

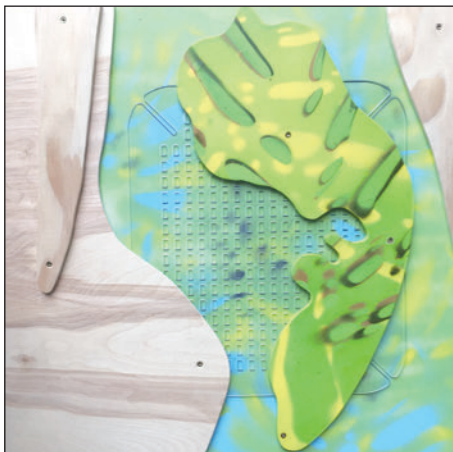


Opening Reception For Juried Exhibit

The Alliance for the Arts will host an opening reception for its July exhibition titled Uncontained: Juried Exhibit on Friday, July 12 from 5 to 7 p.m. The exhibit opens Friday, July 5 and will be on view through August 3.

This exhibition challenges artists to turn trash into treasure by presenting art made entirely of recycled and found materials, and encourages viewers to reimagine the potential of discarded products. The juried entries come together for an unconventional exhibition that converges creativity and sustainability.

Selected artists include: Mina Bobel, Katherine Boren, Ada Cantrell, Michele DiRocco, Virgen Dominguez, Janet Gold, John Merchant, Della Bonyton, Terri Day, Carolyn Gora, Hugh Higgins, Lourdes Mora Shay, Kathy Omeara, Niculina Pascovici, Caren Pearson, Charlie Cox, Barbara "Babs" Snyderman, Mal Hope, Patricia Esposito, Pamela Jones, Susan Maas, Steve Kalb, Mark Rubinstein, Michael Danley, Pat Leggett, Marguerite Petcher, James Roberts, Debra Patterson, Jayne Baker, Rachel

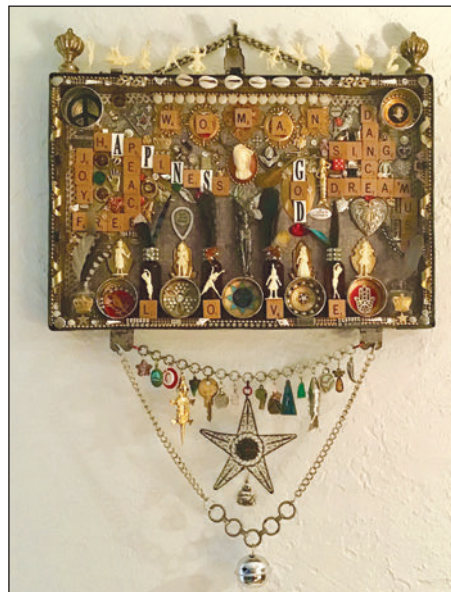


Calusa Island by Marguerite Petcher

photos provided

Stewart, Julie Markytan, Guy Tieman, Jan Cox, Africa Valdez, Meaghan Shaw, Bruce MacKechnie, Lisa Tract, Leo Johnson, Brooke Anderson, Julie Obney, Antastia Capalbo and Jay Lana.

This year's juror is Dale Weber, who started his artistic journey in the early 1970s and emerged as a young painter. He explored the many paths of artistic expression from oil to acrylic to pastel. This inevitably led to mixed media collage and finally to found object assemblage. He has traveled this avenue for over 12 years recycling a variety of discarded



Spirited Collage by Jayne Baker

materials. He has now reached the stage in his journey where he considers himself "a happy hobo with no promises to keep." Weber is a veteran of both solo, group and invitational exhibits and a recipient of several awards.

Meet and engage with exhibiting artists during a conversational tour through the gallery during the Alliance for the Arts weekly GreenMarket on



Music Muse Yamu Tree Branch by Africa Valdez

Saturday, July 13 at 10 a.m.

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

For more information, call 939-2787 or visit www.artinlee.org/uncontained.



Caloosahatchee oxbow

photo provided

Group Makes Progress With DEP On Water Quality

On May 23, Sanibel-Captiva Conservation Foundation (SCCF), the Center for Biological Diversity and Calusa Waterkeeper submitted a petition to the Florida Department of

Environmental Protection (DEP) to initiate rulemaking to adopt water quality criteria for cyanotoxins produced by blue-green algae. On June 25, SCCF received notice that DEP granted the petition which means that it will consider developing cyanotoxin criteria during this triennial review.

"We are very pleased that DEP has granted our petition," said SCCF's

continued on page 23

Duo To Perform In Concert Series

Aibou Duo will perform during Shell Point Retirement Community's 2019 Summer Concert Series in the Grand Cypress Room at The Woodlands at Shell Point on Wednesday, July 10 at 7 p.m. The concert is open to the public and tickets are \$20.

Comprised of Yoko Sata Kathari on piano and Ruby Berland on violin, Aibou Duo has performed throughout the South Florida community since 2009. The classically trained twosome

presents an engaging repertoire that draws on a variety of musical styles, and the versatile pair is dedicated to presenting chamber music to audiences in Southwest Florida. Listeners will be provided background information on each composition and will have an opportunity to speak with the musicians following the concert.

The Woodlands at Shell Point is located at 14441 Woodsong Lane in Fort Myers. For more information or tickets, visit www.shellpoint.org/summer or call 454-2067. Tickets purchased online or by phone will be held for pick-up at will call on the night of the performance.



Ruby Berland and Yoko Sata Kathari form the Aibou Duo

photo provided

Historic Downtown Fort Myers, Then And Now:

First Modern City Hall



by Gerri Reaves, PhD

The first week of 1954 began with exciting plans for city buildings and expansions. Among the proposals was the first modern city hall, pictured in the circa-1954 photo. One wing would be the police department.

By the time city hall was completed in summer of that year, the city not only had a gorgeous new building but a trail of wreckage.

The current city hall was a late 19th century frame structure that had originally been the home of Capt. Edward Lewis “EL” and Carrie Belle Hendry Evans. Both were true Fort Myers pioneers, and Edward had been a friend of Thomas A. Edison.

The couple lived in the house until 1921, when they moved to a newly constructed home in the new subdivision of Dean Park.

The Evans house and property, which stretched 270 feet along Main and north to the Caloosahatchee, was sold to the city. The house became the first permanent city hall and the land around it became City Park.

The new city hall really got underway in March 1954 when city officials solicited bids for what was to be an L-shaped one-story concrete and stucco building.

It was to extend 148 feet along Main and 145 along Heitman.

The police station “wing,” which was seemingly connected to the other, would face Heitman and be separated by a wall and have separate entrances.

And, wonder of wonders, it would be air-conditioned.

In April, the existing city hall’s location had to be shifted on the site so construction could begin, even as employees continued to work in the same historic building.

On the last day of April, city employees began moving from what had been City Hall since October 1, 1921. But employees didn’t go far – just to the adjacent Park Hotel on Main, which would be a temporary workplace until the new building was complete.

Even as they transferred office equipment, files, typewriters and the paraphernalia of a city office, the nearby tennis courts in City, or Evans, Park were being torn up.



Pictured is the circa-1954 photo of the new Fort Myers City Hall at Main and Heitman with the sunset streaming behind it. The police department was located in the section facing Heitman (right). photo courtesy IMAG History & Science Center



A bank was built on the site in the 1980s photo by Gerri Reaves

And as the foundation for the modern building was being laid in early May, the historic Evans house was being demolished.

City officials had offered to give the frame structure to a non-profit, but no interested party could afford to move and/or renovate it.

So, when the time came, it had been sold to James and Robert Reilly, who planned to salvage some of it to build homes. Who knows? Perhaps remnants of the Evans home survive today as parts of homes the Reillys subsequently built.

Construction progressed rapidly.

On Sunday afternoon, August 29, an open house was attended by 1,500 to 2,000 people. The mayor, city councilmen and their wives and city employees gave tours, and refreshments were served.

The News-Press described the new hall as “tropical” because of the terrazzo floors, cool green interior paint, stylish bent-cane furniture with tropical floral prints, light-oak desk furniture and art prints on the walls.

The landscaping had been designed by Robert Halgrim, manager of what was then called the Edison Home.

In 1973, another new city hall opened on Second Street. However, the police department remained in the sleek building at Main and Heitman until a new police station was built in 1983.

The once-celebrated city hall was demolished, and a bank was constructed there.

Walk down to Main and Heitman and imagine going to the exciting open house for the new city hall.

Then visit the following two research centers to learn more about where city offices have been located over the years.

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

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



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


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


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

Sources: Archives of the Southwest Florida Historical Society; The News-Press; and The Story of Fort Myers by Karl H. Grismer.✪

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 PRINTED ON RECYCLED PAPER

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Purchase Of Property Secures Theater's Future

Florida Repertory Theatre's leadership and board of directors have purchased the Bradford block in downtown Fort Myers, which contains the Historic Arcade Theatre, ArtStage Studio Theatre and other Florida Rep facilities, as well as the parking lot across Bay Street. This milestone purchase was made possible by multiple transformational gifts from a group of anonymous donors, given solely for the company to purchase the property. The acquisition secures the company's future into its next 21 years and beyond.

"For the first time in our 21-year history, we will own the theater and the parking lot," said Florida Rep Board Chairman Marc Laviolette. "It gives us the self-determination which we never had and the opportunity to apply for grant dollars that were unavailable because we didn't own our facility."

In addition to the theater's two stages, other facilities and the parking lot, the Bradford block contains 20 commercial units and 42 residential units. Florida Rep currently rents 12 of the residential units for visiting artists working at the theater.

The 110,000-square-foot parking lot is essential to the theater's daily operations and is a significant selling point for patrons visiting downtown six nights per week during the theater's busy season. The acquisition of the parking lot puts the theater in control of its usage and ensures that no matter how downtown continues to grow, theater patrons will always have



Bradford Building

photo provided

a place to park when coming to the theater.

Florida Repertory Theatre is a 501(c)3 charitable organization, and it has set up a separate LLC with appropriate professional management to maintain, operate, and oversee the acquired, non-theater-related real estate.

"As one of the top regional theater companies in the United States, we are dedicated to producing great work and impactful outreach. We don't intend to go into the real estate business," said Florida Rep Artistic Director Greg Longenhagen. "Florida Rep is and will continue to be a cultural hub both in downtown and for all of Southwest Florida, and this purchase only strengthens our position as an

economic driver and artistic anchor for the River District. We look forward to this next chapter in our growth."

Talks with Bill Smith, Inc., the longtime owner of the downtown property, began in early 2019 and progressed smoothly throughout the due diligence and contracting process. "We are so pleased to be able to work with the Smith family to do this deal," Longenhagen said. "They saw this as an opportunity to preserve not only the history of the Bradford property but also to cement Florida Repertory Theatre's legacy as part of the cultural fabric of downtown. The Smith family has

always been a partner in Florida Rep's success, and we are honored to take on the property and to honor their 40-year history as its owner."

The anonymous donors made clear that the donated funds only be used for the purchase of the site. As always, Florida Rep will continue to rely on ticket sales, grants, sponsorships and especially the donations from individual members of our community. The support of its donors makes it possible for Florida Rep to provide Broadway-quality theater at accessible prices to over 90,000 patrons annually and to sustain its ever-growing educational programs that reach over 35,000 young people across Lee, Collier, Hendry, Charlotte and Glades counties each year.

"This purchase is so important because, while Florida Rep has always been strong, its future was never fully secure because we didn't own the Arcade and ArtStage theaters or the parking lot," said Laviolette. "Now we no longer have to worry about that."

Florida Repertory Theatre's 21st season closed on May 19 and boasted record-breaking attendance, extended performance runs and some artistic and educational milestones. The theater's 2019-20 nine-show season is set to open September 24 with the musical, *Always... Patsy Cline* in the ArtStage Studio Theatre and Ken Ludwig's *The Fox on the Fairway* on October 29 in the Historic Arcade Theatre. Tickets and subscriptions are available through the box office at 332-4488 and online at www.floridarep.org.✪

July Programs At Downtown Library

Fort Myers Regional Library offers activities for all ages. The following are free to the public:

Adult Programs

Book Discussion *Somebody I Used to Know* by Wendy Mitchell: 3 p.m. Monday, July 8. Location: Main Library Building, Conference Room C – A memoir by a former British National Heath Service employee and single parent describes her battles with early onset Alzheimer's, the management techniques she has developed to maintain her independence and her efforts to make sense of her shifting world.

English Café: 6 p.m. Tuesdays, July 9, 16, 23, 30. Location: Main Library Building, Conference Room C – Free, informal conversation sessions for adult ESOL/ESL students.

Research Irish Ancestors in Ireland: 9:30 a.m. Saturday, July 13. Location: Meeting Room AB – This session will focus on identifying the most useful print and online resources to navigate successfully using records generated in the Irish Republic and Northern Ireland. Registration is required.

Scrapbooking Social: 1 p.m. Monday, July 15. Location: Meeting Room CD – A casual self-guided group of scrappers share inspiring ideas and techniques.

Attendees should bring their own scrapbooking projects. Enjoy using our paper, scissors and other supplies.

Book Discussion *Havana: A Subtropical Delirium* by Mark Kurlansky: Noon Wednesday, July 17. Location: Main Library Building, Conference Room C – Award-winning author Mark Kurlansky presents an insider's view of Havana: the elegant, tattered city he has come to know over more than 30 years.

Adult STEM: 6:30 p.m. Wednesday, July 17. Location: Meeting Room ABCD – So many aspects of modern life revolve around a digital e-life which is run by computer code. But what is code and how does it work? Learning to code is easy. Learn about free websites such as the www.hourofcode.org or www.scratch.mit.edu. Registration is required.

Knitting Nook: 1 p.m. Thursday, July 18. Location: Main Library Building, Conference Room C – A casual self-guided group of knitters and crocheters share ideas, techniques and patterns. Attendees should bring their own projects. Basic supplies available for newcomers.

Trivia Universe: 2 p.m. Saturday, July 20. Location: Meeting Room ABCD – Celebrate the 50th anniversary of the first moon landing and test your knowledge of air and space trivia. Prizes for winners. Registration is required.

Small Business Series: Understanding continued on page 16

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From left, Brandon Wolf, Charley Carpenter, Josh Gidcumb and Jacob Mossholder captured top honors photos provided

Clay Shooting Tournament Raises Funds

Lee Association for Remarkable Citizens (LARC) recently hosted the inaugural Aiming for Ability Clay Shooting Tournament at Sarasota

Trap Skeet & Clays. The event raised \$14,000 for LARC's newest program – LAB: Learn, Achieve, Become. Plaques were awarded to the first, second and third place teams. The first place team was Brandon Wolf, Charley Carpenter, Josh Gidcumb and Jacob Mossholder. Second place was Will Anderson, Garrick Carter and Jeff Robison. The third place team was Dave Maxwell, Phil Gaylor, Jack Shelley



From left, Will Anderson, Garrick Carter and Jeff Robison placed second

and Don Ward. The plaques were made by LARC woodshop and engraving enterprise participants. "Shooters of all skill levels joined us for this fun morning benefiting LARC's newest program, LAB," said Angela Katz, LARC development director. "LAB will offer an experiential learning environment for individuals with intellectual and developmental disabilities. LAB transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. Five labs will focus on skills that maximize independence and employment success." Established in 1954, LARC is a training center for success for individuals with intellectual and developmental disabilities. LARC serves more than 300 individuals annually and participants range in age from 23 to

75. LARC offers vocational training, community residential services and a vast array of other state-of-the-art community inclusion services on a full-time, year-round basis. LARC's main campus is located at 2570 Hanson Street in Fort Myers, and has a satellite campus in Bonita Springs. LARC also operates two residential group homes located in Cape Coral and North Fort Myers. The event was sponsored by Mark Loren Designs, Miloff Aubuchon Realty, Creighton Commercial Development, Cape Closeouts, Myers Brettholtz & Co., Sunset Air, IberiaBank and Wear the Fund. The 2020 Aiming for Ability tournament will be held on May 8. To learn more about LARC, visit www.larccleecounty.org or contact Katz at 334-6285 ext. 229 or angelakatz@larccleecounty.org.

