

Curtain Goes Up At Broadway Palm Theatre

Broadway Palm Dinner Theatre is reopening on Wednesday, June 24 with *The Sound of Music*. After months of planning, the theater is opening its doors once again with this family classic that will play through August 8. Due to the current environment, Broadway Palm has made numerous adjustments and taken several measures to assure the health and safety of its cast members, employees and customers.

In adhering with the CDC recommendations, the theater will be operating at a 50 percent capacity with social distancing being encouraged throughout the theater. The seating arrangement has been altered to appropriately space the tables, and all tables will be private. For the time being, all meals will be plated and guests will choose from a menu which will include soup, salad, five entrees and desserts.

Broadway Palm has always had a rigorous sanitation process in place, but they have implemented new cleaning



A scene from *The Sound of Music*

photo provided

and sanitizing procedures. In addition, temperature checks will be performed on everyone who enters the building and admittance will not be allowed to anyone with a temperature of 100.4 degrees or higher. Employees and cast members went through an extensive evaluation before being able to return to work. They are

also required to wear protective gear and practice frequent hand washing.

"We are thrilled to be able to raise our curtain again and welcome our employees and customers back to the theater. My team and I have been working hard to ensure that even with the modifications to our operation, our customers will still

get the same great experience they have come to expect at Broadway Palm," said William T. Prather, owner and executive producer. To make certain the theater is ready for their big summer musical and reopening, Broadway Palm is currently undergoing a soft opening and operating at a reduced capacity of 25 percent with the comedy *Love, Sex and the IRS*, which will play through June 21.

The Sound of Music is based on the book *The Story of the Trapp Family Singers* and the 1965 film starring Julie Andrews. This Rodgers and Hammerstein musical has touched the hearts of audiences around the world for decades. Follow Maria, the high-spirited, aspiring nun as she is sent from her convent to be the governess to seven unruly children of a strict father, Capt. von Trapp. The children eventually come to like Maria and she finds herself falling in love with the captain.

Performances are Wednesday through Sunday evenings with select matinees. Tickets are \$48 to \$73 with group discounts available. Summer special ticket price of \$20 for ages 18 and under includes meal and show. Call 278-4422, visit www.broadwaypalm.com stop by 1380 Colonial Boulevard in Fort Myers. ✨



Islands in the Sky by David Acevedo

images provided

Solo Exhibition And Return Of Art Walk Downtown

Aclaimed artist David Acevedo is presenting a new collection of paintings created in the last year, exploring new and past mediums, while using human interactions, experiences and perceptions as inspiration. Introspection opens to the public on



Proteus by David Acevedo

Friday, July 3 in the Grand Atrium gallery of the Sidney and Berne Davis Art Center, in conjunction with the monthly Fort Myers Art Walk. Guests have the opportunity of a more intimate, social distancing-conscious reception when reserving for one of three VIP parties hosted by the artist. Reservations are being accepted on the artist's website at www.acevedostudio.com. The general opening reception starts at 6 p.m. The exhibition will be on display through July 31.

Acevedo was born in Puerto Rico



Callisto by David Acevedo

and has been a Southwest Florida resident since 2000. He has immersed himself in the art scene of Fort Myers and surrounding cities, collaborating in a multitude of projects, including the co-founding of Fort Myers Art Walk, the establishment of the Union Artist Studios and DAAS CO-OP Art Gallery. He received an Angel of the Arts award in 2009 and a FACE Award in 2016. He is also the recipient of two art grants by the City of Fort Myers. Throughout his career, he has dedicated much of his time to support, sponsor and promote



Other Brother by David Acevedo

other local artists, some of which had their first exhibition at one of Acevedo's venues. The artist has been featured in several publications, both locally and internationally, and has exhibited his work in Europe and Asia.

With the launching of a new website and the Introspection exhibition, Acevedo plans on reinventing and restructuring his artistic self. His new pieces, as presented in this show, are stronger in subject matter and presence. His composition and symbolism are

continued on page 7

Historic Downtown Fort Myers, Then And Now:

Parsonage Turn-Around



by Gerri Reaves, PhD

Ninety-five years ago this month, the parsonage of the O'Neill Memorial Methodist Church, along with an educational building, were moved in anticipation of the construction of a new church.

Both church and parsonage faced First Street on the east side of Royal Palm Avenue, as seen in the circa-1915 photo. The sanctuary, opened in 1903 and funded by Hugh O'Neill in memory of his son, was the church's second.

Many people will remember that historic institution as the First United Methodist Church, its final name before it dissolved in 2016.

The two-story wood-frame parsonage shown in the photo stood close to the west side of the sanctuary for more than 20 years before it was relocated.

Countless events were held in that wide-porched parsonage, such as socials, weddings and meetings. The church, which had been constituted in 1872, was a growing and thriving one.

On June 3, 1924, the process involved not so much moving it as turning it around. It was rotated 90 degrees counter-clockwise, inched a bit south, and repositioning to face Royal Palm Avenue at what today is the foot of Richmond Street.

The front porch was removed and a Florida room added.

The old Sunday school building that was also moved, but not visible in the photo, was to be used as a gymnasium.

As for constructing a new church, plans and fundraising had been under way for years, but several things intervened.

Although by 1914, \$80 thousand had been raised, a new church in the growing Edgewood community was built in East Fort Myers instead.

Then, following the economically disastrous hurricane of 1926, the building committee was dissolved; nevertheless, First Methodist established a new church on Grand Avenue.

By the mid-1960s, the former parsonage was being used as a music building, but in the 1970s was moved yet again on church property.

Walk down to First and Royal Palm and imagine the long-serving parsonage that took a turn toward the west.

Then visit the following research centers to learn more about Fort Myers' oldest church.

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

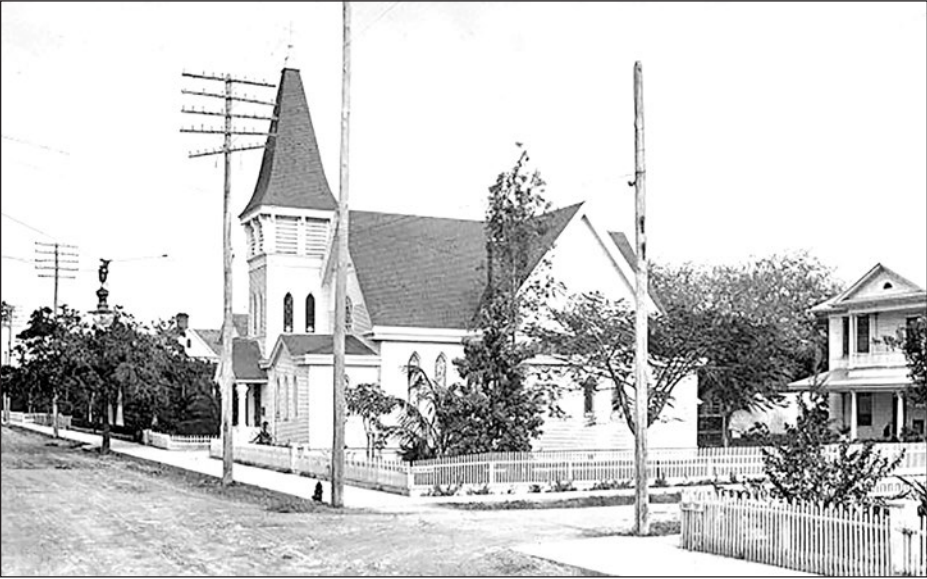
It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

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



Today the former church property is slated for redevelopment

photo by Gerri Reaves



Circa 1915, the O'Neill Memorial Methodist Church and parsonage stood on the southeast corner at First Street and Royal Palm Avenue

photo courtesy Florida State Archives

Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

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

Sources: The Archives of the Southwest Florida Historical Society and *The Story of Fort Myers* by Karl H. Grismer.✧

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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From left, works by Cesar Aguilera, Myra Roberts and Lisa Tracy

image provided

Calls To Artists For July Exhibit

The Alliance for the Arts is seeking artists to submit work for the exhibit entitled Pain, Process and Promise, coming in July. In an attempt to process the multilayered issues facing our society and culture, this exhibition asks artists to submit traditional works of art in painting, drawing, mixed media, photography and sculpture but is also looking for proposals in a variety of installation or alternative mediums such as a video, projection, memorials and community based projects.

In this extended moment, many people find themselves navigating crisis upon crisis that has further underscored the deep inequities in society. How are you holding the pain and promise of this moment? As you continue to navigate the deep waters of injustice and a global pandemic, share

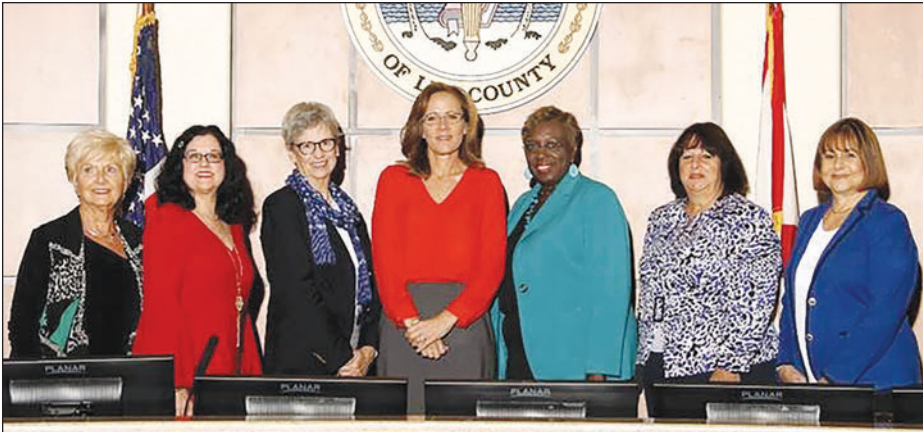
your voice and story through art.

The deadline to submit is Wednesday, July 1. This call is open to all artists residing in Florida. Only original artwork will be accepted. There is no entry fee for this show, but an optional donation supports the Alliance for the Arts' mission and programming.

The exhibit runs from July 10 through August 20 at the Alliance, located at 10091 McGregor Boulevard in Fort Myers.

There will not be a traditional opening reception for this exhibition. During the exhibition timeline, the Alliance will be operating by appointment only; scheduling designated viewing hours, specific gallery tours, artist interviews, a digital viewing room and video spotlights throughout the month. More information in regard to this programming will be announced when scheduled.

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



The School Board of Lee County

photo provided

Members Sought For School Board Committees

The School Board of Lee County is looking for members to join its Citizens Advisory Committees. These committees meet on a regular basis to provide input, support and advice to the board.

There are six committees on which members of the public may serve: Construction Advisory Committee (CAC); Continuous Systemic Improvement (CSI) Advisory Committee; Curriculum Advisory Committee (CUAC); Equity and Diversity Advisory Committee (EDAC); Finance Advisory Committee (FAC); and District Advisory Council (DAC).

Anyone interested in serving on one of these committees can fill out an online application by the end of business on Friday, August 14. School board members

will choose and approve new members at one of their following meetings. Members serve for two years, except for those appointed to the District Advisory Council (DAC), whose members serve one-year terms. Members may be appointed to serve additional terms on the same committee.

In appointing members to the committees, the board will make every effort to reflect the diversity of the community population whenever possible. In addition, board members will seek to appoint citizens with knowledge and skills that are beneficial to specific committees. All advisory committee meetings are open to the public and will be videotaped and uploaded to the district's YouTube channel. Each committee will be subject to the Sunshine Law.

Online applications will be taken continually to be considered for appointments made when vacancies occur throughout the appointment year(s) on each of the committees.*

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Fort Myers Art:

McCarter Uses Inner Conflict To Infuse Characters



by Tom Hall
A few years ago, Producing Artistic Director Bill Taylor and members of Theatre Conspiracy at the Alliance decided to showcase more plays written by both black and female playwrights.

Since then, they've not only produced *Mountaintop* by Katori Hall, *A Raisin in the Sun* by Lorraine Hansberry and *For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf* by the late Ntozake Shange, but four plays from August Wilson's Pittsburgh or Century Cycle, *Ma Rainey's Black Bottom*, *Seven Guitars*, *Joe Turner's Come and Gone* and *King Hedley II*. Cicero McCarter's been in each of those last four, and it hasn't been easy.

"Of all the August Wilson's that I've done, *Slow Drag* (in *Ma Rainey*) was the only character I could possibly be (in real life). He enjoyed life. He played base fiddle. He was a cool dude," McCarter mused.

In *Seven Guitars*, McCarter played Hedley, an old man with tuberculosis, a religious fetish and a big knife with which he kills chickens for the sandwiches he



Cicero McCarter

photo courtesy www.artswfl.com

sells. Having turned his back on the white world he loathes, he's a believer in saints, spirits, prophets and the ghost of Charles (Buddy) Bolden, the legendary New Orleans trumpeter who died in an insane asylum.

In fact, more than anything else, Hedley would like to sire a messiah.

"I grew up in Fort Myers and used to hang with my great-grandfather," McCarter began. "He'd take us hunting, and some of the crowd that he ran with were the ones who distilled moonshine. They weren't the healthiest of people physically or mentally, but they were okay. Even with their faults, they always had something that they would say that would stick with you."

