



World Premiere Dazzles At Lab Theater

by Di Saggau

It's always fun to attend a World Premiere, and *DMV* at Laboratory Theater of Florida is one to enjoy. Zalman Velvel, the playwright, based the play on his personal visits to the DMV, and he also interviewed staff members in Fort Myers and elsewhere about their experiences. I learned this while chatting with his wife and sister who were seated in front of me the night I attended. Most people do not look forward to their trip to the DMV because of the inconvenience but you must admit it's a great place to "people watch."

The characters in *DMV* are a little far-fetched but that's what adds to the humor. As the play begins, we meet Bernice Hodes, pronounced Hode-ESS as she constantly reminds everyone. The role is played to perfection by Gerrie Benzing. After spending 30 years with the Fort Myers DMV and putting up with a host of unreasonable customers, Bernice has one last day of work before she retires with a good pension. Her



Gerrie Benzing and Mike Dinko exchange a few words

photo by Paula Sisk

belongings are already on their way to a new location and, although she's hungover from a going away party the night before, her future looks bright. That is until she meets up with Jimmy Rogers, played by Art Keen. He's in a rush to get his license and tries to work a few deals to move up in line. Bernice is not going to stand for this kind of

behavior. She's sick and tired of it.

Instead of calling his number, she skips over him and allows others to cut in line. This includes a transvestite sex worker, a man with a questionable ID, a drunk, an old man who can't stay awake, an aging hippie, and a host of others. Several actors play multiple roles. I was especially impressed with

Mike Dinko as the drunk doing a precarious balancing act trying to stay on his feet. Others are David Cooley, Margaret Cooley, Todd Lyman and Stacy Stauffer. Sam Bostic has the role of Joe, Bernice's trainee, but was unable to perform the night I was there so Kristen Wilson stood in for him with script in hand and all worked out well.

Bernice finally calls Jimmy's number and does everything in her power to keep him from getting his license, including manipulating the numbers on the eye exam. She even has his car towed. When Jimmy calls the mayor and the tax collector to the scene on his behalf, Bernice is threatened with being fired and losing her benefits. Will she give in? That's what you'll have to find out for yourself, and it's an ending you are sure to enjoy. The entire cast does a great job but this is definitely one of Benzing's finest moments. She shines as the fierce and determined Bernice.

DMV is directed by Carmen Crussard, and I can just imagine the fun everyone had putting this one together. Performances run through August 25 at Laboratory Theater of Florida, 1634 Woodford Avenue in downtown Fort Myers. Tickets are available online at www.brownpapertickets.com or by calling the box office at 218-0481.*



The Red Cross Certificate of Extraordinary Personal Action award was presented to Thomas Sentner for saving a life

photo provided

Certificate Of Extraordinary Action Presented

On August 1, the American Red Cross Southern Gulf Chapter recognized Thomas Sentner for using Red Cross lifesaving skills to save an individual's life. He was presented with an

award at the chapter's monthly volunteer dinner.

Last year in September, Sentner was deployed to Wilmington, North Carolina as a disaster health services volunteer to assist residents in a shelter impacted by Hurricane Florence. At the shelter, he provided care to individuals who needed additional medical assistance throughout the night.

On September 27, 2018, an individual

continued on page 21

Estates Offering Private Tour Of Georgia Cities

Edison and Ford Winter Estates offers several private VIP Tours to other tourist destinations throughout the year. In September, a tour to Richmond Hill and Savannah, Georgia will be offered and is open to both Edison Ford members and the public. The tour is scheduled for September 30 through October 2.

VIP Tours offer an opportunity for visitors to tour other museums and gardens with a group of often like-minded people and share unique behind-the-scenes experiences that they would not be able to participate in on their own. Richmond Hill Plantation is a private community. The tour will give special access to the Ford plantation home where Henry and Clara Ford lived. Guests will get to see areas of the home and community that are normally closed to visitors, such as the secret tunnel under the house.

Airfare or transportation to Savannah, Georgia is not included and participants should arrange to arrive in Savannah by Sunday, September 29. The tour starts on Monday, September 30, with a private trolley tour in Richmond Hill. Guests will visit the courthouse, fire station, Martha-Mary Chapel and historic bakery,



Guests get a behind-the-scenes look at historic attractions

photo provided

the Richmond Hill History Museum, Henry and Clara Ford's Richmond Hill plantation, and see Fort McAllister Historic Park and Museum. Lunch is included; guests should make their own dinner arrangements.

On Tuesday, October 1, guests will get a private trolley tour of historic Savannah, tour the Andrew Low House, visit the Davenport House, have lunch at the

continued on page 18

Historic Downtown Fort Myers, Then And Now:

Gas Stations Galore



by Gerri Reaves, PhD

For the middle decades of the 20th century, downtown Fort Myers was chock-a-block with service stations. Beginning in the 1920s, when automobile travel really took off, until the 1960s, gas stations proliferated in the relatively small business district. This early-1940s view of First Street looking east from the railroad tracks at Monroe – note the tracks along the bottom of the photo – illustrates just how easy it once was to fill ‘er up in downtown.

In fact, you didn’t even have to get out of the car. In that era, attendants not only filled the tank, but checked the tire pressure and oil, and even washed the windshield as standard service.

Within just the block pictured here, motorists had a choice of a Sinclair, Texaco, or Gulf gasoline pump. To add perspective: In 1929, there were eight Sinclair stations alone in the Fort Myers area.

The filling stations were established in the 1930s, but the Sinclair began as Dixie filling station and was not as long-lived as the other two.

Notice the Sinclair sign above the car roof and the round “HC” sign advertising Sinclair’s “High Compression” fuel.

The roofline of the Morgan Hotel on Dean Street is visible above the Sinclair’s service portico.

Just east (and nearly center-photo) at Citrus Street the oval Amoco sign is outlined against the brick wall of the Fort Myers Realty Building at the northwest corner at Dean.

Direct your gaze to the south side of First and you’ll see the round Gulf sign marking the station on the corner at Monroe. A bit of the station’s service portico is visible to the right of the Oleander Ice Cream sign painted on the west wall of



In the early 1940s, motorists could choose from three filling stations on this First Street block, from left, Sinclair, Amoco and Gulf. The eastward view is from the railroad tracks on Monroe Street.

photo courtesy Bob Clark



Gas stations, railroad tracks and Citrus Street have vanished, and downtown has a new look

photo by Gerri Reaves

the Collier Arcade (aka Post Office Arcade).

A Gulf station remained in business there until around 1970 under various ownerships.

Upper right of the Gulf sign is the vertical Kress sign at Broadway, the corner where Starbucks is now.

Today, there’s no gas station within the main business district, and that fact reflects changing trends in zoning and city planning based on a New-Urbanist philosophy.

However, the Fort Myers Realty Building, Morgan Hotel (now the Dean Executive Suites) and Kress Building still exist.

The City of Palms Parking Garage stands on part of the former Sinclair station, and the Strayhorn Building approximately occupies the former Amoco station spot.

The First Street wing of the arcade was demolished when the U.S. Courthouse & Federal Building was built on the Gulf station corner.

Several of downtown’s historic gas stations do still exist and are creatively repurposed.

Go on a downtown treasure hunt and look for those classic stations. Then visit the following research centers to learn more about the gas stations that powered the 20th century car craze.

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 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 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.

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

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

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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Shell Point Residents Help Local Students



Residents of Shell Point Retirement Community hosted their annual summer school supply distribution event to benefit the children and grandchildren of the community's employees photos provided



Some of the staff members from Shell Point's healthcare team with their children's new school supplies

Residents of Shell Point Retirement Community hosted their 13th annual summer school supply distribution event to benefit the children and grandchildren of the community's employees. A total of 720 bags brimming with school supplies for children attending kindergarten through fifth grade were distributed to Shell Point employees. All the supplies were donated by Shell

Point residents, many of whom also volunteered to hand out the bags. Several staff members brought their children to the distribution event to thank the residents in person. Committee chairs David and Carol Krafft said Shell Point residents enjoy coordinating this event each year for the community's employees. "We like to help ensure their children have a great start to their school year," they said,

adding that the group distributed nearly 100 bags more than last year's total of 650. "It is a great way to show how much we care about them." "We are so fortunate that our residents have continued this tradition," said Karen Anderson, Shell Point's vice president of human resources. "Our employees truly appreciate our residents' generosity."✱

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Recent graduates of the Carol DeJyo Moms & Tots Family Literacy Program

Nine Tots Graduate From Literacy Program

Nine children recently graduated from the award-winning Carol DeJyo Moms & Tots Family Literacy Program, which was founded in 2004 to help mothers learn English in an accessible way.

“We believe that literacy is the key that unlocks a person’s ability to learn,” said Sue Holman, president and CEO of Literacy Council Gulf Coast. “Our

program teaches mothers together with their children. Children learn through play, while moms get the chance to learn English in a group setting with other moms. A lot of our moms wouldn’t be able to learn English if they weren’t able to bring their children who learn with them.”

One hundred percent of the Moms and Tots program graduates have started pre-kindergarten or kindergarten average or above average compared to their classmates.

“Graduation ceremonies like these are important for moms and their children because many of our students

have never experienced a graduation before,” explained Holman. “This is an opportunity for both moms and kids to see success academically as they hadn’t experienced before. I always tell our moms that this is the first time their youngster has graduated, but it won’t be the last. We encourage our moms to continue to be empowered through education even as they help their children achieve the same. What we’ve been doing here for over 30 years is really life changing for both mom and tot.”**

photo provided

food or fresh produce to alleviate the need to pay for freezer storage space in a remote location.

“The containers will also be outfitted with generators, so we will be prepared to continue mobile food pantry services to the community in the event of a hurricane,” said Popper.

Meals of Hope provides a total of 13 food pantries – including six mobile pantries – throughout Collier and Lee counties to distribute fresh and nutritious food to approximately 1,000 families each week. Additional services and summer meal programs serve more than 10,000 Southwest Florida residents each month.

As a partner agency with the Harry Chapin Food Bank, Meals of Hope distributes more than two million pounds of food each year as it fulfills its mission of inspiring and empowering communities to come together to end hunger. Established in 2007, Meals of Hope is a 501(c)(3) tax exempt nonprofit organization.

To learn more, visit www.mealsofhope.org or call 537-7775.*

New Pet Loss Support Group

Hope Healthcare understands pets are an important part of our families, and the loss of a cherished pet can be devastating. Starting Thursday, August 15, Hope is offering a monthly Pet Loss Support Group at 4 p.m. on the third Thursday of each month at its location at 2430 Diplomat Parkway East in Cape Coral.

Open to the community at no cost, the Pet Loss Support Group provides an opportunity to discuss feelings about lost beloved animal friends and learn from the experiences of others. To reserve a spot at an upcoming meeting, call Tricia Black, LCSW, ACHP-SW, at 985-2485. Walk-ins are welcome.

With community support, Hope is able to offer additional counseling programs including grief support for adults, teens and children, bereaved parents and those who have experienced the suicide of a loved one. Hope also offers an LGBT group, crisis support for community schools and businesses, and a Spanish language group. Call 482-4673 to learn more or visit www.hopehcs.org/counseling.*

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Meals Of Hope Rents Warehouse Storage Space

Meals of Hope, the largest food pantry provider in Southwest Florida, has rented nearly 4,000 square feet of additional warehouse space at 2161 J&C Boulevard in Naples to supplement the 15,000 square feet of existing warehouse space in the nonprofit’s headquarters.

“This much-needed supplemental storage space allows us to source and store additional food to help more families, seniors and children,” said Stephen Popper, president and CEO.

This season, the organization will fundraise to support the purchase of two refrigerated containers to store frozen

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Fort Myers Art:

Thank God For Indie Mondays To Resume Soon



by Tom Hall

Thank God for Indie Monday resumes in September at the Sidney & Berne Davis Art Center. Join the Fort Myers Film Festival (FMff) every first Monday from September through March,

and help decide which of the short indie films submitted to the Fort Myers Film Festival will make it into next year's film festival ... and which do not. Doors open at 6:30 p.m., with the films starting at 7 p.m. Tickets are \$10 for adults and \$8 for seniors and students.

So mark your calendars. The relevant first Mondays are September 2, October 7, November 4, December 2, January 6, 2020 and February 3, 2020.

And if you're a filmmaker, FMff is now accepting submissions for the 10th annual Fort Myers Film Festival. Yes, you read that right. Next year will be FMff's 10th anniversary!

Submissions are being accepted in six categories: full-length features, documentaries, shorts, short shorts,



Thank God For Indie Monday film-watching will return to the Sidney & Berne Davis Art Center in September photo courtesy www.artswfl.com

strictly local and student films.

To read the terms and conditions for submitting films and to submit a film, visit www.fortmyersfilmfestival.com.

Naples Group Holding Kids Auditions For Disney Play

The Naples Players KidzAct is holding open auditions for the Disney musical sensation *Frozen Jr.* at The Naples Players at The Sugden Community Theatre on Saturday, September 7 from noon to 4 p.m.

Frozen Jr. is a story of true love and acceptance between sisters, Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure and plenty of humor, *Frozen Jr.* is sure to thaw even the coldest heart!

The Naples Players KidzAct production is seeking to cast 16 principal roles (eight male, eight female) and a large singing/dancing ensemble with multiple featured roles. Rehearsals for *Frozen Jr.* begin on Tuesday, September 24 from 4:30 to 6:30 p.m. and performances run Saturday, December 7 (two performances at noon and 4 p.m.), Sunday, December 8 at 6:30 p.m. and Monday, December 9 at 6:30 p.m. Cast members must be available for all four performances.

Auditions for *Frozen Jr.* are open to students of all abilities ages 9 to 18 who are currently enrolled in third to 12th grades. Auditions are by appointment only, and students can register online. If all slots fill up, the time of auditions will be extended later. Auditions are free and walk-ins are always welcome.

Students need to prepare 32 bars (about a minute in length) of a song with sheet music or a non-vocal CD/track. Singing will be followed by learning a dance combination. For a full rehearsal and performance

schedule, and to register to audition for the *Frozen Jr.* auditions, visit www.naplesplayers.org/kidzact-auditions-2. For further questions about auditions, contact Cole Butcher, production stage manager, at 434-7340 ext. 125 or cbutcher@naplesplayers.org.

Frozen Jr. performs at The Naples Players at The Sugden Community Theatre in Blackburn Hall on December 7 at noon and 4 p.m., and December 8 and 9 at 6:30 p.m. Tickets are \$20 for adults and \$10 for students.

The Naples Players at The Sugden Community Theatre is located at 701 5th Avenue South in Naples. To purchase tickets, visit www.naplesplayers.org or contact the box office at 263-7990.

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.*

Back To School Paperwork Moves To Online Only

Checking on student grades or attendance has never been more than a few clicks away for families in the School District of Lee County. The Focus Parent Portal can provide that information 24/7 to parents who have an account.

This year, it is critical parents create a Focus account because much of the paperwork that must be filled out at the start of school is now only available online through Focus.