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From left, Dave Maxwell, Phil Gaylor, Jack Shelley and Don Ward took third

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Fort Myers Art:

Popular Mexican Holiday Exhibit To Return To Alliance



by Tom Hall

Dia de los Muertos: A Juried Exhibit is returning to the Alliance for the Arts in October. It's a show that will feature traditional Mexican sugar skulls in a variety of media ranging

from painting in oil, acrylic, watercolor and collage to photography, prints, drawing and sculpture. Artists interesting in participating in the show may submit up to three artworks for consideration. To download the prospectus or submit artwork, visit www.artinlee.org/sugarskulls.

What exactly is Day of the Dead? In many parts of Mexico, South America and the United States, Dia de los Muertos is a time to remember and celebrate the lives of family and friends. More about reveling in life than remembering death, this unique day encourages us to connect with loved ones while reflecting on the ties that bind the past to the present.

"Community participation is a powerful part of this holiday," said exhibitions coordinator Krista Johnson. "That's why we're calling on local artists to contribute to this lively and fun exhibit."

The show's opening reception is scheduled for 5 to 7 p.m. on Saturday, October 5, with awards being announced at 6 p.m. There will be a \$250 prize for Best in Show, \$125 for 2nd place and \$75 for 3rd place.

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



Participants at a Dia de los Muertos celebration

photo courtesy www.artswfl.com

Dates Set For Off The Wall Holiday Exhibit

Each year, the Alliance for the Arts invites 100 members to submit two original 2D or 3D artworks for exhibition in the gallery, beginning with the onset of the holiday shopping season. Called Off The Wall, this non-traditional art show features works in all mediums priced at \$200 or less. All sales are "cash and carry," meaning purchasers will get to take the piece with them when they buy it, rather than waiting until the end of the exhibit.

Make supporting local arts tops on your list this year by giving a gift that gives back. Make plans to do your Christmas shopping at the Alliance for the Arts this year. Betcha there's 100 member-artists who would be delighted to have their art under your tree.

This year's show runs from December 6 through December 28. The opening reception is scheduled for 5 to 7 p.m. on Friday, December 6. For more information, visit www.artinlee.org or call 939-2787.

Florida Humanities Council Loses State Funding; Cuts Programs

In a departure from past practices, the Florida legislature has provided zero funding to the Florida Humanities Council. While FHC receives the majority of its funding from the National Endowment for the Humanities, state support constituted approximately 25 percent of the council's revenue. As a result, FHC has been required to cut a number of programs. Its Speaker Series program has been suspended, no new applications for the community walking tours are being accepted, the number of *Forum* publications will be reduced from three to two, and Museum on Main Street exhibits are now contingent on alternative funding.

"We want to be clear," Executive

Director Steve Seibert hastens to add, "the Florida Humanities Council will continue to serve. We remain committed to our organizational mission; to provide access to the humanities – to the stories and ideas that make us human – to all Floridians, wherever located."

You can help the Florida Humanities Council by becoming a member and/or making a donation to help defray its programming and operational costs. For more information, contact the council at 727-873-2000 or info@flahum.org.

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

July Events At Estates

Edison and Ford Winter Estates will offer programs on its campus in July.

July Garden Talk on Fragrant Plants: July 13 at 10 a.m. – Our site contains many types of fragrant plants, and a plant's aroma is one of the key aspects of gardening. This class will include a walk around the property, as we identify different varieties of fragrant plants and discuss maintenance and planting ideas. Everyone should wear shoes for walking, a hat, sunscreen and bring drinking water. Participants will receive a 20 percent off coupon good toward purchases of trees or plants in the Garden Shoppe.

Edison Ford members \$10; non-members: \$15.

Ask the Curator: Recognizing Mina Edison, The Home Executive!: July 3 at 11:30 a.m. – Join Lead Site Historian Eric Kahler as he highlights the life of Edison's better half.

Edison Ford members: Free; non-members: included with admission.

Ask the Curator: Play Ball! Edison the All-Star?: July 10 at 11:30 a.m. – Join Site Program Manager Holly Shaffer as she describes Edison's love for America's pastime.

Edison Ford members: Free;

non-members: included with admission.

Ask the Curator: Who was Theodore Edison?: July 17 at 11:30 a.m. – Come join Collections Registrar Matt Andres as he recognizes the person known as the "little laboratory assistant."

Ask the Curator: Can you tell me more about Edison's rubber project?: July 24 at 11:30 a.m. – Join Collections Registrar Matt Andres as he provides an in-depth tour of Edison's Botanical Laboratory.

Edison Ford members: Free; non-members: included with admission.

Ask the Curator: Celebrating Ford's Birthday: July 31 at 11:30 a.m. – Chief Curator Brent Newman details the life and times of automotive industrialist Henry Ford.

Edison Ford members: Free; non-members: included with admission.

Celebrate Independence Day at Edison Ford: July 4 from 9 a.m. to 5:30 p.m. – On July 4, Edison and Ford Winter Estates will be open from 9 a.m. to 5:30 p.m. Guided tours will be offered every hour, on the hour from 10 a.m. to 4 p.m., weather permitting. Visit the www.edisonford.org for tour options and admission rates.

Adults: \$25, Teen (ages 13-19): \$20, Children (6-12): \$15, Children (5 and under): free.

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

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Along The River

There are many **Fourth of July fireworks events** to attend this July 4 in **Southwest Florida**.

In the River District, there is the Fort Myers Freedom Fest featuring family-friendly fun down in front of the waterfront on Edwards Drive from 6 to 10 p.m. Freedom Fest will include live music, kids' activities, food and vendors. The Thunder Beach Band will be onstage from 6 to 9 p.m. and DJ Tom's Tunes will be spinning tunes with special games for prizes. Fireworks start at 9:30 p.m.

Cape Coral will have its Red, White and Boom fireworks display on Cape Coral Parkway at the foot of the Cape Coral Bridge. There will be several food, beverage and craft vendors at the event. Entertainment will begin at 5 p.m. and the fireworks spectacular will start at 9:30 p.m.

Star Spangled Bonita 4th of July Celebration begins at 5 p.m. at Riverside Park. Activities include face painting and games for the kids, live music from the Mark Vee Band, food and drinks as well as fireworks and a laser display to end the night.

Fort Myers Beach will begin the Fourth celebration with a parade. The 13th annual Town of Fort Myers Beach 4th of July Parade will begin at 10 a.m. The route begins at School Street and continues down Estero Boulevard and on to Old San Carlos Boulevard. The fireworks display will be held off the Beach Fishing Pier right after sunset,



Fireworks will be booming across Southwest Florida on Thursday

photo provided

with festivities held at Times Square leading up to the light show. Note: Matanzas Pass Bridge will be closed from 9:30 to 11 p.m. to oncoming traffic.

The 29th annual Sanibel and Captiva Islands Independence Day Parade – themed Seas The Day – will begin at 9:30 a.m. at the intersection of

Periwinkle Way and Tarpon Bay Road on Sanibel. Captains For Clean Water will serve as grand marshal. The parade route runs from Tarpon Bay Road down Periwinkle Way and ends at Casa Ybel Road. The fireworks will be shot off a barge on the north end of Sanibel at 9 p.m.

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

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

For more information, visit www.fortmyersriverdistrictalliance.com.

During Art Walk, the **Sidney & Berne Davis Art Center** will open **two art shows** this Friday, July 5 from 6 to 10 p.m.

In the Capital Gallery, **COVERS** by John "Crusher" Healy, an exhibition that pays homage to the album cover artists of previous musical decades, will be on display. In the Grand Atrium, six award-winning photographers – Katy Danca Galli, Rob Hoovis, Paul Marcellini, Alexis Horn, Dan Ivetic and Kyle van Emmerik – will come together in a group exhibition titled **Visions of Clean Water**, benefitting Captains For Clean Water and the Sanibel-Captiva Conservation Foundation (SCCF). Both shows will be on display through July 26. Cost is \$1.

Just as a local band covers songs of their music heroes, Healy's work involves artists' album covers of days past by enlarging them, making them three dimensional and taking artistic liberties. He likes to work with his hands by drawing, painting, sculpting and repurposing items into new forms. This particular series of work reflects his love for bands, their music and the artists who designed these iconic album covers.

There may be a couple of unexpected, famous guests and theatrical "treats" awaiting attendees of his exhibition's opening night.

Visions of Clean Water will offer a compelling mix of imagery, from the natural world to nightscapes and underwater scenes, and will showcase the compelling and unforgettable beauty of Southwest Florida. Each exhibiting photographer has a unique style, and each is fully devoted to where they call home in Southwest Florida. They all wake up at the crack of dawn, lugging 30 pounds of equipment just to catch the perfect highlight of the sunrise glazing the ocean, and each photographer has seen the gulf at its best and at its worst.

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

Also during Art Walk, **Arts for ACT Gallery** will host the **opening reception** of its annual open themed group exhibit, titled **Mirrors, Reflections or Cantos**, this Friday, July 5 from 6 to 10 p.m.

The exhibition will feature a wide array of group artists that were given three creative themes using reflections, mirrors or cantos to create paintings, sculpture and other media.

Cash prizes will be awarded at the opening reception after a yet-to-be-announced judge picks first, second, third and honorable mention honors on Wednesday, July 3.

Expect to see an array of eclectic, surreal, whimsical and realistic paintings, sculptures, watercolors, collages, oils and photography for this themed exhibit. The art, from over 75 artists, ranges from professional to emerging, self-trained and "outsider" to highly skilled; there is truly something for everyone.

This exhibit continues through Monday, July 29.

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

Take a **nature walk** with a bird patrol guide at **Lakes Regional Park** on Saturday, July 6 at 8 a.m.

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

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing through the parking lot. Shelter A7 is located near the train station.

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

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Lab Theater To Host Improv Comedy Group

The musical improv troupe Scared Scriptless Comedy Lab will be returning to The Laboratory Theater of Florida with their unique style on Saturday, July 6 at 7 p.m. Cost is \$15 per person, and seating is general admission.

Every facet of the uproariously improvised show is based on audience suggestions. With years of performing experience, Scared Scriptless Comedy Lab delivers a side splitting, one-of-a-kind show every time. For the more adventurous, there are occasional opportunities to join the cast on stage.

Scared Scriptless Comedy Lab is comprised of Leigh Shein, Nick Hernandez, Kea McElfresh, Bill Owens, Andrew Florance and Steve Cobb.

Born in Chicago, Shein took his first improv class with Second City in 1979 and has since studied and worked all over the world. He was a founding member of Bay Area Improv Theater and currently directs and hosts Harry's Senior Moment. Shein also appears in Gene Pool Party, an improv group of dads and their daughters. He teaches improv to all ages including kids with autism spectrum disorders.

Hernandez has been doing Improv for four years. He has been in many productions in various theatres. He is currently in college studying to be



From left, Kea McElfresh, Nick Hernandez, Bill Owens, Andrew Florance, Leigh Shein and Steve Cobb

photo provided

a sound engineer for theatre or artist performances.

McElfresh has been with the Scared Scriptless Comedy Lab for two years and has been loving every minute of it. As a Miami Improv Member of Impromedy, she was glad to finally find an improv family in Fort Myers. Mac is currently teaching theatre at Estero High School and serves the community as District VI junior thespian chair. She brings a wealth of knowledge and crazy characters to the stage.

Owens also appears in Gene Pool Party, and was also a member of Harry's Senior Moment and Dueling Swords. His passion for improvisation began only three years ago when his

determined kids persuaded him to get out of his comfort zone and take an improv class. Owens practices law as a business and real estate attorney.

Florance was born in Tucson, Arizona in the back of the OK Corral. After escaping from his crib for the sixth time, he started traveling with a comedy troupe of babies. They traveled through Georgia, South Carolina, Pennsylvania, and Ohio, before ending up in Florida. When he grew too old for the Crying Laughing baby troop, he traveled the U.S. and Europe to perfect his comedic skills in the corporate world by making jokes at the office level until he found Scared Scriptless Comedy Lab.

Cobb has been professionally doing improv for over six years. He currently is the creative director, show runner and cast member for the following improv groups: Scared Scriptless Comedy Lab, Gene Pool Party Improv and Musical Swords Improv. Cobb also coaches and trains the youth improv troupe Foot Milk Experience Improv. He is the former coach and director of Mission Improvable Youth Improv, and New and Improv'd Youth Improv.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For more information or tickets, visit www.laboratorytheaterflorida.com or call 218-0481.*

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Children from the Harlem Heights neighborhood received school supplies from The Heights Foundation at the 2018 school supply outreach photos provided

Donations And Volunteers Sought For Heights Event

The Heights Foundation/The Heights Center is seeking individuals, businesses, churches and organizations to provide school supplies and volunteer for the annual outreach program at The Heights Center on Saturday, July 27 from 10 a.m. to noon. The event provides

backpacks and school supplies for 500 low-income children living in the Harlem Heights neighborhood. “Our goal is to ensure that every child in Harlem Heights has the necessary supplies to succeed in school,” said Kathryn Kelly, president and CEO of The Heights Foundation. “The poverty rate for children in Harlem Heights is more than twice the county average. Many parents cannot provide all the things their student will need. We want to send our students back to school ready to learn.”



Volunteers at The Heights Foundation School Supply Outreach event

The center has a wish list that includes new and durable backpacks, three ring binders, highlighters, paper, USB flash drives, scissors, folders, crayons, pencils, glue sticks, markers, paper and notebooks. “We are looking for organizations whose members can band together to meet the need,” said Melissa Barlow, The Heights Center’s outreach coordinator. “The 500 backpacks are the largest investment, costing more than \$7,000 and supplies for each student cost \$50. A business may be able to sponsor the backpacks, a church or philanthropic organization

could provide crayons, markers or notebooks. Monetary donations may also be made online at our website or mailed.” The Heights Foundation school supply drop off locations include The Heights Center, 15570 Hagie Drive in Fort Myers; Peace Lutheran Church, 15840 McGregor Boulevard in Fort Myers; Westminster Presbyterian Church, 9065 Ligon Court in Fort Myers; and Zion Lutheran Church, 7401 Winkler Road in Fort Myers. Organizations and businesses hosting continued on page 17

Churches/Temples

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

481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.
CYPRESS LAKE UNITED METHODIST
Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.
FAITH FELLOWSHIP WORLD OUTREACH
Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m., 6111 South Pointe Boulevard, 278-3638.
FAITH UNITED METHODIST
Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.
FIRST CHURCH OF CHRIST, SCIENTIST
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.
FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.
FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.
FORT MYERS CHRISTIAN
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.
FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;
Sunday 10 a.m., 8210 College Parkway, 482-3133.
FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261
IONA-HOPE EPISCOPAL CONGREGATION
Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.
JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.
KINGDOM LIFE

Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.
LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.
NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.
NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.
NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.
NEW HOPE PRESBYTERIAN
Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.
REDEEMER LUTHERAN
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.
RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.
SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.
SAINT COLUMBKILLE CATHOLIC
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ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland

Avenue, 334-2161.
SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.
SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.
ST. VINCENT DE PAUL CATHOLIC
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.
SOUTHWEST BAPTIST
Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.
TEMPLE BETHEL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.
TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.
UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.
WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.
WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.
ZION LUTHERAN
Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.✱

CROW Case Of The Week:

Snowy Egret

by Bob Petcher



The snowy egret (*Egretta thula*) can also be referred to as a medium-sized heron with its long legs and long slender neck and bill. These elegant birds as adults are fully white except for black

legs, yellow feet, black bill and a yellow patch at the base of its bill.

If you see a snowy egret running back and forth through a body of water with its wings spread out, it is usually chasing its prey. Other times, these birds are not as dramatic and will sit still and wait for dinner to swim by.

During breeding season, an adult snowy egret can develop longer wispy feathers on its back, neck and head. They sometimes mate with other heron species and produce hybrid offspring, such as tricolored herons, little blue herons and cattle egrets.

At CROW, an adult snowy egret was admitted from Fort Myers after being found with its right wing tangled in fishing line. Upon examination, it was found that three primary flight feathers at the end of the wing were wrapped in the fishing line. There was severe bruising around the upper wing and elbow of the bird, but



Patient #19-2509 only needed a body wrap for two days, and its stay at CROW was for only one week prior to release
photo by Brian Bohman

radiographs showed no fractures.

The patient was fortunate not to lose any feathers during the ordeal.

"Luckily, the line was able to be removed with minimal damage to the ends of the primary feathers and no feathers were lost in the process," said Dr. Robin Bast, CROW staff veterinarian.