And these figures from his past

provided McCarter with a window into the mind, spirituality and ritualism practiced by his character.

But at the same time, Hedley's belief system sharply conflicted with McCarter's own values, religious beliefs and personal philosophy. And, of course, he commits murder in the end.

That conflict widened into a veritable chasm within the character of Bynum Walker in *Joe Turner's Come and Gone*.

"He's a root worker, but a good one. He didn't go around putting hexes on people," McCarter explained.

Rootwork (also known as hoodoo and conjuring) is Southern folk magic grounded in centuries of African American heritage within the southern United States. It is a system that blends the magical technology of the Congo slaves who were taken from Africa in the slave trade with Native American herbal knowledge, bits of European folk magic and even Jewish mysticism. While most rootwork practitioners are Protestant Christians, they employ the Psalms and The Lord's Prayer in aid of the spells they cast to attract money, love and protection from illness, enemies and evil. As a result, there is room in rootwork for both healing and causing sickness, for drawing blessings as well as laying down curses.

"But that kind of thing is seriously taboo in basic Pentecostal Christianity, messing with that," McCarter quickly added. "There were some people down my street when I was younger who dabbled in stuff like that, and the more you put in a thing like that, the more you make it real. If you believe in it hard enough, you make it real. And Bynum was one of those kind of people."

Bad enough, but then along came Canewell in *King Hedley II*.

The chasm morphed into a gulf.

"I'm still trying to get over some of the things he did and said," McCarter somberly proclaimed. "He started filtering into my real life. Some of my acquaintances (who saw the show) still haven't gotten over it."

Reflective, introspective, deeply religious and very private, McCarter found himself at odds with so much of what Stool Pigeon (Canewell's perjorative nickname) lays down in *King Hedley II*. More to the point, he found it, well, disrespectful, sacrilegious and downright blasphemous.

"But that's the playwright. He draws that aspect of the character out and gives it life," McCarter conceded. "One of the themes in August Wilson's plays is the conflict between the religious beliefs the slaves brought with them from Africa and the tenets of Christianity the slave

owners thrust upon them. And honestly, Christianity was used more to enslave at that time than set them spiritually free."

While it's generally the overarching goal of every actor to merge and become one with his character, McCarter uses the conflict between his own beliefs and values and those of his characters to infuse them with a level of depth and believability that's otherwise impossible to achieve.

More, this dichotomy also enables McCarter to give voice to the very incongruity that August Wilson is trying to express through both his plays and his characters. It doesn't work against him, but for him. As a result, both the quality of the production and the audience members who see the shows benefit at McCarter's expense.

"One thing I did focus on to reconcile myself to Stool Pigeon is to think about who the Apostles were," McCarter suddenly interjects. "They were fishermen. And no doubt when they saw (Jesus) do some of the miracles that he performed, the things that came out of their mouth were probably not the kind of things you'd say when referring to God. 'What the bleep?' But while Jesus hung with the rougher elements of society and was probably exposed to a more vernacular manner of expression, our church members are not."

And so McCarter's internal conflict deepens and widens.

Through the sacrifices he makes in order to portray the characters he's played, McCarter is helping all of us – black, white, red and Latinx – to understand the cost and the dangers associated with giving up who we are in order to follow someone else's path. And with that hopefully comes a fuller comprehension of the arrogance and the folly of demanding that people – whether they trace their lineage to Africa or are new to our soil – give up their identity, their language and their past and assimilate into our society. Instead, we should be encouraging them to retain heritage, perspectives and ways of life so that they can enrich, expand and diversify our thinking, our culture and our collective quality of life.

If COVID-19 has taught us nothing else, it has underscored that we truly are all in this together.

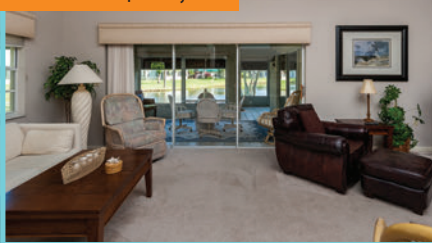
Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled *Art Detective*. A former tax attorney, he lives in Estero with his fiancé and their four cats.✴

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School District Names Mentor Of The Year

Benjamin Strauss is being honored with the inaugural 2020 APPLES Mentor of the Year award by the School District of Lee County. Strauss is an English language arts teacher at Mariner High School. Accomplished Professional Practices for Lee County Education System (APPLES) mentors provide support to new and beginning teachers.

“Mentoring is a labor of love for me, a way to contribute to and perpetuate the all-important circle of learning,” Strauss said. “I am thankful for the opportunity to be a mentor, and I appreciate the district honoring mentors.”

Strauss began his teaching career in Lee County in 2011 as a career-changer. Inspired by the support he received as a new teacher, he decided to pay it forward. He has been serving as a mentor to beginning teachers since 2014.

“Ben proved to be such an influential mentor to me because he was consistently solution-oriented,” said Fort Myers High School teacher Ryan Arciero. “He empowered me to consider the challenge at hand, identify constructive ways to approach that challenge and believe that the challenge could be overcome.”

As an English and AP instructor at



Benjamin Strauss photo provided

Mariner High, Strauss is known for taking pride in working on lesson plans and classroom instruction that incorporate research-based instructional strategies. In every situation, he is described as prompt, prepared and always willing to work extra hours.

“Mr. Strauss increases student achievement in writing and reading for upper grades students to excel on the AP and college entrance exams, leads English language arts teams and professional

development on campus, and mentors APPLES teachers with 100 percent retention,” said Mariner High School Assistant Principal Angel McNeeley. “In each situation, he demonstrates academic excellence, a wonderful rapport with students, faculty and staff, and a dedication to his work.”

The School District of Lee County’s APPLES program offers a multi-tiered system of support to new and beginning teachers. One layer of support is that of the APPLES mentor. The Mentor of the Year is a new recognition for the district. Mentors were nominated by their administrators, a selection committee picked five finalists, and then interviewed them to choose the inaugural award winner.✧

Coalition Awards Funds To Nonprofits

The Lee County Homeless Coalition awarded \$32,500 to its member agencies recently.

For several years, the Lee County Homeless Coalition has used the profits from fundraisers to assist member agencies who may have encountered diminished funding, an increase in need, or who want to address a specific issue.

The usual process is to make funds

available through a community grant. This year, due to the impact of COVID-19, the procedure changed. Thousands in the area were struggling to put food on the table and member agencies increased their services. Food pantries and free meals were priorities for the community. Urgent assistance was necessary. The coalition responded by donating \$7,000 in total in April, \$1,000 each to Community Cooperative, Fort Myers Rescue Mission, Harry Chapin Food Bank, Midwest Food Bank, St. Martin de Porres, The Salvation Army and We Care Outreach for emergency funding in April.

The coalition distributed funds again in the amount of \$25,500. In its place, the coalition distributed a simple survey inquiring to agency needs. The following member agencies received funding:

- Affordable Homeownership Foundation – \$3,000
- Cape Coral Caring Center – \$3,000
- Lehigh Community Center – \$2,000
- Our Mother’s Home – \$1,500
- Goodwill of SWFL – \$1,500
- Jewish Family & Children Services – \$1,500
- St. Martin de Porres – \$1,500
- Beacon of Hope PI – \$2,000
- Gladiolus Food Pantry – \$2,000
- Hearts and Homes for Veterans – \$1,000
- Children’s Network of SWFL – \$2,000
- We Care Outreach – \$1,500
- Community Cooperative – \$2,000
- St. Matthew’s House – \$1,000.✧

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.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

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.
CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.

www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

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.fpcfmyers.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.saintricholasmonastery.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.

Email changes to press@riverweeklynews.com or call 395-1213.✧



Invasive guineagrass has established itself in a vacant lot in a residential neighborhood
photos by Gerri Reaves

Plant Smart

Guineagrass

by Gerri Reaves

Guineagrass (*Urochloa maxima*) is a terrestrial grass native to Africa. Introduced to the U.S. as fodder for farm animals, it has since been listed as a Category II invasive pest plant in Florida.

A plant in that category is defined by the Florida Exotic Pest Plant Council as a species that has “increased in abundance or frequency” but has “not yet altered Florida plant communities to the extent

shown by Category I species,” which are documented as having caused significant ecological damage.

It is also known as Colonial grass or Tanganyika grass.

This member of the grass family blooms year-round and commonly grows in full sun along roadsides and in fields and disturbed areas.

Aggressive and clump-forming, it can form dense stands up to seven feet high. It will grow in dry soil but prefers disturbed wetlands.

The strap-like leaves are as wide as two inches and as long as three feet. The



The large multi-branched panicles appear throughout the year

leaf surfaces are smooth but the edges are sharp when rubbed from the tip downward.

The upright multi-branched inflorescence, or panicle, is quite large – up to two feet long – and has a delicate appearance. It becomes more open as it grows upward.

The main branch is whorled around

the main stem and the branchlets have irregularly spaced spikelets on tiny stems. The spikelets contain very small yellow flowers.

The fertile seeds are marked by pronounced horizontal wrinkles.

If this invasive plant starts to establish itself on your property, feel no compunction about rooting it out and establishing a native or Florida-friendly species in its place.

Sources: davesgarden.com, www.floridagrasses.org, and plants.ifas.ufl.edu.

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

From page 1

Art Walk

more focused and relevant to his environment. In addition, his approach to the mixing of mediums has reached a higher level of expertise. He has incorporated silkscreen printing, spray acrylic paint and stencils with traditional acrylic painting on large scale canvases. The larger size of the pieces in this collection is also a change in the artist's production.

A 24-page full color and limited edition catalog will be available for sale during the opening reception. It will also be available online at the artist's website after the reception.

The Sidney Berne Davis Art Center is located at 2301 First Street in the Fort Myers River District. Exhibition hours are Monday through Friday, 9 a.m. to 5 p.m. For more information, visit www.sbdac.com.*



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Pick A Pass



by Capt. Matt Mitchell

With our water temperatures hanging out at a bath like 86 degrees, the best action for me this week came in and around the passes. All of our passes not only have faster moving current but are also deeper than the open flats. This deeper moving water stays cooler and hold lots of snook and redfish. The best time to mangrove fish in the shallower water has been either in the early morning or after a afternoon thunderstorm cools the water down.

Heading to the passes after one such mid-afternoon thunderstorm had passed this week, we opted to use soft plastic jigs. After the rain, we had the pass all to ourselves. Working the same areas that we did earlier in the week, we drifted live baits and caught more than a dozen snook in roughly an hour... all on artificial bait. We used a 3/8-ounce jig head to make contact with the bottom and just let the jigs drift with an occasional hop.

Pinfish and grunts were the live baits of choice in these same passes. We had rig with just enough weight to keep the bait down close to the bottom. Drifting was a more productive method, though this can change depending on the speed of the current. Catching lots of spawning snook along with redfish over the slot has been the normal. Usually it is dolphin that chase us out though this week, but the bull sharks were the issue this time as they cut fish right in two while we were reeling them in.

Tarpon fishing improved this week with lots of fish showing up in the northern part of our region. Conditions have improved immensely since the tropical storm last weekend stirred everything up. It seems all of the tarpon are now located from Captiva Pass north. Both the beach and bay side of Cayo Costa are holding lots of fish. After sitting in these rolling and daisy chaining fish for over two hours one morning, we just could not get a bite. So, we picked up and moved less than 50 yards, and it took only one cast to hook up and then land a tarpon. Crabs and cut baits have been the baits of choice.

Fast-moving afternoon thunderstorms made for challenging conditions most days this week. Being out on the water anytime from mid afternoon on requires keeping your eyes on both the sky and radar. These storms often just erupt and close our escape route. Heavy rains, strong winds and lightening are no joke. If it looks bad, don't take any chances and tie up at a waterfront restaurant or marina. Take shelter until the weather passes.

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.✱



Lisa Bonnett with a snook caught while drifting the passes with Capt. Matt Mitchell this week photo provided

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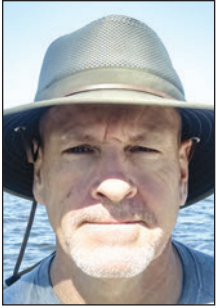
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Dave Doane

CROW Case Of The Week:

Fish Crow



by Bob Petcher

The fish crow (*Corvus ossifragus*) is often confused with the slightly larger American crow, but it is much more abundant in Southwest Florida. Its nasal call differs from the American crow in pitch.

At CROW, while many nestling and fledgling birds are admitted throughout the spring and early summer months, none are

reportedly quite as loud as fish crows.

"The call of one individual can be annoying, but manageable for treatment with some ear ringing afterwards. However, when you put 10 or more together, it can be very loud to the point you cover your ears," said CROW Rehabilitation Manager Breanna Frankel. "If you have five fish crow babies all begging for food at the same time, you really do not hear anything else going on around you. Where the American crows have a specific 'caw-caw' call, the fish crows have a higher pitched 'awh-awh' or 'uh-uh,' type call."

Pitch levels between young and adult fish crows do vary with circumstance.

"If nestlings and fledglings are begging for food, they can be as loud as the adults are normally," said Frankel. "However, when the adults are upset or protecting their territory, they can become much louder, and they can actually make an impressive mechanical rattle type sound in aggressive situations."