Parents must create an account to fill out the student directory, emergency notification and other documents. Only one account per family is necessary, as all students in the household can be added, but both parents can have accounts if preferred.

"Creating a Focus account is simple and takes just a few minutes," says IT Infrastructure Coordinator Darryl Eldon. "We encourage all parents to sign up now before school starts so their paperwork is on file and they can track their student's progress once classes begin."

Parents can create their account at www.lee.focusschoolsoftware.com/focus/auth with the following information:

A valid email address;
Your student's Student ID number; and
Your student's date of birth

Parents who have their email address and the last four digits of their child's social security number currently on file with the district will be granted immediate access.

For those who do not, their child's school will verify the information and grant access as soon as possible. Parents who already have an account do not need to take any action.

Anyone needing help to establish their account can contact their child's school or go to the district's website at www.leeschools.net. Click the "For Families" section and then click on the owl icon with the title "School Grades" and "Assignments".*

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Beautifully Updated Ground-Level Pool Home With 90' Dock

East-end Shell Harbor home on deep-water-access canal has this patio dock in addition to long wood dock with boat lift. On Limpet Dr cul-de-sac convenient to causeway. Home fully remodeled in 2017 & professionally decorated in white bright coastal decor. Floor plan centers around great room with den & 2-story wall of windows overlooking re-landscaped yard, large pool, canal, & bay peek. Split-plan with 3 suites, plus laundry & half bath. Master suite has French doors to expansive paver pool deck. Open 2nd floor loft currently used as second general living area, could be future 4th suite. Furnishings could convey. Community beach access with parking. \$2,195,000

Great Island Alternative

Spacious 1st level luxury lakeside villa-home with garage in Coronado pool community within gated Gulf Harbour. Great room, 2 bedrooms, 2 baths, laundry room, & studio/office or 3rd bedroom. Many upgrades including lanai with electric storm shutters, gas cooking, built-ins, & lots of storage. \$499,000

Lot in The Sanctuary

Deep parcel in Augusta Greens, perfect for villa-style pool home. Overlooks 9th fairway to lake. Homes already constructed on either side. Natural land owned by conservation foundation across street. On less-traveled Baltusrol Ct cul-de-sac, yet handy to clubhouse & amenities (by membership). \$299,000



Lakeside End of Cul-de-Sac

On Begonia Ct in Gumbo Limbo, semi-raised 3-bedroom home with new roof, new HVAC, high ceilings, family room with wood floors & fireplace, & 600 sq. ft. screened deck with private views. Oversized garage plus huge dry under-home storage area with concrete floor, like an up-north basement. \$649,000

Residential Condo in Private Tier Facing Beach

Gulfside Place #222 is 2nd floor with assigned covered parking space & private unit storeroom below. Inside, gulf-view lanai is tiled & screened, with electric storm shutters. Interior features 2 luxurious bedrooms & den (1800+sq. ft. of air conditioned space). Remodel last year included raising kitchen ceiling & reconfiguring utility room & closet to provide more pantry & general storage. Both baths & kitchen new with high-end fixtures & finishes. New paint, tile, carpet. Baths have roomy walk-in showers. New cabinetry, stone countertops, & stainless steel kitchen appliances. Neutral décor complements the beach view. Ready for new owner personalization. \$1,429,000

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East-end 1st level Sanibel Arms West #E2 with 2 bedrooms plus 2 screened lanais. Mini-resort with island's only screened pool, bbqs, tennis/pickleball, fishing, internet & fitness centers, on site office. Low condo & rental fees, & many years of history, grossing \$70K+/year with owner use. \$849,000 furnished with bookings



Opportunity in The Dunes

1558 Sand Castle Rd. Seller paid \$905K in 2005. On pilings, split-plan high ceilings, 3 bedrooms, & lots of living space including family room with fireplace. Home 2 doors to right in photo sold this year for \$1.075M. Great location, amazing sunset views, good bones. Roof newer (2016). Priced as fixer-upper at \$699,000

Site for Near-Beach Home

First Rabbit Rd residential parcel, off San-Cap, past church. With nearby bike path (along river behind shopping center) & gulf access path at end of street. Convenient location for nature lovers, beach enthusiasts, & those wanting also to be close to shopping, school, refuge, & rec center. ~80' x 200'. \$170,000

Renovation Just Complete - Waterlovers' Delight on Isabel Dr

Custom split-plan pool home offers unique opportunity. 3-car garage, 4-stop elevator. Easy one-level living with room for guests. Generous design also provides privacy for large or expanding family. 1st living level includes huge 2-story living room with fireplace, bayside porch overlooking pool, expansive great-room-style kitchen with 2nd fireplace & butler's pantry, new master suite, & 2nd bedroom & bath. Large mid-level media or family room with mini-kitchen & half bath. Top floor has skylights, 2nd master suite, large open deck, another bedroom with cedar closet, 2 offices (including one bayside), laundry, & more. Sale includes lot in boat basin with dock/boat lift. \$3,495,000

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Along The River

The downtown **Fort Myers River District** will again be the scene for **Music Walk** this Friday, August 16. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the streets of downtown Fort Myers.

Visit www.fortmyersriverdistrictalliance.com to learn more.

The public is invited to learn about bees and native plants for pollinators at **Edison and Ford Winter Estates** (EFWE) in celebration of **National Honey Bee Day** this Saturday, August 17 from 9 a.m. to 2 p.m.

The days' itinerary includes a live honey extraction demonstration and a honey bee lecture by David Westervelt with the Florida State Beekeepers Association. Tony Mauriello and Kara Tyler-Julian from the Coccoloba Chapter of the Florida Native Plant Society will also give a presentation on Florida native plants for pollinators.

There will be local honey available for sale and tasting, a question and answer session with bee inspector Freddy Howard, and informational tables with guests from the Florida Native Plant Society, Florida State Beekeepers Association and Solitary Bee Homes. Florida native and other pollinator plants will be available for purchase.

The presentation schedule includes a hands-on honey bee presentation at 9 a.m.; honey-extraction demonstration at 9:30 a.m.; lecture by Florida State Beekeepers Association coordinator David

Westervelt; and a presentation on native plants for pollinators by Florida Naturalist Tony Mauriello and Entomologist Kara Tyler-Julian from the Florida Native Plant Society at 11 a.m.

From 9 a.m. to 2 p.m., there will be information tables with Florida native and pollinator plants available for sale.

The event is free but does not include tours, the museum or the lab admissions.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonford.org or call 334-7419.

A **Songwriter 4 Vets** events will be held at **Hyatt Regency Coconut Point** this Saturday, August 17 from 8 to 11 p.m. A VIP meet-and-greet session, where VIP members can mingle with the songwriters along with free food and drinks, will take place from 6 to 8 p.m.

Labeled as a country concert for a cause, the fundraiser to honor and benefit local and national veterans will involve seven Nashville country songwriters, alongside Southwest Florida musician Ben Allen, performing and sharing the stories behind their hit songs. One hundred percent of the fundraising proceeds will be donated to the Kevin Popke Foundation to support the Other Side of the Dunes, The Stano Foundation and Task Force Dagger Foundation charities.

Ticket options include single ticket, four, six and 10 seat tables or four and six seat VIP tables. You will also be able to purchase VIP add-on tickets (for non-VIP Tables). The VIP ticket options include access into the VIP meet-and-greet. There will also be a cash bar located for general ticket seats

For event details or to purchase tickets,



B. Keith Councill from Councill Farms examines honey bee hives at Edison and Ford Winter Estates

photo courtesy www.edisonfordwinterestates.org

visit www.songwriters4vets.com.

An award-winning musical that broke new ground on Broadway will open a tour at **Broadway Palm Dinner Theatre** and play from this Thursday, August 22 to September 28.

Once is the winner of eight 2012 Tony Awards including Best Musical and winner of the 2013 Grammy Award for Best Musical Theater Album. It is based on the 2007 Academy Award-winning film of the same name which was written and directed by John Carney, and starred Glen Hansard and Markéta Irglová, with original music and lyrics by Hansard and Irglová.

Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, *Once* tells the enchanting tale of a Dublin street musician

who is about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. As the chemistry between them grows, his music soars to powerful new heights, but their unlikely connection turns out to be deeper and more complex than your everyday romance.

Once begins the traveling portion of the tour at the Barbara B. Mann Performing Arts Center, located at 13350 FSW Parkway in Fort Myers, on October 5 at 8 p.m. *Once* is produced by APEX Touring.

For more tour and cast information, visit www.oncethemusicaltour.com.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit broadwaypalm.com/shows/once.✱

Water Summit On Wednesday

The Save Our Water Summit will be held at the Hyatt Regency Coconut Point on Wednesday, August 21, from 7:30 a.m. to 12:30 p.m.

The fundraiser will feature water quality issues in Southwest Florida with expert speakers, presenters and panelists from the region. It will include a buffet breakfast. Tickets are \$50.

Presenters include:
Noah Valenstein, secretary, Florida Department of Environmental Protection
The Water School at FGCU
The Conservancy of Southwest Florida
Keep Lee County Beautiful
South Florida Water Management District

U.S. Army Corps of Engineers
Sanibel-Captiva Conservation Foundation.

Topics will include:

Public Health Impact
Regional Water Policies
Major Water Projects
State Legislature Progress Report
How you can make a difference and take action

The summit is presented by *Naples Daily News* and *The News-Press*. It is supported by:

Bonita Springs Area Chamber of Commerce
Cape Coral Chamber of Commerce
The Chamber of Southwest Florida
Fort Myers Beach Chamber of Commerce
Greater Fort Myers Chamber of Commerce
Sanibel Captiva Chamber of Commerce
The breakfast is sponsored by Conservancy of Southwest Florida.

Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs. For tickets, visit tickets.news-press.com/orders/tickets_iframe/5cf0128e-d52c-4273-997f-64610ad12266.✱

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Valerie's House To Host Annual Sunset Soiree

Valerie's House, a Southwest Florida nonprofit dedicated to helping grieving children heal after the loss of a loved one, will hold its annual signature event, Sunset Soiree, from 6 to 9:30 p.m. on Thursday, October 17 at Miromar Lakes Beach & Golf Club, located at 18520 Miromar Lakes Boulevard in Fort Myers.

Florida Gulf Coast University President Michael Martin and his wife, Jan Martin, will serve as honorary chairs for the second year in a row.

"Valerie's House is a haven for children and families who have lost a parent or loved one," Jan Martin said. "We are honored to support this important cause once again and hope the community will join us to lift up those who grieve and walk along with them on their journey of healing."

ABC7 evening news anchor Krista Fogelsohn will emcee the event, which includes an open bar cocktail hour along Miromar Lakes Beach and a gourmet-seated dinner inside. The highlight of the evening will be a program introducing children of Valerie's House and showcasing a gallery of their artwork.

"We look forward to sharing the story of Valerie's House with our



Michael and Jan Martin photo provided

community," said Angela Melvin, CEO and founder of Valerie's House. "Together, with the funds raised from our Sunset Soiree, we are able to stay at the forefront of addressing childhood trauma so that no child has to grieve alone."

The annual event provides a substantial investment in Valerie's House life-changing, healing programs that include support groups for grieving children, their parents, families and

other caregivers at no cost.

"We know that by connecting with others who are grieving in a supportive environment children and families can work through the loss of a loved one together and go on to live fulfilling lives," Melvin said.

Mural Contest For Area's First Zine Library

Southwest Florida artists are invited to participate in a mural contest hosted by Neenie's House. Through September 1, art concepts will be considered for the walls of the Love Your Rebellion Zine Library, a permanent collection of DIY writing and art books. Love Your Rebellion (LYR) opens the Zine Library at Neenie's House this October.

Artists are asked to submit mural concepts for the interior walls of the Zine Library. There are three walls, each measuring different sizes, that are available for murals. Muralists will have to choose one of the three walls when submitting a concept.

The selected muralists will paint their mural(s) in the LYR Zine Library between September 3 and October 7. The winner will also receive a feature on the LYR Zine Library website page, and on all LYR social media channels. Cost of materials for murals will be provided by Neenie's House.



A mural contest will be held for an arts and cultural emporium photo provided

The artist murals will be unveiled at the Zine Library grand opening and Fort Myers Zine Fest on Saturday, October 19 from noon to 5 p.m.

For more information on the mural contest and submissions, visit www.loveyourrebellion.org.

Neenie's House is located at 481 Marsh Avenue in Fort Myers. For more information on Neenie's House, visit www.neenieshouse.com.✱

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Donations For Helping A Child’s Weekend Hunger

Blessings in a Backpack SWFL, the organization that feeds hungry children on the weekends, is proclaiming food as the most essential school supply.

“Children can’t do much in the classroom without food to fuel them,” said Cecilia St. Arnold, executive director of Blessings in a Backpack SWFL. “We’re getting the whole community behind us to give kids the nutrition they need to learn.”

Each Friday afternoon, Blessings in a Backpack gives children packages of nutritious, ready-to-eat food that’s enough to last until they return to school on Monday morning.

A record 4,500 Southwest Florida children will benefit from Blessings in a Backpack SWFL this school year. The expansion is thanks to widespread community support, but St. Arnold points out the need still far outpaces the organization’s ability to address it.

“More than 60,000 elementary school students in Lee and Collier counties receive free- and reduced-price breakfasts and lunches during the week, so we still have a long way to go,” she said. “With school starting up again, the time to get involved is now.”

The first day of school was August 12 in Lee County and August 13 in Collier County. A donation of \$100 is enough to feed a child for the entire school year. Blessings in a Backpack invites those interested in giving to find out how they can help by visiting www.blessingsinswfl.org.✽

Alliance Youth Performance Showcase

The Alliance for the Arts presents Show Off! Youth Performance Showcase on September 14 from 10 a.m. until 1 p.m. The Saturday event features free staged performances, art activities and gallery admission.

Local dance and movement groups spanning a spectrum of styles and cultures will take the theatre stage throughout the day. In between acts, families and children can activate their imagination by exploring the Alliance’s The Shape of Things exhibit, participate in a gallery scavenger hunt or get hands-on with free art-making activities presented by ArtFest Fort Myers. The Alliance’s weekly GreenMarket will also be open, offering sustainable products that have been locally grown, caught and cultivated.

