastern half of the present Indigo site. Then, in 1917, Peter Tonnelier built a large modern expansion to the hotel, which had been renamed Kenmore. The new section extended the hotel to mid-block.



In November 2007, Hotel Indigo was under construction on Main. Visible at the top of the photo is foliage of the historic live oak tree in front of the Lee County Courthouse. The tree was destroyed in 2011.

photo by Gerri Reaves



The hotel opened in 2009

photo by Gerri Reaves

Businesses occupied the ground-floor, adding to the hustle and bustle of the block at that time. The railroad passenger depot was just a moment’s walk away on Monroe, and a café and other businesses shared the block.

That “new” Kenmore lasted about 20 years. For one period, the lot was a Good-year store and a parking lot, but in recent memory was vacant.

The construction of Hotel Indigo, however, revitalized the spot’s hotel legacy. In March 2009, it held a grand opening.

The hotel has three entrances, the one pictured, which faces the historic Lee County Courthouse on Main, the arcade entrance on Broadway, and one from First Street through a courtyard leading to the arcade.

The project’s honoring and enhancement of the pedestrian connections among streets is another point in its favor. Those connections had been created when the arcade was built in 1924.

One thing sure has changed, though. The Kenmore’s 1939 ad for rates “\$1 and up” no longer apply on the premises.

Walk down to Main Street across from the courthouse to see one of downtown’s oldest hotel sites.

Want to learn more about the many hotels in Fort Myers history? Visit 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.

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 visit the museum at 2031 Jackson Street to enjoy exhibits that will inform and entertain. Call 321-7430 for information.

Source: Archives of the Southwest Florida Historical Society.✱

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Lorin Arundel

Advertising Sales
Bob Petcher
George Beleslin

**Graphic Arts/
Production**
Ann Ziehl
Amanda Hartman
Justin Wilder
Diane Wynocker

Writers
Gerri Reaves, PhD
Anne Mitchell
Jeff Lysiak

Contributing Writers

Jennifer Basey	Marion Hauser, MS,
Kimberley Berisford	RD
Suzy Cohen	Ross Hauser, MD
Ed Frank	Audrey Krienen
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Opening Reception During Art Walk

Arts for ACT Gallery will hold an opening reception from 6 to 10 p.m. Friday, August 5 featuring works by Isabel Squires and Gayle Smock.

A native of Costa Rica, Squires began painting in 2008. Her work includes still life, landscapes and portraits. Her subjects have exaggerated eyes, and the application of vibrant colors and use of trees, flowers and plants from Central America define Squires' passion and style. She has called Fort Myers home since 1995.

Smock is a full-time professional artist who has lived in Fort Myers since 1971. Originally from the Chicago area, Smock received her education at the American Academy of Art, the Art Institute and the Illinois Institute of Technology and Design. She retired from *The News-Press* as an advertising artist after 29 years and currently hosts the Art Social Group at the SHARE Club at Wa-Ke Hatchee in South Fort Myers.

The exhibit will be on view through August 29.

Arts for ACT Gallery is located at 2265 First Street in the downtown Fort Myers River District.*



Florida Panther by Gayle Smock

Habitats Exhibit To Feature Works By Alliance Members

The Alliance for the Arts announces its next member exhibit following the theme "habitats" in August. Twice a year the Alliance invites its more than 1,200 members to contribute artwork following a different theme to



Painting by Isabel Squires

be exhibited in its Main Gallery. Current Alliance members are allowed to submit one piece of artwork of any medium. The exhibition will be on display from August 5 to September 3, with an opening reception scheduled for August 5 from 5 to 7 p.m. Works by Patrick Conolly will be displayed in the Member Gallery. Artwork must be delivered framed, wired and ready to hang on August 1 from 9 a.m. to 5 p.m.

You may become a member in order to participate. Individual Alliance

memberships are \$55 annually and offer many valuable benefits including exhibition opportunities and discounts on classes, camps, and event tickets. The artist prospectus is available online at www.ArtInLee.org. To learn more about becoming an exhibit sponsor email Jessica@artinlee.org or call 939-2787.

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



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Fort Myers Art:

Riverside Drive Was Renamed McGregor Boulevard 101 Years Ago



by Tom Hall

On July 14, 1915, Riverside Drive was renamed by Lee County as McGregor Boulevard, keeping a promise made to Tootie McGregor that it would name the boulevard in honor of her first husband, Standard Oil CEO Ambrose McGregor, after she paid to pave a 20-mile stretch of Riverside from Whiskey Creek to Punta Rassa. Because of the new road, a large area of potentially invaluable land was opened for development.

Not only did Tootie agree to have the 20-mile stretch from Whiskey Creek to Punta Rassa paved, she put in all necessary bridges and culverts along the way and even set up a fund to maintain the road for the next five years. Spurred by this activity, the city went on to asphalt all the streets in downtown Fort Myers which, until then, were just sand, dirt and oyster shell.

Unfortunately, Tootie did not live to see the roadways completed. She died on August 17, 1912. Her second husband, Dr. Marshall O. Terry, carried out her wishes and installed a fountain in the intersection of Main, MLK (formerly Anderson), Cleveland, McGregor (previously Riverside Drive) and Carson Street to memorialize all that his wife had done to further the town's development. Known as the Tootie McGregor Fountain, it was Fort Myers' first public art piece.

In consideration for the fountain, the city agreed to light the fountain "with not less than five incandescent electric lights of 32 candlepower each," provide water "in sufficient volume for carrying full capacity of its fountain," and place the fountain at "some prominent point within the city" to be approved by Dr. Terry and the city council. The site selected was known back then as Five Points, a broad intersection where all the aforementioned streets met.

The fountain was completed sometime during the summer of 1913. It was clearly finished by August 17, 1913, being the first anniversary of Mrs. T. McGregor Terry's death.

According to local sculptor D.J. Wilkins, the base, trunk and orb at the top of the palm tree were cut from pink granite quarried in northern Georgia. Weighing 24 tons (48,000 pounds), the granite's price tag in 1913 was \$5,000 but its replacement cost today would exceed \$250,000.

The palm fronds are made of bronze, as are the five venomous snakes that

once served as water spouts (two of which are water moccasins, also known as cottonmouths), two are eastern diamondback rattlesnakes and the fifth is a coral snake).

Long-time resident James Butler relates that the fountain originally served as both a turn-about in the Five Points intersection and a watering trough for horses. However, while the fountain was still standing in 1948, Karl H. Grismer reports in *The Story of Fort Myers* it was bereft of its "lights and the heads of snakes from which water used to gush." Four years later (in 1952), the fountain was dismantled to make way for the crossover to the Caloosahatchee Bridge. The palm tree in the center was moved to the Fort Myers Country Club, roughly 250 feet from its present location. At least three of the five snakes were placed in storage.

The fountain was ultimately reassembled by Wilkins between 1983 and 1984 at the request of the Fort Myers Beautification Advisory Board. Incident to the fountain's restoration, Wilkins added a 40-foot diameter receiving pool and replaced the bronze copperhead snake at the base of the palm trunk. But rather than piping water through the original snake fountain heads and risking their theft or further deterioration, Wilkins directed jets of water through bronze bullfrogs sitting on upturned leaves. "In 1992, we removed the shaft," said Wilkins, "and piped the water to the top and over the fronds."

Since its restoration, the Tootie McGregor Fountain has graced the front of the Edison Restaurant in the clubhouse of the Fort Myers Country Club, with the city once more providing lighting, water and a prominent location within Fort Myers.

In the ensuing 100 years, only two public artworks have been added by Fort Myers to honor one of the city's most important developers, benefactors and civic leaders. The first is a transfer solvent print of the fountain that was rendered by internationally acclaimed artist Darryl Pottorf in 1990, and the other is a bust of Tootie McGregor cast by Don Wilkins in 1989. The latter is part of the Harborside Collection, which is on display in the north gallery of the Event Center. But many residents and visitors have never seen the bust and have no idea what McGregor looked like although they've undoubtedly heard her name on numerous occasions.

National Endowment For The Arts Funding Bill

Last week, the U.S. House of Representatives began consideration of the bill that funds the National Endowment for the Arts (NEA). The bill funds the NEA at nearly \$150 million, an almost \$2 million increase for FY2017, meeting the President's request. The House proposal also contains several other positive areas of support, such as:

- support for STEAM and the value of integrating arts education into science, technology, engineering, and math (STEM) education to foster creativity, innovation, problem solving, and critical thinking skills;
- NEA's participation in the National Initiative on Arts and the Military, led by Americans for the Arts in cooperation with multiple national arts, health and veterans' service organizations, the private sector, the military, and other government agencies;
- a longstanding, collaborative relationship between the NEA and State Arts Agencies in support of the arts in local communities;
- and support for the display of art in government buildings, including postal facilities.

Unlike last year, there is no prohibition of funding for NEA's Our Town program, which supports creative place making projects all across the country. Americans for the Arts advocated against this funding restriction on this core grant program.

Congress continues to remain much divided over spending priorities. Final funding decisions might not be known until December, or even next March. This legislation is likely to be considered over several days this week, with a potential negotiation with Senate appropriators possible. However, these bills are important markers for those discussions. The House bill is also critical because of the funding increase it would provide. This same increase is not in the Senate proposal.✧



The Tootie McGregor Fountain, Fort Myers' first public art piece, was completed by local sculptor DJ Wilkins in the summer of 1913, before its move

photo courtesy of artswfl.com

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Renovation Under Way

The Alliance for the Arts is proceeding with phase one of its 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.

The overall plan envisions an expanded, sustainable cultural arts center with upgrades including 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.

The Alliance is currently narrowing its national search for an artist to create a centerpiece for the project. The finalist will be announced this fall. 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 our 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/.

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

Donations Needed

Abuse Counseling and Treatment, Inc. is seeking donations of art, handmade jewelry or one-of-a-kind art furniture from professional and emerging artists for its Arts for ACT 2016 Disco Ball Gala, to be held on Saturday, October 29 at Harborside Event Center in Fort Myers.

The gala benefits survivors of domestic violence, human trafficking and sexual assault, and their children.

The nonprofit is also requesting donations of weekend getaways, day spa outings, concert tickets, fine wine and dining certificates as well as movie, sports and other memorabilia.

Artwork may be 2- or 3-dimensional and of any media. Only original work will be accepted for the live auction. Art must be delivered on or before Monday, August 22 to the ACT administrative offices. Silent auction artwork and other items are also being accepted. Artists and donors will receive one or two free tickets for their donation. The last day to donate is Monday, August 29.

Call Claudia Goode at 939-2553, email cgoode@actabuse.com or visit artsforactfineartauction.com for more information.✱

Calendar Girls Changing The World



The Calendar Girls

The Calendar Girls can look back and name the people who gave them a chance when they needed it most. Now, they are offering those valuable lessons to others. "Our mission is to change the world... one sequin at a time, one smile at a time, one guide dog at a time," Calendar Girl Linda Floyd said. "Smile and the world smiles with you. Share your sparkle." For more information on The Calendar Girls, visit calendargirlsflorida.com. ✱

From page 1

Artists Showcase



Designer Mariapia Malerba

photo by Alicia Caverio



Leila Mesdaghi

as sculpture, printmaking and installation. In her most recent works, she has been merging performance with video and photography, exploring the spaces between presence and absence.

Later this summer, fellow Southwest Florida artists Renee Rey, Kelly Wise and Leila Younes will join Sun Peaks in the next artist-in-residency session. For more information on the Sun Peaks Residency program, visit sunpeaksartandsustainability.org.

Art Walk operates every first Friday of the month from 6 to 10 p.m. Call 333-1933 or visit www.sbdac.com for more information.✱

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Susan Chicone and Donna Sublett

Go Red For Women Campaign Chairs Announced

The Southwest Florida Office of the American Heart Association/American Stroke Association (AHA) announced the chairs for 2017 Go Red For Women campaign (GRFW) – including the annual GRFW Luncheon taking place at 10:30 a.m. on Thursday, April 6 – are long-time volunteers Donna Sublett and Susan Chicone.

The mother-daughter team has a passion for educating women on heart disease. Sublett and her husband both have family histories of cardiovascular diseases and she is a two-time heart attack survivor herself.

“I’m passionate about using my extensive volunteer, and personal, experience to support the Go Red For Women campaign. Research on women and heart disease has lagged for years – Go Red addresses the disparities and raises awareness so that women know that heart disease is our number one killer, too,” said Sublett. “It’s a gift that I get to pour my heart into this cause with my daughter at my side.”

Sublett, who worked in education, and her husband relocated from Missouri in 1984, residing on a boat at South Seas on Captiva. Chicone was 2 at the time and grew up on Sanibel. Both are key players in the community.

“As a daughter, wife and mother, I want every woman to understand her cardiovascular risk, what each of us can do to change the statistics and, most importantly, what we can do – together – to build healthier lives, families and communities,” added Chicone. “Of course, I am glad to be able to chair the Go Red campaign with my mother, especially after all she’s been through.”✽✽

FGCU Culinary Awareness Series

The Office of Continuing Education & Off-Campus Programs at Florida Gulf Coast University (FGCU) will present the Culinary Awareness Series, in collaboration with the Institute for Culinary Awareness Research & Education.

The courses are offered at Sugden Hall Kitchen Laboratory in FGCU’s School of Resort and Hospitality Management, Atrium Executive Suites, 8695 College Parkway, Suite 1181 in Fort Myers; and Pine Manor Culinary Training Kitchen, 5547 10th Avenue in Fort Myers.

