



Southwest Florida Symphony Lineup

The Southwest Florida Symphony recently announced its 2021-22 season lineup of performances. The highlight of the symphony's 60th anniversary season, Diamond Jubilee, is the impressive list of guest conductors who will lead the orchestra during an artistically transitional year. In addition to celebrating a milestone anniversary, the orchestra will embark on a search for its new music director after the pandemic forced the postponement of the search process last season. Guest conductors include Maestro Vladimir Kulenovic, Maestra Laura Jackson, Maestro Stephen Mulligan and Maestro Radu Paponiu.

In addition to initiating its search for new artistic leadership, the symphony bookends its 60th season with a high energy Pops Series featuring "experience artists" that pay tribute to some of the greatest music of the '70s: The Bee Gees and Elton John.

The Masterworks Classical Concert Series has been curated by all four guest conductors along with the guidance of Bob Moir, the orchestra's music director search consultant. The series will feature works like Stravinsky's *Firebird Suite*,



Vladimir Kulenovic photo provided

Beethoven's *Symphony No. 7* and Haydn's *Cello Concerto No. 1*.

The Pops Series honors symphonic classics of a different kind – the sweeping strings of the disco era with The Music of The Bee Gees on October 23 and the Music of Elton John on April 30.

Holiday Pops programs travel to venues throughout Lee, Charlotte and Collier counties from December 1 to



Laura Jackson photo provided

14. Holiday string quartet performances will take place at the Sidney & Berne Davis Art Center's annual Festival of Trees, at the Bell Tower's tree lighting and at Mercato's tree lighting in Naples. A larger ensemble will deliver sparkling holiday performances with a big band twist featuring guest vocalist Heather Ivy at the Gulf Theater in Punta Gorda, the Village Church at Shell Point and First



Stephen Mulligan photo by Jeff Roffman

Presbyterian Church in Bonita Springs.

The symphony continues its collection of TinyConcerts. The Goldberg Variations will be performed from November 11 to 13, pianist Andrew Armstrong returns to perform with a Southwest Florida Symphony string quartet in VIPiano from March 10 to 13, and guitarist/singer/composer/arranger/storyteller Andrew

continued on page 12



The character Maria in *The Sound of Music*

photos provided

New Season Begins This Fall At Broadway Palm

Broadway Palm Dinner Theatre will feature eight main stage productions, four productions in the Off Broadway Palm, three Children's Theatre productions and five concerts for its 29th season beginning this fall. To watch a promotional video, visit

www.broadwaypalm.com/backstage/media-room.

Broadway Palm's main stage opens on September 9 and shows run through August 13. Prices range from \$50 to \$75 with group and children's pricing available. Performances are Tuesday through Sunday evenings (no Tuesday evening performances May through October) with select matinees. The main stage productions include:

A Night On Broadway (September 9 to October 2) – This all-new musical



The *Wizard of Oz* cast members

revue features the best of Broadway, combining favorites from the past along with the most recent musical hit sensations.

The Sound of Music (October 7 to November 20) – This Rodgers and Hammerstein musical has touched the hearts of audiences around the world for decades.

Holly Jolly Christmas (November 25 to December 25) – This holiday

song and dance extravaganza is perfect entertainment for all ages.

Singin' in the Rain (December 31 to February 12, 2022) – Set in Hollywood in the late 1920s, the story focuses on Don Lockwood, his sidekick, Cosmo Brown, aspiring actress, Kathy Selden, and Lockwood's leading lady, Lina Lamont, who's less-than-pleasant vocal tones make her an improbable contender

continued on page 14

Historic Downtown Fort Myers, Then And Now:

Short Street With Long History



by Gerri Reaves, PhD

Tournament Street might be short in length – only from McGregor Boulevard to Victoria Avenue – but it’s long on history.

In the mid-1880s, it didn’t exist as an actual street, but there was a Tournament Park at the location before a subdivision was platted.

When this circa-1940 photo was taken, the street was residential, with single-family homes as well as rented rooms.

Starting in 1931, the First Christian Church occupied an imposing presence on the

northwest corner at McGregor.

In the early days of Tournament Park, community celebrations were held there.

At the 1885 annual Christmastime jousting tournament, knights on horseback competed for the favor of fair maidens in what was more a field than a true park.

The event combined cowboy skills with the chivalry and gallantry of a knight in shining armor. Fortunately, the competition was redesigned to be just fun and nonviolent.

Later in the evening at the royal ball, Mamie Wilson was the Queen of Love and Beauty.

In 1896, more than 1,500 people attended a Fourth of July celebration that included a barbecue, races, ballgame and contests, all to the music of the Fort Myers Brass Band in their new white duck uniforms.

Nearly everything has changed on Tournament since 1940. Only one historic home remains standing and, over the years, the church has expanded and is the major presence on the street.

But perhaps the most striking change of all is the northward horizon over the Caloosahatchee, where the condo towers of High Pointe Place stand.

There is one thing on Tournament, however, that hints at those long-ago days of general celebrating in Fort Myers. The large open space with a gazebo seems to ask, “Anyone up for some jousting or a picnic?”

Visit Tournament Street and imagine a big pioneer celebration with jousting knights on horseback.

Then visit the following research centers to learn more about little streets with big histories.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. 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. Call 332-8778 for post-pandemic hours or visit www.leecountyblackhistorysociety.org. Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

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



Today, the northward view is filled with condo towers and the main presence on Tournament is the First Christian Church’s school
photo by Gerri Reaves



Circa 1940, Tournament Street was residential. The view is northward toward McGregor Boulevard.
photo courtesy Bob Clark

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THE RIVER
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FROM THE BEACHES TO DOWNTOWN FORT MYERS



Hot Flashz dancers at a previous MangoMania

photo provided

Dance Troupe To Perform At MangoMania

The Hot Flashz, a troupe of women all over age 45, will hit the stage with maracas, song and dance to entertain the crowd at MangoMania 2021 at the Fishers of Men Lutheran Church on Saturday, July 17 at 2:30 p.m.

MangoMania 2021 is an annual tropical fruit fair. This year, Mango Queen DJ Ruscik joins the dance team as a celebrity guest dancer. Participants can dance with the Hot Flashz during the Mangorena.

The Hot Flashz raise money to help support their primary charities: Camp Boggie Creek, a Florida camp for children

with life-threatening illnesses that was founded by the late Paul Newman and General H. Norman Schwarzkopf. They also support Special Operations Warrior Foundation, a Tampa-based organization that provides full college scholarship grants as well as education and family counseling to the children of military personnel who die in service. They also provide immediate financial assistance to severely wounded military and their families. The Hot Flashz also support the SWFL Military Museum in Fort Myers, the Brotherhood of Heroes in Cape Coral and the Military Heritage Museum in Punta Gorda.