Show Off! Youth Performance

Showcase is sponsored in part by Pediatric Dentistry of Florida. Performance schedule includes:
10 a.m. – Kurokawa Martial Arts
10:30 a.m. – Kellyn Celtic Dance
11 a.m. – Na’Pau Polynesian Dancers
11:30 a.m. – Dance Bochette
Noon – Quality Life Center
The Alliance for the Arts is located at 10091 McGregor Boulevard. For more information, call 939-2787 or visit www.artinlee.org/showoff.✽

National Thrift Shop Day Is Saturday

National Thrift Shop Day will be held Saturday, August 17. To honor the national celebration, Goodwill Industries of Southwest Florida is offering a chance for shoppers to win a \$100 Goodwill Gift Card to use on future purchases. To enter, Goodwill SWFL shoppers who spend \$50 or more on August 17 just need to take a photo of their receipt, and email it to Goodwill SWFL with their name and phone number. Emails must be received by Saturday, August 24. “If a shopper does not have access to technology,” said Debra Donatto, the

director of communications and digital marketing, “they can simply bring their receipt to the Opportunity Center at 5100 Tice Street and ask for me. As long as they bring it in by 4 p.m. Friday, August 23, we will get them entered.” Receipt photos need to be emailed to Donatto at debradonatto@goodwillswfl.org. The contest is only valid on shopping done in Goodwill of SWFL Retail and Donation Centers (Lee, Collier, Charlotte, Glades & Hendry counties), and includes the Boutique on First and Outlet Center. The winner will be selected on August 26, notified by phone and announced on the Goodwill SWFL Facebook page and website. VIP Perk members get 40 percent off all donated items that day. Anyone can sign-up to be a VIP Perk member for free at www.goodwillperks.com.

The funds generated by sales and donations at Goodwill stores support the many community supports and services offered for free to those with barriers to independence. To learn more all the great work Goodwill SWFL is doing in your community, come visit and take a tour of the Opportunity Center at the next “Breakfast with the President” event at 8:30 a.m. on Thursday, August 22. Make your reservation today for this free informational opportunity. Call 995-2106, ext. 2213 or email susanhegarty@goodwillswfl.org.✽

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.fl.goarch.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.revtedalthouse@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 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
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.
ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.
SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard,

344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.
SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., 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 FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.
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:

Red-Tailed Hawk

by Bob Petcher



A red-tailed hawk (*Buteo jamaicensis*) has been referred to as the most common hawk in the continent. In fact, the shrill cry of this species of hawk is reportedly the sound you'll most likely hear when you see any hawk or eagle, no matter the species, onscreen or in the background of a movie.

Red-tailed hawks are not likely to be seen at your backyard bird feeder. This type of hawk would rather go after small mammals, though it is rare for them to attack dogs or cats. You may see them pair up with another similar hawk while guarding opposite sides of a tree in pursuit of tree squirrels.

These large hawks sport red tails, rich brown heads and feathers as well as white necklines and rounded wings. The open country bird usually hunts from high perches and swoops down to capture prey in its talons. Red-tailed hawks also nest in tall trees, often the tallest in a cluster, where both sexes will contribute to the building of the nest.

At CROW, a red-tailed hawk was admitted after being found on the ground and lying on its back. Veterinarians noted the hawk to be open-mouth breathing. A quick feel for broken bones revealed an area of concern in the hawk's right wing. The patient was also noticed to be very thin.

Finding the fracture was not difficult prior to x-rays.

"No, it was easy to feel soft tissue swelling and the crepitus, or crunch of the fracture fragments rubbing against each other, on physical exam," said Dr. Robin Bast, CROW's staff veterinarian.



Patient #19-3188, like most hawks, doesn't seem too pleased to be photographed while wearing a body wrap during rehabilitation photo by Brian Bohlman

The delicate frame of the patient was most likely related to its injury.

"That is a likely scenario, although another

possibility is the hawk was sick/thin prior and was more susceptible to sustaining a traumatic injury," said Dr. Bast.

The hawk was placed in an oxygen chamber and given time to relax. Afterwards, radiographs were taken that confirmed the hawk had a fractured humerus in its right wing. Veterinarians wrapped the wing and placed an intravenous catheter to help administer fluids and medications.

After a few days, the hawk was brighter and ready for surgery to repair the broken wing. During the surgery, an external fixation and pins were used to stabilize the fracture.

"Surgery went well and three pins were placed to realign the bone," said Dr. Bast. "Once a callus started to form, the pins were removed and the bird is now just in a body wrap to keep the wing stable as it continues to heal."

The red-tailed hawk will now call CROW its home until the bone heals.

"It will take six to eight weeks post-surgery for the bone to heal and for the patient to have done the physical therapy necessary to regain normal flight function in preparation for release," said Dr. Bast.

If all goes well during the patient's rehabilitation, the red-tailed hawk should be released back into the wild when ready.

"The hawk has finished its course of antibiotics, and is eating on its own. It is still in ICU (intensive care unit) getting physical therapy every three days," said Dr. Bast. "It is still early on in the process, but so far it is looking good."

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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Trout Fishing Is Back



by Capt.
Matt Mitchell

While dodging morning coastal showers most of this week, we bounced around between mangrove fishing for snook and reds then getting out on the

flats and wearing out the trout. Slow-moving rain was often hard to avoid, though most days cloudy and overcast weather was a nice break from the heat of summer. Along with nonstop trout action out on the flats, we were catching mackerel, jacks, ladyfish and mangrove snapper.

Big early-morning high tides have been the perfect set-up to fish mangrove islands in the southern sound. Seems like the islands in the southern sound to the mouth of the river that have tannin-stained water have been the most productive for both snook and redfish. As the tide gets lower, the bite has switched over to the many of the mangrove creeks in these same areas that have super fast water flow.

The amount of life that has returned to the sound since the massive red tide of last summer, which was less than a year ago, has to be seen to be believed.

In what has been just a few weeks, we went from catching very few trout to trips of catching 50-plus trout. Many of these trout are well over the 15-inch minimum along with several each trip going over 20 inches. The question we are all asking each other is where are these trout pouring in from after what was a catastrophic event for them. For basically 10 months, we just didn't see them let alone catch them. Now, we are specifically targeting them for great catch-and-release action.

Catching trout in the sound has been as easy as finding birds feeding on the massive schools of fry bait. Small live shiners free lined and slowly worked back towards the boat caught fish after fish. Anglers are also catching them on a wide variety of artificials including soft plastics and top waters. I have been fishing on shallow flats in two to four feet of water anywhere from the south end of Matlacha Pass all the way around St. James City up to red light shoal.

One possible theory to the reappearance of these trout is that they have followed the huge schools of baitfish into the sound. We can only speculate what has brought all these trout back into our waters. But one thing is for sure, it's amazing to see Mother Nature come back so strong.

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. ❄



Paul from Jacksonville caught this 32-inch redfish while out with Capt. Matt Mitchell this week photo provided

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CAPT. MATT MITCHELL



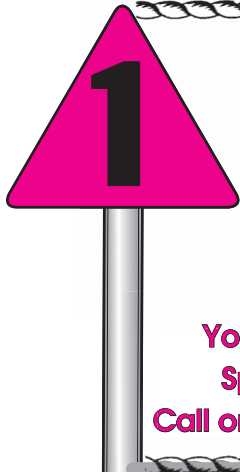
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Dave Doane

Plant Smart

Bandana-Of-The-Everglades



Native bandana-of-the-Everglades is a freshwater aquatic plant perfect for a water garden or moist spot. Reflexed petals give it a droopy look.

photos by Gerri Reaves

by Gerri Reaves

Bandana-of-the-Everglades (*Canna flaccida*) is native to the southeastern U.S. and the only member of the canna family that is native to Florida.

In the wild, this fast-growing freshwater aquatic plant grows in ditches, freshwater marshes, swamps and flooded pine flatwoods.

Its erect stems usually reaches a height of two to four feet, but in South Florida it can grow even taller.

The narrow oval or elliptical leaves are alternate, attached in a spiral on the thick stem, and sheathed at the base. Shiny and tapered to a point, they measure up to two feet long and are three to six inches wide.

Clusters of conspicuous pure yellow flowers give it another common name, golden canna.

The flowers are three to six inches long and have three reflexed petals, meaning that they bend down and outward, making them resemble a



The fruit ripens from green to brown and has a velvety texture

floppy iris – thus the term flaccida in the species name.

They fuse with three sepals to form a tube at the base of the flower. What appear to be upper erect petals are actually modified flower parts.

It blooms mostly in late spring and summer. Blooms open at dusk, only to fade in the next morning's heat.

The plant has both male and female reproductive parts and therefore can self-pollinate.

The three-part fruit is a one- to two-inch rough-textured capsule that turns from green to brown. It contains round dark-brown seeds consumed by birds.

This species is perfect for a bog or water garden but will grow in moist soil too. For optimal health, it needs high organic content and full sun. It is not salt or drought tolerant.

With fleshy rhizomes, or root-like underground stems, it can form large stands that protect for a variety of aquatic life. The rhizomes also make it useful in erosion control.

It is a host and nectar plant for



Non-native cultivars of canna lilies are popular too

Brazilian skippers.

Propagate it with the seeds, by clump division, or by transplanting offshoots.

The seeds have been used traditionally by the Seminoles to make jewelry, rosaries, dyes and rattling toys.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by

Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <https://edis.ifas.ufl.edu>, www.fnps.org, <http://www.efloras.org>, <https://plants.ifas.ufl.edu>, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.*

Environmental Funding Award Applications

September 1 is the deadline to apply for Lee County Electric Cooperative's 2019 Environmental Funding Awards. To apply for an environmental funding award from LCEC, organizations can email pr@lcec.net to receive an application.

Interested organizations must meet

certain criteria to be considered for the award. This includes being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. Funding is awarded twice a year with deadlines happening in March and September.

Nearly \$100,000 has been awarded since the program's inception in 2013. The Environmental Funding Award Program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.*



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Grant Challenge For Wildlife On Wheels Project

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) recently received an anonymous challenge grant to help raise support to bring the refuge’s Wildlife on Wheels (WoW) project to fabrication. The grant will match donations made by December 31, 2019, dollar for dollar up to \$50,000.

“If the challenge is met, and we raise the additional \$100,000, we will have nearly reached our goal of \$255,000 for making WoW a reality and bringing it into underserved communities in a five-county area,” said DDWS Executive Director Birgie Miller. “For children of all ages, as well as adults, this ‘traveling refuge’ will drive to distant schools, libraries, after-school programs and so many other places to teach and inspire about saving and protecting our land, water and the wildlife who need that habitat to survive. We are seeking donations and pledges of any size.”

The educational WoW project began with an anonymous \$100,000 family grant; since then, donations have brought the total raised to \$125,000.

“Both major donor foundations believe in education as the key component to making a difference in protecting what is left in our world for the wildlife and the people who depend on it,” said Supervisory Refuge Ranger Toni



Artist's rendering of Wildlife on Wheels

image provided

Westland. “We are always looking for new and creative ways to engage people of all ages in conservation. We are so excited about the possibilities of teaching and inspiring through the WoW in hard-to-reach communities.”

“We are currently in the research and planning stage of this exciting, innovative project, with the goal of unveiling WoW in March of 2020, if the money is raised by the end of December,” added Miller.

DDWS hopes to hire a bilingual educator, who, along with volunteers and interns, will staff the museum-quality,

hands-on exhibits inside and outside of WoW to maximize their inspirational learning potential.

Donations will fund learning stations that interpret mangrove ecosystems, water quality, water conservation, pollution and plastic, animal scats and tracks, Florida’s native animals, wildlife sounds and other topics that meet the refuge’s mission.

Refuge staff, Lee County teachers and a team of volunteers will draw on knowledge gained in the classroom to design interpretative exhibits and programs that complement Florida educational requirements.

“The refuge will continue bringing schools here by bus – nearly 5,000 students annually,” said Westland. “But our WoW mobile educational outreach rig will allow refuge staff to reach thousands more kids and their families who are otherwise unable to experience the outdoors at the refuge.”

Anyone interested in making a tax-deductible donation that will double the impact in support of the WoW project can contact Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

Conservation 20/20 Land To Be Purchased

The Lee Board of County Commissioners recently voted to purchase two parcels totaling more than 60 acres for Conservation 20/20 to add to existing preserves in Alva and Bonita Springs.

The purchased land includes:

20.8 acres near Goggin Road that is surrounded on three sides by 1,155-acre Alva Scrub Preserve. The parcel contains scrub, oak hammock, old growth pine and is located in a secondary panther habitat and Florida scrub jay habitat. The purchase price is \$186,930 plus closing costs.

About 40 acres located within the Corkscrew Regional Ecosystem Watershed (CREW), north of Bonita Beach Road SE and along the Lee/Collier county

line. An existing Memorandum of Understanding between the South Florida Water Management District (SFWMD) and Lee County specifies management responsibilities of county-owned properties by the SFWMD within CREW, purchased with Conservation 20/20 program funds. The CREW Land and Water Trust is making a donation of \$2,000 at closing. The purchase price is \$276,000 plus closing costs.

The Conservation Land Acquisition and Stewardship Advisory Committee (CLASAC) unanimously recommended each purchase.

Conservation 20/20, which has preserved about 29,700 acres since its inception, is Lee County’s environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.

Register For Scarecrows In The Park

The Lakes Park Enrichment Foundation invites the Southwest Florida community to participate in its 10th annual Scarecrows in the Park competition during the Lakes Park Fall Festival, planned for October 11 to 27 at Lakes Regional Park, 7330 Gladiolus Drive in Fort Myers.

Local businesses, community members, organizations, schools and youth groups such as Scouts and 4-H can join the competition fun by fashioning custom-made scarecrows to be displayed at Lakes Park during the festival.

Proceeds will benefit park-enhancing projects and programs funded and managed by the Lakes Park Enrichment Foundation. Prizes will be awarded in multiple categories by a team of celebrity judges at the Scarecrows VIP Party on Saturday, October 12. Fall Festival attendees will vote for their favorites in the People’s Choice competition. People’s Choice winners will be announced the last week of the festival.

“The Fall Festival and Scarecrows in the Park have evolved into the ultimate kickoff to ‘season’ here in Lee County,” said Foundation Vice President and fundraising chair Tara Molloy. “This is our 10th anniversary for Scarecrows in the Park – it should be the biggest yet.”

More than 50,000 visitors attend the Fall Festival each year, Molloy said.

The deadline for competition registration is September 20. Teachers, Scout troop leaders, business sponsors and anyone else interested in participating should visit www.lakespark.org or email Foundation Executive Director Erin White at info@lakespark.org. You will be placed on a mailing list for scarecrows-related communications, including official application, sponsor/builder match-ups, deadlines and build schedules, volunteer opportunities and any other related communications.

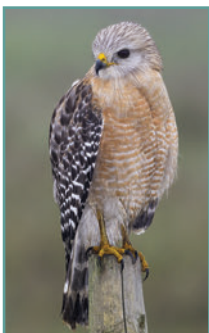
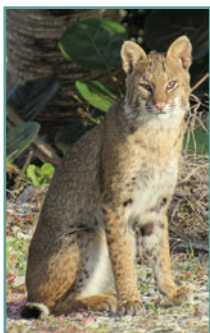
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Read Sawczyn and Jason Kohn
photos provided

Rotary Club Presents Local Service Awards

The backbone of Southwest Florida is the people who give of themselves to make it better. Four such people are this year's Rotary Club of Fort Myers South award winners. Downtown House of Pizza owner Jason Kohn and Keep Lee County Beautiful Executive Director Trish Fancher won the Four-Way Test Award. The Vocational Service Leadership Award went to Dr. Jesse Bryson, who founded and directs the I Will Mentorship Foundation, and Kerri Goldsmith, a financial advisor at HBKS Wealth Advisors.