The first two classes are Thursday, August 4 and Thursday, August 11 on FGCU’s main campus. Each session meets from 5:30 to 7:30 p.m. Most cost \$85. To ensure quality time with the instructor, each class is limited to 15 students.

Courses expose participants to a variety of food topics such as Asian- and European-inspired themes; techniques and flavors; basic baking principles; nutrition; menu planning; wine; knife skills and culinary techniques; sanitation; gardening, organics and sustainability; cooking with seasonal local products; and canning and preserving.

Call 425-3270 or go to fgcu.edu/CEd/professional_development_programs.html to register.✽✽

From page 1

Lab Theater

no longer has the passion he needs to be creative.

While on their cruise, Sam hears the Siren’s song and leaps into the Mediterranean. He is washed ashore and spends some time with a pretty red-haired Siren, played by Holly Hagan, who loves to play solitaire on a small game device. Hagan is well cast as a sexy Siren who doesn’t mind causing boats to crash. She says, “I sing my song and the boats crash, that’s what I do.” Meanwhile, Sam wrestles with middle age blues and the tortures of creative failure.

Back on shore, thinking Sam is dead, Rose decides to call an old flame, Richard, played by Juan Alejandro. It’s a smaller role but he does it justice. While she’s on the phone setting up a date with Richard, there is a knock on the door and what happens next is hysterical.

The start time of *Sirens* was delayed 15 minutes due to opening night walk-ins, which shows how people are starting to appreciate what Laboratory Theater has to offer. That makes me happy, however, calling ahead for reservations speeds up the process and gives you better seating.

I highly recommend you see this delightful comedy. It is directed by Anne Dodd and is thoroughly enjoyable. *Sirens* plays through August 13 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. Jot this number down to order tickets, 218-0481.✽✽



Brenda Kensler and Patrick Day play Rose and Sam Abrams in *Sirens*



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Sail with pirates aboard the Pieces of Eight at Salty Sam's Marina
photo courtesy of saltysamsmarina.com

Along The River

Knock down a few pins and enjoy a buffet on Thursday evening. The Fort Myers Beach Chamber of Commerce is inviting participants for the 3rd annual **Beach Chamber Bowling Bash** at **Beach Bowl & Pelican's Arcade** on Thursday, July 21 from 5 to 9 p.m. The fun is open to the public and sponsored by Paychex, Captain Bubby's IsLand Tours and Mango Street Inn. Enter a team of up to five players and play from either 5 to 7 p.m. or 7 to 9 p.m. Prizes will be awarded for winning team, best score and worst score. Cost per team is \$150. If you don't want to bowl, you can still join in the fun as part of the gallery for \$10. There will be free pool, cornhole and other games for all attendees as well as free food and a cash bar. There will also be plenty of raffle prizes. The theme for this year is the 1960s, and there will also be an award for best dressed. This is a great opportunity to get acquainted with Beach Chamber members or to network with beach area businesses in a friendly environment.



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Beach Bowl and Pelican's Arcade is located at 17651 San Carlos Boulevard.

For more information or to register, visit www.BeachChamberBowl.com or call 454-7500.

This Friday, July 22, the **Alliance for the Arts and Harry's Senior Moment Improv Troupe** will host a **family-oriented improv mini-show and workshop** for parents and children ages 8 and older in the Foulds Theater at the Alliance.

The workshop is scheduled from 5:30 to 8 p.m., starting with pizza, a mini-show by the troupe and their kids, followed by an interactive workshop with all participants. Tickets are \$10 for a parent/child pair and \$5 for each additional adult or child. Enrollment is limited to 40 participants. Reserve a spot by visiting artinlee.org/improv or calling 939-2787.

Harry Lichtcsien, the inspiration behind Harry's Senior Moment, is 82 years old and has been living with colon cancer for 10 years. With the help of his best friend, Bonnie Grossmann, the troupe was born. Grossmann encouraged Lichtcsien to take improv classes as an outlet for the stress of dealing with cancer and then worked with him to create the HSM Improv Troupe.

People are surprised that the troupe's members are much younger than Lichtcsien. For more information, visit seniorimprov.com, email harrysmoment@gmail.com or call 481-7158.

Salty Sam's Waterfront Adventures offers two different pirate ship excursions on Friday.

First, step aboard the **Pieces of Eight** for an **all-ages cruise** from 4 to 5:30 p.m. Enjoy the 90-minute swashbuckling show aboard a 65-foot Spanish galleon-style ship. The cruise offers interactive pirate fun, face painting, limbo, full-service bar, secret maps and treasure.

If you would like something more Arrrrrr rated, spend the evening with Captain Jack, Pickpocket Pete and crew for the rollicking adults-only **Friday Night Pirate Party** from 7 to 8:30 p.m. This 90-minute cruise features a fun, interactive show including a boatload of pirate shenanigans! The ship has a full-service bar and snacks available on board.

Both pirate cruises begin at Salty Sam's Marina at 2500 Main Street on San Carlos Island and sail through Matanzas Pass to the Gulf of Mexico. Prices range from \$22.45 per person to \$37.50 for the afternoon cruise and \$20 for the age 21 and older evening trip.

Enjoy the open air decks and be on the lookout for dolphin and other sea creatures or shake your booty on the dance floor.

Visit saltysams.com for more information.

Wisteria Tea Room is celebrating its **5th anniversary** with a **tea party**, involving an All-American themed menu and special seatings on Saturday, July 23. Seatings are available at 11 a.m. and 1:30 p.m.

A pre-paid \$45 reservation includes tax and gratuity.

The tea party is the finale of the business' 5th anniversary week that involves five days of Wisteria Tervis tumbler giveaways, a special scone flavor debut and specialty 5th anniversary jumbo cupcakes from July 18 to July 22.

For more information or reservations, call 689-4436, email service@wisteriatearoom.com or visit www.wisteriatearoom.com.

The **Wild Coffee Duo** will present a **Sounds of Summer concert** in two locations this weekend.

On Saturday, July 23, catch Susie Kelly on cello and Abbey Allison on piano in Estero in Koreshan State Park's Art Hall at 2 p.m.

On Sunday, July 24, see the ladies perform at the Sanibel Congregational United Church of Christ on Sanibel at 3 p.m.

The theme of the concerts is A Trip to the Zoo. The duo will present a musical menagerie including The Carnival of the Animals by Camille Saint-Saëns and other music written about – or imitating the sounds of – many different animals. Audiences will hear birds, fish, donkeys, spiders, and bats, among others. The concerts are free and open to the public, but there is a \$5 park admission fee at Koreshan Art Hall. Free-will donations will be accepted at each concert.

The Art Hall at Koreshan State Park is located at 3800 Corkscrew Road in Estero. The Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way and can be reached for details at 472-0497.

For more information, visit the www.wildcoffeeduo.wordpress.com.

Check out the last weekend of **Bass Pro Shops Family Summer Camp** within Gulf Coast Town Center in Estero.

From noon to 5 p.m. on both Saturday and Sunday, the store offers free family activities, including a shooting arcade, a casting challenge, bird watching seminar and other presentations on camping & conservation, hiking and backpacking, outdoor gardening, backyard adventure, water safety and hunting.

For more information and a schedule of events, visit basspro.com. Kids receive a free lanyard and earn a free pin for every workshop they complete.✧



Join the tea party at Wisteria Tea Room

photo courtesy of Wisteria Tea Room

FORT MYERS FARE

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COURTNEY'S CONTINENTAL 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 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 (across from Sanibel Outlets in Publix Sanibel Beach Place), 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 best-selling 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 Beach. Call 765-9660.

ICHIBAN

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.



From left, Brandon Cook, Dawn Blauvert and Chris Blauvelt of The Standard Restaurant

photo by Bob Petcher

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone.

Il Cielo is located at 1244 Periwinkle Way on Sanibel and open Tuesday through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Wednesday, Thursday, Friday and Saturday nights, beginning at 7 p.m.

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.

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

Read us online at
IslandSunNews.com

ISLAND COW

Where can you go when you're in the "moood" 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.*

OPEN

Tues-Thurs	Lunch 11-4 Dinner 4-10
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Saturday	Brunch 9-noon Lunch Noon-4 Dinner 5-11
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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. Reverend 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 10:30 a.m. Website: www.taecc.com

COVENANT PRESBYTERIAN CHURCH
2439 McGregor Boulevard, 334-8937 Reverend 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 to 12 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 ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

FIRST CHURCH OF CHRIST, SCIENTIST
2390 West First Street, next door to Edison 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. Sunday 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@embarkmail.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 PRESBYTERIAN 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 relax 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. Sunday.

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. Wednesday 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✽

\$500K Grant Application For McCollum Hall

The Fort Myers Community Redevelopment Agency (CRA) submitted a Special Category Historic Preservation Grant Application for \$500,000 to the Florida Department of State, Division of Historical Resources, for McCollum Hall, on July 8.

The CRA approved the application on June 29 at their monthly board meeting. If awarded, the grant will provide \$500,000 to continue the restoration of the historic McCollum Hall. The grant requires a 50 percent match of \$250,000, including in kind services and 25 percent cash.

Prima Luce Planned Unit Development's Public Art Fund contribution of \$140,000 has been designated to restore and/or renovate McCollum Hall. It will be used for the cash portion to meet the grant requirement.

Parker/Mudgett/Smith Architects Inc. will serve as the project architect for McCollum Hall restoration work.

Two years ago, the McCollum Hall project was awarded a \$500,000 Special Category Grant from the State of Florida, Department of State, Division of Historical Resources, during a prior grant funding cycle.

McCollum Hall was built around 1938 by African American businessman

Clifford McCollum, Sr. as a commercial and recreational building for the Dunbar community. It served as the United Service Organizations, Inc. (USO) center for black servicemen stationed at Page and Buckingham airfields. McCollum Hall was one of many venues throughout the eastern, southern and upper mid west areas of the United States that was safe and acceptable for African American musicians, comedians and other entertainers to perform during the age of segregation. These venues collectively were called the "Chitlin Circuit." Many nationally famous musicians – including Duke Ellington, Count Basie and Louis Armstrong – performed on the second floor dance hall.

McCollum Hall was designated a local, historic landmark by city ordinance in December 1998 and was the top ranked project in the 2006 Dr. Martin Luther King and Veronica S. Shoemaker Revitalization Plan.

In 2008, the CRA purchased the severely, deteriorated property for redevelopment and has invested \$1.2 million to purchase, re-roof and stabilize the building.*

Email your
editorial copy to:
press@riverweekly.com

Doc Ford's Relocating



The new Sanibel location of Doc Ford's Rum Bar & Grille

photo by Bob Petcher

Doc Ford's Rum Bar & Grille Sanibel Island will be changing location in the near future.

Officials say construction of the new restaurant on Tarpon Bay Road – across from the Bailey's Shopping Center – is going along well. They added that the opening of the new site is projected to occur between mid-August and the beginning of September.

Doc Ford's Rum Bar & Grille Sanibel Island is currently located at 975 Rabbit Road. It has a Captiva Island location at 5400 South Seas Plantation Road as well as a restaurant at 708 Fishermans Wharf on San Carlos Island, near Fort Myers Beach.

Visit docfordssanibel.com to view the menu and learn more.*

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Downsize In The Hot Water



by Capt. Matt Mitchell

If you have put a hand or foot in the water this last week, you quickly realized just how hot our water temperature is. By mid-afternoon, the dark colored water in the southern

sound felt like it was in the mid 90-degree range. Getting out early for the morning bite, when the water is just a few degrees cooler, has made all the difference between catching lots of fish or struggling to just catch just a few. Afternoons can also be very unpredictable, with fast moving thunderstorms being a big part of our normal summertime pattern.

Most of my time fishing this past week was done in the middle to northern sound, or basically up past Redfish Pass, escaping from the brown river water. As you make your way up the sound, water conditions quickly improve and once you reach the beaches of North Captiva, you would have no idea we are experiencing



A pair of slot-sized redfish caught while fishing with Capt. Matt Mitchell this week

any nasty river water issues. Even during the hottest days, I have been catching a wide variety of fish by downsizing my baits and tackle.

Grass flats within a half-mile or so of the passes have been loaded up with huge schools of small to medium shiners and threadfin herring. Catching a live well

full of these smaller baits and then live chumming with them fired up everything. Throw a 1/4-inch mesh cast net and clean up is a breeze. Most of these smaller baits gill up in a 3/8-inch net. Just a little bit of chumming and a couple of throws of the net was all it took for a blacked-out livewell.

Channels and edges of grass flats and sandbars both inside and outside the passes offered anglers an outstanding variety of species and the best non-stop rod bending action around. Chumming a few shiners at a time in these areas with any tide movement caught trout, Spanish mackerel, ladyfish, jacks, mangrove snapper, small sharks and blue runners. If you're looking to stay busy on mixed bag

action, this has been it. The water in and around the passes has better flow and is usually a few degrees cooler than the eastern side of the sound.

In this clear water around the passes, I have been downsizing my gear, using only 20-pound fluorocarbon leader and a light wire 1/0 hook. Once the fish start popping on the chum, it's just a matter of getting your bait to the pops. Another option that worked well was to free spool a bait back in the chum with an open bail, letting the bait drift at the same speed as the live chum. Catching good numbers of large drag-screaming Spanish mackerel was a great change of pace. When these Spanish got really thick and we started to get lots of cut-offs, I switched up to a long shank 1/0 hook for a little more insurance.