After removal of the fishing line, the snowy egret was treated with pain medication, anti-inflammatory medication and a body wrap to support the injured wing.

"The bird only had a body wrap on

for two days since it had a wing droop secondary to soft tissue injury," said Dr. Bast. "This type of wrap keeps the wing tucked in a natural position against the side of the bird's body."

However, the patient did fail an initial flight test.

"The patient was still sore and unable to gain height when it attempted to fly the first time," said Dr. Bast. "Radiographs were taken and no bones were fractured, so it was treated with anti-inflammatory medication for muscle soreness."

The snowy egret was able to recover

and regained the strength needed for release.

"A couple days later, the body wrap was removed and the wing droop had resolved," said Dr. Bast. "The patient was able to fly better in its enclosure, and only had a very subtle wing droop after exercise. It took a couple days of anti-inflammatory medications and cage rest before the bird was able to fly well again."

The snowy egret was released back into the wild on June 25, only one week after it was admitted. Some patients are not as lucky when it comes to entanglement. Education is ongoing for recycling fishing line.

"We see many species of wildlife affected by fishing hooks and monofilament line that have inappropriately been discarded into the environment. The Mind Your Line initiative is a collaborative with other organizations on the island that educates people on the appropriate method of recycling those items, and how to help if you find a wild animal that is entangled or hooked," said Dr. Bast. "This issue is preventable, and we are hoping this campaign helps reduce the number of patients admitted to our hospital for this reason."

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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Father's Day Fillets



by Capt.
Matt Mitchell

Fishing this week was all about the passes and the beach for snook and sea trout. Basically, any structure you could find out on the beach was

holding these fish. Many years ago, the beaches on the whole north end of Sanibel was covered up with downed trees that made a great summertime snook habitat. After Hurricane Charley roughly 15 years ago, all of this great fish structure was removed as part of the Bowman's Beach clean up.

Erosion on some of our barrier islands is never ending, with the beach constantly moving from one end of a island to the other. Certain places it creates sand bars while moving sand out from the beaches. Many of the places that are experiencing this beach erosion now have some great structure once again out on the beach. On most of the barrier islands from Cayo Costa south, you can find a few places with a downed tree, exposed tree stumps and even rock ledges. All these places are worth fishing as they are all holding snook and sea trout. If you find the right one, often you can catch a few

dozen fish on one submerged tree if the tide is right.

JW, the go-to guy at my marina, had a charter scheduled with me last week to take his dad out for Father's Day. His goal was to put his dad on his first snook. Heading out, we started in the pass and, after no bites, I opted to head out on the beach. While on the way to a favorite beach blow down spot, I was running no wake buoys and almost immediately saw several big tripletail just below the surface.

After turning the boat around, we quickly hooked one large 15-pound tripletail and, after a long fight, my heart dropped as the hook pulled boatside. Returning to the marker, I was expecting that the other fish would have spooked but luckily they had not. The next fish we hooked was about 12 pounds and came to the boat relatively quickly. After a few more casts, we had three tripletail in the cooler all between 12 to 18 pounds.

I could not think of a better way to start a trip. Moving down the beach, we did manage to catch that first ever snook for JW's dad on the snags. All in all, it was a very memorable trip but not because of the snook.

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.✱



The first of the three Father's Day tripletail caught while fishing with Capt. Matt Mitchell this week photo provided

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Cape Leadwort



Cape leadwort is native to South Africa

by Gerri Reaves

Cape leadwort (*Plumbago auriculata*) is a semi-woody evergreen shrub notable for its clusters of pale blue delicate flowers.

Despite it being non-native to Florida, butterfly gardeners often include it in the landscape because it is one of the larval host plants for the cassius blue butterfly

photos by Gerri Reaves

and a nectar source for other butterflies.

This member of the leadwort family is also called skyflower, cape plumbago and blue plumbago.

The term plumbago derives from the Latin word for lead, and "cape" refers to the Cape of Good Hope because this species is native to South Africa.

It can grow up to five feet tall, but because it has a climbing or sprawling



The year-round flowers attract butterflies

habit, it is often broader than it is high.

The cape leadwort is multi-stemmed with oblong yellow-green leaves of one to three inches long. Showy rounded clusters of flowers appear at the branch ends and bloom throughout the year. Each long-tubed, five-petaled flower measures about an inch across.

The elongated seed capsule has many curved spines that cling to clothing.

Use cape leadwort as a butterfly attractor, a mass of color in the landscape, or as a container plant.

This fast-grower prefers full sun and

rich well-drained soil.

It has moderate salt tolerance and is sensitive to a number of pests.

Sources differ on whether the plant is toxic to animals, so exercise caution.

Sources: *Florida Landscape Plants* by John V Watkins and Thomas J Sheehan; *Florida Plant Selector* by Lewis S and Betty M Maxwell; *The World of Tropical Flowers* by Laurie and Louis Perrero; www.floridata.com; and <http://www.gardeningsolutions.ifas.ufl.edu>.

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

Meet Gigi, CROW's Opossum 'Superhero'

by Jeff Lysiak

The newest member of the Clinic for the Rehabilitation of Wildlife (CROW) Animal Ambassador program is Gigi, a 6-month old female Virginia opossum who came to the Sanibel facility with her two siblings back in April. Last week, she was featured in the latest Patient Profiles presentation, drawing a small crowd curious to learn more about the mysterious marsupial.

The lecture on opossums, delivered by Michaela Baker, currently at CROW on a fellowship, shared interesting facts and valuable information about the species.

"Opossums are living dinosaurs," Baker told the standing room only audience on June 26. "They've been around longer than most other mammals."



Michaela Baker holding Gigi, a 6-month-old Virginia opossum

photos by Jeff Lysiak

According to Baker, Virginia opossums (*Didelphis virginiana*) are found in eastern, central and west coast states in North America. Since 1900, they have expanded their range northward in the eastern United States.

However, they are absent from the Rockies, most western plains states and parts of the northern United States due to their susceptibility to frostbite, which causes tissue damage and infection.

They, like other marsupials – including kangaroos, wombats and Tasmanian devils – raise their young in pouches.

"They're super cool – they're like superheroes, because they don't get rabies, are immune to Lyme disease, distemper and the Zika virus, and they're also immune to snake venom," noted Baker. "They are also good to have around your home, because they take care of pests in your yard, clean up road kill and are a valuable pollinator species."

Opossums will den nearly anywhere

that is dry, sheltered and safe from predators. Their den sites include burrows dug by other animals, rock crevices, hollow stumps, logs and trees, woodpiles and spaces in or underneath buildings (like sheds). To avoid predators, they move to a different den every few days.

Because their fur doesn't provide much insulation, opossums fill their dens with dried grass, leaves and other available soft materials. They carry these elements in their coiled tails.

One common misconception is that they frequently attack domestic pets. This is untrue, since opossums prefer to avoid confrontation with other animals. Escape is often their first instinct.

At CROW, opossums are admitted

continued on page 30



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PACE Center Girls Work With Artist At 'Ding' Darling

As part of his eight-week artist "in residence" program at the JN "Ding" Darling National Wildlife Refuge on Sanibel, wildlife artist Ed Anderson welcomed the PACE Center for Girls – Lee County to the refuge on June 21.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) is sponsoring the artist "in residence" program, with support from the S. Kent Rockwell Foundation, as part of the refuge's ongoing 75th anniversary celebration.

Funding for the PACE visit also came from the Gardner Families, which covered the cost of transportation, lunch, art supplies, T-shirts and other goodies for the 39 young ladies who attended.

The attendees, ages 11 to 17, spent the day circulating through five stations where they could work with Anderson on an art mural project and experience the refuge Visitor & Education Center, Indigo Trail, Wildlife Education Boardwalk and other facets.

"The girls were thrilled with their visit," said Lynnae Messina, DDWS associate executive director, who organized the program. "Despite the fact that the air-conditioner wasn't working, the PACE program director has expressed her pleasure at the



Girls worked on a nature mural as part of their outreach activities at "Ding" Darling National Wildlife Refuge

photo provided

program's success and a desire for future outreach partnerships. We look forward to that as part of the refuge's mission to educate about conservation through art, science and curriculum."

PACE Center for Girls is a gender-specific education program for at-risk young women in Fort Myers. Since 2007, it has served more than 700 students.

Earlier in June, Anderson and DDWS took his art outreach program to Quality Life Center of Southwest Florida to also connect with at-risk students. Together with the students, the artist created a wildlife mural that

will become part of the center's new addition.

"Our refuge was created by conservation artist Jay Norwood 'Ding' Darling in 1945, so it's more than fitting that we begin celebrating our 75th anniversary with interpretive art programs," said Supervisory Refuge Ranger Toni Westland. "Darling, who created the Federal Duck Stamp program, designed the first duck stamp and the refuge system's Blue Goose logo. He won the Pulitzer Prize twice for his popular political cartoons throughout the 1920s and '30s."

Anderson's fine art hangs in the

homes of collectors and has been featured in publications around the United States. He has donated his work to DDWS, Bonefish & Tarpon Trust, Captains For Clean Water, and various other nonprofits. He has been visiting Sanibel for more than 40 years.

To find out more about Anderson's work, visit www.edandersonart.com. To keep up to date on the refuge's 75th anniversary celebration, visit www.ding75.org. To support field trips to the refuge and learn of other opportunities to inspire the next generation of conservation stewards, contact DDWS at 472-1100 ext. 4.✪

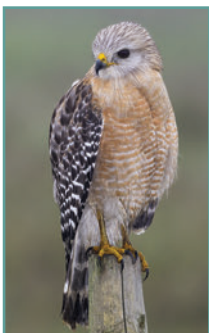
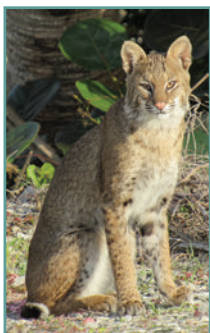
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Refuge Uses Grant To Hire STAR Teacher

Thanks to a grant from a private family foundation awarded to "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), JN "Ding" Darling National Wildlife Refuge has hired a Summer Teachers Assisting Refuges (STAR) teacher for two months to help with summer family programs, fine-tuning curriculum for the school year, collaborating on the educational programming for the planned WoW (Wildlife on Wheels) exhibit, and other environmental education activities.

This year's STAR, Dee Mason, has been teaching fifth grade math and science at Villas Elementary School in Fort Myers for 15 years. The Florida Gulf Coast University graduate has spent past summers as an educator guide with middle and high school students traveling to Europe as part of the People to People International program to promote peace and understanding among all nationalities.

"I am excited to be here to learn more about the plants and animals in our area, and to also gain more knowledge to take back to the classroom to further help my students in their science understanding," said Mason, who graduated in 2004 with a bachelor's degree in elementary education.



Dee Mason

photo provided

She said she looks forward to learning more about the refuge and its valuable resources available to students and teachers.

"We are really grateful for this grant that will allow Dee to fill in one of the employment gaps left by government budget cuts and hiring freezes for the summer," said Conservation Educator Sara Hallas, who also once served as a refuge STAR teacher. "We welcome her experience and enthusiasm to the 'Ding' team.✪

FWC Team Removes 500th Burmese Python

The Florida Fish and Wildlife Conservation Commission (FWC) Python Action Team recently removed the program's 500th invasive Burmese python from the wild. Team members Beth Koehler and Peggy van Gorder captured the snake at Everglades and Francis S. Taylor Wildlife Management Area on June 25 at 1:15 a.m. It was a nine-foot, 10-inch-long female and weighed 20 pounds, 14 ounces.

"Thanks to the hard working men and women of the Florida Fish and Wildlife Conservation Commission, hundreds of invasive Burmese pythons have been removed from the Everglades and our ecosystem," said Gov. Ron DeSantis. "As we celebrate this significant milestone, my administration will continue to prioritize the protection of our environment, natural resources and wildlife, which are at the heart of our economy and our way of life here in Florida."

"The capture of the 500th snake



Beth Koehler and Peggy van Gorder with the 500th Burmese python removed from the wild
photo provided

by our python action team marks a significant milestone for this program," said Eric Sutton, executive director of

the FWC. "Governor DeSantis has been instrumental in keeping this topic a priority. We're proud of the great

work that these men and women do every day, and it would not be possible without support from the governor and legislature."

The FWC designed the python action team to further engage qualified individuals with python management efforts. Team members are paid for their efforts to survey for and, when possible, capture Burmese pythons in specific areas throughout many public lands in South Florida.

Occasionally, the FWC receives reports of large nonnative constrictors through the Exotic Species Hotline (888-IVEGOT1). If available, python action team members are sent to capture it and prevent new populations from establishing in new areas.

Burmese pythons became established in Florida as a result of escaped or released pets. People should never release nonnative pets in the wild in Florida. It is illegal and can negatively impact native wildlife and habitat. The FWC has an exotic pet amnesty program that allows nonnative pets to be surrendered without penalty. Visit www.myfwc.com/petamnesty for more information.

For more information about the FWC Python Action Team, visit www.myfwc.com/python.✱

Independence Day Schedule Changes

The Fourth of July holiday will result in some closures and schedule changes for Lee County operations. Lee County offices will be open for regular business hours Wednesday, July 3, and reopen on Friday, July 5. The following are adjustments due to Independence Day falling on Thursday:

Solid Waste – All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs, the Village of Estero and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day beginning Thursday, July 4. This means that if the regular collection day is Thursday, the collection truck will pick up that material on Friday. Friday's regularly scheduled pickups will occur on Saturday. This schedule is in effect through Saturday, July 6. Regular collection schedules resume on Monday, July 8.

Lee County Solid Waste facilities and offices are closed Independence Day, including the Household Chemical Waste Collection Facility, 6441 Topaz Court, and the Resource Recovery Facility on Buckingham Road. The Household Chemical Waste Collection Facility, which is normally opened on the first Saturday of each month, will be closed on July 6 but will be open on July 13.

The Solid Waste Division urges all residents to recycle the plastic, metal and glass from their Independence Day

celebrations.

Lee County DOT – Lee County Department of Transportation will close the Cape Coral Bridge from 3 a.m. Thursday, July 4, through 3 a.m. Friday, July 5, to accommodate Cape Coral's Red, White and Boom celebration.

Motorists are encouraged to use the Midpoint Memorial Bridge or the U.S. 41 and Business 41 bridges as alternate routes. DOT has placed message boards for motorists and will keep them in place through the holiday and the closing.

Parks & Recreation – Lee County's parks, pools and preserves remain open on Independence Day. Offices and recreation centers are closed on the holiday and will reopen Friday, July 5.

LeeTran – LeeTran will not run regular fixed route bus or paratransit services on July 4, but will provide trolley transportation to and around Fort Myers Beach that day.

The Beach Park & Ride Trolley will run about every 40 to 50 minutes starting at 6:45 a.m. at the free parking lot on Summerlin Square Drive and Pine Ridge Road. Trolleys will travel back and forth to Bowditch Point Park, with the last drop-off on the mainland following the conclusion of the fireworks display.

Libraries – All library locations will be closed on Independence Day; branches will resume regular operating hours on Friday, July 5.

Animal Services – Animal Services, 5600 Banner Drive in Fort Myers, will be closed for the holiday and will resume normal business hours on Friday, July 5.

Lee County Utilities – The offices of Lee County Utilities will be closed on Thursday, July 4.✱

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Will Power

Top Five Reasons Baby Boomers Must Update Their Estate Plans



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

The baby boomer generation, said to span between 1946 and 1964, has been quite the generation. I know, as I was born at the tail end in 1964. And boy, have we been a royal pain-in-the-rear. By first swelling the ranks of classrooms, causing the construction of new schools, and then making college admissions hyper-competitive, afterwards increasing the demand for first home purchases and so on.

We're even responsible for our own baby-boomlet of progeny in the 1980s and 1990s.

The oldest baby boomers are retiring – while quite a few remain in the primes of our working careers. We're expected to put a strain on the Social Security and Medicare programs, and many of us haven't saved enough for retirement. There are a number of reasons for that, from overconsumption to stock market and housing crashes to believing the mirage of never-ending youth.

A lot of us are very guilty of that last one.

The mirage of never-ending youth. It's what traps those who haven't looked at their estate plan in quite some time. When baby boomers arrive at my office, they generally pull out existing wills that call for guardianships for their children (who are now grown adults themselves) and name long-deceased parents as executors and trustees.