Trish Fancher and Read Sawczyn

of the principles behind Rotary, and we're privileged to be able to recognize them," said Read Sawczyn, head of the awards committee for the Rotary Club of Fort Myers South. "They're all creating positive change and making a real difference."

The Four-Way Test Award recognizes people who emphasize service above self and conduct their lives and business in line with the Rotary Club's Four-Way Test, composed of the following questions designed to help guide decision-making:

- Is it truth?
- Is it fair to all concerned?
- Does it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Kohn served nine years on the board of directors of the River District Alliance, volunteered at Edison Park



Dr. Jesse Bryson and Read Sawczyn

Elementary School, donated to help solve a cold case and supported the American Cancer Society's Relay for Life. Fancher volunteers for the Crohn's and Colitis Foundation, engages in educational campaigns and recently won other awards for waterway initiatives and anti-littering work.

The Vocational Service Leadership Award is for those who exemplify integrity and high ethical standards in business and use their vocational talents to serve the community. Bryson has mentored youth for more than 20 years and served in the U.S. Army, working under presidents Bill Clinton and George W. Bush as part of the White House Communications Agency. He received the Uncommon Friends Foundation Champion Teacher award in 2016, the Golden Apple Teacher of the Year award



Kerri Goldsmith and Read Sawczyn

in 2017, and the Junior ROTC Army Instructor of the Year award in 2018.

Goldsmith is president of the Rotary Club of Fort Myers South and is a Greater Fort Myers Chamber of Commerce Women in Business APEX Award finalist. Throughout her career, she has served in leadership roles with numerous industry associations and nonprofits, and remains active in the community. She has been instrumental in instituting the Rotary Club's e-newsletter, as well as helping to manage its online presence through its websites and social media.

Rotary Club of Fort Myers South meetings are held each Monday at noon at the Crowne Plaza Fort Myers at Bell Tower Shops, located at 13051 Bell Tower Drive. For more information, visit www.rotarysouth.org.

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Estate Planning Nesting Dolls



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

Remember when my sister, as a young girl, would play with my grandmother's collection of matryoshka dolls. Those are the wooden dolls, commonly known as Russian nesting dolls, of decreasing size placed one inside of the other. The outer layer is usually the painting of a woman wearing a dress and a babushka with figurines inside that are either male or female characters with the smallest usually looking like an infant carved out of a single wood chip.

The matryoshka doll is a good analogy for an estate planning technique that attorneys frequently use but that many of their clients don't quite understand – the “testamentary trust.”

Think of a “testamentary trust” as the inside doll of one larger than it. The “outside” or main element is usually a will or a revocable living trust. If I create the Craig Hersch Revocable Trust, then that is the biggest matryoshka doll. Inside of my main doll might be a bunch of smaller dolls, the “testamentary trusts.”

When the grantor of that trust dies, the next inside trust comes out, which is a testamentary trust. “Testamentary” refers to “after death,” meaning that the revocable trust may split into one or more testamentary trusts that can continue on for a period of years or the lifetime of their beneficiaries who follow the person who originally created the trust.

Let's say that Ronald creates a revocable living trust. At his death, a testamentary marital trust is created for and benefits his wife Tiffany for the rest of her life. When Tiffany dies, two more testamentary trusts are created to benefit their children, Ron Jr. and Kathleen. Like the matryoshka doll, the trusts keep dividing.

But the testamentary trusts are not new trusts that require new language. They always existed inside of their parent trust but didn't spring into life until the trust before them dies or is taken apart so that the new trust becomes the governing language.

Many people, including those who work in the financial services industry, get confused by testamentary trusts. When Ronald dies, for example, my office might

call the bank and tell them to change the account to the marital trust created for Tiffany. It's easy for them to get confused. “Where is this marital trust?” they might ask. Or, “we need a copy of the marital trust” when, in fact, they always had the copy of the marital trust because it was already embedded inside of Ronald's trust, which they knew about from the beginning!

As each testamentary trust is established, the title on the accounts changes and a new taxpayer identification number is obtained. Like the matryoshka doll, it's a new trust that came out from inside of the old one but is a completely different “person” in that it might have different provisions and beneficiaries. That is why the banks and brokerage houses have to change the title to the accounts that are now divided between the testamentary trusts.

You might wonder why anyone would use a testamentary trust to begin with. Why don't you just divide all of your estate and leave everything outright to your children? Testamentary trusts are useful in that they can serve to protect the assets that you are leaving your children from the threat of a divorcing spouse, creditors and predators.

Assume the example where a son got foreclosed on and the bank obtained a deficiency judgment on the mortgage balance. If you leave an inheritance outright to him, the bank may be able to force collection on their judgment. Another example would be your daughter, the doctor, who is in the middle of a malpractice case when you die. There, the inheritance you leave her might be at risk. Testamentary trusts can be built to mitigate these problems.

In years past, testamentary trusts got a bad rap. Many named banks as trustees that didn't perform well or were loathe to distribute any of the money to the trust beneficiaries. Those days are past. A good estate planning attorney can draft a trust that gives its beneficiaries control over the investments and distributions of the trust. We can also draft provisions that allow a corporate trustee to serve alongside and be replaced by your selected trustee.

Testamentary trusts can also be drafted to accomplish income tax savings amongst its beneficiaries that cannot otherwise be achieved when an estate is distributed outright. There are all sorts of benefits to drafting testamentary trusts inside of your revocable trust or will, and many of these benefits have nothing at all to do with estate taxes.

So when your attorney starts talking about the use of a testamentary trust, think about the old wooden matryoshka dolls. They're not quite as beautiful or as much fun, but they can sure add some life and good benefits to your estate plan.

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J. Brendan Ryan, CLU, ChFC, MSFS

Americans are a generous bunch.

In a recent year, we gave \$358 billion to 1.5 million nonprofit organizations, more than two-thirds of that total

coming from individuals. The largest share went to religious organizations, the next largest to educational charities. The total for that year represented an increase of 7 percent over the previous year's giving. The average household gave just shy of \$3,000.

I could not find a breakdown of the property that was gifted, but surely most of it was cash, followed by appreciated property such as marketable securities. As outlined below, another good type of asset for those who are charitably inclined to give is permanent, cash-value life insurance. The future discussion assumes that the charity is one that qualifies for tax-deductible contributions, rather than civic organizations, etc.

New Policy – A person can approach a chosen charity and offer to become the insured of a policy applied for by the charity to be owned by the charity

from the outset. The charity would name itself beneficiary. Since the policy would have no cash value at first, premiums would have to be paid. The insured could pay the premiums directly to the insurer, but it would be better to make a cash donation to the charity in the amount of the premium every year. Naturally, the gift of the premium to the charity would be tax-deductible for the donor in the year given.

Existing Policy – Many older people have life insurance policies that they consider obsolete. If that is the case, then they may choose to donate such an obsolete policy to a charity.

If they do so, they can take a current income tax deduction for the lesser of approximately the policy's cash surrender value and the policy's cost basis (premiums paid less any amounts received, such as dividends, loans, or partial surrenders). Any ongoing premiums paid to the charity to maintain the policy would be similarly deductible in the year given.

In making the gift of the policy, be sure not to retain any incidence of ownership in the policy, such as the right to change beneficiary. That would nullify the tax benefit.

An alternative is to retain ownership of the policy but direct the insurer to send annual dividends to the charity. Then the amount of each dividend paid to the charity would be deductible to the owner as paid year by year.

Yet another alternative involves a policy that requires no ongoing premiums. It may have been paid for upfront with a single premium,

or it may have become paid up over the years due to ongoing premium payments.

In fact, many cash-value policies can become “paid up.” Some whole-life policies are written to be paid up in 20 years. Others are written to become paid up at age 65. All whole-life policies have an option called “reduced paid-up.” If one chooses that option, the death benefit will be reduced to a prescribed level, and it will be guaranteed that no further premiums will be required.

Universal life allows the same thing, but unless it is a “guaranteed UL” policy, it will not be guaranteed that no future premiums will be required. Still, conservative projections can virtually guarantee it.

So, either of these types of cash-value insurance will work for this type of charitable gift.

One additional use for life insurance in this area:

Many people want to make a large gift of cash or securities to a charity but hesitate because they do not want to reduce their financial legacy to their loved ones. They can solve that dilemma by replacing the gifted asset in the estate with a life insurance policy, which, of course, pays its death benefit income tax-free. Then the estate remains whole, and the charity will benefit.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✧

Blue Chip Community Business Award

The 25th annual Southwest Florida Blue Chip Community Business Award application deadline is fast approaching. Coordinated and sponsored by McGriff Insurance Services, the Blue Chip Community Business Award recognizes successful, small businesses in Lee, Collier, or Charlotte County that have overcome adversity to achieve success. Applications must be submitted by Wednesday, September 4.

Independent judges will pick the honoree once all applications have been collected. Businesses can nominate themselves or be nominated by a third party. To qualify, the for-profit business must have been in operation for at least three years under the same ownership with principal office located in Lee, Collier or Charlotte county, employ five to 400 people and have overcome adversity to achieve success. The award ceremony will take place at Hyatt Regency Coconut Point Resort and Spa on Wednesday, November 6 from 11 a.m. to 1 p.m. Registration for the event is free and available online at www.2019bluechipcommunitybusinessaward.eventbrite.com.

To submit an application, contact Stacey Mercado at 433-7189 or smercado@mcgriffinsurance.com.✧

Book Review

The New Girl

by Di Saggau

I always look forward to a new book by Daniel Silva, because in my opinion and that of others, he's one of the greatest novelists in the espionage genre. He delivers again in *The New Girl*,

his 19th Gabriel Allon novel. It opens in Geneva where we meet a mysterious new girl arriving via motorcade at an exclusive boarding school. Her name is Jihan. Teachers and classmates wonder who she is and find out when she is abducted from the school. She's the daughter of Khalid bin Mohammed bin Abdulaziz Al Said, the crown prince of Saudi Arabia. He is called KBM for short.

KBM was once celebrated as a social reformer who desired to modernize his country with social and religious reforms. Now he is a controversial figure, reviled for his role in the death of a dissident journalist named Omar Nawwaf. KBM turns to Allon to help find his daughter. He also seeks out former CIA officer, now art curator, Sarah Bancroft. She has helped him purchase famous paintings for a planned museum in Saudi Arabia, that KBM says will be the Louvre of the Middle East. This includes Leonardo's *Salvator Mundi* for which he paid a cool half billion dollars.

Together KBM and Allon become allies in a secret war for control of the Middle East, the life of a child and the throne of Saudi Arabia. The book is filled with dark humor and marvelous descriptions. Silva describes one character as, "He had the pallor of roasted salmon, medium well, and a meticulous gray comb-over."



image provided

The New Girl came about as Silva was working on a novel about a crusading young Arab Prince who wanted to modernize his religiously intolerant country. He set aside the manuscript for awhile and, after the brutal murder of Jamal Khashoggi, a Saudi dissident and columnist for the *Washington Post*, he used events surrounding Khashoggi's death to inspire some of the events in *The New Girl*.

The New Girl is a timely right-out-of-the-headlines, fast-moving thriller that blends both art and intelligence. It features numerous twists and keeps the reader engaged right up to the end. Silva conducts meticulous research but he's quoted as saying, "I never want the research to get in the way of the imagination." He definitely lives up to that promise. The book is dedicated to the 54 journalists who were killed worldwide in 2018. In my opinion, it's a must read.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Many parents are concerned about their older children moving on to middle and high school settings.

Parents and children

aren't sure what to expect and may experience some anxiety. Below are some suggestions to ease and support this big step in a child's school career.

Transitioning to a new school can be an exciting but stressful time for children. Even when the change is positively anticipated, such as "graduating" to the next school level, facing the unknown can cause apprehension, particularly for older children. These higher-grade level

environments tend to be larger, possibly less nurturing, more departmentalized, competitive and more demanding academically. And students are expected to be more independent academically and their social lives become more complex and intense. It is understandable that parents feel some uneasiness about these changes but there are many ways for parents to help smooth the transition and support their child's academic social/academic success in their new school environment.

It is important to understand and anticipate common concerns related to moving to a secondary school environment. Parents can help their child prepare for and become comfortable with their new school environment.

Environment – Finding lockers, finding lunchrooms and bathrooms, getting through crowded hallways, getting to class on time, getting on the right bus to go home, lack of experience in dealing with extracurricular activities

Workload – Keeping up with materials,

new grading standards and procedures, more long term assignments, lack of basic academic skills

Social – More peers pressures (ie, cliques, dealing with older students and students from other schools), social immaturity

Schedule – Remembering which class to go to next, more teachers, no recess, no free time

Other – Reduced parent involvement, accepting more responsibility for their own actions, unrealistic parental expectations, coping with adolescent physical development

Emphasize positive aspects of middle/high school – With the move will come more opportunities for individuality and freedom and an increasing choice in elective courses and extracurricular activities. There will be more opportunities to find friends with common interests.

Teach study skills – Help students begin to self-regulate by breaking down large tasks into manageable pieces and provide guidelines so students can monitor their own progress. Familiarize students with using an agenda/assignment book to keep track of daily and long-term assignments.

Schedule tours of new school – During the summer prior to entering the school, students and parents should arrange for a tour of the school. If possible, parents can request the student's schedule from the school counselor or administrator so that the student can locate classes and "walk their schedule" to determine best routes. If your school offers an orientation

session, make a point to attend.