Big, high daytime tides did make the redfish action a little more consistent than it has been the past few weeks. I chose to only target the reds during the last hour of the incoming tides and it paid off most days. Small tail hooked live pinfish seemed to be the best choice of bait when free-lined up into the shadows of the mangrove roots. While dock fishing for snook this week, we also had a few unexpected slot redfish.

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. ☆

Send Us Your Fish Tales

We 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 a photograph with identification. Email to press@islandnews.com or call 395-1213.

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Dave Doane

Plant Smart

White Indigoberry

by Gerri Reaves

Native white indigoberry is a member of the coffee family and related to two popular landscape shrubs, wild coffee and firebush.

Its natural habitats include South Florida's coastal hammocks, forests, pine rocklands and fields.

This evergreen has numerous other common names, including box briar.

Wildlife-friendly, hardy and adaptable, this species is useful as an accent, foundation plant, or buffer.

It is usually shrub size, typically growing six to 10 feet high, but sometimes reaches small-tree size.

The plant has an erect gray trunk, narrow crown, stiff branches and dense wood. Compact foliage provides cover and nesting sites for birds.

The glossy, leathery leaves vary from plant to plant, measuring one-half to two inches long with a central vein and pointed tips. Pairs of spines at the leaf attachments make it a good security hedge.

Fragrant white five-petaled tubular flowers of about one-half inch across bloom year-round in the leaf axis. They provide nectar for the Schaus' swallowtail and other butterflies. It is also a larval plant for tantalus sphinx moths.

Female plants bear the fruit – a food source for birds – which ripens from green to white and contains five to 14 seeds.

The oval berries are edible, but not particularly palatable. The indigo-colored pulp, which will turn the tongue blue if eaten, is used as blue body paint, ink and herbal medicines.

White indigoberry is a moderate to slow grower and can grow in nutrient-poor soil. It requires organic content to do well, however.

Give it full sun to light shade in well-drained rocky or sandy soil.

It is highly drought tolerant as well as salt tolerant, so it suits a variety of landscape conditions.

Propagate it with seeds or cuttings.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Plants for Wildlife* by Craig N. Huegel; *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Waterwise: South Florida Landscapes* by South Florida Water Management District; *Your Florida Guide to Shrubs* by Edward F. Gilman et al.; eattheweeds.com; edis.ifas.ufl.edu; fnps.org; and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱



Native white indigoberry's fruit ripens from green to white and contains indigo-colored pulp



Female plants produce small white flowers throughout the year

photos by Gerri Reaves

Disaster Loan Assistance

In response to recent Lake Okeechobee freshwater releases, the Florida Small Business Development Center at Florida Gulf Coast University, along with the Florida Division of Emergency Management through the Florida Virtual Business Emergency Operations Center, is working

to complete a Business Damage Assessment Survey.

If your business has suffered financial loss due to the releases, you may qualify for a Small Business Administration Disaster Loan. Visit fsbdcswfl.org to complete the survey.

For more information, contact Suzanne Specht, assistant director, at 745-3704 or sspecht@fgcu.edu.✱

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Shells Needed For Museum Crafts



Shell critter owl

The Bailey-Matthews National Shell Museum on Sanibel needs shells. Not the world-record-sized or rare and perfect specimens on view in the museum, but the kinds of shells anyone can find on our local beaches on any given day. Why this “shell emergency?” The daily Shell Crafting programs are so popular that the museum is running low. To solve this shell shortage,



Hugo and the shell magnet he created

Executive Director Dorrie Hipschman urges beachcombers to share their finds. “The shells don’t have to be perfect, and they can be from any Southwest Florida beach,” said Hipschman. “They do need to be clean, and they must not be what the museum calls ‘live collected.’ In other words, we only want shells that are empty when found.” The types of shells the arts and crafts program instructors prefer are



A young crafter with her shell owl

lightning whelks under three inches long, paper figs, tulips, rose petal telins, buttercup lucins, apple murexes, paired cockles, dosinias, coquinas, large scallops, kitten paws, turkey wings and button snails. Most of us who spend time on local beaches pick up shells simply because they’re there, fascinating and lovely; and with every trip to the beach our collection grows. What once were “finds” may now be gathering dust in glass containers or cardboard boxes or look tired piled high in glass lamps. The museum’s “shell emergency” may be the answer to our continuing desire to collect the beautiful objects the sea delivers right to our feet. “Donating shells is also the solution for visitors who may be wondering why



Youngsters with their shell crafts

they ever picked up so many shells and how they’re going to get them all home,” added Hipschman. “We’ll be glad to have them.” Shell Crafting classes that are proving so popular are offered every afternoon in the museum’s auditorium. Making keepsakes to take home is a wonderful family activity, and the programs are open to all ages. The classes are free with paid museum admission. Anyone with shells to donate may bring them to the shell museum, located at 3075 Sanibel-Captiva Road on Sanibel. The staff will even pick up shells on Sanibel and Captiva. To arrange for pick-up or for more information, call 395-2233.✧

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Canine-Friendly Cruise

Pure Florida’s Fort Myers location will present Bark on the Ark from 8 to 11 a.m. on Saturday, August 6. Guests will have the opportunity to bring their dogs aboard the M/V Edison Explorer for a sightseeing river cruise to Picnic Island, an island located between Sanibel and Pine Island that exhibits the natural beauty of Southwest Florida. Passengers can enjoy a peaceful cruise along the Caloosahatchee followed by a playful time on the island, socializing with man’s best friend. During the excursion, dogs and owners can run, swim and play catch while enjoying the sunshine, water, sand and fresh air. While Pure Florida cannot guarantee animal sightings in the wild, potential wildlife sightings include dolphins, eagles, manatee, native birds and more. Water, Frisbees and dog treats are included for the canines. Human treats, such as soda, wine and beer will also be available for purchase. The Edison Explorer departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers. Registration for the tour is \$44 per person. Reservations are required as room is limited to 25 passengers and their pets. All dogs that can follow basic commands are welcome. For more information or to book your ticket, call 919-2965, email FortMyers@PureFL.com or visit www.PureFL.com.✧



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Preparing For Unpredictable Weather

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- Always have a healthy supply of batteries for flashlights, radios, etc.
- Keep an ice chest and Blue Ice freezer packs on hand to protect medicines and special foods.
- Consider having a hard-wired telephone in your home, in addition to always keeping your cellphone charged.
- Store water and other staples in your cabinets incase of an extended outage. Water is especially important if you are on an electric pump.

To report an outage to LCEC, call 656-2300 or 800-599-2356. A representative or the LCEC Interactive Voice Response system will provide as much information as possible.

- Check to see if your breakers are on before you call to report an outage. If you leave home during an outage, be sure appliances such as the oven, stove or iron are not on. When power is restored, this could cause a dangerous situation.
- In the event of severe weather where large outages may occur, there is no need to report your outage.

Visit lcec.net for more information.✧

CROW Case Of The Week:

Loggerhead Hatchlings



by Bob Petcher

The loggerhead sea turtle (*Caretta caretta*) is the most common sea turtle in Southwest Florida, yet it is still considered an endangered species and, of course, is protected by state

law like all sea turtles.

Records show the greatest concentration of loggerheads is along the southeastern coast of North America and in the Gulf of Mexico. In fact, Florida is the most popular nesting site, with more than 67,000 nests built per year.

Florida had a banner nesting season in 2015. Loggerhead and green sea turtles especially flourished. According to the Florida Fish & Wildlife Conservation Commission, the number of green turtle nests in Florida in 2015 was higher than the previous highest year (2013) and more than double the old counts, while loggerheads accounted for 52,647 nests on index beaches in 2015, down from 2012's near-record count of 58,172 nests but above the last two years.

While sea turtle season is officially from May 1 to October 31, the 2016 sea turtle season began in April with nests spotted during mid-month. The annual



A loggerhead hatchling rehabilitating

photo by Kenny Howell

sea turtle mating custom may have begun earlier due to Gulf temperatures reaching the 80-degree mark earlier in the year, making the warmer conditions cozy enough for mating. From there, the female species of our long-time reptilian friends swim ashore, nest on dunes and lay between 100 and 120 eggs.

Roughly two to three months later, hatchlings take three to seven days to dig their way to the surface. If their dig nears completion during daytime, hatchlings stop right before the sand surface, due to the heat, and finally emerge from their nests when the sun sets and the sand cools. Once on surface, they seek the moon glow as natural light for their swim south to the Sargasso Sea in hopes that they make it without predator interference.

During the two-month cycle in growing from embryo to hatchling, the baby sea turtle relies on a yolk sac as a source of food. The umbilical cord brings

the food from the yolk sac to the growing animal.

Once it's time to hatch, hatchlings use a special egg tooth to help break free of the egg shell. This special egg tooth disappears soon after the little sea turtle has hatched.

On July 11, CROW received six loggerhead sea turtle hatchlings. Rachel Walsh, CROW's wildlife rehabilitator who also volunteers at Sanibel-Captiva Conservation Foundation for turtle walks, was on patrol on Captiva Island the day prior and discovered hatchlings during nest checks.

"We monitor the nests for three days and, on third day, we will dig up a nest to see if there are any survivors," she said. "That's when we found six hatchlings in two nests. They didn't absorb their yolk sacs, and there was a chance of those sacs rupturing and a chance they could die from it."

At CROW, three of the hatchlings were released as soon as they absorbed their respective yolk sacs and one passed away. As of July 18, the remaining two were actually still being rehabilitated – one sporting a bloodshot eye due to an eye irritation that was treated with eye drops and the second taking a lot of time absorbing its yolk sac.

Walsh explained that since the yolk sac only provides each hatchling enough nutrition for a week or two, CROW officials were looking for someone with a large charter boat to take them as far toward the Sargasso Sea as possible, so that chances of survival would increase.

"Hopefully, we can get them out in the next couple days," she said on



A yolk sac was still attached prior to its CROW visit

photo by Rachel Walsh

Monday. "We will need to force feed them if not. That is a very difficult process."

Records show the loggerhead reaches sexual maturity within 17 to 33 years and has a lifespan of 47 to 67 years. The average weight range of a loggerhead runs from 180 to 440 pounds and a length range of 28 to 37 inches. Yet, as shown in one of the provided photos, they emerge from nests as tiny creatures, so small that they can fit into an average person's hand.

To a hatchling, a footprint, tire tracks and garbage on the beach can be serious trouble and make it difficult for the young to reach the water. Lights also confuse the hatchlings and make them crawl in the wrong direction, away from the sea.

With that, beachgoer attentiveness and conservation is needed at this time.

continued on page 19

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Offshore Rodeo Reels In Over \$73,000 For Charity



The first place winners in the Pro Division, Team Think Pink



Team Florida Weekly

The 4th annual Offshore Rodeo and Reggae Party made a huge splash the weekend of June 10 and 11, while the ripple effect from the fundraiser will be felt by families served by Ronald McDonald House Charities of Southwest Florida (RMHC). The second largest annual fundraising event for RMHC, this year's event brings the four-year total to more than \$250,000.

Anglers of all ages spent the day catching a variety of species, weighing in over 1,776 pounds of fish!

Earlier in the day, 80 junior anglers ages 3-12 cast their lines in a kids fishing tournament on the docks of Salty Sam's Marina sponsored by Essley Roofing, Summit Investment Management and Fish Florida. Participants earned a "fishing



Ronald McDonald arriving by boat at the kids tournament



Committee member Bob Guziak with co-chairs Angela Katz and Jeff Miloff

license" by visiting a number of learning stations before baiting the line for their big catch. They were entertained by Ronald McDonald himself, and enjoyed lunch compliments of McDonald's. Meanwhile, the offshore anglers reeled-in 10 different species for the chance to hook top prizes and enjoyed their fresh catch for dinner, prepared compliments of Bootleggers Waterfront Grill. They also took part in an extensive silent and live auction and enjoyed live reggae music throughout the evening.

"We have a phenomenal committee that meets year-round, many of them team members of Miloff Aubuchon Realty Group," said Jeff Miloff, event founder and RMHC board member. "It was a great day in Southwest Florida, not only for the anglers but for spectators and families too – and thanks to our sponsors, and volunteers, we have raised \$250,000 for this charity over the past four years. The time and dedication that goes into making this event a success is tremendous and I can't thank these individuals enough."

Sponsors of the event included Nor Tech Hi Performance Boats, Miloff Aubuchon Realty Group, Water City Grill, Mortgage 1, Sunset Air, Arthur Printing, Bootleggers Waterfront Grill, Salty Sam's Marina, The News Press Media Group, Lobster Lady Seafood, Tow Boat US, Coastal Outfitters, FRANKE, Artesian Pools, Capital Bank, Harley-Davidson, Florida Weekly, Stokes Marine, Fish Florida, Angela Katz LLC, Gulf Shore Trucking, Arrow 94.5, RevToursNow, Lee County Sheriff's Office, Wicked Dolphin Rum, SunCoast Beverage, Coastal Angler, Jim Griffiths Enterprises, Fathoms, Sanibel Steve, Texas Roadhouse, Ceno Grille, Nevermind Bar & Eatery, Diversified Yacht Services, Dock Dr. and US Sugar.

Proceeds from the Offshore Rodeo and Reggae Party will help with the funding of a Ronald McDonald Family Room to be housed in the new Golisano Children's Hospital of Southwest Florida opening in 2017.

"As our community grows, so does the need for the services our Ronald McDonald House provides," said Laura Ragain, executive director. "A Ronald McDonald Family Room will serve hundreds of additional families and offer a special place of respite, relaxation and privacy – while being just steps from their child's bedside."