Between May 1 and June 4, there were 28 fish crows admitted to the hospital, most of which were nestlings or fledglings. Fish crow nests are built sturdy, but young fish crows can be blown from the nest by strong winds and storms.



A young fish crow patient "screams" for food

photo by Breanna Frankel

"There was one day, May 27, that we got four individuals in and only a few days that we had two admitted. It has been pretty typical that we get one at a time, but sometimes that increases after big storms or windy nights," said Frankel. "We rarely get them from the same nest, and one of our current juveniles was actually transferred from a different wildlife rehabilitation facility so it could be raised with others."

The high number admitted is in direct relation to the

time of year.

"It is baby season. Fish crows in Florida mate around April to May, so babies will be seen and heard around that time too. It is during this spring-summer season that we get swamped with baby birds that have prematurely fallen from their nests or even grown out of their nests in certain situations," said Frankel.

Crows are members of the corvidae family, a group of highly intelligent birds that require lots of enrichment while in captivity.

"To prepare them for the wild, we introduce various plant greenery like trees, bushes, plants and more. We also introduce foods they will find in the wild like fish, worms, fruits and more," said Frankel. "Since they are so smart, they have to have enough to do in their enclosure so they do not get bored and injure themselves looking for things to do. We also offer various wild enrichment like dirt, sand and water pools to better prepare them. We try to teach them to find cover using trees and palm fronds so, when it rains in the wild, they know what to do."

The acronym CROW was chosen by founder Shirley Walter when the organization incorporated as a nonprofit in 1972 in part because of this bird's intelligence.

"Our name has evolved since we incorporated as Care and Rehabilitation of Wildlife in 1972," said Frankel. "We changed it to Clinic for the Rehabilitation of Wildlife in 2000, so we could still use the CROW acronym. It just so happens that here in Florida, CROW sees a lot of fish crows. We also have plenty of wild crows that live on our property so it is very fitting name for us."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.✧

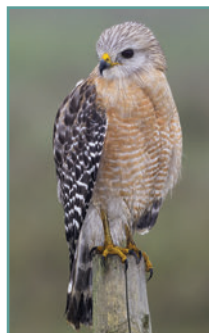
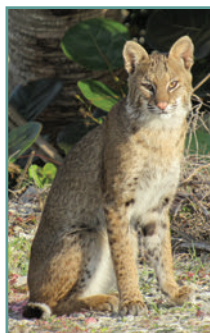
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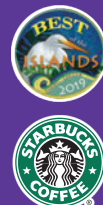
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CROW Visitor Education Center Has Reopened

The Clinic for the Rehabilitation of Wildlife (CROW) AWC Visitor Education on Sanibel reopened to the public on June 15 after being closed for two months amid the COVID-19 pandemic.

"We're ready to reopen our doors for visitors, but want to keep everyone healthy in the process," said Alison Charney Hussey, executive director for CROW. "We've added signage to help with social distancing and taken steps to reduce the chance for the virus to spread."

New safety measures to protect visitors, staff and the animal ambassadors featured in the visitor center include scheduled cleaning and sanitizing of commonly used areas and surfaces. A plexi-glass safety barrier has been installed at the check-in desk between staff and visitors and CROW will only be accepting payment by credit/debit card. Hand sanitizer stations have been



Visitors can watch live footage of patients on the big screen

photo provided

placed throughout the center with signs reminding visitors to sanitize their hands often. Additionally, all staff and visitors will be required to wear face masks.

"We know there is a possibility of spreading COVID-19 from human to

animal," said Hussey. "Since our animal ambassadors cannot wear masks, we ask that you wear yours to keep them and yourself safe while visiting us."

The live animal exhibits in the visitor center shed light on the impact humans

can have on a landscape, including the introduction of exotic species. Ambassadors featured as part of center include invasive reptiles like tokay geckos, cane toads and a ball python along with native species such as an eastern indigo snake and an American alligator.

Children's exhibits have been modified to allow for social distancing and for surfaces to be easily cleaned and sanitized. For the time being, live presentations and Wildlife Walk guided hospital tours will not be offered. Visitors will still be able to view live feed cameras of the wildlife hospital and rehabilitation areas, which has continued to provide care for injured, sick and orphaned native and migratory wildlife throughout the pandemic.

"We are very excited to reopen our visitor center to provide another way to financially support CROW's mission while helping visitors learn about the important role wildlife plays in our environment," said Hussey.

The AWC Visitor Education Center will be open to the public Monday through Friday from 10 a.m. to 4 p.m. For more information, visit www.crowclinic.org or call 472-3644.

Scholarships Awarded To Future Teachers



Emily Kahle



Elisa Francisco

Two elementary school paraprofessionals are the recipients of the 2020 Suncoast Paraprofessional to Teacher Scholarship. The scholarships are for current paraprofessionals interested in pursuing teaching, who have an associate degree and plan to attend Florida Gulf Coast University or Florida SouthWestern (FSW) State College.

This year's scholarship recipients are: Emily Kahle, San Carlos Park Elementary – Kahle is a former Quest teacher and fashion merchandising major. She will finish her associate's degree this summer and she plans to enroll in FSW's education program in the fall.

Elisa Francisco, Edgewood Academy – Francisco is a former engineering major and has received her associate's degree from Florida Gulf Coast University. She is currently working towards an education degree at FSW.

Paraprofessionals assist instructional staff in meeting student academic needs and achieving the objectives of the school where they work. Suncoast Credit Union Foundation provides the scholarships so that these valued employees can lead

their own classrooms as teachers. In the last three years, Suncoast has provided \$150,000 in scholarships for high school seniors and paraprofessionals committed to becoming teachers for the School District of Lee County.

While studying, scholarship winners are eligible for paid internships with the district. The scholarship must be renewed for the second year of school. Upon graduation, the recipients pledge to teach in the district for at least three years.

Foundation Names Partner Of The Year

The Foundation for Lee County Public Schools announced Lee Health as a 2020 Business Partner of Year at the 29th Partners in Education – State of Our Schools event held virtually on May 29. This award recognizes the work and support Lee Health has dedicated to the foundation and The School District of Lee County for over 30 years.

"Lee Health epitomizes what it means to be engaged with public education," said Marshall T. Bower, Esq., president and CEO of The Foundation for Lee County Public Schools. "The opportunities offered to our students and teachers by Lee Health are priceless, we are honored to be business partners with Lee Health and are grateful for what they do for education in Lee County."

Lee Health supports the foundation's college and career initiatives, such as STEM@Work and hosted the STEM@Work kick-off this year at Coconut Point. Lee Health is a major sponsor of the Golden Apple Teacher Recognition Program and is involved with the Take Stock in Children Scholarships/Mentoring program. Lee Health also provides internship programs for school

district students, supports teachers by donating supplies and so much more.

"We are honored to be recognized by The Foundation for Lee County Public Schools. At Lee Health, we value our partnership with the foundation in support of those who educate the future of our community and workforce," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "We are proud of the programs we have established with the foundation including provided athletic trainers for high school sports programs, supplying automated external defibrillators in elementary and middle schools, and developing outreach programs with our injury prevention experts and mental health navigators. Lee Health has a long-standing partnership with the foundation and we look forward to continuing the journey for many years to come."

Schedule Change For Free Meal Service

Effective June 15, Summer BreakSpot Grab & Go meal service on The School District of Lee County campuses and bus routes will operate Monday through Thursday only. Breakfast and lunch meal bags for Friday will be provided on Thursday. The first Friday without meal service is June 19.

The district currently distributes meals at 40 school sites and nine bus routes. The full list of sites is available at www.leeschools.net/parent_portal/covid-19/meal_pick_up_sites.

Summer BreakSpot provides free grab and go meals to youth ages 18 and under while schools are closed. To find a meal site near you, visit www.LeeSchools.net, Dial 2-1-1 or text FOODFL to 877-877. Meal sites and serving times are subject to change based on participation.

New Marketing Specialist

Pushing the Envelope, Inc., a strategic marketing communication firm based in Fort Myers, hired Patricia Crump as its digital marketing specialist.

In her role, Crump is responsible for the development and implementation of social media strategies (paid and organic), as well as email marketing efforts, online reputation management and mobile marketing (SMS) services.

Crump holds a bachelor of science degree in marketing from Florida Gulf Coast University. Bringing more than five years of experience in digital marketing, she worked both in agencies and in-house for a variety of clientele prior to joining Pushing the Envelope.



Patricia Crump

Republican Women To Meet

Lee Republican Women Federated will hold a lunch meeting on Monday, July 13 at KJ's Steakhouse, located at 10950 South Cleveland Avenue in Fort Myers. Social time will begin at 11:15 a.m., with lunch and program to follow.

The program will be a Lee County Sheriff's forum with Sheriff Carmine Marceno and Ret. Major Jim Leavens.

Cost is \$25. For reservations, call or text Ashley Winstel at 602-708-8663 or email acwinstel@gmail.com or <https://leerepublicanwomen.com/productcategory/register/> before July 9 at noon.



Steven Shea posts the first RESTART SWFL Seal of Confidence on the entrance of Seed and Bean Market in Fort Myers
photo by Hadassa Romero/FGCU

Businesses Earn Seals Of Confidence

Florida Gulf Coast University's (FGCU) RESTART SWFL initiative has granted the first Seals of Confidence to 15 businesses (with an additional five pending). The Seal of Confidence is designed to bring a renewed sense of assurance to customers. Displaying the seal signifies that a business owner has pledged to adhere to a set of four standards involving health, business and ethical practices and has participated in two business- or health-related discussions.

The first businesses earning the seal from FGCU's Lutgert College of Business and Marieb College of Health and Human Services are:

ASAP Moving Solutions (Naples)
Bradley's Jewelers (Fort Myers)
Brightway Insurance (North Fort Myers)
Drobnic & Associates Chiropractic (Fort Myers)
Ellio Pilates, Tai Chi & More (Fort Myers)
Entech (Fort Myers)
Fucinari Consulting LLC/Decatur Back and Neck Center (Buckeye, Arizona/Decatur, Illinois)
Gulfshore Opera (Naples)
Island Walk Bar and Grill (Naples)
Keep Lee County Beautiful (Fort Myers)
Kelly L. Fayer, PA (Fort Myers)
LadyCakes Bakery (Cape Coral)
Larson Educational Services (Fort Myers)

Reverse My Diabetes (Marco Island)
Seed and Bean Market (Fort Myers)
The tenets of the RESTART SWFL Seal of Confidence show that owners will conduct business:

To meet or exceed current CDC guidelines for best public health practices, and ensure all employees are committed to upholding these guidelines for the safety of all.

To be vigilant in monitoring and promptly addressing matters that concern the health of customers and employees.

To charge fair-market prices for goods and services.

To apply sound ethical principles to business activities with utmost honesty and integrity.

While taking the pledge is the first step for business owners to earn the seal, they must also participate in two free courses and complete a questionnaire based on each course. So far, FGCU has hosted two panel discussions – the first focusing on public health strategies to ensure responsible business operations and the second dedicated to managing for success. Two more are scheduled this month, with a third expected.

The web-based discussions are led by FGCU experts and community leaders. These are aimed at assisting businesses in complying with new standards in hygiene and best practices for business so consumers are assured establishments have sound practices in place to ensure their well-being and are providing fair value and service.

To take the pledge or register for panels, visit <https://fgcu.edu/restart>.

If time allows, questions may also be submitted during the live meeting.

To register to ask a question during the question-and-answer session or to attend via phone or email, attendees must contact Yvonne McClellan at 285-7552 or email yvonne.mcclellan@qcausa.com by 5 p.m. on Wednesday, June 24 and include #2045LRTP in the subject line.

Your ideas and opinions are critical to create a successful plan. The registration link is <https://attendee.gotowebinar.com/register/8370628609250664459>.

For more information about the plan development and to stay informed of updates, visit www.leempo.com/programs-products/long-range-transportation-plan.

Webinar For Business Leaders

Elizabeth "Betsy" Barbour, American field linguist with over four decades of field-based experience, will be the featured speaker for the Association for Talent Development's virtual meeting on Wednesday, June 24 from noon to 1 p.m.



Betsy Barbour

The discussion on Laying PRO Foundations in a New World: Leveraging Personal Knowledge and Skills in the ATD Capability Model, will offer an engaging session on mastering PROACTIVE learning strategies. These strategies can help professionals better anticipate and respond to changing needs, leveraging personal capabilities to support organizational strategy and generate competitive advantage.

Now based in the U.S., but still

globally focused, Barbour specializes in strategically integrated program planning and autonomous learning for intercultural communications and global community building. She helps learning professionals become enabled to think differently about how they support employees at work and make their jobs easier by giving them the information and learning they need just when they need it.

Barbour will help attendees become more conversant with the ATD Capability Model in the areas of cultural plans and communication, strategic planning and critical thinking. Attendees will learn PROACTIVE inner-cultural strategies and perspectives that can help with personal and interpersonal skills for improved outcomes. They will also learn defined next steps for a personal development plan to move beyond this difficult time and foster innovation.