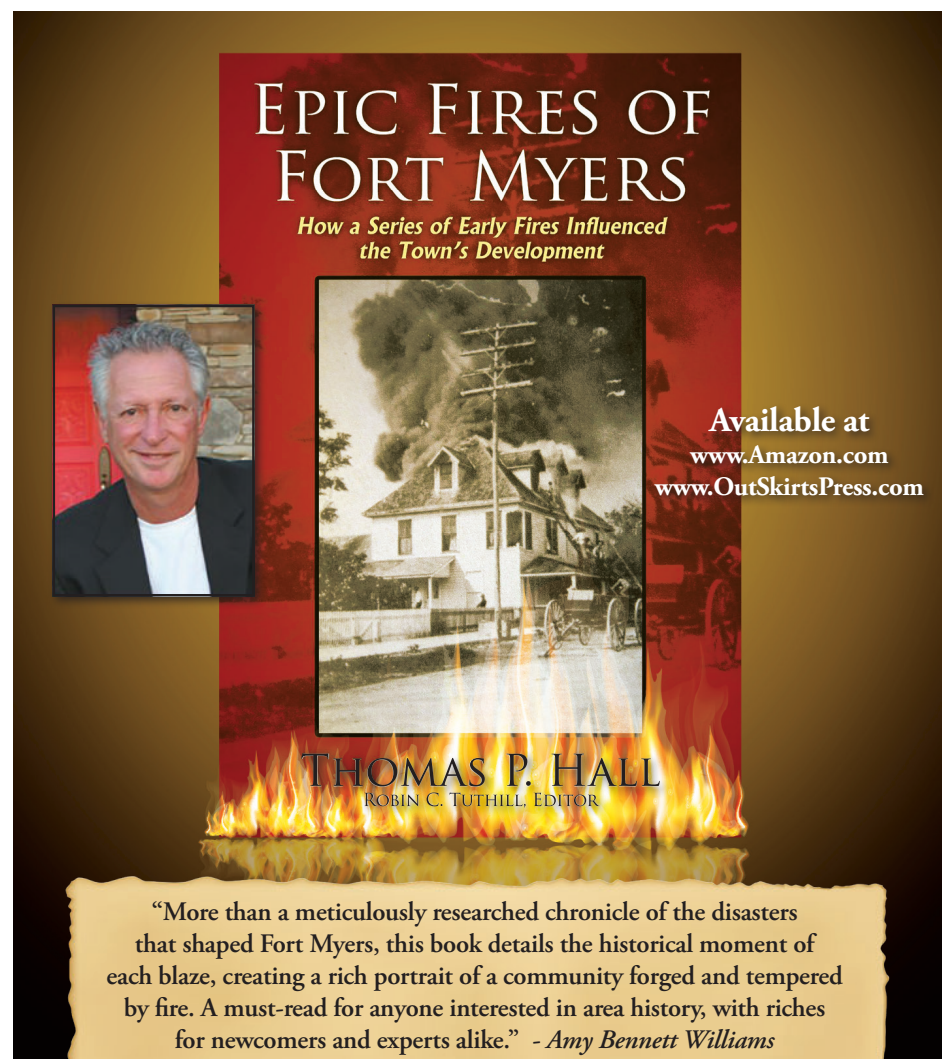
Encourage participation – Whether in extracurricular activities, extra-help homework programs, or school social/sports activities, students should be encouraged to seek these out as an opportunity to meet new people. Many schools offer an open house or fair during the first week of school to introduce new students to available activities.

Continue or increase involvement – Middle and high schools continue to have numerous opportunities available for parent involvement. Parents should maintain communication with the school through meetings, e-mail/Internet, phone calls and notes. If you have concerns, don't wait for the school to contact you. Look out for regular newsletters and other forms of communication home regarding events at the school.

Transition planning and activities like these can really help a student in minimizing or eliminating adjustment problems in the new school environment.

This report was adapted from the National Center on Secondary Education and Transition.

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.✱



Financial Focus

How Does Social Security Fit Into Your Retirement?



by Jennifer Basey

It might not have been on your calendar, but August 14 was Social Security Day. Since it was enacted on August 14, 1935, Social Security has provided some financial support

for millions of Americans during their retirement years. While Social Security benefits, by themselves, probably aren't enough to enable you to retire comfortably, they can be a key part of your overall retirement income strategy – if you use them wisely.

To help you make decisions about Social Security, you will need to answer these questions:

When should I start taking my benefits? You can take Social Security once you reach 62, but if you wait until your full retirement age, which will probably be between 66 and 67, you'll get much bigger monthly checks, and if you wait until 70, you'll get the biggest possible payments. Before deciding when to begin receiving your benefits, you'll need to weigh a few factors, including your estimated longevity and your other sources of income.

How should I consider potential spousal benefits? If you are married, or if you're divorced but were married for at least 10 years, you could receive up to half of your spouse's full retirement benefit (offset by your own benefit, and reduced if you claim early). If you outlive your spouse, you could claim survivor benefits, which can provide either your own benefits or 100 percent of your deceased spouse's, whichever is larger. Consequently, the higher-earning spouse might want to postpone taking benefits for as long as possible to maximize

the survivor benefit.

How much can I earn without reducing my Social Security benefits? If you are younger than your full retirement age and you are receiving Social Security, the Social Security Administration will withhold \$1 from your benefits for each \$2 you earn over a certain threshold (which, in 2019, is \$17,640). For the year you reach your full retirement age, your benefits could be withheld by \$1 for every \$3 you earn over \$46,920. But once you reach your full retirement age, you can earn as much as you want without your benefits being withheld, although your benefits could still be taxed, depending on your income.

How much of my pre-retirement income will Social Security replace? Generally speaking, you should expect Social Security to replace slightly more than a third of your pre-retirement income. However, the higher your income during your working years, the lower the replacement value of Social Security will be.

What other sources of retirement income should I develop? Contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. You may want to consult with a financial professional, who can look at your entire retirement income picture and recommend moves to help you achieve the lifestyle you've envisioned for your later years.

Keep in mind that your decisions about Social Security filing strategies should always be based on your specific needs and health considerations. For more information, visit the Social Security Administration website at www.socialsecurity.gov.

One final word: You may have concerns about the stability of Social Security. While no one can predict the future, many potential solutions exist to put the program on more solid footing. Consequently, try to focus on the actions you can control.

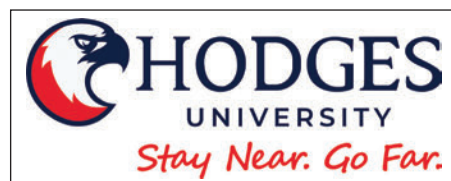
This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.

New Logo And Website Unveiled For University

Hodges University launched a new brand and logo, and unveiled a redesigned website at www.paths.hodges.edu.

"As we have evolved over the years in our focus of workforce-directed education, we wanted to create a new look for the university," said Dr. John Meyer, president of Hodges University. "The new colors, logo and website also build momentum for our 30th anniversary next year."

The new colors were selected because of their meanings and how those meanings relate to the mission and vision of the university. Coral red signifies compassion, emotional intelligence and community connection. The second color is Navy blue, which indicates trust, loyalty, wisdom, confidence, intelligence and truth. The



new mascot is a hawk and was inspired by a pair of hawks that have made the Fort Myers campus their home for years. The hawk represents the time in one's life when the focus is on what's ahead and the preparation for a leadership role. The hawk is powerful, has a global vision and is laser focused on the future.

The new university seal includes the Latin phrase, "Knowledge Leads to Growth."

"Together, these new colors and mascot reinforce that Hodges is the place to gain wisdom and confidence; encourage intelligence, compassion, a strong community connection; and fly higher than ever before," said Dr. Meyer. "Hodges is coral red, Navy blue and the hawk."*

Superior Interiors

How To Achieve Simple Elegance



by Trinette Nelson

Simple elegance in home design is all about understanding how less is more. The right mixture of clean lines, soft hues and organization make the vibe of a room feel pure and straightforward.

Without going over the top, elegant design shows serenity and sophistication while bringing joy and comfort to a living space that all can appreciate.

Having a high-end looking home isn't as difficult as you'd think. A combination of simple solutions can transform your living room, foyer and any other space in your house with ease. Keeping in mind a few key points can assist you in achieving this timeless look.

The right color can bring complete elegance to any room in your home and a fresh coat of paint adds instant energy to what was once a dull living space. Shades of white make the perfect choice when creating clean, fine lines. You can also accent with black to create an ideal focal point and set off a lavish feel.

There's something oh-so opulent and stately about a bed that's loaded with pillows. It's reminiscent of the vibe you catch on a weekend getaway in a lofted hotel in the big city. Fill your own bedroom as well as the guest room with enough pillows to wow your loved ones. The sofa can benefit from dozens of throw pillows as well; this adds another layer of style and

comfort to a high traffic living space.

Carpeting may add an extra layer of comfort to a living space, but hardwood flooring gives off an elegant vibe that you can't pass up. Choose a dark color to exude luxury from one room to the next.

You don't have to ditch the look and feel of carpeting altogether. Instead, invest in soft area rugs to disperse throughout your home. This simple piece of decor can make a huge statement and control the entire vibe of a living space. Choose exhilarating fabric like faux fur to wow and comfort your guests.

Standard sconces won't do your home any justice if you're trying to achieve elegant design. Modern chandeliers can add charm without going overboard. Choose table and floor lamps that compliment your main lighting fixtures to bring the rooms together in addition to adding a degree of ambiance when desired.

If you want to enjoy the beautiful scenery through your windows and privacy isn't an issue, forgo the window treatments. If, however, you want to take in the great outdoors and filter the natural light in, use sheer drapery that allows the soft, bright hues of the room to take center stage without artificial illumination.

No matter what type of adjustments you want to make to your home, you can achieve subtle, simple elegance with ease by reaching out to a design professional. He or she will discuss potential changes to make based on the theme, as well as your personal style, wants and needs. There's no better time to change up the vibe in your home than summertime. This way you have an excuse to throw more parties and let guests get acquainted with the new vibe.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.

Nominations For Business Ethics Award

There's still time to send in nominations for the annual Business Ethics Award of the Uncommon Friends Foundation. They are being accepted until September 1. The award will be presented in recognition of the critical importance of ethical leadership in today's businesses and organizations during the Uncommon Evening event at the historic Burroughs Home & Gardens on Thursday, November 14.

The award will be presented to a Southwest Florida business that exemplifies a high standard of ethical behavior. Businesses can nominate themselves or be nominated by a third party. The online nomination form and detailed submission guidelines are available at www.uncommonfriends.org.

Finalists will be announced after the close of nominations and will be honored guests at the annual FGCU Business Ethics Roundtable on Wednesday, October 30, jointly hosted by Florida Gulf Coast University's Lutgert School of Business and the Uncommon Friends Foundation.

The Uncommon Friends Foundation, established in 1993, is dedicated to lifelong character building among today's youth

and business leaders, as it inspires future leaders toward excellence of character, a spirit of innovation and a sense of purpose.

For more information about the business ethics award and the foundation, call 337-9503 or visit www.uncommonfriends.org.

From page 1

Private Tour

Pirate's House (included), and visit Franklin Square Market and Maritime Museum.

The next day includes a tour of the Pin Point Heritage Museum, Railroad Museum and train ride, lunch at Paula Dean's The Lady and Sons restaurant (buffet included), the Savannah History Museum, City Market and concludes with the Prohibition Museum.

The tour cost is \$600 for Edison Ford members and \$675 for non-members. The VIP tour includes transportation to the specified sites, admission to all locations on the itinerary, lunch on the three tour days, tips and gratuity. Lodging is available at the Holiday Inn Express for an additional \$159 per night and includes a complimentary breakfast buffet.

To register, contact Sherri Muske at 335-3677 or email smuske@edisonford.org. A \$200 non-refundable deposit is due at registration. The balance is due by September 1.*



State Farm donated \$75,000 for the Teen Driver Challenge

photo provided

Donation Made For Teen Driver Education

The Florida Sheriffs Association (FSA) announced that once again, State Farm has granted \$75,000 to the Teen Driver Challenge, an educational course that provides teen driver education. A total of \$685,000 has been granted by State Farm since 2011.

The check was presented to the FSA president, Columbia County Sheriff Mark Hunter, during the Florida Sheriffs Association Summer Conference banquet. Since 2011, State Farm has continued to support the Teen Driver Challenge. This program has been a vital contribution in keeping Florida's teen drivers, and everyone on the roadway, safe.

"We are so grateful for the past nine years of support from State Farm to help keep this program running successfully," said Hunter. "Each year we look forward to working with them to keep our roads safe, especially for the state of Florida's youngest drivers."

At the request of the Florida sheriffs, the Teen Driver Challenge was created in 2007 to lower the high crash and fatality

rate of young drivers. It is the largest commercial driving school in Florida and is offered to teens at no charge. The cost to run this program is covered by grants from State Farm and contributions from local sheriff's offices. Instructors are certified law enforcement officers with accreditations from the State of Florida Division of Highway Safety and Motor Vehicles, under the Florida Sheriffs Association's State of Florida Commercial Driving School License.

"State Farm strongly supports efforts that increase auto safety, specifically teen driver safety," said Jose Soto, State Farm public affairs brand promotion specialist. "The Teen Driver Challenge is a perfect fit with our overall strategy to encourage safe driving habits in Florida."

The importance of the Teen Driver Challenge comes from the statistics. According to the Center for Disease Control, teens are involved in three times as many fatality crashes as other drivers with vehicle accidents being the leading cause of fatalities. More than 2,000 students successfully complete the Teen Driver Challenge in Florida each year.

For more information on the Teen Driver Challenge, visit www.teendriverschallenge.com/. To register for the program or find class offerings in your area, contact your local sheriff's office.✪

Public Relations Accreditation Obtained

Tiffany Whitaker, APR, CPRC of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), recently earned professional certification in public relations and received the designation of certified public relations counselor (CPRC).

Earning the CPRC credential distinguishes senior members of FPRA who have demonstrated understanding and mastery of core public relations principles and ethical practices and have been certified to act as public relations counselors. Currently, there are 129 CPRCs in Florida, including 18 in Southwest Florida.

Whitaker is the senior marketing director for Lee Health Foundation, which supports critical health care programs throughout Southwest Florida. Throughout her career, she's worked in both the public and private sectors, specializing in strategic marketing communication and public relations in a wide range of industries, including nonprofit, retail, hospitality, health and wellness, lifestyle, attractions and real estate. She has been an active member and leader in FPRA's Southwest Florida Chapter since 2013 and served as president in 2017-18. She earned a bachelor's degree in business



Tiffany Whitaker

photo provided

administration from Hodges University and the accredited in public relations (APR) credential in 2016.

To earn the CPRC credential, candidates must have 10 years of experience in the field; have earned the accredited in public relations designation, which is the first tier of accreditation; successfully complete a verbal presentation; and pass a five-hour written exam.

For more information, visit www.fpraswfl.org.✪

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Frankly Speaking



by Howard Prager

Are you ready for some football? NFL preseason has started (yawn), but it's more college ball that's I'm getting excited about. And let's reflect on a no-name Dolphin and ghostly ballplayers.

NFL preseason, I believe, is more of a display of excess talent for trade bait or release than actually playing games. A few people may play themselves onto teams but, unlike baseball, each roster is fairly certain except in weak areas that have not been addressed by the draft, or barring any unforeseen injuries. Here's to finding an exciting gem in a game of subs.

However college ball is all about playing onto the team, reloading from last year and seeing if the new season can bring any success of the past (or correct any failures). Although there is no free agency in college ball, more top quarterbacks have changed teams this year and are ready to start for their new teams than ever before. The NCAA has a new rule, and if a player only played in 4 games or less, they consider it a

redshirt season. Lots of well-regarded prospects took advantage of this, and 13 quarterbacks transferred from one Power 5 conference team to another, seven of which made a playoff in the last two seasons. Clemson lost two of these quarterbacks (and is still ranked No. 2 in the country), while Ohio State lost one to Miami and picked one up from Georgia. Let's see how this change of scenery and academic setting does for all of them.

Despite this, *Sports Illustrated* predicts that the national championship will be between Alabama and Georgia for the second time in three years. Yawn. Meanwhile, Clemson, who the magazine ranks second, will try and become the first team to repeat as national champions besides Alabama in 25 years.