The 4th annual Offshore Rodeo & Reggae Party was the first tournament in the inaugural Florida Weekly Offshore Fishing Series, which also includes the Grouper Slam and Grouper Grapple.

Jeff Miloff, partner with the Miloff Aubuchon Realty Group and founder of the Offshore Rodeo, made his vision a reality by implementing this fun-filled fishing day for young novices to professional anglers, complete with live entertainment and a wide variety of auction items.

For more information about Ronald McDonald House Charities SW Florida, visit www.rmhcswfl.org.



A kids tournament participant with his fish

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Coast Guard Captain Keynote Speaker At Lunch



Capt. Larry Brudnicki

U.S. Coast Guard Capt. Larry Brudnicki is the keynote speaker for the 22nd annual Southwest Florida Blue Chip Community Awards luncheon on Thursday, November 3 at Harborside Event Center, located at 1375 Monroe Street in Fort Myers.

Sponsored by BB&T-Oswald Trippe and Company and BB&T Bank, the program recognizes small business owners who have overcome adversity to achieve success.

Capt. Brudnicki was the commanding officer of the USCGC Tamaroa in New Castle, New Hampshire, where he performed two dramatic rescues during the worst weather in more than 100 years. This event, known as the "Perfect Storm," inspired a best-selling book and movie.

Capt. Brudnicki retired from the Coast Guard in March 2002 after 30 years of active duty. During his career he supervised more than 15,000 search and rescue cases, saving property valued at \$135 million and more than 1,600 lives. He also supervised a search for survivors from Alaska Airlines Flight 261 in 2000.

Brudnicki holds a Merchant Marine master's license and has won the Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal (two-time winner), Coast Guard Commendation Medal (four-time winner), Air Force Commendation Medal, Coast Guard Achievement Medal and the Humanitarian Service Medal (two-time winner).

The Southwest Florida Blue Chip Community Business Award is endorsed by the Bonita Springs Area Chamber of Commerce, *Business Observer*, Cape Coral Chamber of Commerce, Charlotte County Chamber of Commerce, Charlotte County Economic Development Office, Christian Chamber of Southwest Florida, City of Cape Coral Economic Development Office, Englewood-Cape Haze Area Chamber of Commerce, Estero Chamber of Commerce, Florida Gulf Coast

University, Florida Southwestern State College, *Florida Weekly*, Greater Fort Myers Chamber of Commerce, Greater Lehigh Acres Chamber of Commerce, *Gulfshore Business*, Hodges University, Lee County Economic Development Office/Horizon Council, Punta Gorda Chamber of Commerce, Sanibel & Captiva Islands Chamber of Commerce, *Southwest Florida Business Today*, Southwest Florida Hispanic Chamber of Commerce, the Greater Fort Myers Beach Area Chamber of Commerce and the Greater Naples Chamber of Commerce.

For more information, contact Stacey Mercado at 433-7189 or SMercado@BBandT.com.✴

Learn GPS Navigation

The Peace River Sail and Power Squadron will hold a GPS seminar on Saturday, July 30 from 1 to 4 p.m. at the Bayfront Center, located at 750 West Retta Esplanade in Punta Gorda.

Learn how to store and use waypoints, build and execute routes, and monitor steering. Understand connecting GPS to VHF marine radio, using the key functions, making sense of the screens, navigating a safe course and choosing a GPS that's best for you.

Seating is limited. Register no later than Wednesday, July 27 at 5 p.m. by calling 941-637-0766 or emailing puntagordaboating@gmail.com. The

cost is \$30. A second person sharing materials is \$20.

For more information, contact Dick Schmidt at 208-755-9355.✴

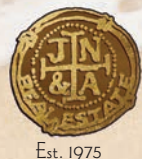
Disabled Veteran Certification Earned By Searcy

Disabled Veterans Insurance Careers (DVIC), the non-profit organization that helps train, educate and create meaningful employment opportunities within the insurance industry for disabled veterans, celebrated the certification of one of its most recent graduates on June 30.

Andre Searcy was awarded the Certified Insurance Service Representative (CISR) designation. The CISR program, developed by The National Alliance for Insurance Education, is a CE credit-approved, nationally recognized designation that included five courses of study.

"I am so proud of Andre – he has done a super job," said Gary Bryant, president and CEO of DVIC. "He spent the last six months training and working toward the goal of achieving his CISR designation, and he accomplished that. With his military training and insurance training combined, he has a very successful career ahead of him."

If you would like to hire a disabled veteran with insurance training, visit DVIC.us or call 209-1479.✴



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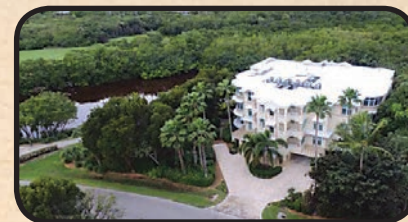


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Red Sox A Better Team Thanks To Dombrowski's Wheeling And Dealing



by Ed Frank

When Dave Dombrowski was hired 11 months ago as president of baseball operations for the Boston Red Sox, his charge was to rejuvenate this downtrodden team that had finished

last three of the past four years in the American League Eastern Division. With 40 years of baseball executive experience, Dombrowski was known as a wheeler and dealer who never hesitated to make a move to improve his team's performance.

That reputation was bolstered last week when, in a period of just a few days, he made three significant trades well in advance of the July 31 non-waiver trade deadline.

Although the 2016 Red Sox is markedly better than the team Dombrowski inherited last August, he had tried for several weeks to patch up his starting pitching and bullpen. No question he accomplished that goal.

As the week began, Boston had won eight of their last 10 games, including six straight, to improve to 51-38, trailing Baltimore by just two games in the AL East. That streak included two in a row over chief rival New York Yankees.

Dombrowski's flurry of activity began with the acquisition of veteran right-handed hitter Aaron Hill from the Milwaukee Brewers, and a solid reliever with closing experience in Brad Ziegler from the Arizona Diamondbacks.

Obtaining Ziegler was particularly important since closer Craig Kimbrel and setup man Junichi Tazawa are both on the disabled list. Kimbrel, an All-Star closer, was obtained by Dombrowski in the off-season when he sent four prospects to San Diego in the deal.

But Dombrowski wasn't finished. To bolster his starting rotation, he gave up a promising prospect to acquire Drew Pomeranz from the Padres. Pomeranz was 8-7 with the Padres with a solid 2.47 ERA, allowing just 67 hits over 102 innings pitched.

"We like his ability, we like his age (27) and he's just coming into the prime years of his life," Dombrowski said.

The trade didn't come at a small price as the Red Sox parted with right-hander Anderson Espinoza, their fourth rated prospect and No. 1 pitching prospect.



Dave Dombrowski
photo courtesy of the Boston Red Sox

"It was a strong price to pay. We looked at him being a few years away from the Major Leagues. He wasn't someone we wanted to give up, but we thought under the circumstances, we were able to acquire Drew who had just pitched in the All-Star Game," Dombrowski said.

His knack for picking where and when to buy and sell players has earned him the reputation as one of the smartest in baseball.

He recognized the need for improved pitching as the Red Sox have perhaps the best offense in the Major Leagues led by All-Stars David Ortiz, Mookie Betts, Xander Bogaerts and Jackie Bradley, Jr.

With the baseball season nearing the two-thirds mark, Boston, if they don't win the division, clearly are on the way to a post-season wild-card spot.

But don't be surprised if Dombrowski still has some deals to make.

Miracle Start Week with Half-Game Division Lead

The Fort Myers Miracle baseball team began the week with a second-half season record of 15-9 and held on to a half-game first-place lead over St. Lucie in the Florida State League South Division.

Last Sunday's 4-1 win over Lakeland at Hammond Stadium was the team's third straight victory.

Fort Myers is on the road at Clearwater this weekend before returning home Monday to begin a three-game series against Palm Beach. Following a day off Thursday, the Miracle hosts Clearwater next weekend.*

SPORTS QUIZ

1. In 2015, Cincinnati's Todd Frazier became the second major league player to win the All-Star Home Run Derby in his home stadium. Who was the first?
2. Between 1977 and 1979, a Pittsburgh Pirate won the N.L. stolen base crown each season. Name the two Pirates who won three titles between them.
3. When was the last time before 2015 that the University of Tennessee did not have a player selected in the NFL Draft?
4. Golden State's Stephen Curry and Klay Thompson started in the 2015 NBA All-Star Game. When was the last time two Warriors started in an All-Star Game?
5. The Montreal Canadiens were the first NHL franchise to record 3,000 victories. Which one was the second to do it?
6. Where was the first Summer Olympics held after the end of World War II?
7. In 2016, Jason Day became the third multi-time winner of the WGC Match Play golf event. Who were the first two to do it?

ANSWERS

1. Ryne Sandberg of the Chicago Cubs in 1990. 2. Frank Taveras (1977) and Omar Moreno (1978-79). 3. It was 1963. 4. Rick Barry and Nate Thurmond started the 1967 All-Star Game. 5. The Boston Bruins crossed the 3,000-win mark in 2016. 6. London in 1948. 7. Tiger Woods (2003, '04, '08) and Geoff Ogilvy ('06, '09).



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The City of Fort Myers staff met with the Mayor-Elect of Santiago in the Dominican Republic last week
photos by E. Pennington, City of Fort Myers

City Hosts Mayor Of Santiago

City Councilwoman Teresa Watkins Brown (Ward 1), as mayor pro tem, and Interim Assistant City Manager Matthew Johnson, as acting city manager, recently welcomed newly-elected mayor of Santiago, Dominican Republic Abel Martinez, to Fort Myers for a meeting and greet.

In attendance at City Hall were directors and staff, Leonardo Garcia, president, CEO and founder of the Hispanic American Business Alliance, and former Santiago Mayor Lic. Domingo E. Bastista Almonte.

The meeting provided an opportunity for the two cities to discuss future collaborative partnerships, including youth services programming and establishing an on-going information exchange with directors from all city departments.

Since 2014, Santiago and Fort Myers have been acting as sister cities in order to share knowledge and best practices. Two years ago, a small group of Dominican Republic firefighters shadowed the Fort Myers Fire Department to acquire training and insight in how American firefighters perform their duties. In March 2016, three representatives from the department, Fire Chief Trenton Bowen, Engineer John Trujillo and Firefighter Jorge Perez, visited Santiago to provide additional training.

At the meet and greet, Mayor-elect Martinez said Fort Myers' directors and officials are welcome to visit his city any time after August 16, when he officially becomes mayor.

City Councilwoman Brown said Fort Myers welcomes future cultural and informational exchanges with its sister city. Gary Bostic, senior recreation center manager of the STARS Complex, said a cultural exchange has already begun through Skype. Bostic, who also heads up the city's Youth Services Coalition and Teen Advisory Council, said kids loved conversing with their counterparts in Santiago and found they had more in common than they imagined.✱



City Councilwoman Teresa Watkins Brown and Santiago Mayor-Elect Abel Martinez

City Details Branding Plan

Fort Myers recently issued an online survey asking residents to provide their opinion on a number of potential new logos and taglines. The survey is part of the second phase of a three-year marketing initiative designed to freshen the brand and position the city for future growth.

While the city is pleased over public response, there have been some concerns expressed stemming from an inaccurate representation of the survey's purpose, according to the city.

The goals of the project include improving perceptions of Fort Myers to attract new residents and talent, increasing patronage of businesses, and use of city-owned assets and public events. Fort Myers began the plan development last August, with a presentation to city council on the proposed scope of work. The cost that has been reported is for the entire project, not for the survey.

The research phase consisted of an extensive competitive analysis, multiple focus groups with residents and business owners, and in-depth, one-on-one interviews with city stakeholders. The phase I summary was presented to city council in March. Phase II includes brand asset development, testing and final presentation of proposed brand assets. These assets include logo, position statement, tagline, website and key messages. Part of the brand development

includes testing current and alternative brand assets.

The survey was not a vote to change anything, only an exercise to get public feedback before moving forward. City of Palms is not on the chopping block and was one of the taglines included for comment. The responses so far clearly represent that City of Palms is a treasured and important part of Fort Myers' identity and should remain as such. The goal of the branding exercise is identifying and building around existing community assets, not replacing them.

All proposed changes will be presented for public input and to the Fort Myers City Council.✱

From page 15

CROW Case

"So many people on the islands are so receptive of the nests," said Walsh, who also pointed out porch lights need to be shut off after sunset and trash needs to be picked up when beachgoers leave the beach.

"Overall, everyone seems to be very respectful," she added. "Even though we found some that were stranded, those two nests had a very successful hatching rate."

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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Roller Hockey Finals In Estero



NARCh Pro Division teams are vying for the championship cup and \$20,000
photos courtesy of Lee County Sports Development

Lee County Sports Development is currently hosting the North American Roller Hockey Championships (NARCh) East Coast Finals at Germain Arena in Estero. The championship games began on July 13 and will continue through Sunday, July 24.

Lee County Sports Development estimated nearly 200 teams from six countries traveled to Lee County for the event, including numerous teams from the Southwest Florida area. The event is free and open to spectators.

Last year's event generated approximately \$3.4 million in direct economic impact and 7,000 hotel room nights. Lee County hosted the last two NARCh East Coast Finals at Germain Arena and has hosted the event more times than any other city in the U.S. or Canada. The 2016 NARCh East Coast Finals will mark the eighth year the event has been held in Lee County.

"We are excited to host a great NARCh competition once again in Lee County,



The competition features male and female teams of all age groups

and look forward to the positive economic impact this popular event will bring to our community," said Jeff Mielke, executive director of Lee County Sports Development. "With top players and teams from across North America coming to Lee County, we know that our local economy and its community members will see great benefits from this championship event."