Which brings me to today's topic – the top five reasons that baby boomers must update their estate plans:

Relationships Change

Just as I mentioned above, your old wills, trusts and power of attorney documents might name people to serve in posts such as personal representative, trustee and health care surrogate who you may have lost touch with or who are no longer close to us. While attorneys in northern jurisdictions often name themselves as trustee of their clients' trusts, you may now be a Florida resident or that attorney may have long since retired. It's time to take a fresh look at who you have named to conduct your affairs for you in the event of your disability or death. Also, we may now be in a different relationship or marriage than we found ourselves in when we first prepared our estate plan. Blended families

typical of second marriages require a thoughtful, detailed plan to prevent problems between a surviving spouse and step-relations.

Children Grow Up

Your will drawn 20 years or more ago may have contemplated making distributions for your young children that are now fully grown with kids of their own. Your adult children may also be some of the best candidates to serve as your personal representative under you will or as your trustee under your trust. You may also want to protect the inheritance you leave your grown children from adult issues such as divorce or lawsuits.

Your Health

While none of us likes to admit it, age usually presents more health issues to deal with. You want to make sure that your health care surrogate documents are up to date, as well as your living will that designates what you want to have happen should you end up on life support with no hope of recovery. None of us wants to be the next Terri Schiavo, so it is important that your health care documents are up to date with today's law and with your intent.

Your Stuff

It's probably time to review your assets and how your estate plan provides for you in the event of your disability, and your loved ones after your death. In our youth, our main assets probably consisted of a home, term life insurance and maybe a few investments. As we enter middle-age, we may no longer have term life insurance (instead we may have whole or universal life policies that contain cash value), and we may have larger investment accounts as well as IRA and 401(k) accounts. As the types and amounts of assets that we own changes, it is important that our estate plan changes with them. An estate plan built around a young family with term life insurance should look drastically different than an estate plan for someone in the prime of their working career or who is nearing retirement.

Your Legacy

Finally, many of us like to consider what kind of legacy we leave behind. It might include a charitable legacy with institutions or causes near and dear to our hearts, or it might mean how we want our progeny to carry on with the wealth that we've accumulated. Perhaps we're concerned that we'll take away the incentive to lead a productive life, or we may want our wealth to be used for certain activities we find beneficial – such as education or health care.

There's a lot to consider. Make it a priority to dust off the will or trust that you've neglected for so long, and use these five points to write down what concerns you the most about your own planning. Then take that to your attorney to provide a framework for your discussions and plans.

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From page 3

Downtown Library

the Basics of a Marketing Plan: 2 p.m. Monday, July 22. Location: Meeting Room AB – Learn new approaches to tackling the marketing mix and how to put the pieces of the marketing puzzle together to get your business seen and heard. Presented in collaboration with FGCU Small Business Development Center. Registration is required.

Container Gardening Talk: 10 a.m. Wednesday, July 24. Location: Meeting Room AB – Master gardener Bonnie Jean Clancy will present a hands-on workshop with instruction in mixing soils, planting and maintaining container plants. Learn how to grow your favorite ornamentals, herbs or vegetables and even small trees in containers.

Hope by Song: 6 p.m. Monday, July 29. Location: Amphitheater – The Hope by Song's mission is to help those whose stories of abuse, addiction, homelessness or PTSD have not been heard by inspiring them to tell their stories. Their words are used to create songs of struggle and hope. The songs are then used to educate others dealing with similar issues to encourage new, more beneficial ways of thinking about their lives and to foster, in our community, a greater awareness and a deeper understanding of those in less fortunate situations.

Children's Programs

Family Storytime: 10 a.m. Mondays, July 8, 15, 22 – For families with babies and children through age 5. Your whole family is invited to this enjoyable, all-ages storytime that encourages the development of prereading skills through songs, rhymes, fingerplays and stories.

Toddler Tales: 9:30 and 10:30 a.m. Tuesdays, July 9, 16, 23 – For ages 18 to 36 months. This interactive and active time for toddlers and their caregiver is designed to advance prereading and social skills. They'll experience storytelling, wordplay, felt board stories, fingerplays, puppets, singing, music-making, socializing, dancing and, of course, books.

Harry Potter Breakout: 2 p.m. Tuesday, July 9. Location: Meeting Room ABCD – Welcome Hogwarts students. Ron, Hermione and Harry have decided to go after the famous Sorcerer's Stone themselves. Your friends could be in danger, and you haven't got much time to find the Marauder's Map that leads to the stone. Solve clues to open locks and get the map in time to save your friends. Come in costume if you'd like. Registration is required.

Preschool Storytime: 10 a.m. Wednesdays, July 10, 17, 24 – For ages 3 to 5. Children attend this program independently while the caregiver waits nearby. Your preschooler will continue to build relationships with other kids, books and the library in a storytime designed specifically for them. The stories and activities are more complex, but just as fun.

Baby Rhyme Time: 10 a.m. Thursdays, July 11, 18, 25 – For babies up to 18 months. During this special storytime, you and your baby will learn new nursery rhymes and fingerplays, interact with puppets, sing, read books and dance. Caregivers are encouraged to model proper storytime etiquette by remaining in the room and participating with baby during this program.

Interactive Movie: 2 p.m. Thursday, July 11. Location: Meeting Room ABCD – More than just a movie showing, audiences participate in this screening. You can take

part in the action with props, sound effects and a whole lot of fun or just sit back and enjoy the film. Families of all ages are welcome. Rated PG. Registration is required. Sponsored by the Friends of the Fort Myers Regional Library. Registration is required.

Star Stories: Greek Myths: 2 p.m. Tuesday, July 16 – The night sky is full of star constellations. The ancient Greeks named the star constellations after their awesome myths and folktales. Katie Adams performs these myths with colorful shadow puppets, storytelling and audience participation. Registration is required.

Interactive Movie: 2 p.m. Thursday, July 18 – More than just a movie showing, audiences participate in this screening. You can take part in the action with props, sound effects and a whole lot of fun or just sit back and enjoy the film. Families of all ages are welcome. Rated PG. Registration is required. Sponsored by the Friends of the Fort Myers Regional Library.

Outer Space Science: 2 p.m. Tuesday, July 23. Location: Meeting Room ABCD – Professor DoDad and his new friend Darcy will share facts about the solar system, space travel, gravity, stars and much more. DoDad's Lab is full of audience participation, experiments, original music, learning and laughter. Registration is required.

Space Age Bingo: 2 p.m. Tuesday, July 30. Location: Meeting Room ABCD – We'll have a ton of fun playing Bingo with an outer space theme. Test your knowledge, learn some spacey facts and win prizes. Registration is required.

Teen Programs

Star Wars Bloxels: 2 p.m. Wednesday, July 10 – Now you can build your own Star Wars video game. Play missions as classic heroes and villains, and use your

imagination to create your own Star Wars Universe. Space is limited so register online to reserve your spot.

Art with Zan: Task Party: 2 p.m. Wednesday, July 17 – This participatory improvisational performance art activity is different every time it happens. Participants choose tasks written on small slips of paper from a box and perform whatever the task instructs them to do. Everyone does their unique tasks simultaneously, making it up as they go along, using whatever random materials are made available. Join us for this laugh-out-loud event. Registration is required.

Botany of Southwest Florida – Mangroves, Seagrass, & Coconuts: 2 p.m. Wednesday, July 24 – Learn about two very important native ecosystems and one non-native tree through hands-on science with Sanibel Sea School. Instructors will bring samples, dissection scopes and live creatures found in our local habitat. We will also get to dissect a coconut and sample nature's sweet treat.

Glow Party: 2 p.m. Wednesday, July 31 – Come to our glow party and make glow in the dark decorations, play glow-in-the-dark bowling and eat pizza with your friends. Register online to reserve your spot.

The Fort Myers Regional Library is located at 2450 First Street in Fort Myers. Adult programs are held in the meeting room building located across the library campus at 1651 Lee Street. For more information about a program or to register, call the library at 533-4600. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-4636, for more information about a specific program.✧

Book Review

Spearhead



by Di Saggau

Reading a book about American and German tank gunners during World War II is a departure for my normal reading tastes, but let me tell you I loved this book. *Spearhead* by

Adam Makos, who has written other books about WWII, is an excellent portrayal of a tankers eye-view of the conflict through his gun sight. The book focuses on the 3rd Armored Division, a U.S. Army tank crew that fought it's way through France and into Germany at war's end. In Mako's introduction we learn about his research and it is impressive. *Spearhead* is equal parts memoir and history.

Two of the main characters are Clarence Smoyer on the U.S. side and Gustav Schaefer on the German side. Tension, death and courage fill the pages, and we get to know many of the men. I was saddened about the death of American soldiers that I had been following in the story. We see pictures of the men throughout the book. It was an amazing reading about the every-day courage of the American crews fighting in a tank that was usually outgunned by the German models. The book highlights the bravery of these men as they moved from one tank to another until their luck ran out. German officers could not abandon a tank without orders. If they did it was tantamount to desertion. By the end of 1944, the German's would execute 10,000 of their own soldiers.

Our Sherman tanks were no match for the German Panther and Tiger tanks, and the men were very vocal about that to higher-ups in the military. With the arrival of the Pershing tank, our soldiers gained ground with the enemy. With this new weapon comes a harrowing new responsibility. Now Clarence and his crew will spearhead every attack. That's how Clarence, the corporal from coal country, finds himself leading the U.S. Army into

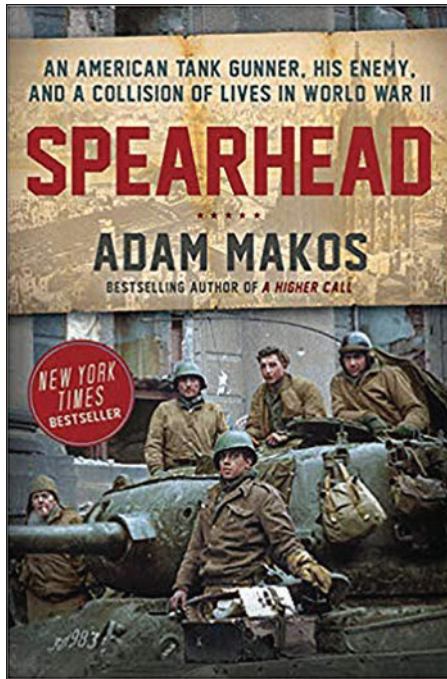


image provided

its largest urban battle of the European war, the fight for Cologne, the "Fortress City" of Germany. Clarence became very proficient manning the guns. He soon learned that war is an ugly business to be good at.

In Cologne, an iconic cathedral that took generations of German workers more than 630 years to finish was nearly destroyed in about five years during the war. Also in the story is an army journalist who was with the boys for awhile. Staff Sergeant Andy Rooney. Yes, that Andy Rooney.

Clarence was haunted by a tragic mistake of war. He wondered if the German officer who was also involved in the attack had survived. Could he offer insight to the event? The two met 68 years later in Cologne. Clarence was 89 and Gustav was 86. Reading about this emotional meeting brought tears to my eyes. It was interesting to discover that Clarence and his wife spent winters in Fort Myers during the late 80s. If you like World War II military history, *Spearhead* is hard to beat. You can also go to the author's website at www.adammakos.com to see actual footage of the men and the battles.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
We want to take our 4- and 6-year-old children to the fireworks this year, but we are concerned about their reaction since we have only watched the

fireworks on TV before this. Do you have any suggestions on how to make it a good experience?

Charlie G, Fort Myers

Charlie,
Fireworks, while a time-honored tradition, can be somewhat frightening for children younger than five, and you're

wise to prepare your children ahead of time. It's smart to discuss the event before you go.

Typically, kids (and adults) are less anxious when they know what to expect. Explain that you attend the show at night, that fireworks are pretty lights in the sky, followed by a big, booming sound. Also describe where you will be viewing the fireworks and include how long it'll take to get there, how long the fireworks show will take and how many other people might be present. You may also prepare your child by watching a video of fireworks at home before you go.

It's also a good idea to pack your child's special toy or blanket to help them adjust to the new environment, and a pair of earplugs in case the noise is upsetting. Letting them have a comforting toy or item should help them to enjoy the show a bit more.

If your child does become anxious, don't make fun of them or compare them

to their sibling who's having a great time. You should stay close by and coach them through each firework until they start to understand the pattern. Below are some descriptions, (courtesy of PBS) of the most common fireworks that you and your child can look for and discuss.

Peony – The most common type of firework, the peony shell is characterized by a spherical break of colored stars that burn without generating a trail of sparks, or tail effect.

Chrysanthemum – Similar to a peony, a chrysanthemum has a spherical break of colored stars, though its stars leave behind a trail of sparks.

Willow – The willow resembles a chrysanthemum, but with long burning silver or gold stars that produce a soft, dome-shaped weeping willow-like effect.

Diadem – As a type of peony or chrysanthemum, a diadem has a cluster of stationary stars at its center.

Palm – This shell contains a few large comet stars, which in bursting create large tendrils that give it the appearance of a palm tree.

Crossette – A crossette produces stars that each break apart into four smaller stars, creating a crisscross effect.

Horsetail – The horsetail shell is identifiable by its break, which resembles a short tail.

Ring – A ring shell emits stars in a halo-like shape. Smiley faces, stars and other such identifiable shapes are common variants.

Roman Candle – A Roman candle is a long cylinder that can discharge either a single large star or a series of them between short intervals.

Cake – With a fuse that sets off a variety of effects in succession, a cake is essentially many Roman candles fused together. Cakes vary widely in size, though some can contain over 1,000 shots.

And if nothing is making your child comfortable, it's time to go home and watch a firework display on TV with the sound off.

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

From page 10

Heights Event

collection drives include: Crown Colony Golf & Country Club Community, Florida Blue, Hertz, Kelly Greens Golf & Country Club Community, National Society Daughters of the American Revolution – Estero Island Chapter, The Scotlynn Group and Target.

Individuals, businesses, churches or organizations interested in donating or volunteering can contact Barlow at 482-7706 or melissa@heightsfoundation.org. All donations are tax deductible. Monetary donations can be made at www.heightsfoundation.org/donate, or mailed to The Heights Center, 15570 Hagie Drive, Fort Myers, FL 33908.✱

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

“More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike.” - Amy Bennett Williams

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Financial Focus

Investment Strategy Can Be Your GPS



by Jennifer Basey

Summer is here at last. For many people, it's time to get the car ready for a long road trip. And with GPS-enabled smartphones, it's now a lot easier to navigate these drives without getting

lost. During your life, you may take many journeys – one of which is the long road you'll travel toward your financial goals. But even on this path you can benefit from a "GPS" in the form of your goal-oriented, personalized strategy.

Your investment strategy can function this way by helping answer these questions:

How far do I have to go? – Your smartphone's GPS can quickly tell you how many miles you need to travel to arrive at your destination. And a well-constructed investment strategy can inform you of when you might reach a goal, such as having a desired amount of money when you retire, given your current age, earnings, sources of retirement income, and so on.

What route should I follow? – Your GPS will plot out your route, showing what turns you should take along the way. Similarly, to reach your desired financial outcome, your investment strategy helps guide the investment decisions you make, such as investing adequate amounts in the appropriate vehicles, including your 401(k) and IRA.

What problems await me? – When your smartphone's GPS shows red on the route you're following, you know

that heavy traffic lies ahead. And your investment strategy can also help you manage bumps in the road, particularly if it's a strategy you've designed with a financial professional, who has the knowledge and technology to create various scenarios and hypothetical illustrations to account for potential difficulties – i.e., a rate of return that's less than expected, a lower income base than you had anticipated, greater college costs than you bargained for, and so on.

When should I take an alternate route? – For whatever reason, you may deviate from the course plotted by your GPS, which will then helpfully re-route you. While following your investment strategy, if you make a wrong turn, so to speak – perhaps by putting insufficient funds in a retirement account or by assembling an investment mix that has become unsuitable for your risk tolerance – you may need to get back on track.

As we've seen, some analogies exist between your smartphone's GPS and your investment strategy. And yet, there's also a big difference in terms of complexity. It's simple to program your smartphone to give you the directions you need. But crafting a personalized investment strategy takes time and effort. You need to consider all your goals – college for your children, a comfortable retirement, the ability to leave the legacy you want – along with your time horizon, risk tolerance and other factors. And your investment strategy may well need to change over the years, in response to changes in your family situation, employment and even your objectives – for example, you may decide you want to retire earlier (or later) than you had originally planned.