Fishers of Men Lutheran Church is located at 10360 Stringfellow Road in St. James City. Interested in becoming a member of the Hot Flashz cast, call Marjean at 482-6252 for more information.✧

Local Students Participate In Career Fair

Junior Achievement (JA) of Southwest Florida recently hosted its final two JA Inspire events for local students on June 10 and 11. Combined with the March 24 event, JA provided more than 9,000 Collier and Lee County School District students the opportunity to explore potential career paths and connect with local employers for the high-wage and high-demand jobs in Southwest Florida.

"JA Inspire helped me a lot in looking for universities and deciding my future career," said one student participant. "The expo was entertaining, and I was able to see information more clearly with this program. I actually made some changes to my career choice based on what I found out using JA Inspire."

After completing explorative lessons integrating work and career readiness, including a personalized career assessment, students attended the interactive virtual career expos, exposing them to various industries, career opportunities and required education levels in Southwest Florida. Students participated virtually in webinars

and presentations and explored career booths from multiple industries, including technology, business and finance, hospitality and tourism, and health and life sciences.

"I have been involved in many great JA programs as a teacher over the decades, and the JA Inspire program was truly awesome in its design," said Lynn Shearer, a teacher at Manatee Middle School. "The virtual expo day was the best interactive program my students experienced this year. Our students were empowered to think about their future, and it allowed them choice and voice."

Sponsors for JA Inspire included Impact Sponsors Bank of America and Suncoast Federal Credit Union, Gamification Sponsor Publix Supermarket Charities, and Leaders of Tomorrow Sponsors Entech and Moorings Park.✧

Honor Society Inductee

Kelli Dauphinais of Fort Myers was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Dauphinais was initiated at University of Central Florida.✧

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Fort Myers Art:

Another Terrific Vocal Performance



by Tom Hall
Autumn Pepper Rhodes plays Sherrie Christian in Melody Lane Theater Department's production of *Rock of Ages High School Edition*, directed by Dana

Alvarez, with choreography by Sami Doherty.
Sherrie is just a small town girl from Kansas who comes to Los Angeles to be an actress (think Penny Teller, the small town girl from Nebraska who comes to California in hopes of becoming an actress in *The Big Bang Theory*). Right off the bus and a welcome-to-LA mugging, she is befriended by Drew Boley, who gets her a job at the legendary Bourbon Room. He's an aspiring rocker determined to become a jukebox hero. Although the duo has undeniable chemistry, he cannot afford any romantic distractions, so he friend zones Sherrie.
"Then this rock star comes into town named Stacey Jaxx and she's infatuated



Autumn Pepper Rhodes

with him, but he's a douche," Rhodes said. "So there's that conflict and this love triangle between Sherrie, Jaxx and

Drew."
It's a big part and Rhodes is up to the challenge not just as a singer, but

an actor as well. She's endearing as the naive Midwesterner who is forced to grow up fast in LA's fast-paced rock 'n' roll world, where hearts are broken and dreams regularly dashed. But this is one girl who does not need rescuing by either rocker. Sherrie Christian is fully capable of saving herself. But that said, Rhodes can rock the house vocally and she's perhaps at her best in an act two duet with love interest Drew (Jeremy Garzon).
Melody Lane audiences last saw Rhodes in the *25th Annual Putnam County Spelling Bee*, where she played the part of Olive Ostrovsky. There, she performed the most poignant song in the show. Her vocals have only improved since then.
Rhodes is a theater major at Cypress Lake High School Center for the Arts. A frequent performer, her favorite roles include *The Bakers Wife* in *Into the Woods Jr.* and Tracy Turnblad in *Hairspray Jr.*
Melody Lane Performing Arts Center is located at 75 Mid Cape Terrace in Cape Coral. For more information, visit www.melodylancepac.com or call 220-9527.
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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The finale scene of *The True Story Of The 3 Little Pigs*

photo provided

Classic Fairy Tale Musical At Children's Theater

Broadway Palm Children's Theatre is showing *The True Story Of The 3 Little Pigs* during selected matinees through August 6. Performances include a lunch buffet beginning at noon, while the show starts at 1 p.m.
Remaining shows are Friday, July 16; Sunday, July 18; Thursday, July 22; Friday, July 23; Sunday, August 1; Thursday, August 5; and Friday, August 6. Cost is \$19 per person. Group rates are available for parties of 20 or more.

Enter the jury box and decide the fate of Alexander T. Wolf in this musical adaptation of the hit children's book.
There are two sides to every story and when the big, bad wolf takes the stand in Piggsylvania's Trial of the Century, his voice is finally heard. Will the pigs' splashy puppet show make a puppet out of justice or is the wolf's catchy song and dance about a sneeze gone wrong all razzle-dazzle? You become the jury and decide if the wolf is guilty or not guilty!
Broadway Palm Children's Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information and tickets, call 278-4422, visiting www.broadwaypalm.com, or stop by the box office.✧



Hailey Garfinkel and Samantha Guterman at ESP summer camp

photo provided

Experiencing Summer Camp For The First Time

University of Georgia student and Baltimore, Maryland native Hailey Garfinkel spends her free time volunteering with the nonprofit Extra Special People, Inc. (ESP), a community of support for individuals of all abilities. Garfinkel also hosts Hailey's Healthy Hangouts, a Zoom two-hour class for people with disabilities across the U.S.

During the COVID-19 pandemic, many of Garfinkel's friends with disabilities had gained weight and were feeling depressed, so she started her Healthy Hangouts as a one-hour class of exercise and fitness, and one hour of discussing their day. The Zoom class started with six of Garfinkel's friends and turned into 47 participants across the U.S. from Florida, California,

Georgia and Maryland.

Garfinkel's grandparents live in Fort Myers and are friends with the Gutermans, whose granddaughter has a disability. Through word of mouth, Garfinkel's grandparents encouraged Samantha Guterman to join Garfinkel's Zoom class. A friendship was formed and the two would talk every day.

Garfinkel would tell Guterman about ESP summer camp because she was working on staff this summer and many participants in her class were also ESP campers. Garfinkel convinced Guterman's parents to let her experience ESP camp and stay the week with her, 602 miles from her home in Fort Myers. Guterman had never stayed the night away from home before and had never experienced summer camp.

"There are no programs like ESP near my house. It's so incredible that this place is around to make people like me feel happy and accepted. I've never experienced everyone cheering me on before and have never felt so heard," said Guterman.✱

Symphony Opens Inaugural Summer Orchestra Camp

The Southwest Florida Symphony Youth Orchestra will open its first-ever Summer Orchestra Camp in Fort Myers, a one-week intensive music camp with six different conductors, masterclasses and a final free donation-based concert at the symphony artistic center at Bell Tower on Friday, July 16 at 2:30 p.m. The public is invited to attend the concert.

After reviewing audition applications from students all over the area, the final group of bright young musicians ages 13 to 17 has been selected.