Anyone remember the Dolphins of '72 with the perfect record, led by Coach Don Shula with Bob Griese, Mercury Morris and the no-name defense? A member of that team – 5-foot, 11-inch middle linebacker Nick Buoniconti, who Don Shula trusted so much that he was able to change plays at the line of scrimmage as needed – passed away recently. His post-NFL career included his passion, the Miami Project to Cure Paralysis. His son was paralyzed while playing for The Citadel. This was his way to give back and help others recover from this lifetime affliction. They say they don't make them like they used to, and Nick Buoniconti fits

that moniker.

Let's conclude this week's column on a fun note, or perhaps a ghostly one, where fiction becomes reality. I'm talking about Major League Baseball building a temporary stadium to play an actual game between the Yankees and the White Sox next year on the Field of Dreams in Dyersville, Iowa. I've been to the Field of Dreams several times, bringing my scouts and families so dads and sons can play catch there, and we even played a few innings of ball as well. It is indeed a special place, and one of the greatest baseball movies. Fun to see this

happening. Now will any of the baseball ghosts of the past join them?! If you had to choose, who would you have walk out of the cornfields onto the roster? Let's limit it to former Yankee and White Sox greats since those are the two teams playing. Send in your nominees and, in a later issue, I'll tell you who got the most votes.

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.

Golf Tournament To Benefit Flights For Veterans

Storm Smart will host the 2nd annual Tee-Off for Take-Off Golf Tournament at Coral Oaks Golf Course on Friday, August 30, beginning at 7 a.m. Proceeds from this foursome scramble event – which includes lunch and an awards ceremony – will further contribute to Collier-Lee Honor Flight.

Collier-Lee Honor Flight is a nonprofit organization that transports veterans to

Washington, DC to visit memorials.

From now until the end of August, Storm Smart is also donating \$100 of every storm protection systems and products purchase – valued at \$2,500 or more – to Collier-Lee Honor Flight. Storm Smart has been involved with this military-inspired effort for the past three years. In 2018, Executive Chairman Brian Rist and his team raised \$80,000 – the estimated cost to fly one plane of veterans to the nation's capital.

Coral Oaks Golf Course is located at 1800 NW 28th Avenue in Cape Coral. To register for the August 30 golf tournament, visit www.teeofffortakeoff.com or call 274-2761.

Free Vessel Safety Checks

U.S. Coast Guard Auxiliary Flotilla 91 offers recreational boaters with free preventative vessel safety checks to be certain their boat follows federal laws and state regulations. Fort Myers Beach area boaters find this free service to be beneficial as it could prevent boat owners from being fined by local law enforcement while operating their boat on the water without the proper

equipment.

The goal of the Coast Guard Auxiliary is to help reduce these numbers by providing safe boating classes, vessel safety checks and public outreach programs. Boaters can request a free vessel safety check online at www.aux91fmb.org/vsc.cfm or by calling 690-6780, option 2.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The auxiliary was created by Congress in 1939. For more information, visit www.cgaux.org.

SPORTS QUIZ

1. Against which pitcher was Hall of Famer Hank Aaron's first major-league home run?
2. Who replaced Casey Stengel as the manager of the New York Mets in 1965?
3. Since 2009, how many times has a Stanford football player finished as the runner-up for the Heisman Trophy?
4. When was the last time before 2018 that the Minnesota Timberwolves made the playoffs?
5. Name the last NHL team to rally from a 3-0 deficit to win a playoff series.
6. Who was the last NASCAR driver before Brad Keselowski in 2019 to lead at least 446 laps at a NASCAR Cup race?
7. When was the last time before tennis' 2019 French Open that the top four men's seeds reached the semifinals of a Grand Slam event?

ANSWERS

1. St. Louis' Vic Raschi, in 1954. 2. Wes Westrum. 3. Five times (Toby Gerhart, 2009; Andrew Luck, 2010 and 2011; Christian McCaffrey, 2015; Bryce Love, 2017). 4. It was 2004. 5. The Los Angeles Kings, in 2014. 6. Kyle Petty led 484 laps in a race in 1992. 7. It was the 2013 Australian Open (Novak Djokovic, Roger Federer, David Ferrer).

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Marketing Firm Wins Five Awards At Conference

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, was honored by the Florida Public Relations Association (FPRA) for outstanding public relations programs, winning a total of five awards at the Golden Image Awards held recently during the 81st annual FPRA state conference in Tampa, Florida.

Priority Marketing earned a Golden Image Award and a Judges' Award for a video brochure and printed insert developed for Guadalupe Center. To help engage donors in a fundraising campaign, Priority Marketing crafted an eight-page case for support that used creative copywriting and eye-catching graphics to demonstrate the need for private support. The firm conceptualized, scripted and coordinated poignant and touching videos that played on a screen module inside an innovative trifold video brochure provided to potential donors. Within one month, Guadalupe Center had received major gifts and pledges from 29 donors, exceeding its fundraising objective by 140 percent.

Additionally, the firm earned an Award of Distinction for its execution of a compelling three-minute Fund-A-Need video for the Conservancy of Southwest Florida's 2018 Magic Under the Mangroves event, inspiring a



Priority Marketing and members of the Florida Public Relations Association's Southwest Florida Chapter at the 2019 Golden Image Awards in Tampa, Florida

photo provided

record-breaking \$1.5 million in donations during the Fund-A-Need portion of the Magic Under the Mangroves event.

Priority Marketing also earned an Award of Distinction for its execution of a public information campaign for The School District of Lee County, designed to educate voters about a half-cent sales tax increase to fund school construction, renovation, maintenance and other capital costs. Priority Marketing helped the local school district develop and execute a multi-platform public information campaign, Change for

Change: It's About Kids, Not Numbers, and the referendum was approved in November by 52 percent of Lee County voters.

An Award of Distinction was also awarded to Priority Marketing for the company's FAQ Friday Video Series for generating nearly 10,000 video views on social media, a 170 percent increase over 2017; reaching 15,500 engaged social media users in 2018 (up 137% over 2017) and 3,500 page views (up 136% over 2017) as well as increasing organic traffic to the company's website

and blog.

The Florida Public Relations Association presents the annual Golden Image Awards to recognize measurable excellence among Florida public relations professionals. The winners are selected by a panel of industry professionals outside the state of Florida who evaluate entries based on several criteria including a situational analysis, objectives, implementation, results and budget. Priority Marketing has won more than 200 Image Awards since the inception of the program in 1957.✱

Insurance Tip

Thinking About Renovating?



by Angela Larson Roehl

If you are doing cosmetic updating to your home – like painting and redoing floors – there is less of a concern as to whether your homeowners policy

will respond to a loss. However, if you have decided to have more extensive

work done that involves the kitchen, baths or removing walls, then you need to talk to your insurance agent to make sure there are not any coverage gaps.

Depending on the amount of renovations being done, you may need a builder risk insurance policy to be properly protected in case of a loss. A builder risk policy covers homes that are either new construction, or homes under renovation. One of the requirements to having a builder risk policy is that the work be done by a licensed contractor.

Angela Larson Roehl is a local Sanibel-Captiva insurance agent with over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.✱

From page 1

Certificate

lost consciousness and Sentner quickly identified signs and symptoms of a suspected opioid overdose. With his fast thinking and timely response, Sentner administered two doses of Naloxone to save the individual's life. As a result, the individual quickly regained consciousness.

For Sentner's heroic and lifesaving action, he was presented with the Red Cross Certificate of Extraordinary Personal Action in a ceremony at the Red Cross Chapter office in Fort Myers.

This certificate is given to individuals

like Sentner who step up during an emergency and help save or sustain a life.

"Volunteers are vital to our mission at the Red Cross. In this situation, Thomas' actions as a volunteer saved our shelter client. We are grateful for his service and dedication," said Jill Palmer, executive director for the chapter. "Volunteers bring comfort and hope to those impacted by a disaster."

Red Cross staff and volunteers gathered to recognize and honor Sentner, an EMT volunteer, for his quick and exceptional action.

For more information, visit www.redcross.org/southflorida or on Facebook and Twitter at @SFLRedCross.✱

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Lifeline Family Center CEO Kathy Miller and Rev. Russell Howard photos provided



From left, Amber (Monai) Lee, Laurie Anderson and Jeremiah Lee



Rep. Dane Eagle and Elaine Sarlo



Lifeline Family Center Vice-chair Fred Atkins and Cape Coral Mayor Joe Coviello

Family Center Breaks Ground For New Housing

Lifeline Family Center broke ground recently for one-of-a-kind housing for single women with children graduating from their program. More than 75 people attended the groundbreaking, including State Rep. Dane Eagle, Cape Coral Mayor Joe Coviello, Cape Coral Council members Jennifer Nelson and Marilyn Stout along with representatives from the offices of U.S. Sen. Marco Rubio and Rick Scott. The new facility will be built adjacent to Lifeline Family Center, located at 907 SE 5th Avenue in Cape Coral and is the first affordable rental housing offered by Lifeline Family Center.

"This is the next step in helping our moms and their children toward independence," said Lifeline Family Center CEO Kathy Miller. "Accessible and affordable housing in a safe neighborhood is difficult to come by in Lee County. As a single parent raising young children, it is almost impossible. The availability for community housing programs is often years of waiting on a list."

Lifeline Family Center provides a home on its campus for young women in crisis pregnancies for up to two years. During that time, they learn skills to become self-supporting through education, job training, parenting classes, professional counseling and spiritual guidance.

It is the only residential program in Lee County for homeless young women in crisis pregnancies who are not part of the foster care program.

With the escalating cost of rental housing, Lifeline Family Center officials saw a severe need for affordable housing for graduates of its Phase I program and began a fundraising campaign that now has topped \$400,000. An additional \$236,000 is needed to complete the project debt free.

The new housing will provide four two-bedroom apartments for graduates



Lifeline Family Center Board Chair Barbara Montgomery and Rev. Dr. Keith Kreuger



Lifeline Family Center resident Emilienne Joseph with Theodore



Delia D'Ambra and Bethany Freer



From left, Kathy Miller, Fred Atkins, Rep. Dane Eagle, Mayor Joe Coviello and Barbara Montgomery



Lifeline Family Center four-Ppex

so that they can continue to grow in their career path and utilize the on-campus day care facility while they work. “Rents” will be just what it costs for insurance and to maintain the facility, about \$500 a month, including water.

Within the two-year housing agreement, each mom will be encouraged to cultivate a relationship with Habitat for Humanity, a collaboration that will develop into home ownership for her family.

“This is how we can break the cycle of welfare and government dependency. A successful, financially stable woman raising her family in a safe and loving environment creates a thriving community,” said Miller.

Since the nonprofit organization was founded by Miller in 1996, 178 women and 117 babies have found a home at Lifeline Family Center.

In the current residential program, Lifeline Family Center serves up to 12 young women, ages 16 to 25, and up



Regina and Phil Rice

to 24 babies at a time. In the Outreach Ministry program, more than 6,000 women have received assistance with material needs, adoption counseling and resource referrals. The nonprofit also



Kathy Miller and Marilyn Stout

operates a 24/7 Pregnancy Helpline, provides free pregnancy tests, free ultrasounds by appointment, and does outreach to all areas of Lee County, including all college campuses.*



Dunbar High School Math Team members

photo provided

Dunbar Math Team Places 15th In Nation

Dunbar High School recently competed in the National Mu Alpha Theta math competition held in Las Vegas. In only its second year of competing at nationals, the team finished in 15th place.

Dunbar High has quickly risen from anonymity to become one of the top math teams in the nation. The members of the team brought home numerous awards and are looking forward to having an even stronger 2019-20 competition season.

The individual winners who were led by head coach Phillip Savage include:

Connor Giordano – fourth in Calculus Limits & Derivatives, 18th in Open Speed

Math, 17th in Calculus Integration
Kevin Dimaculangan – 16th in Analytic Geometry, 19th in Alpha Individual, Open Speed Math – 10th, third in Combinations & Probability, 13th in Ciphering, fourth in Complex Numbers, 12th in Wide Open Speed Math

Dennis Whitener – 20th in Trigonometry, 18th in Open Speed Math, 10th in Alpha Chalk Talk, eighth in Logs and Exponents

Carson Mulvey – 19th in Circles, fourth in Chalk Talk, 10th in Combinations & Probability, eighth in Conics & Analytic Geometry,

Julian Larsen – 12th in Theta Gemini.
Dunbar High finished seventh in the Mu School Bowl; 11th in the Alpha School Bowl; sixth in the Theta School Bowl for the 15th overall placing.

For more information, contact Carl Burnside, principal of Dunbar High School, at 461-5322.*

Computer Sales To Benefit Teachers



School District of Lee County employees in the warehouse storing old computers

photo provided

The School District of Lee County just raised more than \$782,000 for teacher and support personnel salaries through the sale and recycling of outdated technology. A 20-member team spent the month of June preparing student Chromebooks and other computers for their safe disposal.

“Secure disposal is one part of a responsible IT asset management program,” said team leader and Director of Information Security Assurance Dr. Jim Short. “With an eye on information security assurance, we have established processes to prepare, transport and destroy data from all assets disposed of in-house and with our partners. The infrastructure services department reviews our processes and our list of partners annually to ensure the best return on investment possible.”

Many of the district’s retired IT assets are sold to the public through a governmentally focused auction site called GovDeals at www.leeschools.net/district_services/auctions. Others are sold directly to R2 certified recyclers that dispose of

obsolete technology in an environmentally friendly and responsible manner.

The team finished their work this summer in a record amount of time and raised a record amount of money. In four years, information services has collected \$1.84 million selling old technology. The money is entirely designated for the Teachers Association of Lee County (TALC) and the Support Personnel Association of Lee County (SPALC) compensation.

In addition, the district hired 19 student interns to help with the processing. Three have since taken full time jobs with the district in various technology roles. Sixteen interns have been hired into full-time employment over the last four years, saving the district time and money recruiting for those positions.

“This program represents the progressive nature of our school district,” said Chief Information Officer Trey Davis. “Our teachers, staff and students all benefit from this kind of innovative thinking. I am extremely proud of what they have been able to accomplish.”**

deaRPharmacist

Some Generics Not Up To Snuff



by Suzy Cohen, RPH

Dear Readers: I've always been a proponent for generic medications because they are more affordable and supposedly contain the same biologically active ingredient as the brand.

But the generic industry is starting to worry me. The generic industry rakes in over \$104 billion dollars a year from sales in the United States alone, but about 90 percent of them are manufactured overseas. We should feel completely safe about the medications we take, right?

The generic version of a drug is supposed to have only slightly different things in it, for example, the flavor, the colorant or the inactive filler. But the active ingredient is supposedly the same.

The problem is that the United States Food and Drug Administration (FDA) doesn't have the time or person-power to fly over the world and inspect all these places prior to our country importing the medications, which then get sold to you without further inspection at the distribution or pharmacy level. What exactly are we importing?

This causes me to pause. The world is so different now than it was when I graduated as a pharmacist in 1989. Everyone is cutting corners, and things aren't made like they used to be. Perhaps this is also more reason to visit holistic practitioners who don't order prescriptions right off the bat.

Here are some scary facts:
1. FDA visited an overseas facility and found out that the pharmaceutical company was hiding negative results from their tests, but because we had a shortage of that drug, we still continued to import it.