In any case, like your GPS, your investment strategy can help guide you – so make good use of it.

*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.**

Bank Partners With PACE For Dress Collections

All Sanibel Captiva Community Bank branches are now donation drop-off locations for new and gently loved women's dresses, shoes, handbags and accessories to benefit PACE Center for Girls of Lee County through Monday, August 12.

Items may be donated at the following Sanibel Captiva Community Bank branches in Lee County during operating hours:

15975 McGregor Boulevard, Fort Myers
7040 Winkler Road, Fort Myers
7500 College Parkway, Fort Myers
1533 Hendry Street, Fort Myers
11691 Gateway Boulevard, Fort Myers
2475 Library Way, Sanibel
1037 Periwinkle Way, Sanibel

Donated items will be offered for sale at nominal prices during PACE Lee's annual Love that Dress! fundraiser at the Embassy

Suites by Hilton Fort Myers Estero on Wednesday, August 21. To learn more about the Love that Dress! event, visit www.lovethatdressleecounty.com.

Since 2007, PACE Center for Girls, Lee County has been providing girls and young women an opportunity for a better future through education, counseling, training and advocacy. The gender-specific, strength-based program is one of 22 centers throughout Florida, and is known throughout the nation as a best practices model for diverting girls from the juvenile justice system. PACE is a registered not-for-profit organization that relies on the support of individuals, businesses, civic/community organizations and churches in Lee County in order to serve girls and their families. Since its inception, PACE Center for Girls, Lee County has served more than 700 at-risk girls and young women, believing each one deserves an opportunity to find her voice, achieve her potential and celebrate a life defined by responsibility, dignity, serenity and grace. For more information on Pace Center for Girls, Lee County, call 425-2366 or visit www.pacecenter.org/locations/lee.*

Superior Interiors

Design Elements For A Man Cave Or She Shed



by Marcia Feeney

A personal place to hide away from the stresses of life. A gorgeous getaway that's in the comfort of your own home. Doesn't it sound like the works of a dream? You can, in fact, turn this dream

into a reality – by creating your very own man cave or she shed.

You may be familiar with the term man cave: a room that's specifically dedicated to the man of the house. But now, women have their own special spot to escape to as well: the she shed.

Creating these personal spaces, whether they're in an empty nook inside your home or a literal shed in the backyard, can be simple and seamless. Here are a few must-have design elements for creating either glorious getaway.

What kind of personal oasis would this be without the most comfortable pieces of furniture? Before arranging the space

with any sofa or set of chairs you can find, take into the consideration the cozy lounge chairs and sofas that align with the design theme and style you're going for.

Based on the amount of natural light that fills your man cave or she shed, decide how you'll make use of conventional lighting fixtures. If you're going for more of a tranquil vibe, accent ambient lighting will work in your favor. If you plan to use this space as a workshop of some sort, you may need additional lighting that makes it easy to concentrate on your projects. Perhaps you'd even like to mix up these lighting elements in the space. Also, you may consider room-darkening shades to enhance the tranquility of the space if the room's too bright.

Finally, you can't forget about decorating with unique accessories and arrangements that let everyone know this is your space. It's your personalized getaway, after all. With the perfect arrangement of wall art, table decor, decorative pillows, mirrors and other decorations, you'll add depth, character and style to your hideaway. There may even be a unique feature that you want to add to the space, such as a mini library or bar area. Your personal decorator can help you pick out custom shelving units, bar carts and other decor elements to bring your dreams to life.

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

July Programs At Regional Library

Lakes Regional Library offers activities for all ages. The following are free to the public:

Adult Programs

English Café: 6 p.m. Mondays, July 8, 15, 22, 29 – Free, informal conversation sessions for adult ESOL/ESL students.

Coloring for Adults: 2 p.m. Tuesdays, July 9, 23 – Experience the latest trend in relaxation, adult coloring books. Researchers and art therapists alike have touted the calming effects of coloring, and adults have found this childhood activity a refreshing way to release their creativity, relieve stress and meet other participants. Coloring pages designed especially for adults, as well as colored pencils, will be provided.

Book Discussion *The Women in the Castle* by Jessica Shattuck: 2 p.m. Wednesday, July 10 – Amid the ashes of Nazi Germany's defeat, Marianne returns to the once-grand castle of her husband's ancestors, an imposing stone fortress now fallen into ruin following years of war. The widow of a resister murdered in the failed 1944 plot to assassinate Hitler, Marianne plans to uphold the promise she made to her husband's brave conspirators: to find and protect their wives, her fellow resistance widows.

Download Drop-In: 2 p.m. Wednesday, July 17 – Receive personalized help downloading e-books, movies, music and more from Overdrive and Hoopla, two of Lee County Library System's largest online content providers. Bring your fully charged tablets, phones,

e-readers and other digital devices for a hands-on help session. Note: Bring any passwords you may need for downloading apps. Kindle users will also need an Amazon account and their password for accessing it.

Children's Programs

Baby Rhyme Time: 10 a.m. Mondays, July 8, 15, 22, 29 – For babies up to 18 months. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited. During this special storytime, you and your baby will learn new nursery rhymes and fingerplays, interact with puppets, sing, read books and dance.

Family Storytime: 10 and 11 a.m. Wednesdays, July 10, 17, 24 – For families with babies and children through age 5. Your whole family is invited to this enjoyable, all-ages storytime that encourages the development of prereading skills through songs, rhymes, fingerplays and stories. No registration required, but space is limited.

Space Glow Party: 10 a.m. Thursday, July 11 – For children who have completed kindergarten through fifth grade. We are turning off the lights and breaking out the glow sticks. Join us for games, art, music and fun activities about space. Dress to glow by wearing neon, white, or glow-in-the-dark clothes. Registration began June 27.

Special Needs Storytime: 10 a.m. Saturday, July 13 – This storytime emphasizes books, music and sensory experiences designed for children with special needs. The library's welcoming environment will create a positive experience for children. Each child must be accompanied by a parent or caregiver,

continued on page 31

Habitat For Humanity Names Executive Officer

The board of directors for Habitat for Humanity of Lee and Hendry Counties has named Becky Lucas as chief executive officer (CEO). Her appointment follows the recent announcement that former president and CEO Katherine "Kitty" Green accepted the position of vice president for advancement at Florida Gulf Coast University. In addition to appointing Lucas as CEO, the board has named Rick Mercer as president and Tanya Soholt as the chief operating officer (COO).

"Our board has always been impressed with Becky's leadership and her ability to bring people together to support the cause," said Gary Aubuchon, president of Aubuchon Team of Companies and board chair for Habitat for Humanity of Lee and Hendry Counties. "Not only does Becky have the depth of knowledge of nearly 20 years with Habitat, but she brings a tireless passion for making affordable housing a reality for families in our region to her role as CEO."

Lucas has served Habitat for Humanity in various roles over a span of 19 years including volunteer, director of construction, executive director and her most recent role as vice president of community outreach. She managed the Lee and Hendry Counties Habitat



Becky Lucas

photo provided

affiliate during a time of rampant growth, overseeing the construction of 600-plus Habitat homes.

In her former role as associate director of philanthropy for The Nature Conservancy, Lucas worked with the state of Florida's top philanthropic entities to devise their charitable giving plans, resulting in the protection of natural resources worldwide. She also served as a director of the Children's Hunger Alliance in Columbus, Ohio where she was responsible for a USDA program, which fed 5,000 inner-city children a day.

Mercer has been with Habitat for Humanity for two years, previously serving as vice president of construction. With over 30 years of construction management and community development experience, Mercer oversaw the construction of all new homes, rehabilitated homes and critical repairs, as well as community

planning and development efforts.

Soholt has been with Habitat for Humanity since 1999. She previously served as vice president of family services, overseeing the family services and senior housing departments and monitoring the homeowner family selection process, property management and mortgage division.✱

Local Among Ohio State's Top 100 Graduates

Hope Healthcare President and CEO Samira K. Beckwith was named among the top 100 graduates of the century in Ohio State University's College of Social Work. She was recognized for her contributions to shaping the future of the profession in the 100th anniversary issue of *The Stillman*, the university's College of Social Work newsletter.

Beckwith, who earned a master's degree from the university in 1977 and has led Hope Healthcare for 28 years, said the opportunity to serve in hospice is her greatest accomplishment.

"Being at the bedside shows you that every moment is special and important," said Beckwith. "I have had the wonderful opportunity to make a difference for people."

Hope Healthcare, which includes Hope Hospice and Hope Kids Care programs, is a not-for-profit health care



Samira K. Beckwith

photo provided

organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit www.hopehcs.org.✱

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Frankly Speaking



by Howard Prager

Anyone here a Rays fan (or should I say X-Rays)?! For that's the rumored "new name" for the first potentially split baseball team in Major League Baseball (MLB) history. Is this

crazy? Let's look at it from a number of perspectives.

The Rays aren't drawing well in Tampa (neither are the Marlins who draw far less – let's go Floridians) and of course want a new stadium – doesn't everyone – but are stuck with Tropicana Stadium, a long lease and dwindling fan base. Montreal hasn't had a team since the Expos became the Nationals in 2005. So, move the team to Montreal or split the season? Supposedly you would then get more fans turning out when the home team played at their home – Tampa or Montreal. The initial chatter is for the first three months to be in Tampa (nicer weather) and the last three months be in Montreal during summer (nicer weather). Maybe they can split the difference – Pittsburgh for playoffs, or how about Nashville, another city trying to get a team – then they can be the Country X-Rays?

So let's look at who are the winners and losers in this process?

Winners: Ownership, because you double (at least initially) the fan base for your team, and with less dates in each city, gain more interest and revenue.

Losers: Fans in the home city they are not playing in.

Winners: Montreal, who finally gets (part) of an MLB franchise team back.

Losers: Season ticket holders – half a season and what about playoffs?

Winners: Vendors and TV: Split shirts, double shirts and paraphernalia with both cities and double TV

broadcasts (plus French broadcasts) Losers: Ballpark vendors – how do you hire for half a season?

Some lesser-asked but important questions. Do they play both the Canadian and U.S. national anthems before all games? That might be strange when playing in Tampa. What about bilingual – are they called the "Radiographie" in Canada (French for X-ray)? I wonder if French Canadians would understand the double meaning of X-Rays, or is it for Expo-Rays or Ex-Rays, as in former Rays? Where do the ballplayers pay taxes and have their residences – Tampa or Montreal? Most importantly do they celebrate July 1 Canada Day or July 4 Independence Day? Metric or American, eh?

So many important questions to answer.

Hot dogs and brats or crepes and croquettes? Beer or wine?

The Rays' Blake Snell, Tommy Pham and Charlie Morton are ranked among *Sports Illustrated's* Top 100 MLB players for 2019. Should we ask how they feel, or how their spouses feel? When you trade players, do you need to get permission from both cities? And let's look at minor league affiliates, currently Durham, Montgomery and Charlotte, all within driving distance of Tampa. Will minor league teams need to move to Cooperstown, Oneonta and Syracuse, or Ottawa, Quebec City and Halifax?!

Now what about the lowly sportswriters? Are sportswriters from Montreal expected to cover the Rays (X-Rays) in Tampa, and vice versa? Where's the budget for that? Or do sportswriters move during the season from one home town to another? Do they even switch newspapers they write for? Are Tampa writers stuck in Montreal all year and have to cover the NHL Canadiens instead of the NFL Bucs? Do they even need to learn French to write their columns? I better start practicing! Au Revoir for now, and I'm going to enjoy some baseball, hot dogs, sousa music and fireworks on July

4th weekend, and hope you do too! Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.✱

Grouper Slam To Benefit LARC

The 5th annual Grouper Slam benefiting Lee Association for Remarkable Citizens (LARC) is set to take place at Royal Shell Port Sanibel Marina on Saturday, July 13, Registration for the tournament is \$500 per boat and there is a 100 percent payout to the winning teams. There is a \$2,000 prize for the biggest grouper and fun fish category payouts. Teams can register at www.fishgrouper Slam.com. Registration deadline is Friday, July 12 at 6 p.m. at the captain's meeting at The Lighthouse Restaurant, 14301 Port Comfort Road in Fort Myers.

LARC will receive 100% of the proceeds from the chance drawing and silent auction benefit. Tickets for the drawing and opportunities to bid on the silent auction are open to the public beginning Monday, July 8 at www.larccounty.org/events. Bidders need not be present to win.

The weigh in will take place from 4 to 6 p.m. at Royal Shell Port Sanibel Marina with the raffle and auction ending at 7 p.m. The public is encouraged to attend. Food and drink is available for purchase.

Established in 1954, LARC is a training center for success for individuals with intellectual and developmental disabilities. LARC serves more than 300 individuals annually and participants range in age from 23 to 75. LARC offers vocational training, community residential services, and a vast array of other state-of-the-art community inclusion services on a full-time, year-round basis. LARC's main

campus is located at 2570 Hanson Street in Fort Myers, and a satellite campus is located in Bonita Springs. LARC also operates two Residential Group Homes located in Cape Coral and North Fort Myers. Its mission is to empower and support individuals with disabilities and their families to reach their full potential.

Royal Shell Port Sanibel Marina is located at 14341 Port Comfort Road, Fort Myers. To learn more about LARC, visit www.larccounty.org or contact Development Director Angela Katz at 334-6285 ext. 229 or angelakatz@larccounty.org.✱

Pet Adoption Discounts For July

Celebrate this Independence Day by allowing a new pet to enjoy the freedom of a forever home.

Adoption fees at Lee County Domestic Animal Services (LCDAS) will be reduced for the entire month of July. Adult dogs are just \$30 to adopt, cats are \$10 and kittens are \$20. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are on hand from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The LCDAS adoption center is located at 5600 Banner Drive in Fort Myers.

Visit www.leelostpets.com to see pets available for adoption.✱

Academic Honoree

Fort Myers native Michael Gasior was recently honored as a Phi Beta Kappa at Carleton College in Northfield, Minnesota.✱

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SPORTS QUIZ

1. Who holds the New York Mets' record for highest career batting average?
2. In 1995-97, Dante Bichette, Andres Galarraga and Larry Walker each led the National League in home runs for a season. Which of the three did not lead the N.L. in RBIs for a season during that time period?
3. In 2017, Steve Spurrier became the fourth person to be inducted into the College Football Hall of Fame as a player and a coach. Name two of the other three to have the honor.
4. Who was the last player before Charlotte's Dwight Howard in 2018 to have at least 30 points and 30 rebounds in an NBA game?
5. In the 2018-19 NHL season, Washington's Alex Ovechkin became the fourth player to score 50 goals in a season at age 33 or older. Name two of the first three to do it.
6. NASCAR's Brad Keselowski, in 2019, became the winningest driver in Team Penske history (60 victories). Who had held the mark?
7. Of the 17 grand slam singles titles tennis star Rafael Nadal had won entering 2019, 11 have come at the French Open. Which event is second in his grand slam total?

ANSWERS

1. John Olerud, with a .315 average. 2. Larry Walker. 3. Amos Alonzo Stagg, Bobby Dodd and won three U.S. Opens, two Wimbledon and one Australian Open. 4. Minnesota's Kevin Love, in 2010. 5. John Bucky (age 35 in 1970-71), Bobby Hull (age 33 in 1971-72) and Jaromir Jagr (age 33 in 2005-06). 6. Mark Donahue, with 59 wins. 7. Nadal

School District Names Chief Officer

Dr. Jeff Spiro has been appointed chief academic officer for The School District of Lee County. Dr. Spiro began his new role on July 1.

"The work done before me was exceptional, so I am excited about continuing what our academic services division has already started," Dr. Spiro said. "I look forward to immersing myself with the staff and helping the district and our students move forward to continued academic success."

Dr. Spiro is moving to his new position from principal at Cape Coral High School. He will be responsible for developing and implementing a high-quality pre-kindergarten through adult instructional programs.

"Dr. Spiro has been a leader in this district for more than two decades," said Superintendent Dr. Greg Adkins. "His expertise will be invaluable in continuing the academic gains our students have made, while energizing the division and the district with innovative ideas. I look forward to working more closely with him to help our students reach their highest personal potentials."