NARCh is considered one of the best inline hockey competitions in the world and draws the attention of fans worldwide. The NARCh Pro Division displays the best players in inline hockey and awards \$20,000 in prize money to the champions. The competition offers teams for men and women, with age groups ranging from age 6 and under to age 45 and over.

Based out of Encinitas, California, NARCh was founded in 1994 and held its first finals in St. Louis, Missouri with 39 teams. For more information about NARCh, visit www.NARCh.com.✴

Financial Focus Small-Business Owners: Protect Your Future



by Jennifer Basey

If you're a small-business owner, you think a lot about today. Is your cash flow sufficient... today? Are your products and services competitive... today? Are you confident in your marketing and advertising efforts... today? And because you are so focused on today, you may be neglecting a key aspect of tomorrow – your retirement. Specifically, do you have a good retirement plan for yourself?

Given that your personal finances are so tied up with your business, your plans for the business will obviously greatly affect your financial situation when you retire. Whether you want to transfer the business to another family member, sell it outright to someone else, or possibly just wind it down, you'll need to plan ahead and consult with your legal and tax advisors.

However, you can take steps now to

help ensure you can enjoy a comfortable retirement. You have access to a variety of retirement plans appropriate for small-business owners, including these:

- **Owner-only 401(k)** – This plan, also known as an individual or a "solo" 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. As the owner, you can contribute to your plan as both an employer and an employee; your total contribution limit for 2016 is \$53,000, or \$59,000 if you are age 50 or older.
- **SEP IRA** – If you have just a few employees or are self-employed with no employees, you might consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. (Employees themselves cannot contribute.) You can contribute up to 25 percent of compensation, up to \$53,000 annually. (Contributions for a self-employed individual are limited to 25 percent of compensation minus one-half of self-employment taxes.) And you can fund your SEP IRA with many different types of investments. Plus, you can establish a SEP IRA for 2016 until April 17, 2017.
- **Defined benefit plan** – Pension plans, also known as defined benefit plans, have become less prevalent in recent years – but you can still set one up for yourself if you are self-employed or own your own business. This plan

has high contribution limits, which are determined by an actuarial calculation and, as is the case with other retirement plans, your contributions are typically tax-deductible.

- **SIMPLE IRA** – As its name suggests, a SIMPLE IRA is easy to set up and maintain, and can be a good plan if your business has fewer than 10 employees. Still, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions, than an owner-only 401(k), a SEP IRA or a defined benefit plan. For 2016, your annual contributions are generally limited to \$12,500, or \$15,500 if you're age 50 or older by the end of the year. You can also make a matching contribution of up to 3 percent of your compensation.

You need to establish a SIMPLE IRA between January 1 and October 1 of any year. In fact, if you'd like to set up any of the retirement plans we've looked at, don't delay. The sooner you open your plan, the more years you will have to contribute – and, as you know, time is often an investor's best friend.

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.✴

Continental Women To Meet

Robert Van Winkle, chief meteorologist for NBC-2, will be the featured speaker at the Continental Women's Club of Greater Fort Myers during the luncheon meeting at Colonial Country Club on Thursday, August 4 at 11:30 a.m.

Since moving to Fort Myers in 2003, Van Winkle has been forecasting and reporting some of Southwest Florida's most dramatic and life-changing weather, including Hurricane Charley in 2004 and Hurricane Wilma in 2005.

The club's monthly meetings are held on the first Thursday of the month. Colonial Country Club is located at 9181 Independence Way in Fort Myers. The cost for the luncheon is \$19.

Call 466-1938 before Monday, August 1 to make a reservation. For more information on club membership, call 561-8973.✴

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editorial copy to:
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College Launches New Audio Technology Program

Starting this fall, Florida SouthWestern State College (FSW) is admitting students to a new College Credit Certificate (CCC) in audio technology on the Thomas Edison Campus in Fort Myers.

The Department of Music and Fine Arts in FSW's School of Arts, Humanities and Social Sciences, established the CCC program, part of the college's workforce initiative, to prepare interested students for careers in the music and entertainment industry.

"The CCC in audio technology was designed to fill a need in the community. We found that prospective students sought out training in these specific areas. The music department faculty here at FSW made it a reality thanks to support from our administration and state grant funding," explained Dr. Emery Alford, dean of the School of Arts, Humanities and Social Sciences.

Graduates of the program can potentially obtain employment as recording technicians and engineers; sound technicians in live or studio positions; or audio/visual editors and designers in various music-related fields, including broadcast media, motion picture trades and other multimedia-based areas.

The program also provides supplemental training for persons previously or currently employed in music, entertainment, or other related industries.

Learn more about FSW academic programs online at www.FSW.edu.✱



Florida SouthWestern State College is offering a new audio technology program at its Fort Myers campus
photo courtesy FSW

Surprise Celebrity Guest For Law And Order Ball

The Rotary Club of Fort Myers South has a delightful surprise in store for the 3rd annual Law and Order Ball, to be held on Saturday, September 17 at Germain Arena starting at 6 p.m. Two new features at this year's event will be a surprise celebrity guest as well as a Fund-A-Need initiative that allows attendees to more directly benefit local law enforcement efforts in saving lives.

The purpose of the Law & Order Ball is to thank the everyday heroes of the Lee County law enforcement agencies who keep us safe, enabling us to build our businesses and thrive as a community. Those agencies include Lee County Sheriff's Office, Fort Myers Police Department, Cape Coral Police Department, Sanibel Police Department, Florida Gulf Coast University Police Department, Florida SouthWestern State College Police Department and Lee County Port Authority Police.

The new addition of Fund-A-Need at this year's event will provide funds for law enforcement to purchase Individual Patrol Officer Kits. These "IPOKs" contain supplies that allow law enforcement personnel to stabilize victims in a traumatic event, from a shooting to a car crash. The kits offer the best chance to help a victim in the most crucial time to give life-saving treatment, the first three minutes after a person is wounded. The fundraising event also coincides with FEMA's nationwide Stop The Bleed initiative, which allows first responders to take simple steps to keep injured people alive as they await medical care.

All proceeds from the ball are directed to the Rotary Club of Fort Myers South Foundation, which then benefit law enforcement youth programs, the new Fund-A-Need initiative, as well as many other community projects.

As with last year's Law and Order Ball, Creighton Construction and Development and Ada's Market will be the presenting sponsors. Additional sponsors include LeeSar; Survival Armor; NBC-2; The News-Press Media Group; Edison National Bank; Enterprise Holdings; the Galloway Family of Dealerships; Tech-Tronics; CONRIC PR & Marketing; The Eventful Company; Mark Loren Designs; Rapid Print; Siesta Pebble; Henderson, Franklin, Starnes & Holt, PA; Eye Centers of Florida; Wilbur Smith Law Firm; Brilliant Lens LLC; Gendron Funeral and Cremation Services Inc.; HBKS Wealth Advisors; Associates and Bruce L. Scheiner; CFS Roofing; Red Roof Inns; Aubuchon Team of Companies; Southern Wine and Spirits and Fort Myers Police Department.

Tickets are now on sale at www.lawandorderball.org for this popular gala event. Tickets for the Law and Order Ball are \$150 each and \$1,200 for a table of eight, and include cocktails and hors d'oeuvres, a formal dinner, entertainment, raffle items, a silent auction and live auction. Guests will be able to mingle with law enforcement officers and get a close look at law enforcement vehicles. Another way to help support the event is the Fund-A-Cop program, an opportunity to help a member of Lee County law enforcement attend the ball by underwriting the cost of a ticket for him or her.

For further information or questions about purchasing tickets, tables, Fund-A-Cop, Fund-A-Need or to become a sponsor, visit www.lawandorderball.org or email Pam Morrison at pam@eventfulinc.com.✱

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Chronic Disease Management Workshops

Lee Memorial Health System's Lee Health Solutions, in partnership with many local community agencies and supported in part by a grant from the Southwest Florida Community Foundation, is offering a research based chronic disease self-management program developed by Dr. Kate Lorig of Stanford University.

The program, called It's All About You, is designed for people ages 18 years and older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The workshop is 2.5 hours once a week for six weeks and there is no charge to attend. The workshop will be offered on Wednesdays beginning August 3 from 4:30 to 7 p.m. at The Rose Garden of Fort Myers, 2117 Earl Road.

For more information or to register, call 424-3122.✱

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Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
By Robin C. Tuthill and Thomas P. Hall

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

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

Book Review

The Good Girl

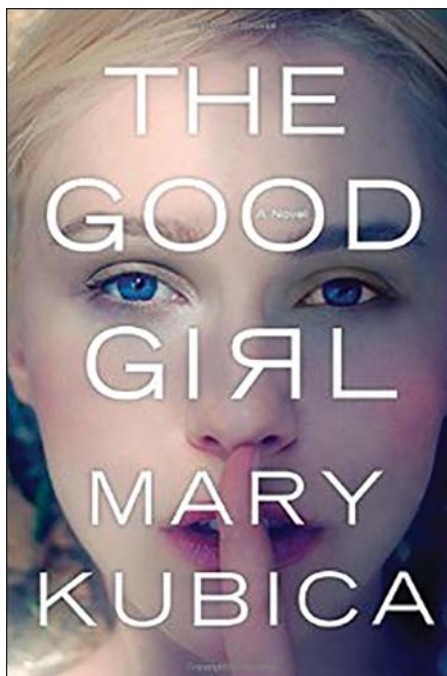


by Di Saggau

Mary Kubica's debut novel, *The Good Girl*, is a high-intensity thriller, a psychological puzzle that will keep readers on their toes with its unique format. The book centers on

Mia, a young Chicago art teacher who is kidnapped. She comes from massive wealth and that makes her a juicy target. Her abductor says, "I've been following her for the past few days. I know where she buys her groceries, where she has her dry cleaning done, where she works. I don't know the color of her eyes or what they look like when she's scared. But I will."

Mia's ordeal unfolds in chapters alternating between pre-abduction and after. Each chapter advances the story from a different perspective. There's Mia's distraught socialite mother, Eve, the sympathetic detective, Gabe, Mia's



kidnapper, Colin, and ultimately Mia herself, who is rescued and returned home. Don't worry, that's not a spoiler.

She was freed after months of living in the Minnesota woods with her captor and now has a type of amnesia that her

psychiatrist says, allows her to block out parts of what happened to her. She also only answers to the name Chloe.

Author Lisa Gardner says of the book, "A twisty, roller coaster ride of a debut. Fans of *Gone Girl* will embrace this equally evocative tale of a missing woman, shattered family and the lies we tell not just to each other, but especially to ourselves."

Seeing Mia's story from so many angles makes it especially satisfying when the pieces of the puzzle start to fall into place. Kubica leaves one shocking surprise for the end that has readers say, "I never suspected!" The ultimate revenge befalls the person who deserves it most.

The alternating chapters are always circling the questions of what really happened in those snowy woods, and what Mia might do if she's ever released. Gabe is trying to track down the truth about her captivity while Eve is working to regain the daughter she believes is underneath Mia's apparent apathy and confusion. Meanwhile readers follow along with the abduction itself in Colin's words, and discover an odd but burgeoning bond developing between the two.

The timeline is ever-shifting, and Kubica also uses multiple points of view,

telling Mia's story as seen by her mother and her kidnapper before letting us in on Mia's own perspective. It could be a confusing combination but the author skillfully moves the story forward. She makes the characters engaging and, as I said, the ending is truly a shocking surprise.✱

Greeters Club August Luncheon

Member Mary Jacobs will speak at the Greeters Club of Greater Fort Myers monthly luncheon on Thursday, August 18. She will present on behalf of Resource For Help, an organization that provides tools to assist people in living more independently.

The cost for the luncheon is \$20. Email greetersclub@gmail.com and provide name, email address and phone number. Reservation confirmations will follow by phone as well as by email.

Club luncheons are held on the third Thursday of the month at 10:45 a.m. at the Colonial Country Club, 9181 Independence Way in Fort Myers.

For more information, visit greetersclubofgreaterfortmyers.com.✱

School Smart



by Shelley M. Gregg, NCSPE

Dear Readers, Everyone is hurting after the weeks of extreme violence that our country has experienced. Our children may or may not say

anything about how they are feeling in regard to the violence, but on some level they are processing these tragedies and trying to understand the situation. Below is an intelligent essay from the President of the National Association of School Psychologists with very clear suggestions on how to help children feel safe and positive.

The National Association of School Psychologists (NASP) joins the nation in sorrow and outrage at the senseless acts of violence in Minnesota, Louisiana, and Texas this week. The level of anger and violence occurring in this country is unacceptable. Shootings of citizens, innocent children and police officers doing their job are the heartbreaking symptoms of serious underlying societal problems and the fraying of a shared civil experience and discourse.

As a country, we must address the long-term issues of poverty, inequity, prejudice, racism, divisiveness and violence. As parents, caregivers, and educators, we have a critical responsibility to help children and youth see adults as keeping them safe, understanding the challenges at hand within a problem-solving context, and seeing themselves as active participants in our collective

national commitment to liberty and justice for all.

It is our hope that the nation will take a lesson or two from how effective schools contribute—on a daily basis—to children's understanding of what it means to be part of a positive community. Positive communities are those in which violence is not tolerated; people at risk are identified and helped; inequity is addressed; problem solving, rather than blame and disregard for challenges, is the norm; and people of all backgrounds, colors and cultures are valued and engaged as equals.