Conductors will include Katrina Rozmus, a Southwest Florida Symphony violinist who also performs with the Sarasota Orchestra and The Naples Philharmonic, as well as Nathan Fish, an area French hornist, Florida Gulf Coast University alum and music director at Ida Baker High School. Additionally, a

variety of guest clinicians are scheduled to instruct throughout the week.

The Southwest Florida Symphony Summer Orchestra Camp is for intermediate and advanced-level string players, with the goal to provide quality symphonic training and performance experience for young musicians in the area. The summer camp is a five-day musical experience, with face-to-face music guided by faculty.

Many of the students' \$350 tuition was sponsored by the Symphony Society, the School District of Lee County and private donors. The inaugural year of camp was also made possible thanks to Bell Tower and its neighbors, with boxed lunches made available for campers to purchase from Burntwood Tavern.

While the camp registration period is closed, students can still stay updated with the Youth Orchestra Facebook Page to learn more about fall auditions and the upcoming concert season, which is scheduled to commence on October 26, 2021. For more information on the symphony's 60th anniversary season, Diamond Jubilee, visit www.swflso.org or call 418-1500.✱

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Mallory Rice with Lee Health Foundation officials

photos provided

Cancer Survivors Awarded Full Scholarships

The Lee Health Foundation has awarded the very first Barbara's Friends Scholarships to two local high school seniors. This scholarship is designed to allow childhood cancer survivors and children battling blood disorders to pursue their academic goals without financial burden.

Receiving this year's Barbara's Friends Scholarships are Michelle

Glarum, a senior at North Fort Myers High School who is living with sickle cell disease, and Mallory Rice, a brain cancer survivor and student at Cypress Lake High School. Both Glarum and Rice will receive full four-year scholarships to the college of their choice. Both students are looking at Florida colleges. The scholarships are administered through the Southwest Florida Community Foundation.

"Pediatric cancer patients and their families face personal and financial hardships that impact them for the rest of their lives. We created this scholarship to give these survivors the



Michelle Glarum with Lee Health Foundation officials

ability to follow their dreams without their families worrying about how to pay for college. Michelle and Mallory are exceptional young women, and I hope these scholarships help them accomplish all of their academic and professional goals," said Dr. Emad Salman, regional medical officer at Golisano Children's Hospital of Southwest Florida.

Glarum plans to attend State College of Florida Bradenton with a goal of becoming an occupational therapist. She she wants to help others overcome their challenges and obstacles in living with pain, and share her lifelong

learnings of coping with her own blood disorder to help others. Rice plans to start her college career at Florida Southwestern State College and wants to go into the education field, helping children with special needs.

These two scholarships were made possible by generous donations from Lexington Country Club and Madisen's Match, a celebrity tennis tournament fundraiser. For more information about Barbara's Friends or to make a donation to help fund treatments or future scholarships for children like Glarum and Ruce, visit www.barbarasfriends.org.✧

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.

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.

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

For summer (June, July, August) 7:30 p.m. Friday Shabbat services every week. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

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.

REDEEMER CHURCH

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 9 and 11 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.

FORT MYERS CHRISTIAN CHURCH

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.

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IONA-HOPE EPISCOPAL CONGREGATION

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JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue,

481-1143.

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambogodchurch.net, 19691 Cypress View Drive, 267-3525.

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.

SAMUDRABADDA BUDDHIST CENTER

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ST. FRANCIS XAVIER CATHOLIC

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SAINT JOHN THE APOSTLE

METROPOLITAN Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.

TEMPLE BETH EL 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.tjsfwl.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.

THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

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 @islandsunnews.com or call 395-1213.✧



Northern mockingbirds feasted on this royal palm fruit just prior to this photo being taken
photos by Gerri Reaves

Plant Smart

Leave Palm Inflorescences For Wildlife

by Gerri Reaves

Removing the flowers and fruit of native palms like cabbage palm (*Sabal palmetto*) or royal palm (*Roystonea regia*) is a common practice. Plant experts advise that doing so does little or no damage to the palms. However, before you automatically



Abundant fruit and flowers exist simultaneously in various stages of growth on the cabbage palm, a boon for birds, butterflies and other wildlife

and prematurely remove the flower and fruit stalks, consider the cost to wildlife and your pocketbook. Also consider that the palms are self-pruning. Native palms aren't just decoration for the landscape. They are habitat and food sources for a host of native wildlife. Songbirds and woodpeckers rely on them, as do a variety of pollinators, such as bees and butterflies. Bats and treefrogs also utilize them, and some animals build nests in the crown. Cabbage palm's abundant blue-black berries provide food for birds, including herons, gulls, crows, woodpeckers and

blue jays. Mammals such as squirrels, deer and reptiles are a few of the other animals that depend on the tree. Beetles and bees visit the creamy flowers for nectar and pollen. All of these benefits make it clear why this palm is Florida's state tree. Royal palm's abundant red berries also provide food for wildlife, and the stately palm is the larval host plant for the monk skipper. When securing your property for the storm season, remember that while it might be advisable to remove loose cabbage or royal palm fronds for safety, removing green living fronds should be

left on the tree to photosynthesize and nourish the plant. Besides, removing live fronds actually renders the palm more vulnerable to wind damage. Palms stripped of flowers and fruit are food deserts for wildlife striving to survive in compromised ever-shrinking habitat. So, leave those beautiful fragrant flowers on the palms and support our native wildlife. Sources: <https://ffgs.ifas.ufl.edu> and www.fnps.org. *Plant Smart explores the diverse flora of South Florida.*✧



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Post-Elsa Action



by Capt. Matt Mitchell
After a few rain days off of work due to effects of Elsa, we experienced cooler water temperatures once back at it and it did wonders to fire up the fishing. The western side of the

bay and beaches was stirred up for several days while the eastern side of the sound remained remarkably clear. Dirty stirred-up water in the passes does wonders for the snook bite, while trout fishing in the clear water of the sound was also a good choice. For as much rain and wind that we had, things quickly got back to normal after a few days and tide cycles.

Snook and redfish action was strong around the passes while the water was still sandy and cloudy from the rough conditions of the storm. Some days, the better bite came while drifting the passes, while other days it was better from a stationary boat. Often, working a whole shoreline is what it took to pick away at some really quality fish. After returning to these same shorelines for several days on the same incoming tide period, clients caught both snook and redfish over 30 inches.

Grunts and pinfish have remained the baits of choice when going in and around the passes. When I fish mangrove shorelines close to the passes, I prefer

to tail-hook these baits by pitching them under the structure. This method makes the bait swim under the trees while they put out lots of vibration. When the tide is moving really fast or you're drifting, try adding a split shot up on the leader and hook the bait through the mouth to keep them skipping along the bottom. Getting the presentation down changes by the day and tide, so mix it up until you get it dialed in.