Registration for the online program is \$15 for members and \$20 for non-members. Members are allowed one guest for free. Cost for students is \$10. Register online at www.atdswfl.org. Deadline to register is Tuesday, June 23. This session is eligible for 1 ATD Educational Credit.*

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Virtual Workshop For Transportation Plan 2045

The Lee County Metropolitan Planning Organization (MPO) is underway with its 2045

Transportation Plan and will be hosting a virtual public workshop to gather public input and comment on Thursday, June 25 from 5:30 to 7 p.m.

Following a brief presentation by MPO staff, panelists will respond to comments submitted in advance of the presentation.

Book Review

Bubble In The Sun

by Di Saggau



Bubble in the Sun by Christopher Knowlton gives us an in-depth look at the spectacular Florida land boom of the 1920s and shows how it led directly to the Great Depression. It was

a time of incredible excess, immense wealth and precipitous collapse during the 1920s. The great Florida land boom would prompt the country's greatest migration of people. Six million people flowed into the state in three years. In 1925 alone, an estimated two and a half million people arrived looking for jobs and careers.

Most cite the stock market crash of 1929 as the event that heralded the Great Depression. Knowlton says, in fact, the bursting of the great Florida land bubble was the more pivotal event. He points out how the land boom, not the stock market, was the true catalyst for the disasters that befell the nation as overvalued housing and property prices everywhere began to collapse in the wake of the Florida debacle. From 1919 to 1929, both forms of personal debt, mortgages and installment credit soared. The volume of home mortgages more than tripled, and the amount of

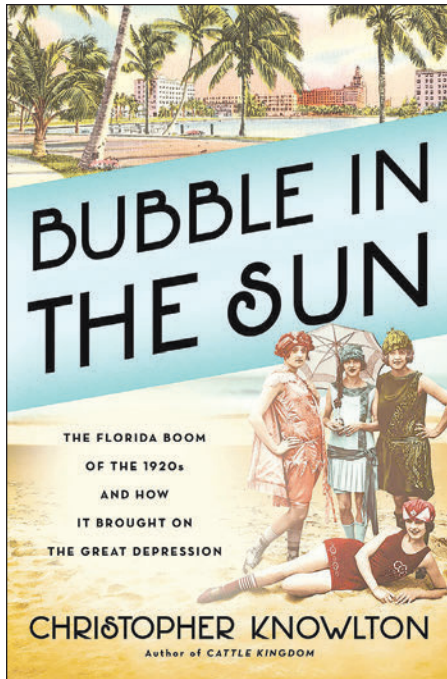


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outstanding installment debt more than doubled.

A number of legendary players were central to the meteoric rise and fall of the state's fortunes during that time. You'll meet the Florida tycoons, including Henry Flagler. Prior to coming to Florida, he oversaw the construction of Standard Oil's first office tower in New York City at 26 Broadway in Lower Manhattan (once the home address of Alexander Hamilton.) Another, Carl Fisher, was an Indiana auto executive who founded

the Indianapolis Motor Speedway before betting his entire fortune on the development of Miami Beach. Also George Merrick, who transformed his father's holdings into the city of Coral Gables, and architect Addison Mizner whose Spanish revival-styled work for Palm Beach patrons helped transform the town.

One of the more interesting characters is Marjorie Stoneman Douglas, a *Miami Herald* reporter and writer who would become a pioneer environmentalist and one day be credited with the establishment of Everglades National Park. She lived to age 108. Her book *The Everglades: The River of Grass*

was published in 1947 and it redefined the public's perception of the Everglades from a worthless expanse of swamp to a precious and irreplaceable waterway. Throughout her life, she continued to deplore the fact that the government, local, state and federal, failed to fully understand the natural mechanics of the great waterway and its importance to the greater Florida ecosystem.

Bubble in the Sun is a riveting account of the forces that made and wrecked Florida during the '20s, the real estate moguls and the once-in-a-century hurricane whose aftermath triggered the stock market crash. It's the history of an era that still affects our country today.*

School Smart

by Shelley M. Gregg, NCSP



Dear Readers,

Discussing discrimination and racial differences can be hard enough for adults. Talking to kids about these subjects

can be especially daunting. However, when it comes to talking to children, experts say diversity and discrimination are subjects that shouldn't be ignored. Presented below is information that may help you discuss these topics with your kids from the American Psychological Association's article, Talking to Kids about Discrimination, www.apa.org/helpcenter/kids-discrimination.

Many people are hesitant to talk to their kids about differences because they don't want to draw attention to them. But whether you talk about those differences or not, kids notice when someone looks different than they do. They also notice when certain groups seem to be treated differently than others. Studies show that even infants can distinguish skin tones. By early childhood, kids begin to have more favorable opinions of people they perceive as "the same" as they are – even if the similarities are meaningless.

When parents avoid talking about differences and discrimination, experts say children learn that the topic is taboo. Children might come to believe the differences they notice are more important than they really are. And they might be hesitant to ask questions, missing opportunities to challenge and correct stereotypes. Discussing differences, on the other hand, can help kids appreciate diversity and better recognize discrimination when they see it.

All children can benefit from talking openly about diversity and bias, especially for kids in groups more likely to be a target of discrimination. Perceived discrimination has been linked to physical and mental health problems including anxiety, depression, obesity, high blood pressure and substance abuse. Many of these problems are believed to stem from the chronic stress associated with being a potential target of discrimination.

Discrimination-related stress can also

affect how kids feel about themselves. It might prevent them from speaking up in class, or from participating in activities that are important to them.

But talking openly with children can prepare them for dealing with discrimination and help them keep discrimination-related stress in check.

How can you talk to your children about diversity and discrimination? Here are some guidelines:

Don't expect to have "the talk" about discrimination. It shouldn't be one conversation. Rather, let the discussion be open and ongoing.

Parents often avoid talking about hard subjects (including sex, underage drinking and discrimination) because they're personally uncomfortable. Keep talking anyway. The discussions get easier over time.

Use age-appropriate language children can understand, and don't give kids too much information at once. The conversation will get deeper and more nuanced as they get older.

Learn to respond to children's questions about differences and bias as they come up naturally. Help children feel that their questions are welcome, or they might come to believe that discussing differences is taboo.

Help children understand the value of diversity. A diverse set of experiences and viewpoints boosts creativity and helps kids (and adults) better understand the world around them. On the other hand, discrimination hurts everyone – not just the targets of discrimination. When people are discriminated against, we can miss an important opportunity to learn from them.

Take opportunities to raise discussions based on what you see around you – in real life, books, television shows and even video games. You might ask, "There aren't many female characters in this video game. What do you think of that?" or, "Do you think that show accurately portrays LGBT characters, or does it rely on stereotypes?"

Help kids learn how to deal with being the potential target of discrimination. Plan ahead by developing healthy comebacks or responses to hurtful discriminatory statements. For example: "What an unkind thing to say." "Excuse me? Could you repeat that?" "I disagree with you, and here's why..."

If you hear children say something discriminatory, don't just hush them. Use

continued on page 13

EPIC FIRES OF FORT MYERS

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THOMAS P. HALL
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Club member Connie Prevatt, center, made over 407 fabric face masks for Physicians Primary Care photos provided

Kiwanis Serves, Waives Dues For New Members

The Fort Myers Metro-McGregor Kiwanis has adapted to the changing climate of current social distancing, while still providing service to the community. Club members continue to log service hours, and the club has shifted to meeting in a virtual format. Also, now through September, club membership is at no charge with Kiwanis International, Florida Kiwanis and the Fort Myers Metro-McGregor Kiwanis Club all waiving new member dues.

From page 12

School Smart

the opportunity as a conversation starter to address their fears and correct their misperceptions.

Challenge your own assumptions and behavior. Do you laugh at racially insensitive jokes? Do you cross the street to avoid passing people of a different ethnic group? Children learn from your actions as well as your words.

Broaden their horizons. Think about the diversity of your own friendship and parenting networks and the places where you spend time. When kids are exposed

“So many people want to give back during this time, and our club is providing them an avenue to do that,” said Lindsey Lenhart, club president. Members are making masks, face shields, cards for the elderly, providing youth mentorship online and working on projects with the United Way, such as food packaging. The club participated virtually in the March of Dimes March for Babies and was one of the top teams in Southwest Florida. “There are still opportunities to serve our community in a safe way,” said Lenhart.

Since March 24, the club has shifted to virtual meetings. “We are still able to catch up and go over club business at virtual meetings,” said Lenhart. “We

to people from diverse backgrounds, they have more opportunities to learn about others and discover what they have in common.

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



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Club members Rachel and Matthew Toomey and their children were the Lee County ambassador family for the March of Dimes March for Babies

held club elections and have also been able to bring in virtual speakers – even individuals that live in different parts of the country.”

With financial hardships and struggles with in-person connections due to COVID-19, Kiwanis International has waived dues at the international and state levels, and the Fort Myers Metro-McGregor Kiwanis is following suit. “We don’t want member fees to be a hurdle at this time for potential new members,” said Lenhart. “We open our club to anyone that might be interested. Some have more time on their hands

than usual, and this is the perfect time to check us out and give some hope to individuals and our community.”

The Metro-McGregor Kiwanis Club is looking for more service-minded individuals and business professionals who would like to make a direct impact on the community through volunteering. For details on joining the club, call membership chair Stewart Ross at 507-304-1624 or email stewart.ross@mnsu.edu. The Metro-McGregor Kiwanis Club can be found on Facebook or online at www.metro-mcgregor.com.✱

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Will Power

On George Floyd And Black Lives Matter



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

As a somewhat public figure simply by writing this column for over 20 years, I feel a responsibility to offer my opinion on Black Lives Matter and George Floyd's death at the hands of a Minneapolis police officer.

I believe that most of us see the atrocity in what happened and agree with the peaceful protestors. Yet, there's an underlying current that I'd like to address. To that end, I noticed a statement circulating on social media that states, "Seven funerals, a golden casket, and broadcast on every major network for a man who was a violent felon and career criminal? Soldiers die and the

family gets a flag."

Unsurprisingly, those who post this find strong emotional reaction going both ways.

Apparently, it's said that Floyd served time in prison on multiple occasions from 1998 to 2007 for theft with a firearm, cocaine possession and armed robbery. These facts appear in other social media posts.

I come at it differently.

George Floyd's personal background is not the issue. It's reported that Floyd was arrested for passing a counterfeit \$20 bill. No one knows whether he knew the bill was counterfeit or not. At the time of his death, he was restrained by handcuffs and on the ground. A review of Floyd's rap sheet is a convenient excuse to ignore the real issues. No one in our society in that situation should perish at the hands of law

enforcement officers acting as judge, jury and executioner. That's not how our justice system works, and, as we've been reminded, this was not an isolated incident.

I see the comparison of "soldiers' families (only) get a flag" as unrelated to the George Floyd issue. We all honor our fallen heroes. A federal holiday, Memorial Day, commemorates those brave and selfless individuals.

Instead, I see the demonstrations around our country speaking to a separate issue. Just as a 21-gun salute honors those who gave their lives for freedom, the pomp and circumstance surrounding George Floyd's funeral symbolizes not just his life, but of all the lives lost to unjust police brutality, disproportionately many of those people of color.

At the same time, we mustn't minimize the risk our men and women in law enforcement uniform face daily. Many unsuspecting officers, for example, have been killed during routine traffic stops by a driver wielding a gun. These brave men and women face the worst in our society and must often make instantaneous decisions regarding life and death.

What separates those from the George Floyd incident is 8 minutes and 46 seconds.

A salient, somewhat lighthearted yet serious thought about police brutality over people of color was offered by comedian Chris Rock in a 2018 Netflix special. He said, "I know being a cop is hard. I know that sh*t's dangerous. I know it is; okay? But some jobs can't have bad apples. Some jobs, everybody gotta be good. Like pilots. Ya know, American Airlines can't be like, 'Most of our pilots like to land. We just got a few bad apples that like to crash into mountains.'"

Finally, what can we do now, as a community, society and nation? It's no longer enough to shake our heads yet remain silent. For society to progress, perhaps we need to ask those who are most affected what change they would like to see that would make a difference, and then seriously consider implementing those measures.

This is not a Democrat or Republican issue. It's an issue for each and every one of us to consider and act upon.

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The Water War Continues

submitted by Heather Fitzhagen



After many years of work by clean water advocates and with the leadership of Gov. Ron DeSantis, Florida has finally adopted a balanced approach to water policy that gives all stakeholders input.

That's as it should be. Florida's economy is diverse, and water is a critically important component in some of its biggest sectors. Agriculture, tourism, sport fishing and real estate all depend on water to flourish, not to mention the Everglades and the day-to-day water needs of more than eight million people.

A recent federal proposal, however, would destroy Florida's delicate water policy balance. It would also do severe damage to Southwest Florida's economy and our public health.

A bill by Congressman Alcee Hastings (D-FL-20th) would link a 20-year-old "savings clause" provision of the Comprehensive Everglades Restoration Plan (CERP) to the Army Corps of Engineers' Lake Okeechobee System Operating Manual (LOSOM).

This linkage was never intended and would severely limit the Army Corps' authority to regulate the dispersal of Lake Okeechobee water.

The 2018 legislation that established LOSOM specifically left out the savings clause language, and for good reason: it is ludicrous to apply 20-year-old constraints that directly contradict a balanced approach to water management that already exists.