School communities succeed in large measure because they maintain values that shape a positive learning environment. These values are expressed in the following ways:

• **Adults model and teach desired behaviors.** We know that adult actions and attitudes influence children. Adults can help children and youth manage their reactions to events in the news and their communities by understanding their feelings, modeling healthy coping strategies and closely monitoring their own emotional states and that of those in their care. Identifying and redirecting negative thoughts and feelings can help to teach children social/emotional skills and problem solving.

• **What we say and how we say it matters.** The current political and media environment greatly contributes to the increase in hateful dialogue and reactive anger, which only serves to further undermine our ability to find solutions to our problems. Adults should model civil discourse and provide opportunities to engage children and youth in conversations that focus on common goals rather than labeling groups of people for individual behavior.

• **Other people's perspectives**

matter. The very nature of civil disagreement is to acknowledge respectfully the views and experiences of other people and learn from differing perspectives. Adults can start by reflecting on their own experiences and how these shape their interactions and reactions. They can help children to do the same and ask questions of each other, rather than hurl accusations. Adults can create safe spaces for youth to share their feelings and concerns while also exploring how they might feel and act if they were in someone else's shoes.

• **Trusting relationships are essential.** Establishing positive relationships between adults and students is foundational to safe, successful learning environments. Such relationships are built on a sense of mutual trust and respect. The same is true in our broader community and between our citizens and our systems of authority. We function as a nation only when we have that shared sense of relationship; helping children identify and develop those relationships is vital. In particular, schools can provide opportunities to strengthen positive interactions with law enforcement, such as engaging properly trained school resource officers as integral members of the school team.

• **Safety and well-being are a shared responsibility.** We each have a role in countering violence, inequity and isolation. This includes the majority of us who reject these things in our personal lives but have failed to speak up. Adults can help children see this through the lens of bullying prevention. Just as we can't be bystanders when someone is being bullied, we can't be bystanders as citizens when injustice and violence occur. Being silent is not a responsible option. We have to actively counter anger and hate with acceptance and compassion

everywhere.

• **Contributions and effort are recognized and valued.** We are all part of the American community and can make positive contributions. While much of the news is focused on anger and violence, there are many more acts of courage, compassion and kindness. Like adults, children and youth are empowered by the ability to do the right thing and help others. We can and must honestly address systemic problems, but we must also acknowledge the individual citizens of all races and ethnicities, public servants and leaders, and members of law enforcement who go above and beyond to do the right thing every day.

There is no more important endeavor than helping our children and youth become positive, productive, valued citizens. We start by making their safety and well-being an unequivocal priority no matter where they learn, play and live. In the coming weeks, NASP will be developing resources to help families and schools engage in conversations about prejudice, privilege and power and how we can work together to counter hate and violence and bring positive change and unity to our country.

For additional information and resources to help support children and youth, visit www.nasponline.org.

Shelley Gregg 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.✱

HealthPark Named Among Most Beautiful Hospitals In U.S.

HealthPark Medical Center ranked 18th in the Top 20 Most Beautiful Hospitals in the United States for 2016 by Soliant Health, a leading provider of specialized healthcare staffing services whose travelers have observed the link between beautiful hospitals and pleased patients as they work in facilities around the country.

In addition to being an award-winning hospital recognized for high quality cardiology, pulmonary, critical and surgical care, HealthPark Medical Center is also known for its beautiful design – both inside and out – which promotes healing and comfort for patients and their families. A light-filled atrium brings Florida's natural beauty and sunlight indoors, and provides a soothing reprieve from the clinical setting for visitors, patients and staff. The Flavor Harvest Café features a modern design with rounded dark-wood counters and glass-enclosed food stations. Ample seating in the dining room and atrium provide additional locations for patients, visitors and staff to enjoy the surroundings. Visitors to HealthPark Medical Center often compare the hospital to a luxury hotel or cruise ship.

"We are honored to, once again, earn the recognition as one of the Top 20 Most Beautiful Hospitals in the nation," said Donna Giannuzzi, chief administrative officer at HealthPark Medical Center. "Hospital visits are stressful for patients and their loved ones, and a pleasing environment can aid in reducing anxiety and enhancing recovery. For our staff, working in such a beautiful and healing environment is something we all appreciate and we take great pride in our hospital and the high quality care we provide."

HealthPark Medical Center is more than just a pretty place. It is home to the innovative Shipley Cardiothoracic Center and Golisano Children's Hospital of Southwest Florida – which is the only children's hospital between Tampa and Miami. It also houses leading-edge technology, including advanced diagnostic imaging and an expansive surgical department.



HealthPark Medical Center in Fort Myers

photo courtesy of Lee Memorial Health System

To learn more about Soliant Health's Top 20 Most Beautiful Hospitals, visit <http://blog.soliant.com/most-beautiful-hospitals/2016/>✱

Allbrittens To Chair Heart Ball

The Southwest Florida Office of the American Heart Association/American Stroke Association (AHA) announced that Dr. Jeff Allbritten and Liz Allbritten will serve as chairs for the 2017 Heart Ball.

The Allbrittens bring decades of passionate expertise of making an impact in the communities they serve. Dr. Jeff Allbritten is president of Florida

SouthWestern State College (FSW). Taking the helm in 2012, he has worked with his college administrators to expand international studies with college and university partnerships around the world, to enhance research opportunities for FSW faculty and students, and in 2016, to bring back athletics to the college, starting with baseball, softball and men's and women's basketball.

Liz Allbritten retired in 2014 after serving for nearly six years as the executive director of The Immokalee Foundation. Prior to that, she served as vice president for Take Stock in Children

for The Education Foundation of Collier.

The event, which drew more than 650 guests last year, features emcee Kellie Burns, gourmet dining, live and silent auctions along with entertainment.

The Southwest Florida 2017 Heart Ball is slated to be held on Saturday, March 18 from 6 to 11 p.m. at the

Hyatt Regency Coconut Point Resort & Spa, 5001 Coconut Road in Bonita Springs. Tickets are \$500 per person. Sponsorships are available.

To learn more about the 2017 Heart Ball, contact Heart Ball Director Kaleigh Rodden at 495-4912, or Kaleigh.Rodden@Heart.org.✱

Spay It Forward Campaign At Humane Society

The Gulf Coast Humane Society (GCHS) has introduced a program called Spay It Forward, a campaign that focuses on combating pet overpopulation in Lee County and the surrounding counties through donations.

Clients of the GCHS Spay and Neuter Clinic and other donors, can make contributions that will allow the clinic to subsidize a pet spay or neuter surgery when its owner does not have the resources to cover some or part of the animal's surgery cost.

"Many people in our community cannot afford to have their animal spayed or neutered, but want to do their part to help end the pet overpopulation," said Melanie Waite, spay and neuter clinic manager for GCHS. "Spay It Forward is a great resource for those people in our community."

Stray animals can generate problems throughout the community with area traffic; preying on or damaging local wildlife, and scaring neighborhood residents. The GCHS Spay and Neuter Clinic is proactively combating pet overpopulation and contributing to the decreased number of stray animals roaming the streets.

"We adopted this program after training at the 150th class of Humane Alliance Spay/Neuter Specialists in Asheville, North Carolina," added Jennifer Galloway, GCHS executive director. "The program was brought to our attention and has been successful in other areas of the country helping with the mission of lowering the pet overpopulation in local community."

To donate to this campaign, visit www.gulfcoasthumanesociety.org/spay-it-forward.html.

Gulf Coast Humane Society is located at 2010 Arcadia Street in Fort Myers, Call 332-0364 or visit www.gulfcoasthumanesociety.org for more information.✱

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How Are You Feeling Today?



by Suzy Cohen, RPh

Dear Readers:

It's such a simple question and yet, I bet your own opinion of how you feel matters little to your doctors. It's quite frequent that you're told not to worry about your health if a lab test comes back as "normal." The assumption is made that nothing's wrong. New research suggests that how you feel is a more reliable indicator of future illness than your labs.

Researchers from Rice University in Texas have reason to believe that how you feel holds greater value than blood tests do. I concur. If you were talking to me, I would trust what you tell me more than I do any piece of paper from a lab because of a dozen reasons.

For one, the reference ranges on labs are often bad because they were determined by a sick population. Your blood samples may not have been centrifuged long enough. Maybe it wasn't refrigerated in transit. There are so many other reasons too.

This reminds me of a one-man

experiment I did recently. I wanted to see what happens when you use two different labs to measure the same thing. We tested Sam's c4a levels, an inflammatory biomarker. One lab determined the level to be 9,725 and another said it was 319. Can you see how messed up your treatment regimen will be if you rely solely on labs? The numbers are off by thousands!

Sometimes the biomarkers that doctors test you for are just for screening, rendering them pretty useless IMHO (in my humble opinion). For example, thyroid testing and dosage changes are often based upon your TSH blood test, but you realize that isn't measuring your thyroid hormone right? And "Total Cholesterol" labs are useless because they don't tell you "particle size" or "number," yet a bazillion statin prescriptions have been written based upon this number.

So when I read the research conducted by Dr. Kyle Murdock, Dr. Christopher Fagunde and the rest of their team, it made a ton of sense to me. The truth is: Physicians should stop telling you everything is fine when your labs are "normal" and you are sitting there in tears trying to explain that something is wrong.

You should not be ignored if you're not feeling any better on medication. They should trust you. And you should trust your instinct more. This is not an excuse to go all hypochondriac on me, okay? I'm just saying, if you feel bad,

keep digging at what the root cause is. I'm also hoping you don't go order a cheeseburger and fries to celebrate your "normal" cholesterol.

According to Dr. Christofer Fagundes, a professor of psychology at Rice University, "When a patient says, 'I don't feel like my health is very good right now,' it's a meaningful thing with a biological basis, even if they don't show symptoms."

If you'd like to learn more about this, I will email you a longer version of this

article. Sign up for my newsletter at suzycohen.com. How happy would you be to know that "it's not in your head" and how awesome would it be if you were taken seriously? Trust your gut feeling more.

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.✱

Parkinson's Functional Screening

Lee Memorial Health System is holding a community resource and screening session for people who have been diagnosed with Parkinson's Disease on Saturday, July 30 between 9 a.m. and 2 p.m. at the Outpatient Rehabilitation at City Center, located at 3114 Cleveland Avenue in Fort Myers.

"The Parkinson's Clinic gives a person with Parkinson's and their loved ones the opportunity to discuss concerns related to changes in function", said Nathalie Grondin, PT, coordinator of the LMHS Parkinson's Disease Rehabilitation Team.

All participants are screened by licensed therapists trained to detect

physical deficits which may benefit from therapy intervention. Participants are also provided with a list of available resources including seminars, group exercise classes and support group meetings throughout Lee County.

Each participant can expect to visit with a physical therapist to address mobility concerns, an occupational therapist to address self-care activities and home management, as well as a speech language pathologist to discuss communication and swallowing concerns.

Resources related to education, support group, exercise group and identification of individualized therapy needs will be provided and a report of recommendations will be sent to your health care professional of choice.

Appointment times are limited. For more information and to register, call 343-4962.✱

Doctor and Dietician

Quinoa Pilaf



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

Many people have heard of quinoa (pronounced keen-wah) but are not sure how to cook with it. Once you try this high protein, high fiber grain, you will love it! It is as versatile as rice, only healthier.

Ingredients:

- 3 tablespoon olive oil
- 2 large shallots, chopped
- 1 small red pepper, seeded and chopped
- 1 teaspoon kosher salt, plus extra for seasoning
- 1/2 teaspoon freshly ground black pepper, plus extra for seasoning
- 1 1/2 cup quinoa
- 1/4 cup white wine, such as pinot grigio
- 1 1/2 cup chicken broth or veggie broth
- 1 packed cup arugula, chopped
- 1/2 cup slivered almonds, toasted and coarsely chopped
- 1/2 cup chopped fresh mint

1 medium cucumber, peeled, seeded, and diced

Zest of 1 lemon

What to do:

1. Toast the almonds in a single layer on a baking sheet in 350 degree oven 6 to 8 minutes or in skillet on top of stove. Set aside to cool.
2. Heat 2 tablespoons oil in large saucepan or high-sided skillet over medium heat. Add shallots and cook until soft about 2 minutes.
3. Add bell pepper, salt and pepper. Cook until tender, about 5 minutes.
4. Make space in the center of the veggies and add another T of oil. Add the quinoa and cook, stirring constantly, until coated with oil, about 2 minutes.
5. Add the wine and cook until all of the liquid has evaporated, about 2 minutes.
6. Add broth and bring to a boil. Cover and simmer until broth has been absorbed, about 15 minutes. Quinoa should be tender.
7. Keep covered and let sit for about 10 minutes.
8. Add arugula, almonds, mint, cucumber and lemon zest and toss.
9. Season with salt and pepper.
10. Serve at room temperature or cold.

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 two-generational 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,

My mother and father continued to live in our family home after their family left. My father developed diabetes and my mother lovingly cared for him and made his health her major interest.

After a number of years he died and she wanted to continue to live in her home. We help her and she also has paid help to come in to assist her with major care. She is now isolated, very lonely and has lost her enthusiasm and interest. She no longer has friends who drop in or phone because they are also

having health or adjustment problems or both.

We are at a loss to know what to do because she certainly continues to go downhill. Could you please help us?

Lesley

Dear Lesley,

Please take your mother to her physician and have her evaluated to rule out any medical problems.