Tarpon are still around, though not in the huge numbers they have been the past few months. They have become a little harder to locate, but if you are willing to put in a little more search time, the effort can and will pay off. While running a tarpon trip over the past weekend, I was surprised at how few other boats where tarpon fishing. After a few stops, I did find some slow-rolling fish in the bay. We snuck up on them and jumped three under a float all on pinfish. Unfortunately, we just could not get one to stick. These post-spawn fish just feed better then they do in the spring.

No matter what species you choose to target, big schools of small fry/hatch bait are marking the way. When you find this tiny bait in the passes, look for snook and redfish to be under it. Out on the flats, the trout will be there. In deeper water, when ladyfish and mackerel are in it, the tarpon should be there too.

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. ☆



Twelve-year-old Nick caught this 31-inch snook while out with Capt. Matt Mitchell this week photo provided

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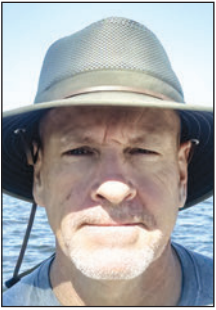
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Dave Doane

CROW Case Of The Week:

Common Gallinule



by Bob Petcher

The common gallinule (*Gallinula galeata*) is a marsh bird with the ability to swim like a duck and the skillfulness to walk on top of floating vegetation due to its large feet and long toes.

You can distinguish between an adult gallinule and an adolescent one by the coloring on its head. Adults have a red shield on their foreheads and red beak, while juveniles have no shield and a brownish-black beak. All common gallinules have a white racing stripe down their backs and white outer tail feathers that help identify them from other rails (small- to medium-sized, ground-living birds).

At CROW, a fledgling common gallinule arrived at the clinic after being found at Palmetto Point in Fort Myers. The patient was unable to walk and was suspected to have a broken leg. Upon admission, veterinarians took radiographs that showed a fracture in its left femur. Pain medication was administered and the patient was not fed in preparation for surgery. Surgery



Patient #21-3743 is sporting a red bandage to cover the external fixator – the pins stabilizing the fracture

photo by Brian Bohlman

to repair the femur was performed the next morning.

"The bird was fed the night before surgery, but it did not receive any feedings the morning of surgery since it would be going under general anesthesia," said Dr. Robin Bast, CROW staff veterinarian. "Just like in people, the stomach should be empty to avoid any complications associated with regurgitation."

During surgery, the patient was put under anesthesia while pins were placed in the leg to properly align the injury.

Antibiotic cream was applied to the pin sites and they were bandaged.

"A small, thin layer of triple antibiotic ointment is applied to the sites where the pins exit the skin for a couple of days post-surgery in order to prevent secondary infection," Dr. Bast explained.

The rehabilitation for such a fracture will depend on a number of factors. The patient's young age will help quicken its healing process.

"It depends on how severe the fracture is, the size and age of the bird,

and what bone in the body is broken," said Dr. Bast. "This bird is younger and smaller, and the femur is fractured, so it will heal faster, over the course of a few weeks."

Remarkably, the bird was seen standing on both legs the day after surgery.

"That is a good sign of a stable surgical repair and good pain control," said Dr. Bast. "Although we don't want the bird to be running around overdoing it, it is important for a patient to start bearing weight on the affected leg in order to heal appropriately."

The young gallinule looks to be on the road to recovery, although patience will be needed in the weeks ahead.

"This bird will have regular physical therapy sessions over the next two weeks and, after a callus has formed at the fracture site, the pins will be removed," said Dr. Bast. "The bird will have another week of cage rest and then move to an outdoor enclosure at that time to continue doing its own physical therapy."

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.

Donor Makes Pledge To Help Shelter Dogs

The Cape Coral Animal Shelter (CCAS) recently announced that a donor has pledged to match all funds raised (up to \$10,000) to treat heartworm positive shelter dogs.

Heartworm is a serious illness that results in severe lung disease, heart failure, other organ damage and death in pets, mainly dogs. It is caused by a parasitic worm called *Dirofilaria immitis* and spread through the bite of a mosquito.

Since opening in 2020, CCAS has saved the lives of 86 dogs that were heartworm positive. Some were diagnosed when they arrived, others were knowingly pulled from municipal shelters or other rescues who do not have the resources to treat it. Most of those dogs would have been euthanized or suffered a slow, painful death if the disease went untreated. As part of our mission to save lives, CCAS pays the entire cost of treatment for heartworm, even after the dog has been adopted.

Experts believe this year's Florida weather has created an overabundance of deadly mosquitoes not seen since Hurricane Irma. Consequently, it is anticipated the number of dogs CCAS takes in with heartworm will be even higher going forward.

"Saving heartworm positive dogs

is quite a financial burden to shelters, particularly for a brand-new shelter like ours" said Liz McCauley, executive director. "CCAS treats this deadly disease according to the American Heartworm Society Guidelines, which is extremely safe and effective but very expensive. To date, we have spent over \$29,000 just for the drugs to treat the 86 dogs whose lives we saved."

There are other financial considerations when taking on heartworm positive dogs. According to Melanie Waite, director of operations, "Dogs need to remain calm during treatment, which can be up to a year, and there is always the slight risk that the dog may not survive. That tends to scare some people, so these dogs ultimately take much longer to get adopted. Sometimes there are complications which then require other treatments. Dogs come to our clinic for treatment, taking the time of our veterinarian and technicians that could be spent on other shelter animals or clinic patients."

Thanks to the anonymous donor, the "Helping Hearts Fundraiser," will earmark every dollar donated directly to the treatment of dogs suffering from this deadly disease and funds will be matched.

CCAS is located at 325 SW 2nd Avenue in Cape Coral. For more information, visit www.capecoralanimalshelter.com/helping-hearts-fundraiser.

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The orphaned otters were raised at CROW and released in Bonita Springs photos provided

Orphaned Otters Released

Three orphaned North American river otters were returned to the wild on July 9 after being raised at Clinic for the Rehabilitation of Wildlife (CROW). The otters were released at River Park in Bonita Springs.

The orphaned otters have been in care at CROW since they were just a few weeks old. The first otter pup, a healthy young male, was admitted on February 10 after being found on the side of the road in Labelle. A few days later on February 12, a young female otter was transferred to CROW after being initially admitted to Peace River Wildlife Center in Punta Gorda. The female battled pneumonia, but quickly recovered under



The trio of North American river otters back in the wild

the medical care of CROW's staff before joining the male.

North American river otters are very social creatures and otter pups typically remain with their mother throughout their first year of life. Growing up with a sibling is vital to their learning and development of survival skills needed for life in the wild.

In early March, the third otter, a young female, was found alone in a drainage ditch and admitted to the Tampa Bay Raptor Center. She was in good health when she was transferred to CROW on March 10 to be raised with the other two already in care. The three otters quickly bonded.