For its part, the Army Corps has consistently stated that its regulation schedule for Lake Okeechobee does not

trigger the savings clause.

The corps has repeatedly explained that the savings clause was intended only to apply to "restoration" projects under CERP – not routine operating decisions concerning the ongoing management of Lake Okeechobee.

Eight million Floridians and visitors depend on sound, balanced water management, but applying the savings clause to LOSOM would do just the opposite. Instead of fair and equitable use of shared water resources that reflect the needs of all users, Congressman Hastings would prioritize the water supply for large commercial users south of the lake.

Congressman Hastings' proposal mandates that the Army Corps keep lake water levels high enough in dry months to meet water allocations that were fixed in the last century. When summer rains come, the corps' flood control managers will have no choice but to flush nutrient-laden water out of the lake and into the Caloosahatchee and Indian rivers.

There, it will upset the delicate salinity levels of our estuaries, killing seagrasses, juvenile fish – and much of our economy. The choking green algae and red tide would become even more frequent events, and the toxic byproducts of these blooms would continue to wreak havoc on the health of those who venture within miles of the water.

As your state representative, I have consistently fought for clean water and Everglades restoration. When the Everglades agricultural area (EAA) reservoir bill was introduced, I immediately stepped up amidst opposition to co-sponsor this critically important project. On more than one occasion, I had to ask our governor to declare a state of emergency when blue-green algae and red tide overtook our waterways.

I am stepping up to fight for clean water again. We must stop this devastating federal legislation.

Instead of inserting an outdated and inflexible mandate on water managers, let's continue to work collaboratively to accommodate all interests.

A balanced approach – not a 20-year-old mandate – is the best way to save Southwest Florida for future generations.

Heather Fitzhagen represents Florida's 78th District in the Florida House of Representatives and is a candidate for the U.S. House of Representatives.✴

More Library Branches Open

The Lee County Library System opened three additional branches on June 15. The eight open locations will operate at 50 percent capacity.

The library system also invites all Lee County patrons to tune in daily for summer programming provided by Page Turner Adventures courtesy of the Southwest Florida Library Network at www.leegov.com/library/summer-reading-program.

Branches opened on June 15 include: Bonita Springs Public Library, 10560 Reynolds Street, Bonita Springs Lakes Regional Library, 15290 Bass Road, Fort Myers

North Fort Myers Public Library, 2001 N. Tamiami Trail, North Fort Myers

Branches previously opened include: Cape Coral Lee County Library, 921 SW 39th Terrace, Cape Coral

East County Regional Library, 881 Gunnery Road N., Lehigh Acres

Fort Myers Regional Library, 2450 First Street, Fort Myers

Northwest Regional Library, 519 Chiquita Boulevard N., Cape Coral

South County Regional Library, 21100 Three Oaks Parkway, Estero

Curbside pickup will continue at all library locations. Patrons of Lakes Regional Library are encouraged to use caution in the parking lot and environs due to an ongoing construction project.

Signage is posted for following CDC guidelines and social distancing. Plexiglas shields are installed at all public service desks, and hand sanitizer and wipes will be provided to the public. The county has

removed some furniture to encourage patrons to keep visits brief so that more patrons can enjoy the libraries.

Computer use is limited to two hours per person per day. Play items in the youth areas have been removed, as has gaming equipment in the teen areas. Study rooms and meeting rooms are not open at this time. Patrons are encouraged to sign up for the Imagine Your Story Virtual Summer Reading Program. Visit www.leelibrary.net/summer.

For additional Lee County updates, visit www.leegov.com/covid-19.

Questions from library patrons can be directed to 479-4636, text 2204-5321, chat at www.leelibrary.net or email askalibrarian@leegov.com. These services are available 9 a.m. to 5 p.m. Monday through Saturday.✴

Summer Workout Program For Fall Student Athletes

The School District of Lee County recently approved a plan for student athletes to start summer practice for fall sports. Until there is a cure, vaccine, or effective treatment for coronavirus readily available, social distancing and other preventative measures like face coverings will be the 'new normal' during any aspect of sport in Lee County.

Before any student can practice, their parents must sign a waiver to participate, and vulnerable employees must also complete a waiver to participate. Schools will set up a single point of entry, and place directional markers and social distancing markers in high traffic areas to facilitate safe separation. Students are expected to leave campus immediately at the end of practice.

Summer practices will be held in three stages. Every school/program starts at Stage One and will remain there until notification to move on to Stage Two. All

continued on page 16

Superior Interiors

Restoring A Historical Home: Things To Know



by Marcia Feeney

When an opportunity to restore a historical home arises, you take it, but you must proceed with caution. Historical homes are meant to remain

architecturally significant and should remain fairly similar to their natural appearance.

Whether you currently live in a historical home, recently purchased one to refinish, or are interested in exploring the opportunity, there are a few simple tips and tricks for getting the job done without diminishing the significance of the household.

Before you can consider changing up the home, take a closer look at the existing features and foundation. The National Trust for Historic Preservation recommends diving deep into the quality, design, materials and craftsmanship of the home when it was established, and take notice in how these aspects have changed over the years. The intended aesthetic is likely the reason you fell in love with the house in the first place, so take careful consideration in what you want to get rid of versus what you want to keep and restore.

While you may be interested in leveling out uneven floors or refinishing time-worn cabinetry or staircases, these might be the sweet little historic quirks you can embrace instead. Try to appreciate the quirky aspects of the

home, as the time and effort spent fixing these perceived flaws could cause the home to lose some of the charm that initially attracted you. If you do plan on making any major alterations to the home, be mindful of the existing details throughout the original building in terms of materials and textures used, as well as the original colors placed throughout the living space. These custom details might be something you want to restore completely to keep the traditional charm and history of the house.

Home restoration, especially in today's day and age, tends to revolve around the kind of digital and technical features that you can incorporate into the design, decor and foundation of a living space. While this can certainly make a big difference in a historic home, something more subtle can help you achieve this look without getting too high tech in finishes. Modern and contemporary home decor and furniture can bring a new perspective to a timeless historic home. Think sharp edges, neutral colors and minimalism. but pay close attention to detail when adding new touches.

Historical home restoration can be complicated if you have never done it before. We highly recommend reaching out to a trained architect for assistance if you plan on making any major adjustments to the foundational features of the home as this professional can provide the guidance needed to make those decisions. An interior designer can evaluate your historical living space and provide tips on how to make modern adjustments in the décor without depreciating the historical features. From there, you can decide what stays, what goes and what will turn your living space into a comfortable home as you begin your journey into historical home restoration.

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

Bank Provides Millions In Loans To Aid Businesses

Sanibel Captiva Community Bank has processed more than 700 loans totaling \$70 million under the Small Business Administration's (SBA) Paycheck Protection Program (PPP) to help local small businesses, nonprofit organizations and independent contractors support payroll and related costs, saving thousands of jobs in Southwest Florida.

The PPP, which was originally launched on April 3 to address economic challenges caused by the COVID-19 pandemic, provides forgivable, government-guaranteed loans for the nation's small businesses. According to the SBA, approximately 48 percent of the U.S. workforce are small business employees.

"As relationship bankers and dedicated members of this community, we are doing everything we can to protect the vibrancy of our small businesses, which

serve as the economic engines for our local economy," said Kyle DeCicco, Sanibel Captiva Community Bank's senior vice president and senior loan officer. "I'm so proud of our team, who have worked around the clock to process these loans and ensure that critical funds were made available to those who needed it most. We will continue processing applications until all remaining PPP funds are taken."

The average loan amount the bank processed was just under \$100,000. Loan amounts ranged from as low as \$500 to more than \$3.7 million. Those funds helped keep 9,078 people employed in Southwest Florida.

"Regardless of the loan size, each loan we processed was equally meaningful to us," said DeCicco. "Most importantly, we care about the customer receiving the loan and the employees they're supporting with paychecks."

According to the Greater Fort Myers Chamber of Commerce, approximately 80 percent of businesses in Lee County are small businesses and more than 70 percent have less than 25 employees.



From left, Drew Carey, Steve Harvey and Kevin Nealon

photos provided

Comedian Donates Game Show Winnings

Saturday Night Live alumni Kevin Nealon prevailed on Celebrity Family Feud, winning \$25,000 for the comedian's charity of choice: Hope Hospice.

The episode aired on June 7 on ABC-7 and is now available for viewing on Hulu. Joined by his wife, actress Susan Yeagley, brother Chris Nealon, mother-in-law, Dr. Sally Yeagley, and actress Cheryl Hines, Nealon competed against The Price is Right host Drew Carey's team.

"Kevin is a longtime friend of Hope Hospice, and it was so exciting to watch him play on our behalf," said President and CEO of Hope Healthcare Samira K.



Team Kevin Nealon

Beckwith. "His generosity ensures that Hope can continue its mission, and his public support reminds people that we are here to help."✱✱

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HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Frankly Speaking



by Howard Prager

How can there be so much to write about with most sports still not being played? And now that players are starting to question the wisdom of re-starting sports in the wake of COVID-19, Black Lives Matter and the need for racial justice, as Major League Baseball (MLB) and the players association (MLBPA) keep bickering back and forth on whether to restart, I'll use the time machine of the ESPN documentary Long Gone Summer to take us back to 1998. The Mark McGwire-Sammy Sosa home run battle of 1998 captivated a nation. Despite the reports afterwards of McGwire admitting his use of steroids and Sammy not, it was an exciting time to be a baseball fan once again and check the box scores every morning. And for it to take place between the Cubs-Cardinals, always a heated rivalry, made it that much more compelling.

Let's set the stage. Since the strike in 1994, baseball was losing popularity. Interestingly, the owners were crying the same thing as they are today about losing money, at that time because they didn't impose a salary cap (because some owners were paying high amounts for players and

others not). MLB attendance was down 20 percent because of the public's frustration with the strike. Something was needed to get fans excited again about baseball. The Cubs were coming off of 1997 where they had the worst record in their division; the Cards had the second worst. Lots of changes by both teams were needed. In comes Mark McGwire (towards the end of 1997) and Cubs rookie pitcher Kerry Wood who tied the major league record of striking out 20 in one game early in 1998. That was going to be the Wrigley Field story that summer. Until June, the home run battle appeared to be between Mark McGwire and Ken Griffey, Jr. When the weather heated up, so did Sammy Sosa, hitting a record 20 home runs that month. The race was on.

Several factors about this race. First, these were not cheap home runs by either player – they were deep drives into the bleachers or over the fence. Surprisingly, the home run that broke the record barely cleared the outfield wall, a rare aberration for McGwire. All of a sudden, the standings of both teams became secondary to “what did Sammy and Mark do today?” Second, baseball is a long season, and to keep up that pace all season is tough on anyone. There are injuries, dings, etc. that could sideline players. Not McGwire or Sosa. Third, the two of them genuinely admired each other. Sammy came off as the chaser to McGwire, and they both kidded about that. They got along exceedingly well and held many joint news conferences when

the teams played one another. Fourth, it was old baseball (McGwire athletically built, tall, from USC) versus new baseball (Sosa from the Dominican Republic, more of a slight build, very charismatic). Fifth, the home run chase to break Roger Maris' single season record enthralled the nation and the world with two warriors from two rival teams each aiming to break the record. Everyone was scoreboard watching for a report on who hit one, two or even three out that day.

We all know what happened. McGwire won on Labor Day weekend when the Cubs were at St. Louis – how prophetic was that? He tied the game on Monday and the next day broke the record. Sammy came in from right field to congratulate him. The race went on to the very last weekend of the season, with Sosa up one at 66 in the last series of the year. Then McGwire went on a tear, hitting five out in two days to catch and pass Sosa, ending with 70. In fact, we learn in the documentary that McGwire didn't want to play on the last day, and Manager Tony LaRussa talked him into it saying that fans came specifically to see him play. He then hit three homers! Truly a remarkable ending to a high-profile season. What a shame that we discovered later they took performance enhancing drugs (PEDs) to help them (still waiting for Sammy to admit that). So many players did drugs in that era which I find so disappointing since they didn't need to – McGwire himself may have set the record without that, after all he hit 49 as a rookie.

Standings wise, the Cards finished third behind the Cubs, who ended up with a 90-72 record, won a one-game playoff with the Giants to make the playoffs, only to be swept by a tremendous Braves team. Still, the season and the home run chase is what's remembered most about 1998.

The good news story of the day is also about a home run king in baseball from *CBS Sunday Morning*. Ten-year old Jake Curzon of South Elgin, Illinois is a little leaguer who was missing baseball so much he “poured his heart out in a letter and addressed it to the only person he thought could help... Babe Ruth.” Jake sent the letter to the Gate of Heaven Cemetery in Hawthorn, New York where the Babe is buried. It was displayed on his grave. He thought if the Babe knew the pandemic was affecting baseball, the Babe wouldn't be happy. Asked why he wrote to the Babe, Jake said, “since he's a guardian angel now, I want him to make this pandemic stop.” He wanted to see people get better. What an imaginative way for a young person to try and do something to bring back baseball. Now if Jake would write the Babe about the differences between the MLB and MLBPA, maybe they'd settle on a solution to resume baseball.

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.✴

Special Equestrians Virtual Fundraiser

Special Equestrians' 17th annual culinary extravaganza, Taste of Love, will be held on Sunday, June 28. Due to COVID-19 concerns, the event will be held virtually online.