Dr. Spiro has served as an administrator in all three zones, and at all three levels (elementary, middle and high) of the School District of Lee County. His career started as a teacher at Caloosa Middle School. His first assistant principal position was at Paul Laurence Dunbar Middle School. His first job as a principal was at Alva Elementary. Dr. Spiro has



Dr. Jeff Spiro photo provided

also been principal at Lehigh Senior High School and North Fort Myers High School, an assistant principal at North Fort Myers Middle Academy of the Arts and Cypress Lake High School, and executive director over all high schools, middle schools and JROTC programs.

"I feel blessed in my career to have had as many opportunities as I have had," Spiro says about his 26 years with the district.

In his new role, Dr. Spiro will play an integral part in naming the next principal at Cape Coral High. Candidates are being vetted now, and a new principal will be in place by the start of the school year.✱

Nominations Sought For Industry Awards

The Horizon Council and Lee County Economic Development Office is seeking nominations for the 2019 Industry Appreciation Awards, which celebrate the Lee County business community and recognize outstanding local businesses that have positively influenced Southwest Florida. The honorees and finalists will be recognized during the annual Industry Appreciation Award luncheon at the Hyatt Regency Coconut Point Resort on October 25. Applications must be received no later than Friday, July 12 at 11:59 p.m.

Businesses will be honored in five categories:

Community Steward of the Year – Awarded to a company that partners with nonprofits, community organizations and programs to improve the quality of business and civic life in Lee County through its financial or volunteer support.

Innovator of the Year – Recognizes a local business that develops innovative advanced technologies in its own business or in its industry and has had

a positive economic impact in Lee County.

Manufacturer of the Year – Awarded to a Lee County manufacturing business that exhibits excellence in leadership, performance, profitability and workforce relations.

Start Up of the Year – Awarded to a company founded in Lee County in the last three to five years that has overcome challenges and demonstrated continued growth in revenue and staffing to emerge as a business leader.

Business of the Year – Awarded to a small and large Lee County company that has been in business six or more years under the same corporate name and ownership. The companies must offer high-quality products and services, provide superior customer service, demonstrate strong ethical standards, be community minded, actively support employee development and exhibit exemplary leadership within its industry and with its clients, contributing to the economic growth and free enterprise of Lee County. Awards will be granted in the small business (1 to 50 employees) and large business (51 or more employees) categories.

To access applications or for more information, visit www.leecountybusiness.com/iaw or call 533-6800.✱

Law Firm Hires Family Law Associate

Attorney Antoinette "Toni" Peck has joined the law firm of Henderson, Franklin, Starnes & Holt, PA, as an associate in the divorce, marital and family law department. Prior to joining the firm, Peck owned and operated a solo law practice in LaBelle for nine years, focusing on marital and family law and other general litigation.

Peck handles all aspects of marital and family law, including adoptions, divorce, dependency matters, paternity, interstate jurisdictional issues, as well as unique laws pertaining to children of tribal nations. She prides herself on keeping her clients well informed, giving each prospective client an honest assessment of the strengths and weaknesses of their position, as well as alternatives to litigation, if available. Peck is licensed to practice law in both Florida and Minnesota.

Peck is very involved in the community and is a director of the Caloosa Humane Society Inc.'s Board of Directors and previously served as the Caloosa Humane Society's pro bono legal counsel. She was among the first to participate in the inaugural class of the Florida Bar's Wm. Reece Smith Jr. Leadership Academy and previously served on the Florida Bar Annual



Antoinette Peck photo provided

Convention Committee (2017). Peck has also been honored by Florida Rural Legal Services with its outstanding pro bono service award (2014 to 2016).

Peck received her undergraduate degree from the University of North Dakota and her law degree from the University of St. Thomas School of Law in Minneapolis.

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

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Board Installed At Luncheon



From left, Joe Mitchell and Mark Weber with Danielle and Bill Fricke photos provided

The Greater Fort Myers Chamber of Commerce hosted its June luncheon at the Crowne Plaza at Bell Tower in Fort Myers for the installation of its 2019-20 board of

directors. During the event, board members and officers were appointed for both the Greater Fort Myers Chamber of Commerce and the Greater Fort Myers Chamber of Commerce



Mike Cannington and Tracy Siekmann

Foundation, which works to support the Chamber's efforts to education and professional development at a variety of levels within Southwest Florida. The



Bryan and Laurie Blackwell

Chamber also recognized outgoing board chairs, board members and volunteer committee chairpersons for their year of service.✧



Melissa Vogt and Jennifer Pfenninger



From left, Melinda Nikolich, Stephanie Young, Allison Gruber and Mary Belmont



From left, Keith Ruebling, Kelly Palmer and Rob Scharlau



From left, Phil Stalnaker, Marin Asher and Terri Carrier



From left, Suzanne Boy, Christian Geymayr and Van Beers



From left, Paul Kleinhans-Schulz, Megan Garner and Chris Peters

United Way Elects New Officers And Board Members

New officers and six new board members were elected at the recent United Way of Lee, Hendry, Glades, and Okeechobee annual meeting. The following are the officers and executive committee members for 2019-20:

Board Chair: Beth Hendry, IberiaBank
Vice Chair: Robert Shearman, Henderson, Franklin, Starnes, & Holt, PA
Treasurer: Cynthia Hawkins, Wiltshire, Whitley, Richardson & English PA
Assistant Treasurer: Craig Folk, Miller, Helms & Folk PA

Secretary: Mary Vlasak Snell, Pavese Law Firm

Immediate Past Chair: David Fry, Vantage Construction Services
Joining the United Way Board of Directors are:

Nick Chlumsky, Nolte Wealth Management Group

Charles Idelson, Investors' Security Trust

Calli Johnson, Bailey's General Store
Victoria Moreland, Lee County Port Authority

Bill Motzer, community volunteer
Angela Pruitt, Lee County School District

Bryan Simmering, Capital Bank U.S.

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Harry Chapin Food Bank, ACT, LARC and United Way 211 serve a diverse range of needs in the community such as nurturing children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in the community, the United Way promotes partnerships and collaborations among agencies



Nick Chlumsky



Charles Idelson



Calli Johnson



Victoria Moreland



Bill Motzer



Angela Pruitt



Bryan Simmering

and initiatives, helping them to work together and focus on issues and solutions that continue to improve lives.

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$177 million since it was established in 1957. For more information, call 433-2000 or visit www.unitedwaylee.org.

From page 1

Water Quality

Natural Resource Policy Director Rae Ann Wessel, "and will consider adopting criteria for cyanotoxins as part of the current, triennial review rule development process, as our meetings with staff earlier in the year did not intend to include cyanotoxins. With the U.S. Environmental Protection Agency (EPA) recommended criteria for microcystins released on May 22, 2019, the day before this order was issued, the timing was perfect for the July 1 meeting of the blue-green algae task force to support evaluation under the current triennial review."

SCCF and local stakeholders have been meeting with DEP on water quality priorities in the triennial review process and highlighted the need for cyanotoxin standards to be included. This spring, DEP indicated they did not intend to

include cyanotoxin standards in this triennial review. Following the devastating water conditions the region suffered last year, SCCF joined the petition to the department. The good news resulting from this decision is that DEP will now consider rulemaking as part of the current triennial review. This is a timely action on the part of the department as EPA has released its final recommendations.

On Wednesday, July 10, the South Florida Water Management District (SFWMD) Governing Board Workshop will address Northern Estuaries Water Quality from 1 to 5 p.m. at district headquarters, located at 3301 Gun Club Road in West Palm Beach. If you cannot attend in person, meetings are webcast at <https://www.sfwmd.gov>.

SCCF will stay engaged and share dates of upcoming public workshops on DEP's triennial review expected later this summer.

Support Workshops For Family Caregivers

The Area Agency on Aging for Southwest Florida (AAASWFL) is partnering with Pine Island Beacon of HOPE to offer a free six-week program titled Powerful Tools for Caregivers on Pine Island. The six-week workshop starts July 22 and continues through August 26. The class is designed to help family caregivers take care of themselves while also caring for a loved one with an illness or disability.

Class size is limited and advance registration is required. Workshops will be presented on six consecutive Mondays at Pine Island Beacon of HOPE from 11:30 a.m. to 1 p.m.

Caring for a loved one can be demanding, stressful and a strain on physical health. Caregivers often sacrifice their own health and well-being while caring for a partner or family member. As a result, family caregivers experience higher than average rates of depression, chronic illness, sleep deprivation and poor nutrition.

Powerful Tools for Caregivers is an evidence-based program that has been shown to improve self-care, reduce emotional strain and increase confidence among participants. Workshop attendees also learn about community resources that may provide additional assistance.

The workshops are led by two certified Powerful Tools for Caregivers class leaders.

For more information or to register for the six-week Powerful Tools for Caregivers workshop, call Sherry Young at the Area Agency on Aging's Elder Helpline at 866-413-5337 (866-41-ELDER) or email sherry.young@aaaswfl.org.

Funding for Powerful Tools for Caregivers is provided by a grant for disease prevention and health promotion under the Federal Older Americans Act, Title IIIID, through the Florida Department of Elder Affairs. In addition to Powerful Tools for Caregivers, AAASWFL also offers wellness classes for older adults that are focused on balance, fall prevention and arthritis-friendly exercise.

Currently celebrating its 40th anniversary, the Area Agency on Aging for Southwest Florida is a nonprofit organization serving Charlotte, Collier, DeSoto, Glades, Hendry, Lee and Sarasota counties. The organization is committed to connecting older adults (ages 60 and older) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.

Pine Island Beacon of HOPE is located at 5090 Doug Taylor Circle in St. James City. For more information, call the AAASWFL Elder Helpline at 866-413-5337 (41-ELDER) or visit www.aaaswfl.org.

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JOINTS.**






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Fort Myers, FL 33908

dearRPharmacist

Grilling Lettuce Might Make You Sleepy



by Suzy Cohen, RPh

Dear Readers: This summer, and especially around the Fourth of July, lots of people are barbecuing.

You probably think the word “grill” and “lettuce” shouldn’t be in the same sentence.

Why not?

It wouldn’t be the first time a vegetable was grilled. Just think of zucchini, peppers and corn on the cob.

Wild lettuce, known as *Lactuca virosa*, is a species from the lettuce family that is most interesting. It grows all over the world. It contains “lactucarium,” a milky substance that can cause sedation and psychoactive effects like hallucinations. It should not be grilled.

Wild lettuce has bright green leaves which secrete the lactucarium. This compound resembles opium, a mild analgesic. In the early 1900s, extracts of this species was used for whooping cough.

But you’re probably wondering about iceberg lettuce or romaine aren’t you? To answer your first question (because I can read your mind), no, these foods are not psychoactive.

Food Science and Biotechnology has an article entitled, “Sleep-inducing effect of lettuce (*Lactuca sativa*) varieties on pentobarbital-induced sleep.”

The scientists investigated the sleep-inducing effect of romaine lettuce on mice who were put to sleep by pentobarbital, an anesthetic and anti-seizure drug. Because romaine lettuce has a higher content of a compound called “lactucin,” it made people sleep longer than they would have normally. They tested the seed extract and the leaves themselves. The seeds were stronger.

FYI, lactucin is part of the bigger compound lactucarium, which I mentioned earlier, so romaine does actually have some sedating characteristics.

Iceberg didn’t make anyone snooze although it’s fabulous for lettuce wraps.

Of the two lettuces, romaine is what I recommend. Not because it causes drowsiness – trust me it’s not even remotely close to an Ambien – but because romaine lettuce is full of antioxidants and chlorophyll which clean your internal biochemical gears. It also contains a lot of vitamin K and natural folate (methylation), plus what better way to consume delicious fiber?!

It’s also very high in potassium which normalizes blood pressure.

So this summer, try grilling lettuce along with your burgers and dogs. Here’s a recipe for you:

Grilled Lettuce with Parmesan

Ingredients

4 small Romaine hearts, rinsed

1 tablespoon of olive oil

2 tablespoons favorite salad dressing

2 teaspoons chopped fresh parsley
Salt and pepper to taste
Optional: 1/2 cup fresh parmesan or goat cheese

Directions

Cut an inch off of the top part of the romaine leaves, leaving the bottom core intact. This allows you to grill the lettuce without it falling apart. Brush the lettuce with olive oil and place on your heated grill or skillet. Turn frequently to brown/char all sides. (They will slightly soften but they should not wilt or turn black). You want them crisp tender, and slightly charred. Once done, you can drizzle your favorite dressing on top. I like creamy Caesar dressing personally. Then sprinkle fresh parsley on top, and salt/pepper. Optionally, sprinkle parmesan or fresh goat cheese. Serve while warm.

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.✱

Chronic Disease Program

Lee Health’s Lee Health Solutions is offering a six-week, research-based chronic disease self-management program called It’s All About You at three locations in the near future.

The program, originally developed at Stanford University Patient Education Research Center, is in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation. It is designed for people age 18 years or 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 6 weeks and it is FREE.

Workshops will be offered on:

Fridays beginning July 12 from 1 to 3:30 p.m. at the Windsor of Cape Coral, 831 Santa Barbara Boulevard in Cape Coral.

Thursdays beginning July 18 from 1 to 3:30 p.m. at Winkler Court, 3250 Winkler Avenue Extension in Fort Myers.

Fridays beginning July 26 from 1 to 3:30 p.m. at the McGregor Clinic, 2070 Carrel Street, Suite B, in Fort Myers.

For more information or to register, call 343-9264.✱

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Doctor and Dietician

Fresh Herb And Garlic Infused Oil



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

I have been trying my hand at Southwest Florida gardening, and it is not easy, let me tell you! The heat, the drought, the rain, the bugs, the rabbits! Yikes! But I have managed to grow my herbs. Thus, I want to share my absolute favorite recipe for fresh herb garlic infused oil that can be used on just about anything. I toss it with pasta, brush it on fish, marinate beef or chicken in it, and even make salad dressing with it.

To make the infused oil, add these ingredients to a mini food processor: 3 cloves garlic, about 4 tablespoons fresh herbs (use a variety like basil, oregano, mint, parsley, cilantro – that’s what I am currently growing); extra virgin olive oil, kosher sea salt and freshly ground pepper, a splash of red wine vinegar, and a 1/2 teaspoon of honey. Pulse until well combined. I use about 1/4 cup of olive oil, but it varies depending on the amount of herbs. Now, this herb combination may seem different to you, but it is absolutely delicious. Don’t turn your nose up on trying a new combo.

Like almost all green plants, herbs are quite nutritious. You can get a lot of vitamin A, calcium, vitamin K and vitamin

C, as well as a load of antioxidants from these fresh herbs. They are not only a very concentrated source of flavor but also great nutrients. Herbs also contain disease-fighting phytochemicals and even contain anti-bacterial properties. No single herb is going to cure all of your ailments, but they do contribute to overall good health. They offer a wide range of natural compounds that help keep your body functioning its best. And we all want that, right? Let me know how you like this recipe and how you used it.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✱

Free Workshop On Shoulder Pain

Do you or a family member suffer from shoulder pain at night, while reaching overhead, carrying, lifting or even driving?

Fyzical Therapy and Balance Centers will host a free Informational Rotator Cuff Workshop on Tuesday, July 23 at 11 a.m. Seating is limited and RSVP is required.

The learning objectives involve the three most common causes of shoulder and rotator cuff pain, how to avoid pain while exercising, what is normal shoulder motion, treatment options and success rate and the biggest mistakes made managing shoulder pain.

Learn more about successful treatment and permanent relief using natural methods without side effects of medications.

Fyzical Therapy and Balance Centers is located at 4301 Sanibel-Captiva Road on Sanibel. Call 395-1097 to reserve your seat.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Sometimes I am so busy that I get totally distracted and don’t pay attention. Can you offer some tips to get more centered?

A: We are a culture of multi-tasking and

taking on too much. We all do it. I would challenge you to watch yourself for the remainder of today and tomorrow. Notice how often you are focusing on several activities rather than just centering on one in this moment. Maybe you are driving to work, listening to the radio, thinking about the project deadline, the dinner you have to attend tonight and the gifts you need to purchase for your spouses birthday. You are everywhere but right

here, right now. You miss the drive, you miss the music, you miss getting deep insights into now.