"As the otters grew, we weaned them onto solid food and introduced them to the water," said Breanna Frankel, CROW rehabilitation manager. "Eventually, they were moved to our outside enclosures where they learned important skills like hunting."

The otters' development in hunting ability was aided by volunteer anglers who donated time to catch and deliver live fish.

"We are so thankful for the amazing people who answered our call for fisherman," said Frankel. "All of the live fish provided for us to feed the otters helped them prepare for this day."*



images provided

FWC Releases Manatee And Sea Turtle Decals

The Florida Fish and Wildlife Conservation Commission (FWC) just released its new 2021-22 manatee and sea turtle decals. These high-quality waterproof stickers feature two different designs and are a fun way for people to support research, rescue and management efforts that conserve these species and spread awareness about the challenges they face.

Each July, the FWC introduces new manatee and sea turtle decals that are available for a \$5 donation. The designs look good on a vehicle's bumper or the side of a boat, and you can also stick them on laptops, water bottles and coolers. Get yours online or when registering or re-registering a vehicle or boat at local tax collector's offices across the state.

"Purchasing a manatee or sea turtle decal and displaying it is a simple way to



make a difference for some of Florida's most iconic, imperiled species," said Ron Mezich, section leader of the FWC's Imperiled Species Management Section. "The financial support directly contributes to their conservation, and displaying it for others to see also helps raise awareness."

Manatees and sea turtles depend on Florida's waterways and coastal habitats. Therefore, preserving Florida's beaches and aquatic ecosystems is a crucial component of species conservation.

These collectible decals help fund manatee and sea turtle conservation efforts and raise awareness about the species and their habitats. For example, when someone calls the FWC's Wildlife Alert Hotline at 888-404-3922 to report an injured, entangled, or sick manatee or sea turtle, FWC staff works with partners to rescue, rehabilitate and release these animals in need.

The decal themes highlight important conservation issues, such as manatee-safe boating and keeping waterways clean. This year's themes include:

"Go slow - Look out below!" This message encourages safe boating around manatees, what to look for while on the

water and shows others that you support Florida's manatee conservation efforts.

"Protect Florida Sea Turtles" shows a leatherback sea turtle swimming among jellyfish. Leatherbacks are true oceanic travelers in the sea turtle world and need your help in keeping the waterways clean so they can keep swimming long distances.

For more information, visit www.myfwc.com/manatee and www.myfwc.com/seaturtle. Select the "Decals" link to order new or past editions of decals. You can also support these species by purchasing a "Save the Manatee" or a "Helping Sea Turtles Survive" license plate at your local tax collector's office. For more information about how to get involved, visit www.wildlifeoflouisiana.org.

Aquifer Storage Plan Online

After receiving input from the public, stakeholders and a review panel, the South Florida Water Management District (SFWMD) 2021 Aquifer Storage and Recovery (ASR) Well Science Plan is now available at https://www.sfwmd.gov/our-work/alternative-water-supply/asr?utm_medium=email&utm_source=govdelivery. This inaugural plan is anticipated to be updated annually to reflect the latest science and best available information on the use of ASR wells in Everglades projects.

SFWMD and the U.S. Army Corps of Engineers developed the plan to support a phased, science-based implementation of ASR wells as part of the Lake Okeechobee Watershed Restoration Project (LOWRP).

Be Aware Of Electrical Hazards For Children

Tropical Storm Elsa has left the area, and every child in town is ready to head outdoors to enjoy what is left of summer. As little and big kids alike take to the outdoors, it is imperative for parents to remind their children of the following outdoor electric safety rules:

Always keep an eye out for overhead power lines and electrical equipment, and never climb on or play near either;

Avoid climbing trees near power lines. Even if a tree doesn't seem to be touching a power line but is near one, that branch could make contact if more weight is added to a branch;

Only fly kites and remote-controlled airplanes in large open areas far away from power lines. If your kite happens to get stuck in a tree near power lines, do not climb it to free your kite. Call your electric utility for help. If you are an LCEC customer, call 656-2300. It is also important to never fly a kite when a thunderstorm is looming;

Never, ever climb a utility pole or tower. Electricity is carried through utility poles and towers and has the potential to kill;

Steer clear of electric substations which house dangerous, high-voltage equipment. If a pet or toy makes it inside of a substation, call your utility provider immediately; and

Water and electricity do not mix.

Visit www.lcec.net for more information on electrical safety and energy saving tips for your home.



Dr. Bradley Green accepts his Global Health Fellowship diploma from Dr. Lee Coghill photos provided

Lee Health Honors Graduating Class

Lee Health recently celebrated the graduation of the Class of 2021 of The Florida State University College of Medicine Family Medicine Residency Program and Global Health Fellowship. The residency program, based at Lee Memorial Hospital, was created to address an expected national shortage of primary care physicians. This issue is compounded locally by a rapidly growing aging population. “Congratulations to this year’s graduates. It’s very exciting to celebrate our seventh graduating class of the



Dr. Alice Shallcross accepts her Global Health Fellowship diploma from Dr. Lee Coghill

program,” said Alfred Gitu, MD, program director of the residency program and global health fellowship at Lee Health. “Southwest Florida is underserved when it comes to the number of primary care physicians. We are proud to report that some of our graduates from the class of 2021 are staying to practice medicine locally.” This year’s graduates include: Dr. Kathleen Dixon, who will join AdventHealth in Orlando Dr. Tatianna Pizzutto, who will join Bardmoor Family Practice in Largo Dr. John Schmidt, who will join Lee Physician Group College Pointe location in Fort Myers Dr. Miri Shlomi, who will be working



From left, Dr. Tyler Spradling, Dr. Katie Dixon, Dr. Diana Sitar, Dr. Tatianna Pizzutto, Dr. Miri Shlomi, Dr. Renee Wong and Dr. John Schmidt

part time as a hospitalist in Boston, Massachusetts Dr. Diana Sitar, who plans to remain in Fort Myers to practice family medicine Dr. Tyler Spradling, who will join Lee Physician Group Bonita Urgent Care location in Estero Dr. Renee Wong, who will join Parrish Medical Center on the space coast of Florida Dr. Bradley Green, Global Health Fellow, who will join a residency program as faculty in Alabama Dr. Alice Shallcross, Global Health Fellow, who will join a residency program as faculty in New Mexico The residency program provides 36 months of training, which is divided into four-week blocks. These rotations are completed at Lee Memorial Hospital, HealthPark Medical Center and Golisano Children’s Hospital of Southwest Florida. The program began with its inaugural class in July 2014. In December 2016, the residency program was approved for expansion from 18 residents to 24 and received continued accreditation from the Accreditation Council for Graduate Medical Education (ACGME) for the next 10 years. This year’s graduating class brings the total number of graduates to 32, with 18 physicians choosing to continue practice in Southwest Florida.✪