Bidding on the silent auction will begin on Sunday, June 21. The program and live auction will be held from 6:30 to 7:30 p.m. on June 28. Login can begin as early as 6 p.m. Ticket holders will have the opportunity to pick up food and wine at The Ranch Concert Hall and Saloon, 2158 Colonial Boulevard in Fort Myers, from 3 to 5 p.m. prior to the event so

they can dine while watching the broadcast from home. Ticket holders and non-ticket holders are welcome to bid by visiting www.tol2020.givesmart.com for the silent auction and www.Event.gives/tol2020/live for the program and live auction.

The theme for this year's event is Taste of Love Makes the Merry Go Around and will feature dishes from popular area restaurants, wine, live and silent auctions.

Celebrity auctioneer Jay Severson and award-winning radio and television personality Gina Birch will oversee the evening's events. Over 400 guests attended in 2019, raising more than \$150,000 for the local nonprofit organization.

All proceeds will benefit Special Equestrians, a nonprofit organization dedicated to helping children and adults

with disabilities by providing a structured therapeutic horseback riding and carriage driving program, and other equine assisted activities. Special Equestrians has been awarded Premier Accredited Center status by PATH Intl. (Professional Association of Therapeutic Horsemanship). Serving Lee, Charlotte, Hendry and Glades counties, Special Equestrians is a United Way Partner Agency that has been serving Southwest Florida for more than 30 years.

For more information and sponsorship, contact Freda Jones at 565-3792 or flj@rbcs.net or Jan Fifer at 851-7070 or jtfifer@gmail.com Visit www.facebook.com/events/the-ranch-concert-hall-saloon/17th-annual-taste-of-love-june-28-2020/486265415645986 to learn more.✴

recommended.

Athletic Equipment – No equipment (towels, clothing, shoes, etc) shall be shared by students. Balls and other equipment used for drills will be cleaned after each use and the end of practice.

Hydration – All students should bring their own water bottle, and water bottles should not be shared. Hydration stations (water fountains, water troughs, etc.) should not be used.

Stage two – June 29 to July 9 (includes all the factors of Stage One with the addition of):

Workouts will be no longer than 90 minutes

Lower Risk Sports and Moderate Risk Sports according to the National Federation of State High School Associations (NFHS) training may resume.

Maximum lifts can be performed. Spotters should stand at each end of the bar.

Stage Three – July 9 to July 23 (includes all the factors of Stage One and Stage Two with the addition of):

Gatherings sizes of up to 50 individuals in the same “pod,” indoors or outdoors, can resume.

Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Summer participation in workouts and training sessions is voluntary and may not be used toward team or program selection. The district also reserves the right to halt or regress the stages, if necessary, to protect student and staff health and safety.

The entire Return to Summer Workouts plan is available in the School Reinroduction section of www.leeschools.net.✴

From page 14

Summer Workout

schools will work under the guidelines of Phase Two until it is safe to move onto Stage Three.

Stage One – now through June 29: Pre-workout screenings – Health checks and temperatures will be taken and recorded before practice. Any student with a positive response will not be allowed to participate

Limited gatherings – Workouts will be no longer than 60 minutes and conducted in “pods” of students with the same 10 to 20 people per facility (including coaches) always working out together. Locker rooms will be closed.

Facilities cleaning – All facilities will be wiped clean before students enter. All weight equipment will be wiped down before and after each individual use. Frequent handwashing will be

SPORTS QUIZ

1. What international sports competition, created by media mogul Ted Turner, was first held in Moscow in 1986?
2. Name the quarterback who took over for the injured Phil Simms in 1990 and led the New York Giants to a win in Super Bowl XXV.
3. In 2019, who became the first player ever to be enshrined in the National Baseball Hall of Fame with a unanimous vote?
4. What 1977 sports comedy film featured the three boorish, brawling Hanson brothers playing for the Charlestown Chiefs?
5. In one of the most lopsided transactions in NFL history, the Dallas Cowboys traded running back Herschel Walker to what team in 1989?
6. What golfer suffered one of the most disastrous collapses in a major tournament by scoring a triple-bogey and losing the lead on the final hole of the 1999 Open Championship at Carnoustie Golf Links?
7. What Major League Baseball team celebrates a home run with mascot Bernie taking a plunge down a winding slide?

ANSWERS

1. The Goodwill Games. 2. Jeff Hostetler. 3. Mariano Rivera. 4. Slap Shot. 5. The Minnesota Vikings. 6. Jean van de Velde. 7. The Milwaukee Brewers.

dearRPharmacist

What Figs And Almonds Have To Do With Diabetes



by Suzy Cohen, RPh

Dear Readers: Most people with diabetes have to avoid fruits entirely, at least the starchy sort. But I think figs are okay. Figs made news in 2019, and I bet it wasn't even a two-second

blip on the news when researchers published profoundly useful benefits. We now know that a fig-derived compound called "abscisic acid" may be helpful for metabolic syndrome, pre-diabetes and type 2 diabetes mellitus.

Why is this important? It's time to stop making yourself crazy and just enjoy your food again. My book *Diabetes Without Drugs* explains exactly how to do that. See any chain book store, Amazon or my own website. Also, I am happy to send you some delicious recipes via email.

Here are some tips for healthy eating:

1. Fig Fruit – Include fig fruits, or take a dietary supplement that contains this ingredient as part of its formula. Clinical studies support "abscisic acid" for blood sugar benefits, and it ranks up there with gymnema sylvestre, cinnamon and berberine.

2. Oils – Don't use old oils; freshen them periodically because they go rancid quickly. Some healthy oils include almond oil, grape seed oil, tea seed and olive oil. Some oils are more harmful because they cause higher levels of inflammatory compounds. If you're interested in my other article, find it on my website. It's called *The Best and Worst Oils to Cook With*.

3. Flour – One of my favorite flours to cook with is almond flour, as in 100 percent blanched almonds. Almond flour has approximately 20 carbs per cup, versus over 70 carbs for wheat flour. It also contains "salicin" which is a cousin to aspirin, so it has analgesic benefits! Almond flour is also gluten-free.

4. Alcohol – It attacks your pancreas which is the organ that controls blood sugar. So I highly recommend you avoid alcohol. I'd suggest you pay the few extra dollars to buy alcohol-free extracts of vanilla and almond for your baking recipes.

5. Cheese – Cheese is like dope to some of us. Cheese contains a protein called "casein" and also "beta Casomorphine-7" which act on your brain's opiate receptors. Milk has some, but it's really concentrated in cheese and ice cream. That's where the nefarious oxycodone, heroine and morphine drugs bind to. This presents a challenge for people who have diabetes and/or dairy allergies. For those of you who want to be casein-free, skip the cheese entirely. But if you want to try an experiment, test yourself with a sheep or goat-derived cheese.

People with diabetes have the same nutritional needs as anyone else, so eat a well-balanced diet. The right foods sustain

and improve your health because they are natural and not man-made. Basically, the "right foods" have a shorter distance between Point A and Point B, meaning there is a direct line from the Earth to your plate.

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.✽

Plasma Donors Needed

Lee Health is in urgent need of convalescent plasma donations to help refill supply levels. As a registered participating site in Mayo Clinic's COVID-19 Convalescent Plasma Study, it is vital that Lee Health's supply remains stocked to continue to make progress in the fight against the coronavirus.

Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19. That plasma is then used to treat others with advanced illness as part of the clinical trial. The blood donor must have had a positive test for SARS-CoV-2 (the virus that causes COVID-19), be symptom free for at least 14 days, and be otherwise eligible to donate blood. The procedure is the same as any routine blood donation. After donation, the blood is processed in the lab to obtain the plasma component. The patient is transfused with the donor's convalescent plasma, which contains antibodies that may attack the virus and may help the patient recover more rapidly.

"Preliminary results from COVID-19 patients treated with convalescent plasma at Mount Sinai in New York City, the epicenter of COVID-19 in the USA, indicate that the therapy improves clinical outcomes, including mortality," said Doug Brust, MD, an infectious diseases physician with Lee Physician Group and the principal investigator of the trial at Lee Health. "Because there is no known safe and effective treatment for COVID-19, we want to be able to offer our patients the opportunity to enroll in a convalescent plasma clinical trial to treat their COVID-19. For that to happen, we need community members who have recovered from COVID-19 to contact us to donate blood."

For donations at Lee Health:

Individuals who have previously tested positive for COVID-19 whose symptoms have resolved for at least 14 days can volunteer to donate blood. Donors are then screened by clinical personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma. To volunteer, call 343-2332 or email covid.plasma@leehealth.org (email is preferred). Documented routine blood donation consent is required with forms provided by Lee Health.

If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site. All donations collected by Lee Health stay in the community and are used exclusively for Lee Health patients.✽

Doctor and Dietician

Love Your Neighbor



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

Stressful times in our country continue. With this comes heightened levels of anxiety, depression, anger and feelings of being out of control. We get it. We have been there too. These feelings are real. Times are turbulent. We do have differing opinions on these issues than our friends, family or neighbors. But do we want to give into fear, anger and bad behavior? We would think most of us would answer "no."

We want to encourage you to remember what many of us were taught as children: love your neighbor as yourself. What exactly does this mean? A recent blog we read stated, "Loving our neighbor goes far beyond peering over the fence. To love our neighbors means to serve our communities so that we are giving back what we receive. A continuous flow of goodwill and peaceful intent."

We know the people in our little corner of Southwest Florida are very

kind and generous people. Put under stress, even the best of us can find ourselves reacting negatively. To combat these feelings, we need to be intentionally working on averting these feelings. So, what does it look like to love your neighbor? Here are five tips:

Be Kind. Smile. A genuine smile has tremendous influence on others. Right? We know what it feels like to be greeted with a smile. Use that smile daily.

Be fair and ethical. What type of success crosses the lines of morals and human dignity? Set high standards and stick to them. In everything.

Be generous. We are not just talking about money here. We can give of our time, skills, kindness, joy and prayers for others.

Be watchful. Look for opportunities to help others versus focusing on yourself. See a need, be the hand that helps. Do you know someone in your circle who must stay indoors due to illness? Give them a call, bake them some banana bread, or write them a note.

Break the cycle. Do not feed into negativity, complaining or fear. These things hurt us in many ways – by destroying relationships, causing pain and depleting our immune systems. Our bodies thrive on peace, love and joy. Let us spread it around to others. Love your neighbor.

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.✽

Beautifulife:

Love, Dad



by Kay Casperson

As we approach another Father's Day, our thoughts are with all the dads out there. We are thinking of them and celebrating them. We are encouraging them,

and hoping that fatherhood continues to be the most important job they will ever have in their lives.

Being a dad is not something you can learn in school, from a manual, or any training. In fact, learning to be a father comes from either your own experiences, or trusting your instincts along the way. Not all dads get it, and most will make mistakes along the way, but one thing remains true for all: the unconditional love they have for their children.

I have done research on the importance of a father's role in a child's life. I found interesting information about how impactful the relationship can be, either good or bad, and how

many life decisions are made as an outcome. If you are a son, you might inherit some of his traits, and as a daughter, you may just find yourself attracted to someone similar to him.

In honor of Father's Day, I decided to write a letter that I think every child should hear from a dad. I write this because not all dads can find and express the words that they feel so strongly about. If you have not heard these words from your own father, take them as your own and realize that in their hearts, this is what they have always wanted to say.

Dear daughter/son,

I want you to know that no matter what happens in your life or where your path takes you or takes me, I will always love you, support your decisions and stand by you with respect and acceptance for your choices.

I want you to know that I am grateful for you as you have filled a place in my heart with extreme joy and happiness that no one but you could ever fill.

I want you to know that as the years go by, I watch you become a unique, beautiful spirit with your own ideas, dreams and goals. I am proud of you and thankful for the treasured times we have had together.

I want you to know that my prayer for you is that you love yourself as

continued on page 23



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	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
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

My Stars ★★★★★

FOR WEEK OF JUNE 15, 2020

Aries (March 21 to April 19) Choosing to work with someone you once thought might have been disloyal is a courageous move. The logical next step is to talk things out so there'll be no reason for raising suspicions again.

Taurus (April 20 to May 20) Take your time making a decision about a personal or work-related relationship. New facts are still coming in, and you'll want to know the full story before you take a definitive step.

Gemini (May 21 to June 20) Expect to learn something new about an old problem. This could provide some insight into how the problem began, and why it still defies efforts to find a resolution. Good luck.

Cancer (June 21 to July 22) An uneasy work-related relationship can be eased with compromises by both sides. The parties might consider putting the agreed-upon changes in writing in case of a future misunderstanding.

Leo (July 23 to August 22) Oh, you lucky Felines: Your romantic aspects are in absolutely purrrfect form. Don't be surprised at how especially attentive the ladies and gentlemen in your life are going to be this week.

Virgo (August 23 to September 22) Looking to prove yourself in a difficult situation is laudable. But try paying more attention to advice from experienced contacts. It could help you avoid time-wasting missteps.

Libra (September 23 to October 22) A business decision seems easy enough to make based on what you know. But this week could bring new facts to light, and you might have to do some heavy rethinking.