2. Our investigator went to another overseas facility and had suspicions that the company was faking and manipulating

their generic drug data to make it match the brand name's data. A warning letter was issued by the FDA but importation continued. (Really, that's it???)

3. One pharma company abroad diluted the main ingredient with something else, but made it just potent enough to pass lab tests. (Isn't that called counterfeiting?!)

4. Contamination is a problem. Case in point, one company was guilty of using dirty and corroded sterilizing equipment while making generic insulin and another drug commonly sold in the U.S. to treat arrhythmias!

Despite all this, I still feel that there are more good generic companies than there are bad ones. If the generic maker's facility is based in the United States then I wouldn't worry because the FDA is routinely inspecting them. If you've been taking a generic medication and feel well on it, you should continue. There is absolutely no reason to panic or even question your pharmacy. They do a good job and, when there is a recall, they are very diligent about quickly pulling drugs off the market.

Your generic medication may change from time to time. You open your pill bottle and the pill looks completely different. This is because the pharmacy is using a different generic. You will be told, or the pharmacy will apply a sticker that says, "This is the same medication you have been getting. Color, size or shape may appear different."

This is a good time for you to take note about how you feel on this new generic version that may or may not have been imported from non-inspected facilities from China, India or other countries abroad.

I realize this is difficult to navigate, and for some of you, this is the last thing you want to hear. It's up to you to decide what to do and how much you want to pay for medication (i.e. brand vs. generic). It's unfortunate that in the drug industry, like many other industries, profit is more important than safety.

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

Doctor and Dietician

Eat Your Vegetables



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

Mom was right. Eat your veggies. According to the Center for Disease Control, most Americans do not eat enough vegetables. U.S. Dietary Guidelines recommend adults consume at least two to three cups of vegetables per day. We feel this should be even higher! Americans, however, fall far short, with only nine percent consuming enough vegetables. Most Americans eat one or less servings daily. A plant-based diet has been shown to reduce the risk for many chronic diseases or so-called "diseases of aging," such as type 2 diabetes, obesity, cardiovascular disease and some cancers.

All vegetables contain a host of good stuff – including fiber and water, along with vitamins and minerals. Southwest Floridians need to consume veggies due to the excessive heat that leads to

mineral and fluid loss. So, what are some of the healthiest veggies to add to your daily diet?

Spinach, kale and other green leafy vegetables are loaded with iron, vitamins, minerals and antioxidants. When studied, consumption of these greens is correlated with improvements in cholesterol, blood pressure and blood sugar levels.

Broccoli and cauliflower, part of the cruciferous vegetable family, which also includes cabbage and kale, are high in vitamins C and K, and have been shown, along with the other cruciferous veggies, to reduce cancer risk. Cauliflower pizza crust – yes!

Peas, sweet potatoes, peppers, beets, tomatoes and carrots also provide nutrient bang for your veggie buck. They are loaded with vitamins and minerals, fiber and antioxidants. Garlic and onions not only make food taste great, but also provide tremendous health benefits, including natural antibiotic properties. Fermenting or pickling veggies adds a positive probiotic effect that helps improve gut health.

Research shows that people who eat more vegetables have the lowest risk of disease, including cancer and heart disease. Veggies for life!

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.✽

Nutrition Program Helps To Treat Chronic Cases

Lee Health Solutions is expanding its functional nutrition program to help people make changes that lead them to a healthier life. When someone is suffering from multiple chronic conditions, it is a sign their body might not be functioning as it should be.

Functional nutrition goes beyond basic nutrition and promotes foods that both provide the everyday fuel our bodies need and also help reduce the risk of certain chronic conditions. It aims to return the body to a high-functioning state by addressing the root cause of certain health problems, and can help provide relief through dietary and lifestyle changes for those suffering from fatigue, digestive discomfort and other common chronic symptoms.

"Functional nutrition is rapidly growing in popularity among registered dietitians, and it provides another opportunity to help patients improve their health and wellness through nutrition," said Rowe Hudson, director of Lee Health Solutions. "Simple lifestyle changes can make a drastic improvement in the way someone feels throughout the day, and we are here to help people live their lives to the fullest."

Functional nutrition is a retail service

that will be offered at Lee Health Coconut Point beginning in August. The program starts with a 90-minute consultation with Julie Hill, RD, who is a certified practitioner of functional nutrition through the Institute for Functional Medicine. A thorough review of the patient's health history will take place to create an action plan aimed at improving symptoms through dietary and lifestyle changes. If necessary, patients will also participate in lab testing and be given supplement recommendations to create the most comprehensive plan for them.

Patients will be scheduled for follow-up visits, as needed, to monitor the progress and make adjustments to their plans when necessary. For more information and to schedule an appointment, call Lee Health Solutions at 468-0051.✽

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 from 5 to 6 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.✽

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My friend is always complaining about what is wrong with his life. How can I get him to see this and see more good?

A: In our stress-filled world, it becomes easy to

begin focusing on the negative. Just turn on the news and you can see this. There is an expression coined by Ilan Shamir, that states, "One thousand things that went right today." This concept focuses on beginning to find the right things that are in your life on a daily basis. Perhaps you could share this with your friend and he

could begin with several things that went right in his life, then five things, 10 things, and so on until his daily life is full of more that is right than not.

It may be a challenge for him in the beginning, but not impossible.

With your encouragement and being a positive role model for him, it can be contagious.

Perhaps your friend could write these things down and he can see his progress as time goes on. If he can begin to believe this and use this as his inner compass, he will gradually begin to become more positive, day by day, moment by moment.

In a world of so much negativity, with willingness, your friend can change his whole mindset.

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

Dumbo And Winston

Hello, my name is Dumbo. I am sure you can guess where I got my name. The LCDAS volunteers think I should be named Radar because those fabulous ears not only stand up, but turn in the direction of whatever I am listening to as well. I am a unique looking fellow and am very playful and energetic. I am a 2-year-old male



Dumbo ID# A788327

American Staffordshire terrier who would love to have a backyard to run around or maybe have an active owner to go running with.

My adoption fee is \$25.

Hi, I'm Winston. I am an 11-month-old male domestic medium hair who is our resident television star. I was recently on NBC-2 with Meteorologist Jason Dunning to announce our upcoming Clear the Shelter Event on August 17. This explains the name change from Burton to Winston. (Our public information officer, Karen, decided I looked more like a Winston during my interview and the new name stuck). Don't worry about fame going to my head though, I am still the same grounded, loveable guy that likes to play and snuggle.



Winston ID# A787949

My adoption fee is \$25, and you can adopt one kitty and get another at no additional charge.

Don't get that empty nest feeling when the children go back to school. Lee County Domestic Animal Services is here to help. Through August 31, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to just \$25. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

*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.**

Haven on Earth Animal League

Patches And Esther



Patches



Esther

Hi, I'm Patches. I'm about 1 1/2 years old, which is still very young in kitty years. I had a litter of kittens, and they've all found homes, so now I'm looking for a home of my own. I love attention and can't wait to snuggle with someone. My adoption fee is \$100, which includes spaying and vaccinations.

Hello, I'm Esther. I was rescued with my kittens and now I'm looking for a forever home. I'm only 1 year old and very affectionate. Look how pretty I am. I'm spayed and up-to-date on vaccinations. My adoption fee is \$100.

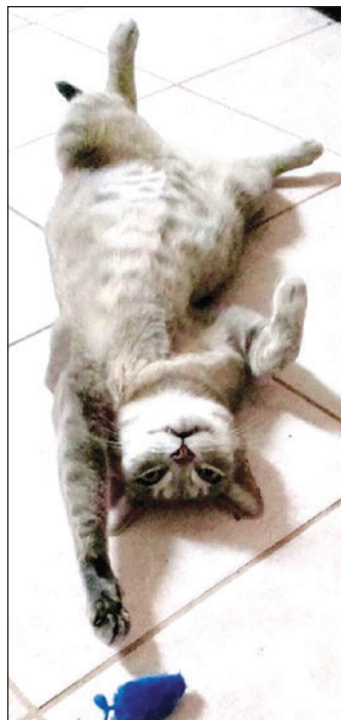
*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.**

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



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 Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape 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

POETIC
LICENSE

- ACROSS
- 1 3.26 light-years

7 Smithies' blocks

13 Mark with surface ridges

20 Wise goddess

21 Baby sock

22 Garden State capital

23 Money made by the poet who wrote "In a Station of the Metro"?

25 Lessees

26 Port on the Danube

27 "Just playin' with ya"

28 Singer DiFranco

29 Bad-mouth

30 Fuel brand in Canada

31 Tirana is its cap.

32 Hound doc

33 Switchboard worker reached by the poet who wrote "The Bridge"?

36 Grid of fine lines in an optical instrument's focus

38 Boxer Johansson

39 Aged, once

42 According to

43 Concerning

44 High-priority task

48 Holiday tree decoration hung by the poet who wrote "The Song of the Shirt"?

52 German car make

54 Cool, 1940s-style

55 Mix up

56 "No it —"

57 450, in old Rome

58 Co. division

59 Caesar of old TV

60 Horror film lab helper

62 Puente of mambo

64 Promises

67 Business run by the poet who wrote "The Shooting of Dan McGrew"?

71 Most ventilated

72 Lovett of country rock

73 Give a title to

74 Pindar verse

76 FBI action

77 Koko, e.g.

79 Vigoda and Fortas

81 Having a bill

83 Novelist Packer

84 Soccer star

86 Caution given by the poet who wrote "The Road Not Taken"?

88 Amount of groceries, say

90 Busy as —

92 Adriatic, e.g.

93 Henri's head

94 Off the mark

96 Compound with two or more amino acids

99 Food energy used by the poet who wrote "To a Mouse"?

103 Toronto-to-D.C. dir.

104 — Cruces

107 Irish Rose's lover

108 Pats' goals

109 Drink suffix

110 Enter

111 Noah's boat

112 Tennis hitting technique

114 Marinara cooked by the poet who wrote "Aurora Leigh"?

117 Shifty

118 Fisher of fashion

119 Israel's language

120 One of the 12 apostles

121 See 115-Down

122 Tromps (on)

17 Trial blast

18 Bodily trunk

19 Painter James

24 Venetian painter

29 Carry out kind acts

33 Simoleons

34 M.D. type

35 Cuba's

36 Actor Foxx

37 Eau —

39 Resistance units

40 Mardi Gras locale

41 Moving shakily

43 Like sun visors

45 2002 baseball-themed film

46 Reliant (on)

47 Decides

49 Drab shade

50 Denver university

51 Contest form

53 Town square

57 Bamboozle

58 Hwy. felony

61 In base eight

63 1990s cardio fad

65 Conga's kin

66 Guide

68 Purge

69 Jai-alai cry

70 Shoe part

71 UAR part

75 Threshold

78 June gems

80 Twisty paths

82 Cards' cost

84 Witty bits

85 Optional course

86 Alternatives to Maseratis

87 Sherlock Holmes' pal

89 Tactfulness

91 Scarer's cry

95 Comedian Gilda

96 Runt

97 Apple computer webcam

98 More obtuse

99 Norman in "Psycho"

100 Curved fastening bar

101 Rend

102 Pop heroes

104 Singer Branigan

105 Curved

106 Distorts

110 Cotton seed removers

113 Fruit seed

114 TV's Arthur

115 With 121-Across, company's worth after liabilities

116 Japanese prime minister Shinzo

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								56					57					58				
59					60		61			62		63			64	65	66					
	67			68					69					70								
71									72					73					74		75	
76							77	78			79			80			81		82			
83					84	85				86					87							
88					89				90	91				92					93			
					94				95					96				97	98			
99	100	101										102				103				104	105	106
107							108							110						111		
112														115					116			
117																	119					
120																						

King Crossword

- ACROSS
- 1 Moment, for short

4 Nevada neighbor

8 Detergent brand

12 Savings plan acronym

13 Actor LaBeouf

14 Moby Dick's pursuer

15 Insect repellents

17 "— Lisa"

18 Harbor structure

19 Asian nation

20 Not intoxicated

22 Actor Newman

24 On in years

25 San Francisco carriage

29 Under the weather

30 Divine

31 "... and seven years —"

32 1776 crossing site

34 Porn

35 Sampras of tennis

36 Vatican heads

37 "Caribbean Queen" singer Billy

40 Sleeve end

41 Bedframe piece

42 Stump

46 Drunkard

47 On

48 Carnival city

49 Do as you're told

50 Say it isn't so

51 Tackle's teammate

8 Mexican entree

9 Breakfast chain acronym

10 Carvey or Delany

11 Abba of Israel

16 Piper's adjective

19 Seventh of a series

20 Put into words

21 Leer at

22 Chaplain

23 Competent

25 Layer

26 Marshmallow toaster

27 Chills and fever

28 Decays

30 Verdon or Stefani

33 Carelessness?

34 Couch

36 Lightweight boxer?

37 Norway's capital

38 Organization

39 Relaxation

40 "Be a sport"

42 Scoundrel

43 Corroded

44 Martini ingredient

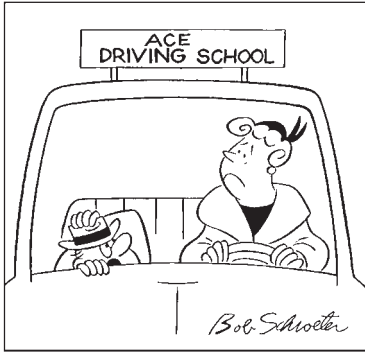
45 Affirmative action?

WORDS
MAGIC MAZE ● CONTAINING
A LIE

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

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

- Allied
Applied
Belief
Bullied
- Cavalier
Client
Collie
Earlier
- Lavalier
Liege
Lieutenant
Multiplier
- Pliers
Potbellied
Salient



"All right, let's _____
where we left off last week."

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!

Guarded
RECUSE _____

Retail
TARMEK _____

Certify
CLEARED _____

Creep
KANES _____

TODAY'S WORD

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

SUDOKU

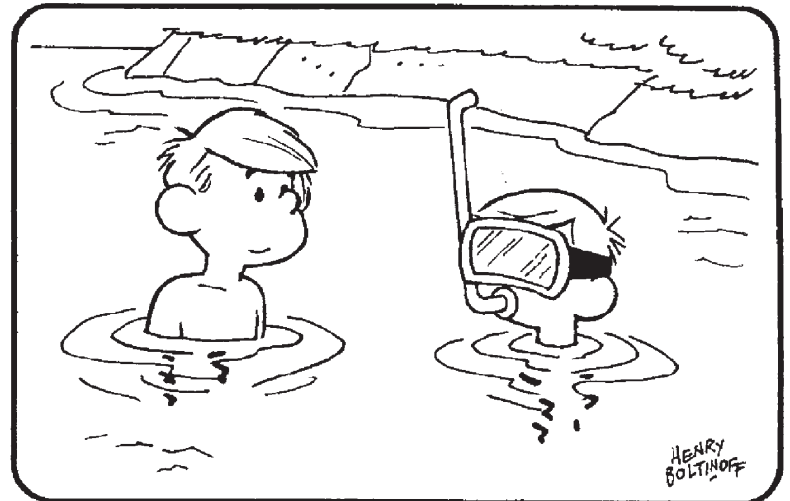
To play Sudoku:

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.