Heitman Building, November 2020

Retail Returns To Iconic Building

The River District is blossoming into one of the trendiest places in Southwest Florida. Located along the Caloosahatchee, the downtown area is in the midst of a full revival, which is giving new life to the historic buildings

from the 1920s building boom. Soon, the ghosts of moguls Richard Warren Sears and Alvah Curtis Roebuck will be celebrating as Goodwill Industries of Southwest Florida (SWFL) brings retail back to the iconic downtown Sears & Roebuck store. Sears was once the largest retailer in the United States. “We are relocating our Goodwill boutique to the old Sears store, the other

side of the Sidney & Berne Davis Art Center (SBDAC), so we can be included in all of the downtown activities,” said John Nadeau, Goodwill SWFL CEO and president. “The larger footprint will allow us to add an art gallery and a fun book department, which will be a nice addition to our current selection of apparel.” Rebranded as “blue,” the Goodwill boutique is moving into the corner of the Bradford Block (previously RE/MAX real estate), and set for a ribbon-cutting ceremony on Friday, July 16 at 5 p.m., just prior to the next downtown Music Walk. Thanks to a full schedule of events offered by the SBDAC and the River District Alliance, lots of culinary offerings and unique shopping opportunities, the new art gallery and book department will be an added value for visitors. “Our boutique carries designer labels and better brands at discounted prices,” said Nadeau. “We look forward to expanding our offerings to shoppers with the new additions.” Local Fort Myers historian Gerri Reaves will be kick off the ribbon-cutting ceremony with a brief review of the Heitman Building history in the downtown River District.✪

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Collaboratory Vista Member And Interns

Collaboratory recently welcomed its first AmeriCorps VISTA member and three interns from the University of Michigan School of Information (UMSI).

Since 1965, over 220,000 AmeriCorps members in the Volunteers in Service to America (VISTA) program have joined the fight against poverty by helping local organizations expand their capacity to make change. Thanks to a partnership with the Southwest Florida Regional Planning Council, Avery Harrison will be Collaboratory's first-ever VISTA member to serve the organization full-time for a year.

Harrison earned his bachelor's degree in communication design from Southern Illinois University Carbondale. He is currently serving with the Army National Guard and occasionally volunteers with the American Red Cross. He will be working as a Collaboratory associate in order to gain experience in the nonprofit sector and become more knowledgeable of the tools involved in creating change. Harrison will also help to increase Collaboratory's capacity to secure grants and other financial



Avery Harrison



Nicole Fairchild Azevedo

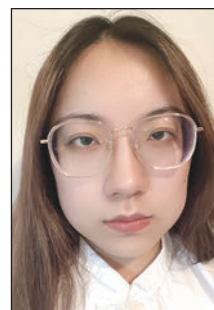
resources that support collective efforts to improve social, environmental and economic outcomes. He will also enrich Collaboratory's ability to convene stakeholders and co-design innovative solutions to social, environmental and economic challenges facing the region by enhancing volunteer impact and improving the organization's data infrastructures.

Collaboratory has a strong partnership with UMSI and regularly hosts their students to complete high-impact projects. This summer, the team will complete a cultural research and archiving project to support the team in efforts to detangle complex and interconnected social problems in the region.

The USMI students include Niki Fairchild Azevedo, Leen Habbal



Leen Habbal



Lingyu Zhao

and Lingyu Zhao, all working with Collaboratory virtually through the end of July.

As a fashion designer and film/television production designer, Azevedo has engaged the art and commerce worlds internationally. As a nonprofit professional, she has traveled the world in an effort to make a difference. Now, as a master of integrative design student, she aspires to transform means of production to both resolve global inequity and advance sustainability. At the Fashion Institute of Technology, she earned an associate's degree in accessories design and fabrication. She also completed studies at the New College of Florida, where she earned a bachelor's degree in fine arts. Following her education, she opened a designer collective in SoHo in New York, called Burrow. After several years, she returned to the creative helm as an independent designer and creative director for international firms.

Habbal is an incoming second-year master's student at the University of Michigan pursuing a masters of science in information with a specialization in user experience research and design/human-computer interaction. She received her undergraduate degree from UCLA in communications and entrepreneurship and started her professional career in marketing.

Zhao is a first-year master's student studying information science with a focus on UX design. Her career goal is to become a UX designer or consultant that helps solve problems, especially with technology. As an international student, she has studied abroad in the U.S. for four years and participated in three study abroad programs in Europe. With the experience from different cultural backgrounds, she realized that mutual understanding is the key to effective communication. In her professional field, understanding technical issues, as well as the key information from any situation, is equally important.

Collaboratory is a community foundation that uses the sustainable development goals as a framework to identify and overcome Southwest Florida's greatest challenges. The goal of this project is to increase Collaboratory's capacity to cultivate regional change for the common good throughout Hendry, Glades, Charlotte, Lee, and Collier counties in Southwest Florida.

For more information, call 274-5900 or visit www.floridacommunity.com.

Homeless Coalition Hires Executive Director

Therese Everly has been selected as the new executive director for the Lee County Homeless Coalition. She will succeed Janet Bartos, who is retiring at the end of August after 14 years leading the organization.

Everly has been a resident of Lee County since 1975 and is passionate about Lee County. She has worked in various aspects of non-profit and health care organizations for over 30 years as a clinician, educator, medical sales, care management, health care policy and volunteer. She is a registered respiratory therapist with has a bachelor's degree in health administration from Hodges

University, and an active Florida licensed realtor for over 30 years working at Rossman Realty with experience in sales and property management.

Everly is an active member of the community serving on the Lee Health Board of Directors, where she currently serves as vice chair, and chairperson of the Board Quality, Safety & Patient Experience committee and a member of the Community Health Improvement committee. She also serves as a board member of the Florida Gulf Coast Chapter of Alzheimer's Association and on the 20th Judicial Circuit State Attorney's Office Elder Abuse Fatality Review Team, Florida Department of Elder Affairs – Lee County chapter Dementia Care and Curative Initiative, Lee County Anti-Drug Coalition Advisory Council and United Way "Mission United" stakeholders' group which supports local veterans.*



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Will Power

Separation Agreements And Your Florida Estate Plan



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

Many states allow for a couple to legally separate instead of filing directly for a divorce. Couples may decide to first separate for religious reasons, or because of healthcare coverage, Social Security or military or family benefits rather than divorce, which severs the relationship for most, if not all those purposes.

Florida, however, does not have a legal process for separation. Consequently, Florida residents who do not get a divorce remain treated as married for purposes of our estate laws. Federal tax law also plays into separations. Today, I'm going to review a few of these issues.