Scorpio (October 23 to November 21) Feeling sure about the steps you expect to take is great. But you may need to share a few dollops of that confidence with those who have some doubts about your plans.

Sagittarius (November 22 to December 21) A sense of well-being dominates much of the week. A slightly depressed mood could set in on the weekend. But seeing family and friends helps shoo it away.

Capricorn (December 22 to January 19) You appear to be walking your life's path like the sure-footed Goat you are. But someone might feel you could do better. Listen to the advice, but make up your own mind.

Aquarius (January 20 to February 18) With positive signs growing stronger, Aquarians could find themselves facing choices that are each too good to turn down. Best advice: Go for the one you feel most comfortable with.

Pisces (February 19 to March 20) Someone you know might need your comfort and wisdom during a particularly difficult period. Your encouraging words help restore self-confidence and rebuild strength.

Born This Week: Your kindness to all who need you is always appreciated and sets a fine example for others to follow.

MOMENTS IN TIME

• On June 27, 1939, one of the most famous scenes in movie history is filmed – Rhett Butler and Scarlett O'Hara parting in *Gone with the Wind*. Director Victor Fleming also shot the scene using the alternate line, "Frankly, my dear, I just don't care," in case the film censors objected to the word "damn." The censors approved the movie but fined producer David O. Selznick \$5,000 for including the curse.

• On June 22, 1944, President Franklin Roosevelt signs the GI Bill, giving returning World War II veterans a range of benefits, including money for college tuition, living

expenses and books.
• On June 26, 1959, the St. Lawrence Seaway is officially opened, creating a navigational channel from the Atlantic Ocean to Duluth, Minnesota. The system of canals, locks and dredged waterways extends for nearly 2,500 miles.

• On June 28, 1969, a police raid of the Stonewall Inn, a popular gay club in New York's Greenwich Village, turns violent as patrons and local sympathizers begin rioting against the police and throwing bottles. It's now remembered as one of history's first major protests for LGBT rights.

• On June 23, 1972, Title IX of the education amendments of 1972 is enacted into law. Title IX prohibits federally funded educational institutions from discriminating against students or employees based on sex in all areas, including athletics.

• On June 24, 1993, Yale professor David Gelernter is seriously injured when an envelope explodes in his hands. That bombing, along with 14 others since 1978 that killed three people and injured 23 others, was eventually linked to Theodore Kaczynski, the Unabomber.

• On June 25, 2009, Michael Jackson, one of the most successful entertainers in history, dies at age 50 at his home in California. Jackson suffered cardiac arrest caused by a fatal combination of prescription drugs given to him by his personal doctor.

NOW HERE'S A TIP

• Window frames can be tricky to clean. And they are a magnet for dust and dirt, or worse – condensation that can lead to mold. To get into the crevices, employ a toothbrush sprayed with a tiny spritz of furniture polish. It works!

• "Firing up the grill? Don't get hasty. Preheat. Cooking times are based on an even cooking temperature, and you'll get that good sear on your steaks or chicken. Use a grill thermometer and you'll know when just the right time is to put dinner on the grill!" – TE in South Carolina

• Ever wonder how long your peanut butter will last? On the pantry shelf, you can expect it to hold for 7 to 12 months if stored in a cool dark place. After opening, it will last 3 to 4 months in the fridge.

• Smudged mascara? Remove it on the fly with a little bit of lip balm. Simply run your finger over the lip balm, then carefully remove the smudge. You also can put a bit of the lip balm on a tissue and use that instead.

• "I dropped a glass in the kitchen, and there were a ton of small pieces. After I swept up, I wiped the area with a piece of bread, which picked up all the small shards." – WC in Kentucky

• Stick-down carpet tiles are great for making a path from where you park your car in the garage to the door. It makes a nice nonslip surface." – RT in Florida

STRANGE BUT TRUE

• In the 1st century AD, Roman men as well as women used cosmetics – lightening their skin with powder, applying red pigment to their cheeks, and painting their nails, though you'd hardly want to use their form of nail polish today – a nasty mixture of pig fat and blood. They also painted their heads to camouflage bald spots.

• Princess Leia's *Star Wars* hairdo, which she referred to as "hairy earphones" and a "hair don't," was inspired not by bagels but women of the Mexican Revolution.

• Pound cake got its name from its original ingredients: a pound of butter, a pound of eggs, continued on page 22

PUZZLES

Answers on page 23

Super Crossword

“HOW ABOUT HAT!”

- ACROSS**

1 Big appliance brand

6 Bursting, as a balloon

13 Houdini feat

19 Only

21 New York senator

22 Sudden floods

23 Device used in saltwater aquariums

25 Spanish conquistador

26 Filter slowly

27 Cagney or Lacey: Abbr.

28 Seed case

29 Tennis'

30 Took a 46-Across, e.g.

32 "For Me and My Gal" director

35 Marine ink squitters

38 Welsh dog

39 Tic-tac-toe row

40 Some Web site banners

41 Person paid for getting strikes

46 Airport idler

47 Apian abode

48 Try to get

49 Online party summonses

53 Madonna musical

55 The Once— ("The Lorax" character)

56 Gradually slowing, in music: Abbr.

58 Legislate

59 Cozy room

60 Florida school near Daytona Beach

66 Dimple locale

67 Like Capp's Abner

68 Parable, e.g.

69 1977 pact signed by Carter and Torrijos

76 Son of George Bush

79 Painstaking, for short

80 Academic e-mail suffix

81 Tirana's nation: Abbr.

82 Brain holder

84 Hedy of film

86 Just — on the map

89 Diminutive suffix for "part"

91 Mrs. Victor Laszlo, in film

92 Collectible Happy Meal miniatures

96 Nine-digit ID issuer

99 Vienna's land: Abbr.

100 Made a boat move

101 Most twisted, as humor

102 Annual May race

106 Stimulate

107 Artist Renoir

108 Gold, in Italy

109 With 50-Down, rum cocktail

110 Hits with high voltage

114 Small cavern

115 Exceeds limits (or what each of this puzzle's theme items does?)

119 Word before snake or belt

120 Like the jack of hearts

121 In a creepy way

122 Wood dyes

123 Sheets and pillowcases sold as units

124 Rob of "90210"
- DOWN**

1 Some snakes

2 Further

3 Healing plant

4 Bottom line

5 Bristol brew

6 Furtive

7 Suffix with bull or hill

8 Frat letter

9 Fills up the tank, maybe

10 Not budging

11 In poverty

12 Fido's threat

13 Endive type

14 Hybrid utensil

15 A la —

16 Hun name

17 Flattened by hammering

18 Thoreau writings

20 Like "kvetch" or "schmear"

24 Once called

29 Fluffy's cry

31 Not closed, in verse

32 Many miffed fans, vocally

33 Catering hall vessel

34 "Oh, God! —" (1980 film sequel)

35 Made a pick

36 Want badly

37 Venom, e.g.

38 Spotted, musky cat

42 Hush

43 Swiss capital

44 Brothers Phil and Don of pop/rock

45 Wash cycle

50 See 109-Across

51 Outer: Prefix

52 Hogs' place

54 Actor Shawn of "X-Men" films

57 Stand for an idiot box

61 Hollywood's Carrere

62 Ending for pay or Motor

63 Not any

64 Last: Abbr.

65 Have brunch

66 Gem weight

69 Jim Bakker's old ministry, familiarly

70 Finder's cry

71 — de plume

72 Fresh as —

73 Naked

74 Early blues singer Ma —

75 Spanish national hero

76 Singer Andrews

77 "That's someone — problem!"

78 Explosion

83 Unwelcome advice givers

85 Atomic piles

87 Certain wind insert

88 Flowers named for their scent

90 "Charlotte's Web" author

93 H-bomb, e.g.

94 Wall St. manipulator

95 Add up to

96 Singer Ricky

97 Painter Georges

98 Mohair goat

103 — -frutti

104 St. Paul-to-Fargo hwy.

105 Lorna — cookies

106 Huge battle

109 What docs prescribe

111 Quarreling

112 Magnet end

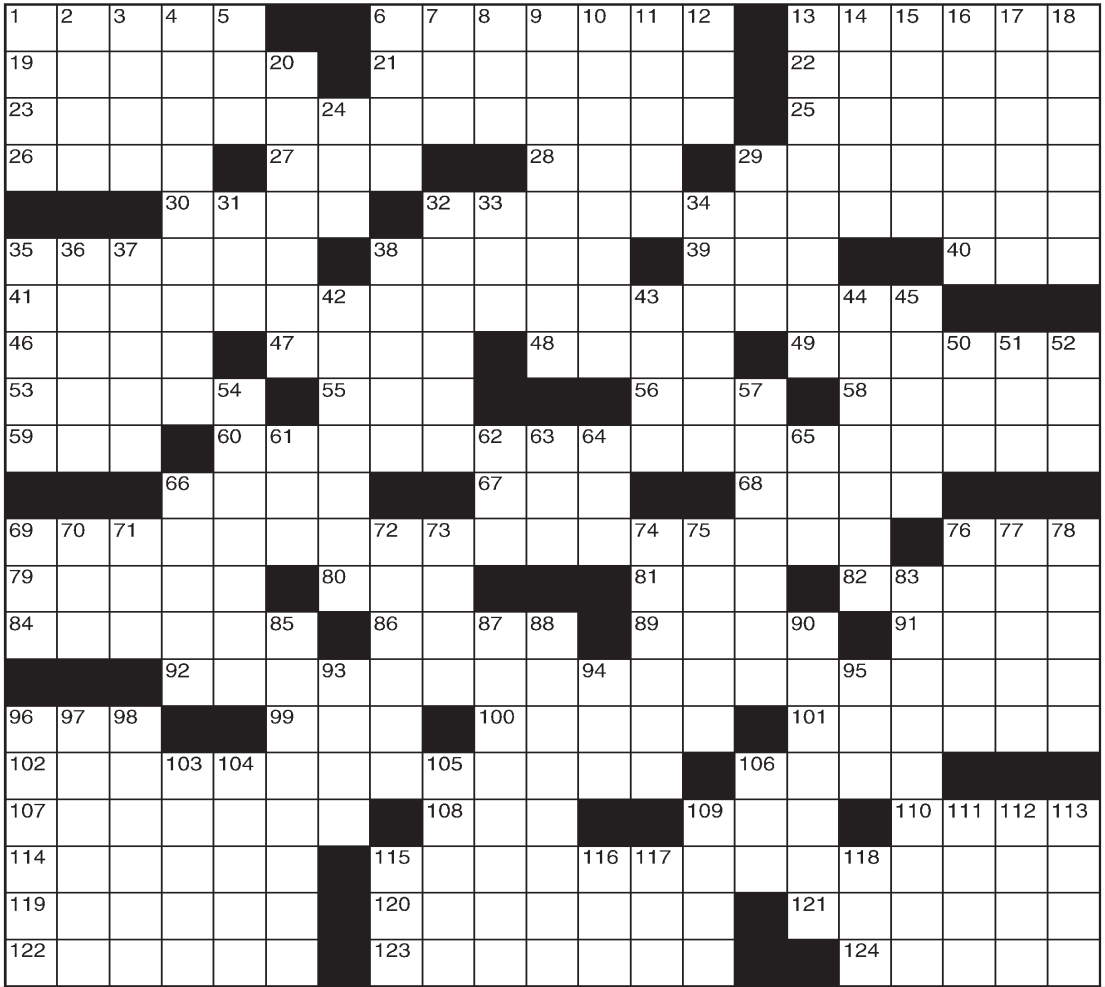
113 1974 CIA spoof movie

115 Hunk

116 "— of little faith!"

117 Critter doc

118 "— haw!"



King Crossword

- ACROSS**

1 Impale

5 Father

8 Waller or Domino

12 Operatic solo

13 Playwright

14 "Step —!" ("Hurry!")

15 Kindly bloke

16 Make a mock-up of

18 I before E except —

20 Draw forth

21 Doesn't feel good

23 Overly

24 Kiss

28 Winter forecast

31 Debt notice

32 Detroit team

34 Payable

35 Calm before the storm

37 Vary a tone

39 Winning hand's winnings

41 Cupola

42 Notlikethis

45 Random drawing?

49 Count

51 Require

52 Right angles

53 Knight's title

54 On the rocks

55 Encounter

56 Skirt terminus

57 "Finding Nemo" character

7 Knighted woman

8 Page numbers

9 Big snake

10 South American monkey

11 Undo a dele

17 Last (Abbr.)

19 Small stream

22 Remained upright

24 Lubricant

25 Old French coin

26 Guilty

27 Germ layer

29 Result of three strikes

30 Tiny

33 Wrestling style

36 Noisy swarm-er

38 Nikita's successor

40 — Aviv

42 Branch

43 Wan

44 Morse morsel

46 Retro art style

47 Lecherous look

48 Vortex

50 Dead heat
- DOWN**

1 Long story

2 Not kosher

3 "It — Necessarily So"

4 Flat-bottomed boat

5 Deny

6 "Exodus" hero

MAGIC MAZE ● WORDS NAMED FOR PEOPLE

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

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

- Ampere

Bloomers

Braille

Diesel
- Gerrymander

Hertz

Jacuzzi

Joule
- Ohm

Sandwich

Sideburns

Volt
- Watt

Wisteria

Yogi-ism



Avocado Deviled Eggs with Gator Sausage

- 1 link alligator sausage, sliced thin
- 1/2 cup avocado, mashed
- 1/4 bell pepper, diced small
- 6 boiled eggs
- 1 tablespoon yellow mustard
- 2 teaspoons all-purpose seasoning (your favorite)
- Several dashes hot sauce (optional)
- Sea salt and fresh ground pepper, to taste

Brown gator sausage in small skillet, remove from heat and set aside. Slice eggs in half. Remove yolks and place into medium bowl. Add mashed avocado, mustard, bell peppers, all-purpose seasoning, hot sauce, and salt and pepper. Stir until thoroughly combined and smooth. Fill each egg half with mixture and place 1 piece of gator sausage on top. Serve room temperature or chilled.✱

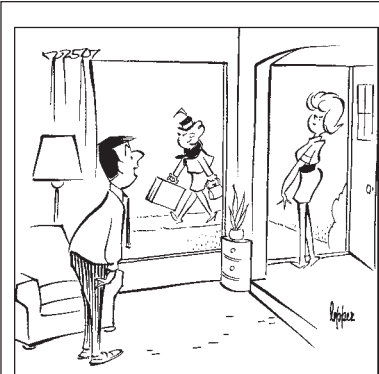


Avocado Deviled Eggs with Gator Sausage

photo courtesy Fresh From Florida

PUZZLES

Answers on page 23



"Honest, honey, I don't know what I said to make your mother angry — but I'll try to _____!"