Discuss with your mother what you see and think about her situation. She may feel isolated and want a change as well. If she does not want to move into an independent living or assisted living community, there are senior centers and other community programs providing companionship and activities. If your mother's private duty staff cannot take her, other transportation services should be available in your area.

Many folks I know choose to stay in their homes and socialize in senior centers.

Pryce

Dear Lesley,

Your mother may be still grieving for her husband and her lost lifestyle.

Loneliness is a dreadful condition that unfortunately can be life-threatening if not treated. We all need to be in contact with others, some more than others, to meet our social needs.

Pryce has given you some great suggestions, and a place to start.

Lizzie

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

PETS OF THE WEEK



Chola

Chola ID# 655004



Adriana ID# 662685

Hello, my name is Chola. I'm a 2-year-old tan and white, spayed female American bulldog mix. I am a fantastic dog with the most adorable under bite. I am calm, a good leash-walker, am able to sit and love to play ball and fetch. However, my favorite thing to do is to show love and affection to people! I would make a lucky family a very lovable companion.

Adoption Fee: \$35 (regularly \$75) during Animal Services' "It's Raining Cats and Dogs" Adoption Promo

Hi, I'm Adriana. I'm a 4-month-old black female domestic short hair with a beautiful reddish hue (a color many women pay a lot of money for at the hair salon). I was a very shy little kitten when I arrived at the shelter. I went to a foster home where my foster mom gave me lots of love and toys. Now I don't think the world is such a scary place anymore. I enjoy playing with other kittens too, so you may want to take advantage of Animal Services 2 for 1 deal!

Adoption Fee: \$10 (regularly \$75) during Animal Services' "It's Raining Cats and Dogs" 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.✧

THE RIVER WEEKLY NEWS FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118

Kiwanis Clubs:

Fort Myers Beach	765-4254 or 454-8090
Fort Myers Edison	694-1056
Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869

Lions Clubs:

Fort Myers Beach	463-9738
Fort Myers High Noon	466-4228
Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

SPLITTING SIMPLE SUBSTANCES

- ACROSS
- 1 Auto-theft deterrent

9 Nickname for Ireland, with "the"

16 "— to say?"

20 Formal written defense

21 Informer

22 Lend a hand

23 1941 hit for Billie Holiday

25 "Would — to you?"

26 "Frozen" snow queen

27 Athenian H

28 Of volcanic activity

30 Subpar grade

31 Kind of shipping with smallish freight

37 O'Hara's Butler

39 Kind of sword

40 Give rise to

41 One watching unobtrusively

46 See 87-Across

49 Fly jets, say

50 Lend a hand

51 Telly initials
- 54 Bear, in Tijuana

55 Countries

56 Home pest

57 Xeroxing supply

62 Common B.A. major

63 Orly jet, once

64 Soprano Gluck

65 California's region

66 Legendary king of Camelot

70 Little-by-little

73 Morales of movies

74 High trains

75 Stein quaff

78 Pilot's direction detector

80 Nada

81 Made even

83 Gp. of G.P.'s

84 One-wd. definition, essentially

85 2005 Best Director Lee

86 Plod along

87 With 46-Across, pancake pour-on

90 Like a technology in development
- 95 Singer Clark or Gibbs

98 Bowl game org.

99 Believer in a "God of reason"

100 Ayatollah Khomeini led it in 1979

105 "Give — try!"

108 Forbearance

109 Yank enemy

110 "— all a favor and ..."

111 Luc's gal pal

112 Simple substances split in eight long answers in this puzzle

119 Pop singer Celine

120 One hanging in the air

121 Sherpa, e.g.

122 E-mail status

123 Fifty percent

124 "The way things look to me ..."
- DOWN
- 1 Pent-up

2 As straight as —

3 "The Twilight Zone" host

4 Jessica of "Sin City"

5 Texting titter

6 Census stat

7 Meets the challenge of

8 Jib holders

9 Burnt residue

10 Salt Lake City collegian

11 Place: Abbr.

12 Homer's cry

13 More guileful

14 Slick offering at a spa?

15 Infer

16 County in Kentucky or Indiana

17 Reddish purple color

18 Ex-Twin Tony

19 Swiftswiss

24 Pic on a pec, perhaps

29 UPS items: Abbr.

31 Pre-Easter periods

32 Kitchen extension?

33 Pay mind to

34 Tax mo.

35 Ut. neighbor

36 Golfing peg

38 Skull's place

41 Outlet event

42 Writer Bunin

43 Zulu's group

44 Plop (down)

45 Fenway stat
- 47 Functions

48 Cruise stop

52 Happen to

53 Rocky peaks

56 Wynonna Judd's sister

57 Unsoiled

58 Luxury hotel chain

59 Hip dwelling

60 NHLer, e.g.

61 Barley bristle

63 Sharp pains

64 Lhasa — (dog breed)

66 Nabokov heroine

67 Classic Karel Capek play

68 — center (play area)

69 Be in power

70 Unit of fat

71 "— Lama Ding Dong"

72 Film version, e.g.

75 Person reading for a role, say

76 Big name in toy bricks

77 Place of bliss

79 Heart rocker Wilson

80 Wind dir.
- 81 Choo-choo

82 Furrows

85 "— in Calico" (old song)

86 Smartphone of the 2000s

88 Merciful

89 Iroquois tribe

91 Suffix with ethyl

92 95, to Nero

93 Asian ideal

94 Food

96 Western cattle farm

97 Korean city near Seoul

100 Apple tablets

101 Flaxlike fiber

102 Superman portrayer Christopher

103 WWW bookmark

104 Singer — Marie

106 People of Rwanda

107 Benefit

110 Galley mark

113 "Ho-hum"

114 401(k) kin

115 Bit of cartoon art

116 Whelp's yelp

117 Prefix with center

118 Family VIPs

1	2	3	4	5	6	7	8		9	10	11	12	13	14	15		16	17	18	19
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King Crossword

- ACROSS
- 1 With 5-Across, fade

5 See 1-Across

8 Old World duck

12 Inauguration recitation

13 Genetic stuff

14 Comic strip possum

15 Lo-cal

16 Squid's squirt

17 Acknowledge

18 Gold coin of old Italy

20 Differently

22 Berlin-born actress

26 Hackneyed

29 Banned pesticide

30 Ostrich's kin

31 Miners' finds

32 Pair

33 Oklahoma city

34 Zodiac sign

35 Onassis, familiarly

36 Isolated hill

37 Berlin-born actress

40 Census statistics

41 Slanted, in print

45 Fence opening

47 Pitch
- 19 95, to Nero

93 Asian ideal

94 Food

96 Western cattle farm

97 Korean city near Seoul

100 Apple tablets

101 Flaxlike fiber

102 Superman portrayer Christopher

103 WWW bookmark

104 Singer — Marie

106 People of Rwanda

107 Benefit

110 Galley mark

113 "Ho-hum"

114 401(k) kin

115 Bit of cartoon art

116 Whelp's yelp

117 Prefix with center

118 Family VIPs
- DOWN
- 1 Rory McIlroy's game

2 Bar

3 "Beetle Bailey" dog

4 Although

5 Quaff

6 Hostel

7 Manages with what one has

8 Tic

9 Gesture

10 Id counter-part

11 "Holy cow!"

19 Under the weather

21 Parcel of land

23 Buzz Aldrin's real first name

24 Send forth

25 Discourteous

26 Brazen

27 Vicinity

28 Re newborns

32 Had a rendezvous

33 Bicontinental region

35 Shock and --

36 Wager

38 Representative

39 Weary

42 Places

43 Press

44 Penny

45 Prized possession

46 Hearty brew

48 Alias abbr.

MAGIC MAZE

●

WHOLE GRAINS

U V R O E L H E A B X U R O L

I E T E L L I M B Y V S Q N K

H E B Y Y W A T T R O L F J G

B R O W N R I C E L E F B Y Y

W U R P A N K I I G E D B E Z

X V S N Q O M K N T Z P L I G

E C T T A R O S K T I R S Y W

U H S Q U E R T O P A R N L J

H F E C A M R A R B M E T Y X

V U S Q P M A O N I U Q H N M

K J H F E E F K C B Z Y X W V

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

Amaranth

Brown rice

Einkorn

Emmer

Farro

Kamut

Maize

Millet

Oats

Quinoa

Rye

Spelt

Teff

Triticale

Wheat



"I'm not doing a scalp massage.

I lost my _____."

answer on page 29

SCRAMBLERS

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

Game	_____	_____	_____	_____
PORTS	_____	_____	_____	_____
Crook	_____	_____	_____	_____
TEACH	_____	_____	_____	_____
Repast	_____	_____	_____	_____
FATES	_____	_____	_____	_____
Heir	_____	_____	_____	_____
COINS	_____	_____	_____	_____

TODAY'S WORD

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

SUDOKU

To play Sudoku:

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

answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Walking stick is shorter. 2. Arm is missing. 3. Sun is missing. 4. Pants are shorter. 5. Cap is reversed. 6. Headset is missing.

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Grouper Sliders with New Potato Salad

8 (3-ounce) grouper fillets, sliced thin
1 teaspoon Cajun seasoning
8 small rolls
1 small head romaine lettuce, shredded
2 tomatoes, sliced
1 red onion, sliced thin
1 tablespoon oil for cooking
1/3 cup mayonnaise
1/2 lemon, juiced
1 teaspoon paprika
Cayenne pepper to taste
Sea salt and fresh ground pepper to taste
Preheat a large sauté pan over medium-high heat. Lightly season the grouper fillets with Cajun seasoning, salt and pepper. Put the cooking oil in the preheated pan, and carefully add the seasoned fish fillets to the pan.
Cook fillets for about 2 minutes on each side depending on thickness until golden brown and cooked throughout. Place fillets on cut open rolls.
In a small bowl, combine mayonnaise, lemon juice, paprika and cayenne. Taste and adjust seasoning with salt and pepper.
Assemble sliders using lemon mayo, lettuce, tomato and red onion. Use a bamboo skewer if needed to keep sliders standing.

Serve with potato salad.
6 cups new potatoes, quartered, cooked and cooled
2 tablespoons rice vinegar
1 tablespoon olive oil
2 tablespoons mayonnaise



Grouper Sliders with New Potato Salad

1/2 cup assorted color bell peppers, diced
1/2 cup red onion, diced
2 tablespoons fresh parsley, chopped
Sea salt and fresh ground pepper to taste
Combine all ingredients into a medium-sized

mixing bowl. Stir ingredients to completely combine. Taste potato salad and adjust seasoning with salt and pepper.
Serve cold.*

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PUZZLE ANSWERS

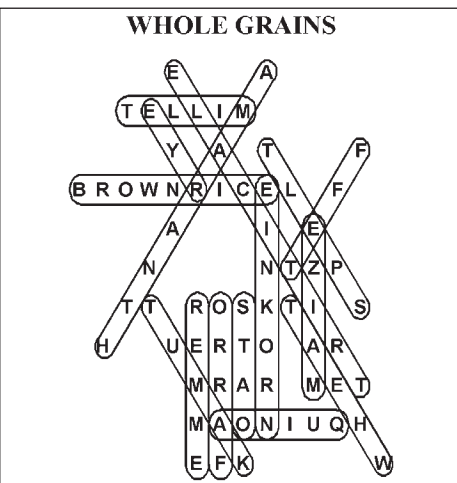
SUPER CROSSWORD

C	A	R	A	L	A	R	M		A	U	L	D	S	O	D		W	H	O	S
A	P	O	L	O	G	I	A		S	T	O	O	L	I	E		H	E	L	P
G	O	D	B	L	E	S	S	T	H	E	C	H	I	L	D		I	L	I	E
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF JULY 25, 2016

ARIES (March 21 to April 19)
You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises for which you're not sure you're ready.

TAURUS (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.

GEMINI (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for his or her actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22) That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

VIRGO (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter his or her lies with the truth. Your friends are ready to listen.

LIBRA (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles -- the harder, the better.

THIS WEEK IN HISTORY

- On July 31, 1715, a hurricane strikes the east coast of Florida, sinking 10 Spanish treasure ships and killing nearly 1,000 sailors. Although much of the gold and silver was salvaged, coins and other artifacts occasionally wash up on Florida beaches.
- On July 25, 1898, during the Spanish-American War, U.S. forces launch an invasion of Puerto Rico. With only seven deaths, U.S. troops under Gen. Nelson Miles were able to secure the island by mid-August.
- On July 26, 1908, the FBI is born when U.S. Attorney General Charles Bonaparte orders a group of 10 newly hired federal investigators to report to the Department of Justice. Notorious gangsters such as George "Machine Gun" Kelly and John Dillinger met their end at the hands of the FBI.
- On July 27, 1953, after three years of bloody war, the United States, the People's Republic of China, North Korea and South Korea agree to an armistice, bringing the Korean War to an end. The war cost the lives of more than 50,000 Americans.
- On July 29, 1976, the "Son of Sam" fires five shots in the first in a series of shootings that would terrorize New York City over the course of the next year. Shooter David Berkowitz claimed that "Sam" was his neighbor Sam Carr, who transmitted his kill orders through his pet black Labrador.
- On July 28, 1990, Maximo Menendez falls into a coma and later dies after drinking a Colombian soft drink, Pony Malta de Bavaria, in Florida. The soft drink had been laced with liquid cocaine,

apparently by smugglers who planned to reclaim the bottles.

- On July 30, 2003, the last of 21,529,464 Volkswagen Beetles built since World War II rolls off the production line at Volkswagen's plant in Mexico.