While a divorcing couple may split an IRA with something called a Qualified Domestic Relations Order (QDRO), a separated couple may not, without adverse tax consequence. A QDRO creates or recognizes the existence of a divorcing spouse's right to receive all or a portion of benefits payable from his or her former spouse's benefits with respect to retirement plans.

When a judge issues a QDRO, for example, it may divide an IRA account between spouses without the transferor spouse recognizing the distribution as taxable income, and the transferee spouse is not burdened with contribution limitations. The account is simply divided tax free.

Separation agreements, in contrast, cannot split an IRA tax free unless the separation agreement is incident to the decree of divorce. Any transfers could be recognized by the transferor spouse as taxable income. Moreover, the transferor may trigger the 10 percent excise tax penalty if he or she is under the age of 59½.

Another consideration is a spouse's rights to inherit the estate of a deceased spouse. Florida, like many other states, has two such laws that may apply. One is called the "pretermitted spouse" and the other is a "spousal elective share."

Absent a nuptial agreement waiving these rights, a surviving spouse who is not included in the decedent spouse's will (or trust) is entitled to either one or the other. A pretermitted spouse is one who becomes a spouse after the decedent created his will. The law assumes that the decedent intended to provide for the spouse but did not get around to updating his will. The pretermitted share is the same as the intestate share, generally 50 percent of the estate.

The elective share, in contrast, makes no assumption about what the decedent

intended and is a mechanism for enforcing Florida's public policy against disinheritance of one's spouse. The elective share is 30 percent of the decedent's estate. I'm generalizing here, because there are statutory complexities in determining both the amount of the estate subject to the elective share and how assets bequeathed to the spouse are valued.

Florida homestead laws also factor into how a primary residence may be subject to surviving spouse's rights. Under the Florida Constitution and descent and devise laws, a decedent spouse must bequeath his home to his spouse at death. Failure to do so, even in a trust that grants the surviving spouse rights for the remainder of her life, constitutes an invalid devise.

Under an invalid devise, Florida law disregards the decedent spouse's will and trust. The surviving spouse is entitled to ownership depending upon whether the decedent spouse had surviving descendants. If there are not surviving descendants, the surviving spouse takes the property in fee simple. If there are surviving descendants, then the surviving spouse may choose between a life estate interest or an undivided one-half interest in the residence as tenants in common.

With a life estate interest, the surviving spouse will get to reside on the property for the duration of her life if she chooses to do so, then upon her death, the property passes to the first decedent spouse's descendants (children or grandchildren).

If the surviving spouse instead elects the one-half interest, then she owns it as tenants in common with the decedent spouse's descendants. Here, the surviving spouse may leave her one-half share of the residence to anyone that she wants in her will or trust.

Having a separation agreement does not affect the surviving spouse's rights under Florida law with either pretermitted share, elective share or homestead rights. To avoid these possibilities, a valid nuptial agreement must be in place.

Finally, a word about a divorce decree as it relates to Florida estate plans. Florida law provides that all provisions in favor of a divorced spouse in a will (or trust) are treated as if the surviving former spouse predeceased the testator. As an example, if John dies following his divorce from Susan, any provision in John's will or trust naming Susan is treated as if Susan died before John died.

This is true unless the will or trust document or the divorce judgment provides otherwise. For example, some divorce judgments require one spouse to bequeath assets to the former spouse in his estate plan. Otherwise, a Florida resident must generally amend his documents if he still wants to include his former spouse in his estate plan.

Even if you signed a valid separation agreement while residing in one of the many states that recognize them, if you are a Florida resident, you should review your estate plan with a competent estate planning attorney.

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From page 1

Broadway Palm

for stardom in the new talking pictures.

To be announced (February 18 to April 2) – Title to be released soon.

In The Heights (April 8 to May 14) – The Tony-award winning story of a vibrant community in New York's Washington Heights, where the coffee from the corner bodega is light and sweet, the windows are always open and the breeze carries the rhythm of three generations of music.

Rock of Ages (May 20 to June 25) – The five-time Tony Award-nominated smash musical tells the rags-to-riches story of a small town girl, a city boy and a rock 'n' roll romance on the Sunset Strip.

The Wizard of Oz (July 1 to August 13) – This family musical follows Dorothy, the Scarecrow, the Tin Man, the Cowardly Lion and Toto, too.

The Off Broadway Palm Theatre season begins September 23 and runs through April 30. Performances are Tuesday through Sunday evenings (no Tuesday evening performances May through October) with select matinees. The Off Broadway Palm productions include:

Social Security (September 23 to November 6) – The hilarious comedy about a happily married couple who lives in the art world of New York.

No Claus For Alarm (November 11

to December 25) – Fitz-Lloyd Crowley and Abraham Bacrumby of the law office Abe Bacrumby and Fitz are in a bit of a pickle when Abe unknowingly brings the head of the Russian Mafia on as a client.

Over the River and Through the Woods (January 13 to March 5) – The Joe DiPietro comedy about a single, Italian-American guy from New Jersey, who has dinner with both sets of his grandparents every Sunday.

Greater Tuna (March 10 to April 30) – This hilarious comic satire launches into side-splitting amusement when the residents of the fictional south Texas town of Tuna come hysterically to life.

Broadway Palm Children's Theatre shows are fun for everyone and a special menu is created with children in mind. Performances are matinees with lunch beginning at noon and show beginning at 1 p.m., with early matinees during the school year.

The Nutcracker (select matinees December 3 to 24) – Treat the entire family to this fun-filled musical version of the timeless holiday classic about a young girl who is given a beautiful nutcracker.

No Dogs Allowed (select matinees April 15 to May 13) – From the bestselling children's book of the same name, *No Dogs Allowed* is the story of Iris, a bright 8-year-old and her dog El Exigente.

The Emperor's New Clothes (select

matinees May 27 to June 24) – This hilarious musical adaptation of the classic tale is about an emperor who cares more about his clothes than anything else.

Broadway Palm's annual concert series will feature five concerts. All evening concerts begin with dinner at 5:30 p.m. and concert at 7:30 p.m. All Sunday twilight concerts begin with dinner at 5:30 p.m. and concert at 7 p.m. The matinee concerts begin with lunch at 11:30 a.m. and concert at 1 p.m. All concert tickets are \$85 for dinner and the show or \$65 for the show only. The concert series includes:

December '63: A Tribute to the Jersey Boys (Sunday, January 30, twilight, and Monday, January 31, matinee and evening) – The music of Frankie Valli and The Four Seasons comes to life in this one-of-a-kind concert experience.

Dwight D. Eisenhower's Tribute to the King (Monday, February 7, matinee and evening) – Back by popular demand is one of the best Elvis tributes in the country.

ABBA Fab: The Premier Abba Experience (Sunday, February 27, twilight, and Monday, February 28, matinee and evening) – This multimedia concert is a tribute to some of the greatest music produced in the '70s and '80s.