Begin each day with a few minutes of centering and getting in the moment of now. Sometimes it takes courage to just be open to whatever the moment reveals to you. But think about the alternative; avoidance, denial, a life spent running from yourself. Allow yourself to listen to what your heart is telling you as it can be very revealing. When you are distracted, try and bring yourself back to center, to yourself, to what is. You will be amazed at what this can do for lessening your distractions and being present.

Pay attention to the present moment. Breathe and be in the now. You will learn more about your true self when you choose to be in this state rather than multi-tasking and getting distracted.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.✱

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Meeko And Rusty

Hello, my name is Meeko. I am a 10-year-old male chihuahua who is the ultimate pocket pal weighing in at just 4.5 pounds. I can go just about anywhere with you. I have a gentle personality and, since I am a 'super senior', I have gotten past all those pesky puppy and teenager bad habits. I am just looking for a family to spend my golden years with. I will even let you dress me up for a night on the town.

My adoption fee is \$20.

Hi, I'm Rusty. I am a 2-year-old male domestic



Meeko ID# A784056

shorthair who is a super social kind of guy that likes to be the king of my domain. That means I would prefer to be the only cat. But, with a personality like mine, I will be all you need. I like to be in the thick of all the action and know what is going on at all times, so I will become an immediate part of your family.

My adoption fee is \$20.

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



Rusty ID# A754939

Haven on Earth Animal League

Chester And Dallas



Chester

is \$100.

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

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

PAWS Of Sanibel

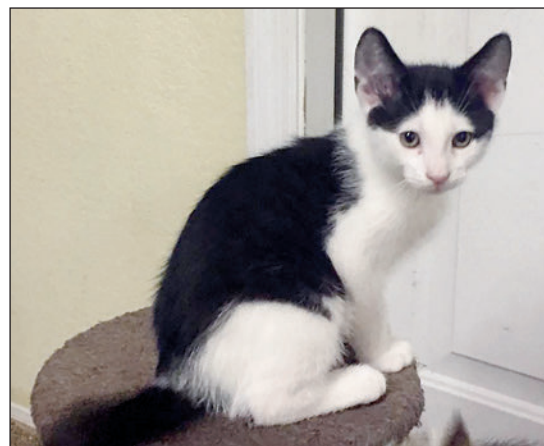
Sweetie Pie

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

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



Sweetie Pie



Dallas

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



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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

RETURNED

- ACROSS
- 1 Followers of Genghis Khan
- 8 More ill-tempered
- 16 Big deli cut
- 20 Level of authority
- 21 Called again
- 22 Like many hoops stars
- 23 Stadium levels reinforced with metal strips?
- 25 Falco of the screen
- 26 "I'm thinking ..."
- 27 "— and the Real Girl" (2007 film)
- 28 George Eliot's "— Marner"
- 29 NEA part
- 30 BBQ meat bit
- 32 Dutch South African who's testifying?
- 36 Org. on a toothpaste tube
- 38 Dot-com's address
- 40 Ranchers' ropes
- 41 Almost a plaintiff?
- 47 Salon colorer
- 48 Low-quality
- 51 Love affairs
- 52 "No noise!"
- 53 Sooner than
- 55 Cut-rate, in adspeak
- 57 Out of neutral
- 58 Pupils with artificially curled hair?
- 62 Fleur-de- —
- 63 — nitrite (vasodilator)
- 65 Longoria of TV
- 66 Examine critically
- 67 Fencing blades
- 69 Fruity drink
- 70 Mixed dogs
- 71 Continually doing well
- 74 Boxer Laila
- 75 Poet Ogden
- 76 Stars' place
- 79 Small expert tennis server sent from heaven?
- 82 "Pest" in Beverly Cleary books
- 85 Like the soil around a big tree
- 86 Boater's tool
- 87 Kiss go-with
- 88 Slate wiper
- 89 Naval off.
- 90 Drop anchor
- 93 Statement when lots of people have gathered somewhere?
- 96 Petty despot
- 98 Public radio's Glass
- 99 SSNs, say
- 100 Like supplies for farriers that are sent by boat?
- 104 Filming area
- 106 "Us" rivals
- 110 Book before Nahum
- 111 Sailor's mop
- 113 Like many monks, by vow
- 116 Tolling hard
- 117 Having reached a lower limit set by
- 121 Henchman in "Peter Pan"
- 122 And
- 123 Fettuccine —
- 124 That lady's
- 125 Bald
- 126 Curly-haired dogs
- DOWN
- 1 Electric car company
- 2 One- — (short play)
- 3 Scarlett's Butler
- 4 Overflows
- 5 German for "everyone"
- 6 Steals from
- 7 Curl the lip toward
- 8 Old PC screen type
- 9 Spool of film
- 10 Designed to be appended
- 11 Drag racer's fuel
- 12 Old German ruler
- 13 — de la Cité
- 14 Always, in poems
- 15 Aves.
- 16 Ale mugs
- 17 Soup spoon
- 18 Phony name
- 19 Sanctify
- 24 Oahu wreath
- 28 Eyeballed
- 31 Wheat unit
- 33 Cabs it, e.g.
- 34 Direction
- 35 Ending for Seattle
- 36 Ambience
- 37 British statesman Benjamin
- 39 German coal region
- 41 Brad, for one
- 42 Ritzy hotel chain
- 43 Clothes, informally
- 44 "— Sera, Sera"
- 45 Annual awards for athletes
- 46 "Superman" star Christopher
- 48 Skeletal
- 49 1998 bug-themed film
- 50 Two pills, say
- 54 Vitamin std.
- 56 Toon units
- 59 News outlets
- 60 Pericles' T's
- 61 Take out of the eye of a needle
- 64 Liquefy
- 67 Start for "while"
- 68 Person of encyclopedic learning
- 69 Open-eyed
- 70 "The Simpsons" wife
- 71 Grimm nasty
- 72 12:00 p.m.
- 73 Fusses
- 74 Styled after
- 75 Of synapses and the like
- 76 Just all right
- 77 Recognized
- 78 Lawn site
- 80 Yeshiva topic
- 81 She sang "Believe"
- 83 Missile paths
- 84 Deface
- 91 Great Plains tribe
- 92 Surgery ctrs.
- 94 Having the right job credentials
- 95 Directory for a web page
- 96 Outpourings
- 97 More ritzy
- 100 Break to bits
- 101 Request in blackjack
- 102 More aloof
- 103 Tom of "The Seven Year Itch"
- 105 Bar code scanner, for short
- 106 Popular '50s Ford
- 107 Veronica of "Hill Street Blues"
- 108 Chopin piece
- 109 Short notes
- 112 Sheep calls
- 114 "— & Stitch" (Disney film)
- 115 News, briefly
- 117 Spa reaction
- 118 Gp. flagging bags
- 119 Prefix with light
- 120 Snaky shape

1	2	3	4	5	6	7		8	9	10	11	12	13	14	15		16	17	18	19	
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100	101	102									103			104	105			106	107	108	109
110																					
116																					
121																					
124																					

King Crossword

- ACROSS
- 1 Fruity spread
- 4 Scrabble piece
- 8 Tarzan's clique
- 12 "The — Daba Honeymoon"
- 13 Valhalla VIP
- 14 Existed
- 15 Troop group
- 17 Release
- 18 Is frugal
- 19 Ostrich's cousin
- 21 Cauldron
- 22 Let up
- 26 Photo book
- 29 Evergreen type
- 30 Pond carp
- 31 Sudden shock
- 32 Blue
- 33 Desirous look
- 34 Fuss
- 35 Arctic diver
- 36 Move laterally
- 37 New
- 39 A billion years
- 40 Bearded beast
- 41 Heavy hammer
- 45 Overly proper one
- 48 Dweller
- 50 Mexican entree
- 51 "Zounds!"
- 52 Varnish ingredient
- 11 Diocese
- 16 Suggestions
- 20 Kitten's comment
- 23 — out (supplemented)
- 24 Yuletide refrain
- 25 Grow weary
- 26 Open slightly
- 27 Source of riches
- 28 United nations
- 29 Talk on and on
- 32 Surgical stitching
- 33 Queued (up)
- 35 Curry or Coulter
- 36 Cubes, spheres, et al.
- 38 Incite
- 39 English composition
- 42 Take out of context?
- 43 Summertime pest
- 44 Leave a lasting impression
- 45 Bake sale org.
- 46 Aries
- 47 Lemieux milieu
- 49 Swelled head
- DOWN
- 1 Supermarket lineup
- 2 Help on the sly
- 3 Creche trio
- 4 Long, narrow drum
- 5 That is (Lat.)
- 6 Jeremy of basketball
- 7 Went in
- 8 Terrible
- 9 For one
- 10 Preceding

1	2	3		4	5	6	7		8	9	10	11	
12				13					14				
15				16					17				
18							19	20					
				21			22			23	24	25	
26	27	28				29				30			
31					32				33				
34					35				36				
37				38				39					
				40				41			42	43	44
45	46	47				48	49						
50						51					52		
53						54					55		

MAGIC MAZE ● — ON

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

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

- Acting
Carry
Cash in
Catching
- Dragging
Embark
Feeding
Focus
- Hanging
Keeping
Lead
Stepping
- Switch
Trying
Waiting



"I'll be glad when the doctor takes Herb off tranquilizers — we haven't had a good answer on page 30"

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!

Savage CERIFE
Stature THIGHE
Petty RILATIV
Restraint HALES

TODAY'S WORD

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

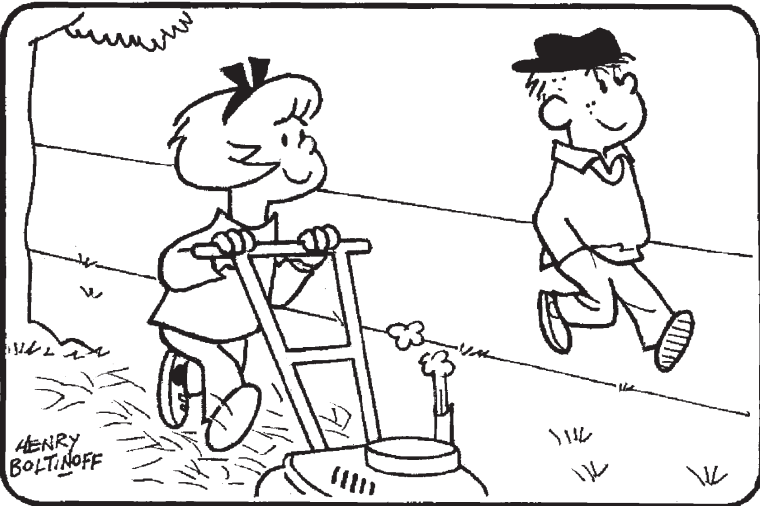
SUDOKU

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.

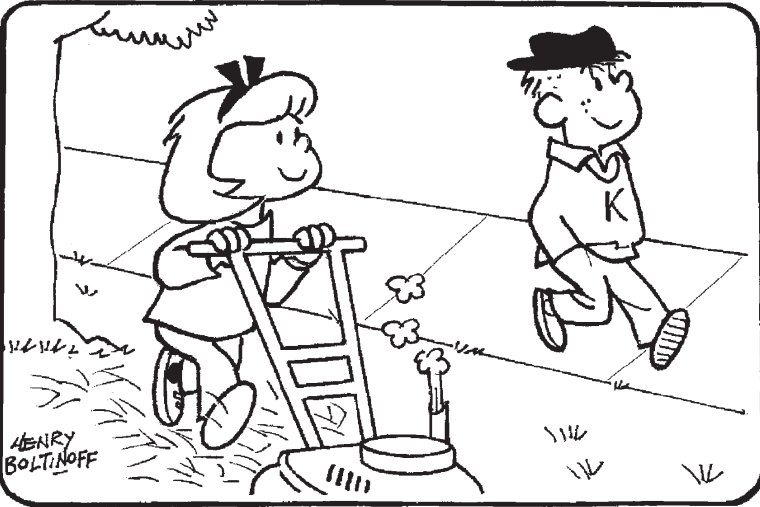
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's sweater has letter 'K'. 2. Girl's hair is longer. 3. Sidewalk is lined. 4. More smoke coming from mower. 5. Tree trunk is wider. 6. Mower handle has extra crossbar.



Tropical Slaw

1/2 head red cabbage, thinly shredded
2 carrots, grated
1 mango, diced small
2 tablespoons natural sugar
2 tablespoons orange juice
2 green onions, sliced thin
1/4 cup apple cider vinegar
1/4 cup vegetable oil (or other neutral oil)
2 tablespoons cilantro, chopped fine
Sea salt and fresh ground pepper, to taste
In a small bowl combine sugar, orange juice, vinegar, oil, salt and pepper and whisk until the sugar dissolves. Set aside.
In a large bowl, combine the cabbage, carrots, mango, green onions, and cilantro. Season with salt and pepper, add the dressing and toss to combine. Cover and refrigerate until ready to serve.*



Tropical Slaw

photo courtesy Fresh From Florida

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My Stars ★★★★★

FOR WEEK OF JULY 8, 2019

Aries (March 21 to April 19) Don't be surprised if, in spite of your well-made plans, something goes awry. But don't worry. Your knowledge of the facts plus your Arian charm will help you work it out.

Taurus (April 20 to May 20) A personal relationship seems to be demanding more than you feel you're able to give. Best advice: Confront the issue. You could find the situation surprisingly easy to work through.

Gemini (May 21 to June 20) Resist being pressured into meeting your self-imposed deadline. This is important if you really feel that taking more time to finish a project could save time in the long run.

Cancer (June 21 to July 22) A vacation choice seems less interesting than when you first made it. Could it be a matter of the place or the people going with you? Find out before you consider a change of plans.

Leo (July 23 to August 22) Someone might be overriding your Leonine logic to get you to agree to "favors" that you would normally avoid. Take a new look at what you've been asked to do and see if you've been misled.

Virgo (August 23 to September 22) Try to keep that emerging "judgmental" aspect in check this week. Too many critiques on relatively unimportant issues could create a lot of negative bounce-back reactions.

Libra (September 23 to October 22) Facing unpleasant facts about an associate isn't easy. But ignoring them isn't wise. Ask a trusted (and neutral) friend to help guide you on what to do and how you might do it.

Scorpio (October 23 to November 21) A shift in opinion regarding a workplace situation could go a long way in vindicating the stand you've taken. But be aware that a satisfactory resolution could still be a long way off.

Sagittarius (November 22 to December 21) It's not like you to choose the easy way rather than the right way to do things. So, follow your instincts and feel assured they will lead you to the right decision. Good luck.

Capricorn (December 22 to January 19) Hold off on making a personal commitment until you find out what it really entails and whose interests are actually

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June 28, 2019

Place Classified





FRIDAY
Mostly Sunny
High: 89 Low: 85



SATURDAY
Mostly Cloudy
High: 88 Low: 84



SUNDAY
Sunny
High: 90 Low: 82



MONDAY
Partly Cloudy
High: 87 Low: 83



TUESDAY
Sunny
High: 88 Low: 84



WEDNESDAY
Partly Cloudy
High: 93 Low: 89



THURSDAY
Cloudy
High: 91 Low: 83

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:37 am	8:00 am	3:03 pm	10:47 pm	Fri	4:42 am	8:02 am	2:08 pm	10:49 pm	Fri	4:59 am	9:51 am	3:50 pm	11:01 pm	Fri	7:47 am	1:16 am	5:13 pm	11:16 am
Sat	6:12 am	9:12 am	4:01 pm	11:33 pm	Sat	5:17 am	9:14 am	3:06 pm	11:35 pm	Sat	5:40 am	10:44 am	4:59 pm	11:44 pm	Sat	8:22 am	2:03 am	6:11 pm	12:28 pm
Sun	6:47 am	10:37 am	5:07 pm	None	Sun	5:52 am	10:39 am	4:12 pm	None	Sun	6:17 am	11:38 am	5:58 pm	None	Sun	8:57 am	2:49 am	7:17 pm	1:53 pm
Mon	7:22 am	12:18 am	6:25 pm	12:13 pm	Mon	6:27 am	12:20 am	5:30 pm	12:15 pm	Mon	6:54 am	12:28 am	6:55 pm	12:40 pm	Mon	9:32 am	3:34 am	8:35 pm	3:29 pm
Tue	7:59 am	1:01 am	8:01 pm	1:51 pm	Tue	7:04 am	1:03 am	7:06 pm	1:53 pm	Tue	7:31 am	1:15 am	7:54 pm	1:50 pm	Tue	10:09 am	4:17 am	10:11 pm	5:07 pm
Wed	8:38 am	1:43 am	9:49 pm	3:20 pm	Wed	7:43 am	1:45 am	8:54 pm	3:22 pm	Wed	8:07 am	2:03 am	8:51 pm	2:52 pm	Wed	10:48 am	4:59 am	11:59 pm	6:36 pm
Thu	9:19 am	2:24 am	11:32 pm	4:34 pm	Thu	8:24 am	2:26 am	10:37 pm	4:36 pm	Thu	8:44 am	2:48 am	9:52 pm	3:48 pm	Thu	11:29 am	5:40 am	None	7:50 pm

PUZZLE ANSWERS

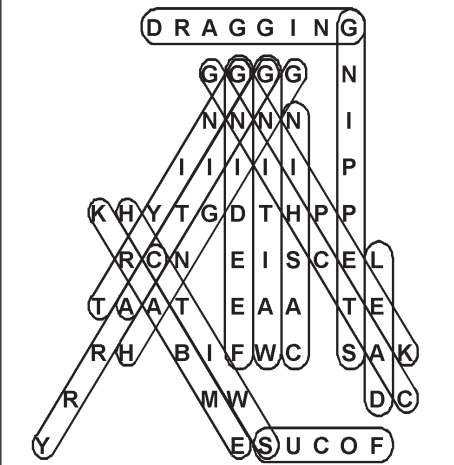
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

involved. There could be hidden facts you need to know.