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!

Angst

AMELIAS

Guard

BORRED

Gift

WODEN

Gourd

TUGMEN

TODAY'S WORD

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

SUDOKU

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

HOCUS-FOCUS


BY HENRY BOLTINOFF




Find at least six differences in details between panels.




Differences: 1. Earring is missing. 2. Man's expression is different. 3. Tree is gone. 4. Shadow is cast on bush. 5. Blade handles are different. 6. Leaves are different.




FRIDAY
Mostly Cloudy
High: 91 Low: 78




SATURDAY
Mostly Cloudy
High: 88 Low: 75




SUNDAY
Cloudy
High: 90 Low: 73




MONDAY
Few Showers
High: 86 Low: 75



TUESDAY
Cloudy
High: 88 Low: 73



WEDNESDAY
Mostly Sunny
High: 86 Low: 75



THURSDAY
Sunny
High: 85 Low: 72

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:19 am	5:03 am	11:46 am	7:31 pm	Fri	1:24 am	5:05 am	10:51 am	7:33 pm	Fri	12:45 am	4:55 am	11:56 am	7:27 pm	Fri	4:29 am	8:19 am	1:56 pm	10:47 pm
Sat	3:14 am	5:24 am	12:18 pm	8:10 pm	Sat	2:19 am	5:26 am	11:23 am	8:12 pm	Sat	1:32 am	5:44 am	12:25 pm	8:15 pm	Sat	5:24 am	8:40 am	2:28 pm	11:26 pm
Sun	4:04 am	5:45 am	12:54 pm	8:50 pm	Sun	3:09 am	5:47 am	11:59 am	8:52 pm	Sun	2:23 am	6:49 am	12:54 pm	9:04 pm	Sun	6:14 am	9:01 am	3:04 pm	None
Mon	1:34 pm	9:32 pm	None	None	Mon	12:39 pm	9:34 pm	None	None	Mon	3:27 am	7:50 am	1:27 pm	9:51 pm	Mon	3:44 pm	12:06 am	None	None
Tue	2:18 pm	10:17 pm	None	None	Tue	1:23 pm	10:19 pm	None	None	Tue	4:32 am	8:53 am	2:11 pm	10:35 pm	Tue	4:28 pm	12:48 am	None	None
Wed	3:08 pm	11:02 pm	None	None	Wed	2:13 pm	11:04 pm	None	None	Wed	5:22 am	9:50 am	3:20 pm	11:17 pm	Wed	5:18 pm	1:33 am	None	None
Thu	6:45 am	9:05 am	4:03 pm	11:49 pm	Thu	5:50 am	9:07 am	3:08 pm	11:51 pm	Thu	6:03 am	10:41 am	4:45 pm	None	Thu	8:55 am	2:18 am	6:13 pm	12:21 pm

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PETS OF THE WEEK

Lee County Domestic Animal Services

Rolo And Roger



Rolo ID# A820136

Lee County Domestic Animal Services (LCDAS) adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. The center is open Monday through Friday from 10 a.m. to 4 p.m.
Hello, my name is Rolo. I am a 4-year-old male chihuahua who has quickly become a staff favorite due to my sparkling personality and roly-poly way that I totter over to you. Of course, I do need a bit of a weight loss and exercise plan. My former



Roger ID# A819916

family overfed me, and I need a healthier lifestyle. My adoption fee includes neuter, microchip, up-to-date vaccinations, county license and a 10-day health check.
My adoption fee is \$75.
Meet Animal Services' very own Roger the Rabbit. Hi, I'm a 2-year-old male shorthair rabbit who is an adorable pint-sized cutie. I am very content being held or just to chew on a nice treat or carrot.
My adoption fee is \$5.
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.leegov.com/animalservices or call 533-7387.

From page 18

Strange But True

a pound of flour and a pound of sugar.
• Beat author William S. Burroughs' novel *Naked Lunch* was supposed to be called *Naked Lust*. He decided to change the title after fellow Beat writer Jack Kerouac mispronounced the original one.
• In 2009, 59-year-old Italian neurosurgeon Claudio Vitalae had a heart attack in the middle of performing a brain surgery. He powered through it when he realized his patient would never recover if he stopped, despite the urging of his staff and his chest pains worsening. Half an hour after finishing the surgery, Mr. Vitale had an angioplasty, later telling the press, "I'm not a hero, I only did my duty."
• The first documented use of toilet paper dates to 6th century AD China.
• No U.S. president has ever died in the month of May.
• Alcatraz was the only prison to offer its inmates hot showers, but don't make the mistake of thinking that had anything to do with showing kindness to the prisoners. Rather, the assumption was that if they were used to hot shower water, they'd be unable to cope with the frigid waters of the San Francisco Bay and deterred from an escape attempt.

THOUGHT FOR THE DAY

"I cannot teach anybody anything. I can only make them think." – Socrates

TRIVIA TEST

1. **Geography:** Denali is the highest mountain on which continent?
2. **Games:** What color of property is Connecticut Avenue in the board game Monopoly?
3. **General Knowledge:** Gracie Mansion is the official residence of which elected official?
4. **Movies:** Which 1980s movie tagline was "the first casualty of war is innocence"?
5. **Math:** What is the only number that is twice the sum of its digits?
6. **Animal Kingdom:** What is a dolphin baby called?
7. **Astronomy:** Which planet in our solar system spins the fastest on its axis?
8. **Language:** What is a bugaboo?
9. **Television:** What was the family's last name on *The Cosby Show*?
10. **Food & Drink:** What kind of flower produces vanilla pods?

TRIVIA ANSWERS

1. North America 2. Light blue 3. New York City mayor 4. Platoon 5. 18 6. Calif 7. Jupiter 8. An imaginary object of fear 9. Huxtable 10. Orchid

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Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.
Hold the fish in the water while you unhook it if you're going to release it.
The less you can touch a fish before release the better for the fish.
If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.
Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
Florida residents as well as out of state visitors need a fishing license to fish from shore.

From page 17

Beautifulife

well as others. And, someday find a love that you can share with someone special who will treat you with the utmost respect and cherish you every day.

There are so many things I could say, but most importantly, I love you, I am proud of you and I am blessed to have you as my child.

Love, Dad
My affirmation for you this week is:
“I am taking the time to reflect on the importance of fatherhood and celebrate the role of being a dad.”

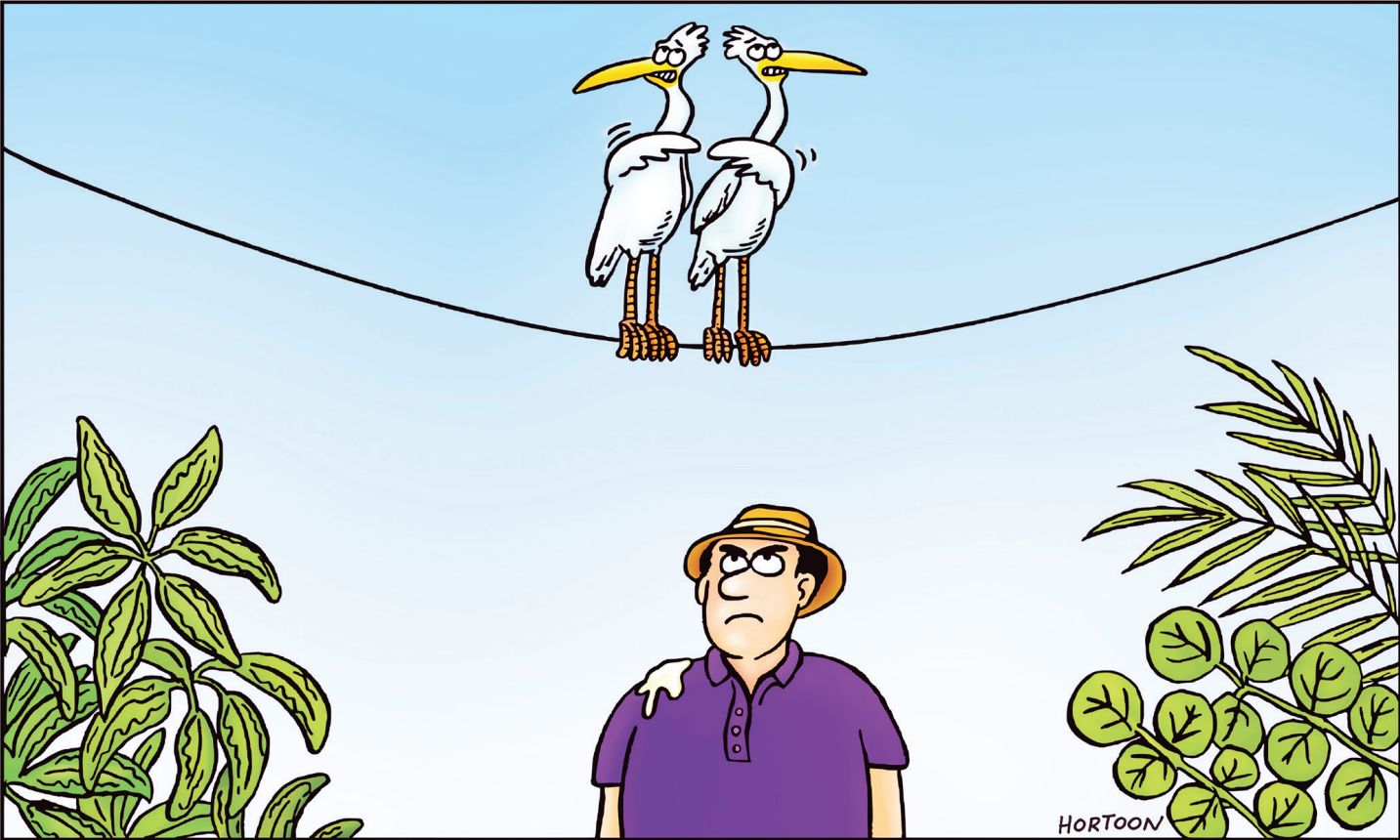
Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✧

SCRAMBLERS

- 1. Malaise; 2. Border;
- 3. Endow; 4. Nutmeg

Today's Word
REMEMBER

HORTOONS



PUZZLE ANSWERS

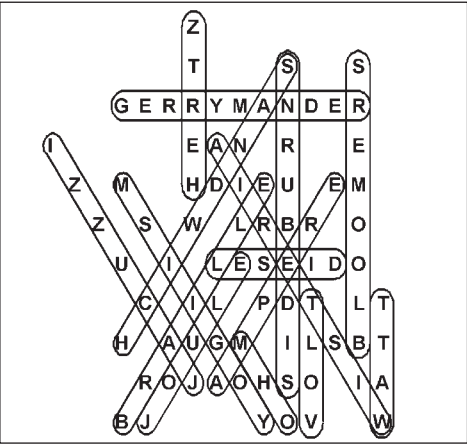
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2008	8,030	\$8,990,000	\$7,550,000	0
Barefoot Beach	Bonita Springs	2011	6,341	\$6,790,000	\$6,200,000	102
Bay Woods	Bonita Springs	2000	14,363	\$5,495,000	\$4,750,000	531
Bonita Beach	Bonita Springs	1998	3,657	\$3,500,000	\$3,100,000	525
Bay Harbour Estates	Fort Myers	2016	5,445	\$2,389,000	\$1,900,000	873
Edgewater	Fort Myers	2000	8,689	\$2,199,000	\$1,750,000	97
Cape Coral	Cape Coral	2015	6,353	\$1,499,000	\$1,420,000	0
Renaissance	Fort Myers	2016	4,073	\$1,295,000	\$1,225,000	274
Cape Coral	Cape Coral	2003	3,344	\$975,000	\$940,000	0
Savona Bay	Fort Myers	2015	3,514	\$874,985	\$835,000	355



Randy Wayne White ©

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