STRANGE BUT TRUE

- It was beloved 20th-century American dancer, singer and actor Fred Astaire who made the following sage observation: "The higher up you go, the more mistakes you are allowed. Right at the top, if you make enough of them, it's considered to be your style."
- If you're of a certain age, you may remember the popular cartoon "Far Side," by Gary Larson. You may not realize, however, that this daily chuckle influenced science as well as humor. In a 1982 drawing, Larson dubbed the spikes at the end of a stegosaurus's tail the "thagomizer" -- which is what paleontologists call the spikes today.
- If you write the word "suns" upside down, it still says "suns."
- This election season might be a good time to resurrect the word "flapdoodler." During Victorian times, any annoyingly boastful or self-righteous person was considered to be a flapdoodler.
- In Britain in the early 2000s, dead hedgehogs started turning up with their heads stuck in McFlurry cups. It seems that the little creatures would stick their heads in to get to the remains of the discarded treat, then they'd be unable to get out and would starve to death. In response, in 2006 McDonald's changed the design of the McFlurry cups to be more hedgehog-friendly.
- If you're planning a road trip to the Pacific Northwest, keep in mind that in Oregon it's against the law to test your endurance while driving a car.
- You might be surprised to learn that Helen Keller, probably best known as the first deaf and blind person to earn a bachelor of arts degree, was one of the first members of the American Civil Liberties Union.

THOUGHT FOR THE DAY

"I want people to talk to one another no matter what their difference of opinion might be." -- Studs Terkel

SCRAMBLERS

solution
1. Sport; 2. Cheat;
3. Feast; 4. Scion
Today's Word
CONTACT

TRIVIA TEST

1. Money: What is the building depicted on the back of a \$20 bill?
2. Measurements: How many yards are in a fathom?
3. Psychology: What is the fear represented by pyrophobia?
4. Television: Who voiced the role of Charlie on the original "Charlie's Angels" TV series?
5. U.S. States: Which three state capitals have the least number of letters in their names?
6. Language: What are gauchos?
7. Firsts: Who was the first woman to receive the Distinguished Flying Cross?
8. General Knowledge: In superstitious beliefs, how many years of bad luck allegedly come from breaking a mirror?
9. Math: What is a 20-sided shape called?
10. Awards: What is the award given each year to major-league baseball's most outstanding pitchers in the American and National Leagues?

TRIVIA ANSWERS

1. The White House
2. Two (six feet)
3. Fear
4. John Forsythe
5. Salem, Oregon; Dover, Delaware; Boise, Idaho (five letters)
6. South American cowboys
7. Amelia Earhart
8. Seven
9. An icosagon
10. Cy Young

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

COMMERCIAL RENTAL

OFFICE SPACE FOR RENT

Great office space for rent.
Great location,
700 square feet on Periwinkle.
Call Joe Gil 516-972-2883
or 800-592-0009.

*NS 4/24 CC TFN

COMMERCIAL RENTAL



Free standing "cottage" available for rent.
Located in the popular Sanibel Square
on Periwinkle Way. Newly updated,
approximate. 700 sq. feet of area. Please
call JUDY @ 239-851-4073.

*RS 12/4 CC TFN

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Licensed in Florida, New York,
Pennsylvania and New Jersey.

*RS 4/29 CC TFN

LOAN NEEDED

LOAN NEEDED

Looking for private investor loan to
consolidate personal debt. I live on Sanibel
and can offer second mortgage on my
home. Amount needed is \$150,000. This
will payoff existing debt.
Please respond to
sanibelforme@hotmail.com

*NS 7/22 CC TFN

ANNUAL RENTAL

HOUSE FOR RENT

West Gulf Dr., long term, 2,000 sq.ft.
3Br,2B, loft, 2 car garage. 2 enclosed
lanais off MB & LR. Private Deeded Beach.
\$2,500, first, last, security. 239-910-6430
or email Luvavantis@aol.com

*RS 6/24 CC TFN

HOUSE FOR RENT, FURNISHED

Newly renovated 1400 sq foot home on
Rabbit Road with deeded private beach
access and close to school. 3BR/2B. Fully
furnished and equipped, garage, screened-
in lanai. Sept 1 - Aug 31. \$2,400 first, last,
and security. 902-626-1782 or
jdmac66@outlook.com
References required.

*NS 7/8 CC 7/29

ANNUAL RENTALS SANIBEL

A RARE OFFERING

This 4 BR/2 BA, two car garage ground
level UF home is in a great central
Neighborhood, and Freshly painted.
Call to view today!
\$2,200/mo..

MINUTES TO SANIBEL

This updated 1/1 Unfurnished condo.
Is ground floor with screen porch,
tile floor, and w/d inside unit.
Pool and tennis and 5 minutes to
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Please call for details

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The Island Experience!

*RS 7/22 BM TFN

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PROPERTY MANAGEMENT & SALES
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*RS 1/4 CC TFN

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1-888-451-7277

*RS 1/4 BM TFN

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*RS 1/23 BM TFN

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*NS 7/22 CC 8/5

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cleaning system
Sonya @ 239-246-7007

*NS 7/22 CC TFN

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*RS 6/7 CC TFN

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*RS 1/25 BM TFN

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references. Med. mgt., wound care, CPR,
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watch, exercise monitoring, errands, etc.
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*RS 5/13 CC TFN

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*NS 5/20 CC TFN

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*NS 1/4 PC TFN

SANIBEL HOME WATCH

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*RS 1/4 BM TFN

HELP WANTED

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Front Desk /Medical Assistant
Electronic Medical records a plus.
Reply to PO Box 53, Sanibel, FL 33957.

*RS 7/15 PC 8/5

BECOME A SENIOR COMPANION VOLUNTEER

Volunteers provide companionship and
friendship to frail elderly individuals who
are homebound and generally living
alone. Seniors Receive: Tax-free Stipend
of \$2.65/hr., Mileage reimbursement of
\$.40/mile, Paid Holiday, Vacation, & Sick
leave. Volunteers, age 55 and older, able
to volunteer at least 15 hours per week are
urged to call today.

Dr Piper Center for Social Services, Inc.,
Tel: (239) 332-5346 or (800) 332-5346

*NS 7/1 NC TFN

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individuals, with open availability
Monday through Sunday.
If interested call and ask for
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*NS 5/6 BM TFN

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DOCKAGE

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and Monthly.
Captiva Island 472-5800

*RS 1/4 NC TFN

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*RS 1/22 BM TFN

LOST AND FOUND

ENGAGEMENT RING LOST

Engagement ring lost at the Lighthouse
Beach by the big driftwood tree on 4/28/16
in the water. If anyone finds, please contact
the Sanibel Police or call 864-704-5135.

*NS 5/13 NC TFN

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



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The River Weekly News
Call 3952-1213

Turtle Nesting Season Guidelines

With 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).



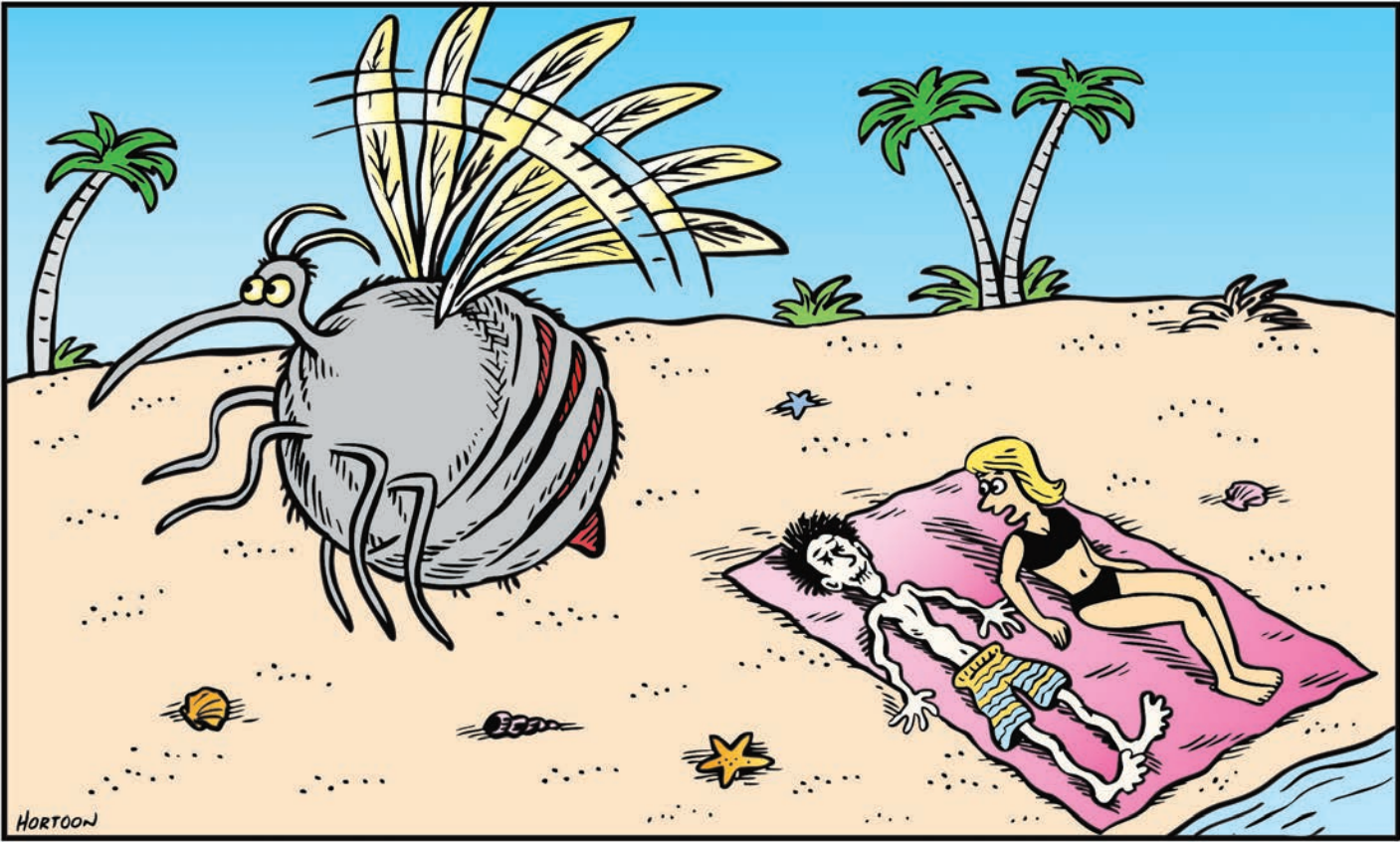
A loggerhead sea turtle hatchling photo by Jeff Lysiak

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>.

HORTOONS



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Seagrape	Fort Myers Beach	1940	896	\$1,350,000	\$1,200,000	182
Whiskey Creek Club Estates	Fort Myers	1986	7,086	\$1,200,000	\$975,000	31
Banyan Cove	Bonita Springs	2004	3,451	\$1,199,000	\$1,095,000	97
Beachview Country Club Estates	Sanibel	2001	3,647	\$1,195,000	\$1,075,000	236
Sanctuary	Bonita Springs	1991	2,623	\$960,000	\$873,000	130
Little Hickory Shores	Bonita Springs	1987	1,807	\$769,000	\$747,500	64
Horse Creek	Fort Myers	2006	3,316	\$669,900	\$630,000	70
Coconut Creek	Fort Myers	1993	2,487	\$619,000	\$587,500	77
The Masters	Estero	2000	1,885	\$599,000	\$560,000	8
Bay Crest	Bonita Springs	2006	2,136	\$599,000	\$575,000	28



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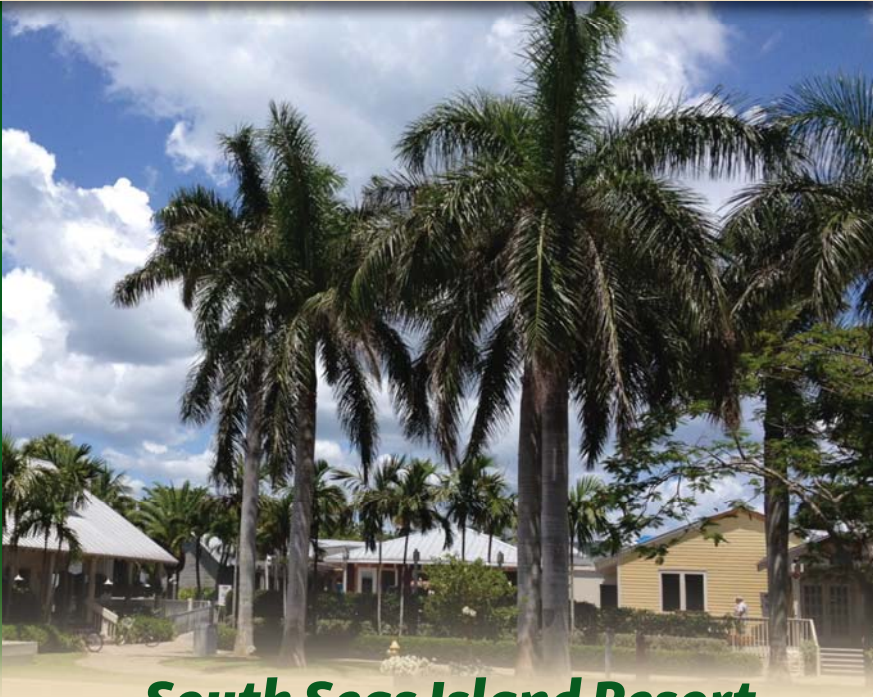
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