Aquarius (January 20 to February 18) A new friend offers an unexpected opportunity that could lead to a career change. Check it out carefully and consider getting an assessment from someone familiar with this field.

Pisces (February 19 to March 20) A surprising discovery leads to mixed reactions from those involved in the “revelation.” But as you come to appreciate the truth, you’ll be able to come to terms with your feelings.

Born This Week: Your love of travel helps you appreciate the wonders of the world. You would find a satisfying career in any travel-related industry.

MOMENTS IN TIME

- On July 14, 1099, during the First Crusade, Christian knights from Europe capture Jerusalem after seven weeks of siege and begin massacring the city’s Muslim and Jewish population.
- On July 11, 1656, Ann Austin and Mary Fisher, two Englishwomen, become the first Quakers to immigrate to the Massachusetts Bay Colony. Their liberal teachings enraged the Puritan colonial government and they were arrested and jailed. After five years in prison, they were deported.
- On July 12, 1862, President Abraham Lincoln signs into law a measure calling for the awarding of a U.S. Army Medal of Honor. The previous December, Lincoln had approved a provision creating a U.S. Navy Medal of

Valor. To date more than 3,400 men and one woman have received the Medal of Honor.

- On July 8, 1951, Paris, the capital city of France, celebrates turning 2,000 years old. However, the City of Lights was most likely founded around 250 B.C., when a Gallic tribe known as the Parisii settled an island (Ile de la Cite) in the Seine River, which runs through present-day Paris.

- On July 9, 1962, Bob Dylan records *Blowin’ in the Wind*, although it wouldn’t be released for another year. The most well-known version was done by Peter, Paul and Mary, which became a hit.

- On July 10, 1985, in Auckland harbor in New Zealand, Greenpeace’s Rainbow Warrior sinks after French agents in diving gear plant a bomb on the ship’s hull. Although French authorities denied responsibility, a British newspaper later uncovered evidence of French President Francois Mitterrand’s authorization of the bombing plan.

- On July 13, 1990, the romantic-thriller *Ghost* opens in theaters. The film, about a woman who communicates with her murdered husband through a sassy psychic, was a box-office hit and received multiple Academy Award nominations.

STRANGE BUT TRUE

- It was famed Irish author George Bernard Shaw who made the following sage observation: “A government which robs Peter to pay Paul can always depend on the support of Paul.”
- Although we tend to think of the

bikini as a modern fashion innovation, two-piece bathing suits can be seen in murals in the ancient city of Pompeii.

- If you’re a fan of the *Star Trek* franchise, you might want to plan a trip to the capital of Sweden. It was in Stockholm last year that the world’s first Klingon tourist center opened.

- There seems to be quite a rivalry between the towns of Rosehill, North Carolina, and Wilmington, Delaware. Both locales claim to be the home of the world’s largest frying pan, with a diameter of 10 feet. This begs some questions, of course: How many eggs are being fried at once to require such a large piece of cookware? And what sort of stove is required to heat such a mammoth pan?

- If you’re like most Americans, you’ve stolen from your employer - though probably not much. It seems that 58 percent of your fellow citizens admit to taking office supplies for personal use.

- The London-based 40FT Brewery has an unusual beer on its list of offerings: Odius Ale. Its claim to fame? It’s brewed using yeast collected from writer Roald Dahl’s chair.

- There was a time when cartoon character Fred Flintstone appeared in ads for Winston cigarettes.

- I don’t know who studies such things, but those who do say that over the course of a lifetime, you’ll probably spend about three years in the restroom.

THOUGHT FOR THE DAY

“Eminent posts make great men greater, and little men less.”
– Jean de La Bruyere

TRIVIA TEST

- Geography:** The Darling River is the longest river system in which country?
- U.S. Presidents:** Which president founded the University of Virginia?
- History:** Who was the first popularly elected president of Russia?
- Television:** On *The Dick Van Dyke Show*, what were the names of the neighbors and best friends of Rob and Laura Petrie?
- Literature:** To which character in *Romeo and Juliet* is Juliet betrothed?
- Music:** Which famous singer was born with the name Reginald Dwight?
- Chemistry:** Which metal alloy is mainly used in pewter?
- Firsts:** Who was the first woman to serve on the U.S. Supreme Court?
- Movies:** Which war was featured in the Elvis Presley movie *Love Me Tender*?
- General Knowledge:** What was the common name of the John F. Kennedy International Airport in New York before it was called JFK?

TRIVIA ANSWERS

- Australia
- Thomas Jefferson
- Boris Yeltsin
- Jerry and Millie Helper
- Paris
- Elton John
- Tin
- Sandra Day O'Connor
- The Civil War
- Idlewild Airport

Financial Aid Tip Of The Month

One way students can help pay for the cost of education after high school is through a work-study program, according to the Kentucky Higher Education Assistance Authority (KHEAA). Work-study programs can also provide valuable experience that looks good on a résumé.

Federal Work-Study allows students to earn money to help pay for the costs of post-high school education. Rules may vary some by school, but a student must generally:

- Be enrolled in an eligible program
- Be working toward a certificate or degree

- Have financial need

- Be a U.S. citizen or eligible noncitizen

Students must be paid at least the federal minimum wage. Jobs may be on or off campus. Students who submitted the Free Application for Federal Student Aid (FAFSA) will be considered for Federal Work-Study unless they asked not to be.

Many colleges have their own work-study programs. Students interested in a school's program should check with the college's financial aid office.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.✱

From page 13

Opossum

for a variety of reasons, including vehicle strikes, mite infestation, attacks by other animals, dehydration, miscellaneous infections/disease and – in the case of newborns – abandonment by their mother.

At the end of Baker's presentation, she brought out Gigi, whose name is derived from the common name for her species, the Virginia opossum. The juvenile marsupial, among a trio of newborns found huddled in a corner along the outside of a house in Cape Coral, was discovered to be missing the majority of her tail. Veterinarians at CROW surgically cleaned the site where her tail had been traumatically amputated and sutured it closed.

Since opossums use their tails for balance while climbing, Gigi cannot be



Gigi likes to groom herself and her handler

photo by Jeff Lysick

released back to the wild. Therefore, she will remain at the Sanibel wildlife clinic for educational purposes.

"She's very prissy... she's constantly cleaning herself," said Baker, who was at CROW the day Gigi was admitted. "She

even likes to clean my hands even when they're not dirty. She's an absolute love bug."

CROW began its Animal Ambassador program in 2012 to provide an educational home for animals who are

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6/21 ✱ 7/5

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7-Eleven, 2460 Periwinkle Way, Sanibel is now hiring all shifts, PT and FT. Experience expected, but not essential. Complimentary food and drinks. Apply in person or call 239-443-9229 or 239-443-7733.
6/21 ✱ TFN

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HUGE MOVING SALE
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July 4 through 6, 2019
8 a.m. to 1 p.m.
7/5 ✱ 7/5

unable to be released into the wild. Current ambassadors include Lola, an American kestrel; Mina, a great horned owl; Billy, a nine-banded armadillo; and Talon, a red-tailed hawk. These animals are part of presentations and programs offered daily.

CROW's Patient Profiles presentation on Virginia opossums will be repeated on Monday, July 8 and Wednesday, July 17 starting at 11 a.m. at the Visitor Education Center, located at 3883 Sanibel-Captiva Road (across from The Sanibel School). For more information, call 472-3644 or visit www.crowclinic.org.

From page 18
Regional Library
who will be an active participant in the program. Class size is limited to 10 children, plus their parents or caregivers. For children ages 3 to 12 with special needs. Registration began June 22.

Star Wars Mania: 10 a.m. Thursday, July 18 – For children who have completed kindergarten through fifth grade. Travel the galaxy from Hoth to Mustafar with games and activities inspired by Star Wars. Registration begins July 11.

Kids Read Down Fines: 2 to 3 p.m. Saturday, July 20 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and younger only, and applies only to charges on overdue materials. Bring your library card.

A Universe of Animals with Naples Zoo: 10 a.m. Thursday, July 25 – For children who have completed kindergarten through fifth grade. Slithering, swinging and scurrying all over the world, animals of all shapes

and sizes explore the world around them in surprising ways. Students will see how well they can use their own senses and discover how animals from lions to alligators to snakes use their sensational senses to survive in the wild. Registration begins July 18.

Ants in Your Pants Preschool Dance Party: 10:30 a.m. Wednesday, July 31 – Shake your sillies out at the library. Get ready to twist and shout at this special dance party. We'll boogie down to pop hits and favorite preschool tunes. For ages 2 to 5. No registration necessary.

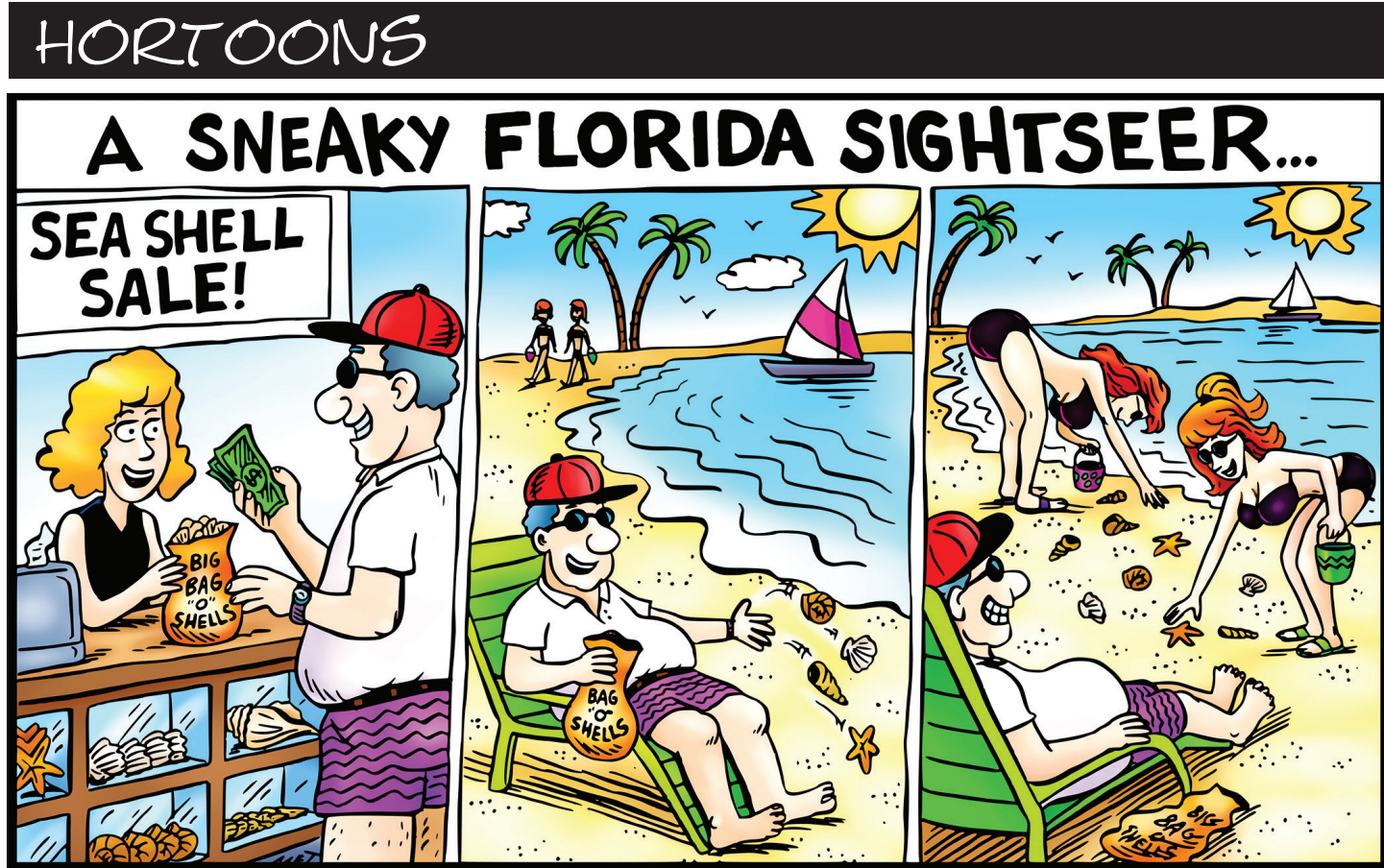
Teen Programs
Expand Your Universe: Earn Service Hours at Your Library: 2 to 4 p.m. Thursday, July – For teens in grades 6 to 12. Have fun and get creative. Expand your universe and earn service hours in the process. Join us for holidays in July as we get a jump-start on making holiday cards for deployed service members. Drop in any time between 2 and 4 p.m.

All supplies will be provided. Sponsored by the Friends of the Lakes Regional Library.

Expand Your Universe: Earn Service Hours at Your Library: 2 to 4 p.m. Thursday, July 18 – For teens in sixth to 12th grades. Expand your universe and earn service hours in the process. Many people face challenging situations at home. Help inspire hope by creating a happy design on canvas tote bags that will be delivered to a local shelter. Drop in any time between 2 and 4 p.m. All supplies will be provided. Sponsored by the Friends of the Lakes Regional Library.

Kids Read Down Fines: 2 to 3 p.m. Saturday, July 20 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and younger only, and applies only to charges on overdue materials. Bring your

library card.
Expand Your Universe: Earn Service Hours at Your Library: 2 to 4 p.m. Thursday, July 25 – For teens in sixth to 12th grade. Expand your universe and earn service hours in the process. The loss of a loved one can be difficult at any age. Join us in sharing a small token of comfort as we create kaleidoscopes for children and teens who have lost someone close to them. Drop in any time between 2 and 4 p.m. All supplies will be provided. Sponsored by the Friends of the Lakes Regional Library.
The Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information about a program or to register, call the library at 533-4000. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-4636, for more information about a specific program.



SCRAMBLERS

1. Fierce; 2. Height;
3. Trivial; 4. Leash

Today's Word
FIGHT

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1982	2,901	\$5,750,000	\$5,650,000	42
Southport On The Bay	Bonita Springs	1991	3,053	\$2,495,000	\$1,915,000	141
Sanibel Isles	Sanibel	1988	3,305	\$2,395,000	\$1,882,200	207
Catalpa Cove	Fort Myers	2006	5,092	\$1,525,000	\$1,445,000	426
Gulf Island Manor	Fort Myers Beach	1993	3,639	\$1,500,000	\$1,500,000	4
Creekside	Bonita Springs	1993	3,914	\$1,445,000	\$1,300,000	85
Cape Coral	Cape Coral	2006	5,427	\$1,250,000	\$1,133,000	90
Laguna Shores	Fort Myers Beach	2018	2,844	\$1,245,920	\$1,200,000	331
Cape Coral	Cape Coral	1995	2,528	\$1,075,000	\$850,060	386
Avallone	Bonita Springs	2006	2,946	\$875,000	\$825,000	784



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