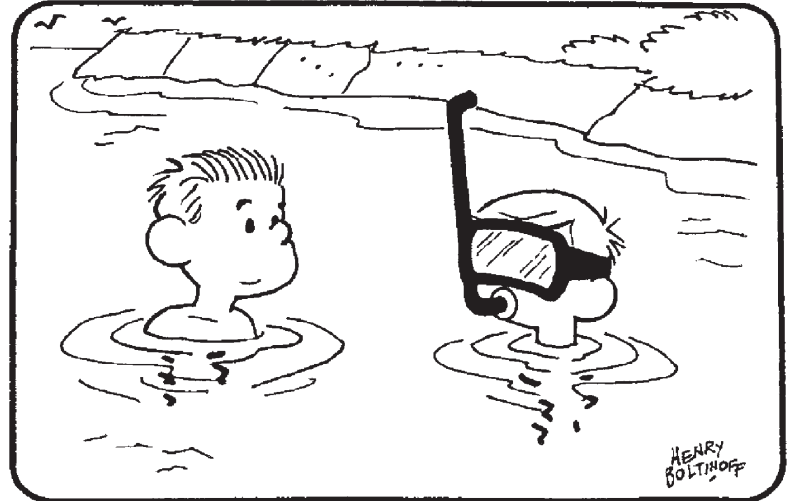
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's hair is different. 2. Birds have been added. 3. Snorkel is different. 4. Shoreline is longer. 5. Bushes are different. 6. Boy on left is shorter.



Tropical Braised Short Ribs

4-5 pounds beef short ribs
2 mangoes, diced small
1 papaya, diced small
¼ cup Orange blossom honey
3 garlic cloves, minced
2 tablespoons fresh ginger, minced
1/3 cup low sodium soy sauce
1/3 cup hoisin sauce
3 tablespoons rice wine vinegar
2 tablespoons oil, for cooking
Sea salt and fresh ground pepper, to taste
Preheat oven to 325 degrees. Preheat large

ovenproof sauté pan to medium-high. Season short ribs with salt and pepper, add oil to pan and sear both sides until golden brown. Push ribs to outside of pan and add garlic, ginger, and diced fruit. Sauté until fragrant, about 1-2 minutes. Add soy sauce, hoisin sauce, vinegar, honey, and mix to combine. Cover with lid, place in oven and cook for 2 hours or until tender. Remove from oven and garnish with scallions and cilantro if desired. Serve over rice.

Fresh tip: this recipe can be prepared in a pressure cooker. Follow same instructions, but reduce cook time to 30 minutes, and allow a natural pressure release.✱



Tropical Braised Short Ribs

photo courtesy Fresh From Florida

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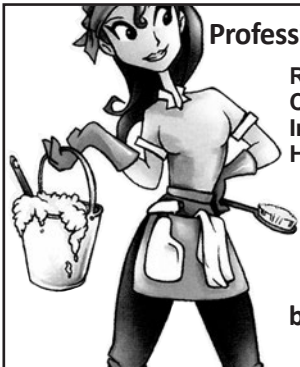
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My Stars ★★★★★

FOR WEEK OF AUGUST 19, 2019

Aries (March 21 to April 19) A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.

Taurus (April 20 to May 20) Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.

Gemini (May 21 to June 20) This is a good time to take a break from your busy schedule to plan for some well-deserved socializing. You could get news about an important personal matter by the week's end.

Cancer (June 21 to July 22) An offer of help could come just when you seem to need it. But be careful about saying yes to anything that might have conditions attached that could cause problems down the line.

Leo (July 23 to August 22) Sometimes a workplace colleague can't be charmed into supporting the Lion's position. That's when it's time to shift tactics and overwhelm the doubter with the facts.

Virgo (August 23 to September 22) You continue to earn respect for your efforts to help someone close to you stand up to a bully. But be careful that in pushing this matter you don't start to do some bullying yourself.

Libra (September 23 to October 22) Don't ask others if they think you're up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That "private" matter needs your attention.

Scorpio (October 23 to November 21) This is a good time to use that Scorpion creativity to come up with something special that will help get your derailed career plans back on track and headed in the right direction.

Sagittarius (November 22 to December 21) While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.

Capricorn (December 22 to January 19) The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and

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covering Sanibel and Captiva Islands, Fort Myers and Fort Myers Beach.
Free copies are available at newsstands. For more information, call 239-395-1213.

August 9, 2019

Place Classified





Studio+ employees after their school supply drive

photo provided

Design Firm Holds Annual Drive For School Supplies

Studio+, an architecture and interior design firm, has collected school supplies to benefit The Foundation for Lee County Public Schools, Inc. as part of its annual drive to provide school

supplies to Lee County teachers. Studio+ is passionate about helping the community and featured the foundation at its June barbeque to collect supplies for the drive. "Giving back to the community is part of who we are as a company," said Damon Romanello, CEO of Studio+. "With our work in education, it only felt natural for us to choose this organization to feature at our barbeque."✱✱

Symphony Brings Pops Concerts To Charlotte County

Two performances of the Southwest Florida Symphony's upcoming 59th season will happen at the Charlotte Performing Arts Center. The symphony opens the 2019-20

season on Friday, October 25 with a new concert series called Brave New Music. The first concert of this series features a timely Halloween weekend screening of the Alfred Hitchcock classic horror film *Psycho* with live orchestral accompaniment. Experience this film in its entirety, projected on the big screen, made even more haunting through a live performance of the chilling Bernard Hermann composed score, in tandem with the movie. In addition to the film and performance, the Southwest Florida Symphony hosts its own Halloween party in the Charlotte Performing Arts Center lobby with a costume contest and a *Psycho*-themed photo booth, complete with shower curtain and (rubber) knife. Due to the nature of this film, parental discretion is advised with bringing small children to this performance. On Friday, January 31, 2020, the Southwest Florida Symphony returns to Charlotte County Performing Arts Center with a glittering performance of the Music of Queen, made larger than life when the Southwest Florida Symphony shares the stage with the only Freddie Mercury Estate-licensed Queen tribute band to perform *Bohemian Rhapsody*, *We Are the Champions*, *We Will Rock You* and other great tunes from Queen's extensive hit catalog.

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KITCHEN ASSISTANT
The Robert Rauschenberg Foundation in Captiva seeks to engage a committed person in the role of Kitchen Assistant. This p/t position is approximately 25 hrs/wk, and 40-50 wks/yr. The main responsibility is to assist the chef, Mon thru Fri, with meal preparation for 10-20 people. The chef can provide on-site training and education. Qualifications include high school diploma or GED or commensurate work experience; interest in food preparation and enthusiasm for learning new methods/procedures; self-motivation, initiative and ability to positively contribute to a team environment. Cleanliness and attention to detail are a must. Enthusiasm and hustle are more important than previous kitchen experience. Candidates must be able to lift 50# and have reliable transportation. Generous compensation. Send a brief letter outlining interest and related experience or resumé, to Ann Brady, abrad@rauschenbergfoundation.org.
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PUBLIC NOTICE

FICTITIOUS NAME
NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Spa of the Soul, located in Lee County, FL, with an address of 14401 Bald Eagle Dr, Fort Myers, FL, 33912 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 9th of August, 2019. Renata Magalhães Ribeiro
8/16 ✱ 8/16

Both concerts begin at 7:30 p.m., with the *Psycho* pre-concert event beginning at 6:30 p.m.

Tickets are between \$20 and \$60 per person. For more information or tickets, visit www.swflso.org, call 418-1500 or drop by the Southwest Florida Symphony Box Office, located at 8290 College Parkway, Suite 103 in Fort Myers. Tickets may also be purchased at the Charlotte Performing Arts Center Box Office one hour prior to each performance.✪

Evacuating Before A Storm

So far so good this storm season, but if a storm does rear its head and you live in a mobile home, coastal area, flood prone area or a high-rise, mandatory evacuations could happen.

Lee County Electric Cooperative (LCEC) offers the following tips to keep in mind should you evacuate:

- Evacuate during daylight hours if possible and make sure your home is secure before you leave.
- Map your evacuation route and use routes specified by authorities.
- Notify family and neighbors that you are evacuating.
- Turn off electricity at your main breaker or consider unplugging all of your electrical devices, except for your refrigerator.
- Take photo identification, emergency kit and important documents.
- Fill jugs of water to fill the freezer.
- Turn your refrigerator to its coldest setting.

For more storm-related tips, lists and tools, download LCEC's Hurricane Guide online at www.lcec.net.✪

SCRAMBLERS

1. Secure; 2. Market; 3. Declare; 4. Snake

Today's Word

RESUME

Preparing Your Home For A Storm

With hurricane season in full force, Lee County Electric Cooperative (LCEC) reminds you to have a family disaster plan and kit ready to go. But is your home prepared if a storm comes to Southwest Florida?

The most important precaution you can take to reduce damage to your home and property is to protect the areas where wind can enter. Here are some tips to help you prepare your home:

- Protect your windows with hurricane shutters or plywood.
- Trim dead branches from trees and shrubs around your home, avoiding those

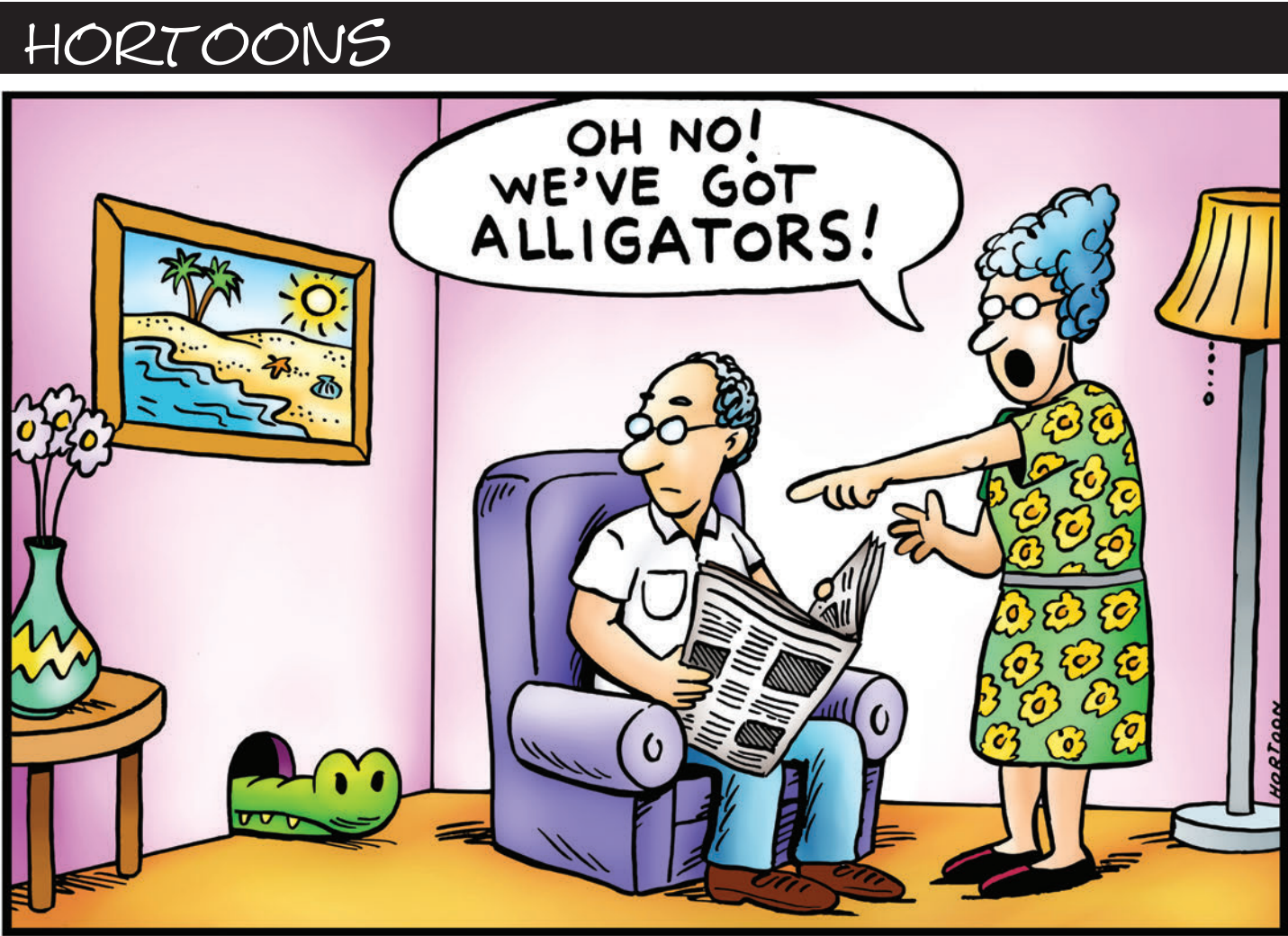
- close to power lines.
- Clear your patio and yard of furniture, potted plants, toys and other debris.
- Anchor items that cannot be taken inside.
- Turn off and unplug the TV before lowering an antenna or satellite dish.
- Protect your electronics with surge protection devices.
- Reinforce your garage door at its weakest points.
- Inspect doors and add extra locks or slide bolts.
- Inspect and secure mobile home tie downs.
- For everything you need to know before, during and after a storm, download the LCEC Hurricane Guide from www.lcec.net.✪

Know The Signs Of Drug Abuse

Narconon reminds families that the country is currently facing the largest man-made health crisis in history. Drugs are currently a major problem nationwide and it's more important than ever to know the signs and symptoms of drug abuse.

Click here to learn more about how to spot signs of drug abuse and how to help your loved one. You can also visit <https://www.narconon-suncoast.org/drug-abuse/> for more information.

Narconon can help you take steps to overcome addiction in your family. Call for a no cost screening or referral: 1-877-841-5509.✪



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Island Shores	Fort Myers Beach	1999	3,679	\$2,495,000	\$1,925,000	200
Shell Harbor	Sanibel	1971	1,935	\$1,590,000	\$1,350,000	26
Laguna Shores	Fort Myers Beach	1987	2,256	\$1,299,000	\$1,200,000	179
Seminole Estates	Fort Myers	2006	4,237	\$1,299,000	\$1,290,000	202
Carolands	Bonita Springs	1991	2,340	\$1,195,000	\$1,105,000	76
Beachview Country Club Estates	Sanibel	2001	2,844	\$999,000	\$937,500	251
Jose's Hideaway	Upper Captiva	1998	2,628	\$979,000	\$865,000	108
Cape Coral	Cape Coral	2017	2,622	\$925,000	\$925,000	0
Cape Coral	Cape Coral	2008	3,810	\$899,000	\$831,250	474
Caloosa Shores	Sanibel	1974	2,657	\$899,000	\$875,000	101



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