Piano Man: The Music of Billy Joel and Elton John (Sunday, March

13, twilight, and Monday, March 14, matinee and evening) – Billy Joel and Elton John come to life in this multimedia tribute starring the voice and piano of British entertainer Terry Davies.

The Rave-Ons: A Tribute to Buddy Holly (Saturday, March 19, evening, Sunday, March 20, matinee and twilight, and Monday, March 21, matinee and evening) – Todd Meredith and The Rave-Ons will take you on a musical journey starting with Holly's early recordings at Decca Records in Nashville, through his breakout hits and ending with the story of his ill-fated final tour.

Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information and tickets, visit www.broadwaypalm.com, call 278-4422 or stop by the box office.✴

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Health First

Life Lessons From Cancer Survivorship



by Julie Rosenberg, MD

In October of 1993, I was diagnosed with papillary carcinoma of the thyroid. I had no signs or symptoms of this disease – my cancer was found incidentally on an

MRI of my neck that was done following a bicycle accident. The MRI showed not only a herniated cervical disc, but also a nodule on my thyroid gland. The doctors told me that this nodule was probably “nothing” but the biopsy results showed cancer.

I was fortunate to have Stage 1 disease, which was successfully treated with surgery and radioactive iodine. Nevertheless, living as a cancer survivor has not been easy. I have needed to be diligent about my health throughout my adult life, to manage the long-term effects of the disease and its treatment, and to ensure a good quality of survival.

In this article, I share five major lessons from my 28 years as a cancer survivor.

1) Put your health first – The title of this column, *Health First*, is in no way random. It is imperative to embrace a healthy lifestyle and to take an active role in your physical and mental health. Key components of healthy living include making time each day for physical activity, healthful eating, relaxation, reflection, nurturing relationships and sleep. It’s also important to prioritize your recommended health screenings and to create a safe and healthy environment in which to live.

2) Let go of past struggles – There is no time like the present to let go of the past. I’ve learned the hard way that hanging on to emotional pain from the past can prevent you from healing and moving on. Practicing mindfulness in such situations can be very helpful. Mindfulness teaches you to focus on the present, rather than on the future or the past. By being present, past hurts and transgressions have less control over your life. In addition to practicing mindfulness, practicing forgiveness will give you peace of mind and lead to greater happiness and contentment.

3) Do what makes you happy – It’s always amazed me that so many people choose to be unhappy or stay in unhappy relationships. Happiness comes from within and is a great motivator. When you do what makes you happy, rather than what you think you should do or what others expect you to do, you empower yourself. You become content with who you are, your decisions and your life, no matter your circumstances. It’s a scientific fact that people who choose happiness are healthier than those who choose unhappiness.

4) There is always something to be grateful for – No matter how difficult your

life circumstances are, you can always find something to be grateful for, even if it’s small. What are you grateful for? I am grateful for sunshine, the ocean breeze, a hot shower and wildflowers, to name a few. Practicing gratitude by keeping a journal or by simply reflecting on things for which you are grateful each day can positively impact your outlook on life.

5) Celebrate and enjoy life – I used to believe that if I worked hard and earned a good income, I would ultimately find happiness in the things that I could do and the places that I could see. I was wrong. Happiness alluded me. Over many years, I learned to work smarter and not harder, so that I could make time to enjoy and celebrate each day, rather than wait for happiness. Daily celebrations have been key for me in living a fulfilled life. So, take the time to stop and celebrate life more often. Enjoy the little things in life.

In conclusion, there is always uncertainty in life, and no one is guaranteed tomorrow. When life throws us a curve ball – such as a cancer diagnosis – we feel anxious, stressed and, sometimes, forlorn. However, we can learn to stay positive – positive thoughts quiet fear and irrational thinking. We can choose to appreciate simple acts and moments that touch us. We can practice gratitude. And, we can embrace happiness, regardless of our circumstances.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, *Beyond the Mat* and *Be True*. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

Chamber To Explore Impact Of Nonprofits

The Greater Fort Myers Chamber of Commerce will feature a nonprofit expo during its monthly luncheon at The Club at Pelican Preserve on Thursday, July 22 from 11:30 a.m. to 1:30 p.m. The expo will provide an opportunity for business professionals to learn more about nonprofit organizations that are members of the Chamber.

Organizations that will be showcased include Alvin A. Dubin Alzheimer’s Resource Center, BelieveNBooks, Boys & Girls Club of Lee County, Calusa Nature Center & Planetarium, Dr. Piper Center for Social Services, Fort Myers YMCA, Gigi’s Playhouse Down Syndrome Achievement Center, Goodwill Industries of Southwest Florida, Inc., Opportunity Services Florida, Pace Center for Girls of Lee County, Southwest Florida Military Museum & Library, St. Matthew’s House, Teen Challenge and Valerie’s House.

The Club at Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. Cost is \$25 for chamber members and \$35 for future chamber members. To learn more or to register for the event, visit www.fortmyers.org or call 332-2930.✱

Superior Interiors

Major Difference With A Little Paint



by Trinette Nelson

Painting features within the home can make an unexpected difference. Consider utilizing the humble can of paint for a major impact within your next home improvement project.

Why put in brand new flooring when you can simply paint your existing foundation? Sometimes, hardwood floors can feel out of place in a modern-style room. Painting them is an easy way to take away the attention of flooring that was seemingly out of place, and it can make for a beautiful feature that your guests will love when they come to visit. These types of floors are so simple to paint with the right preparation. Just like painting the walls, we recommend making sure the floors are cleaned, dried and primed before adding your first coat.

Perhaps your kitchen is a mid-century modern setup, but you’ve been eyeing the modern farmhouse design for months. If you’re ready to make the switch and your cabinets are traditional wood, they’re in need of a nice coat of paint. A solid muted color can help you achieve the look,

but classic white is the standard option, and it makes a gorgeous statement in the kitchen. In fact, painting the kitchen cabinet may be one of the easiest ways to achieve the farmhouse look you’re going for. Painting your cabinets can facilitate any style, however. Stepping away from the traditional hues and painting with a bold color is an excellent way to stand out.

Having a fireplace and mantel feature in your home is such a treasure, but that doesn’t mean that its traditional look won’t become outdated. A fresh coat of paint over the entirety of the feature can make for a gorgeous revamp. A matte finish shade is a perfect way to make a subtle statement. If you’re painting over brick, just remember to use a primer so you can avoid the need to apply more than one to two coats of the actual paint.

The idea of painting a unique feature in your home for the first time may have you feeling unsure about the commitment, but maybe you just need a helping hand for the project. A design professional may be the answer to give you the confidence you need to get started and transform your living space into the new and improved haven of your dreams. If there’s a certain feature in your home that you’re fully committed to, a design consultant will let you know your options and can also potentially provide suggestions for painting other features that will complement the rest of the room.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coinedcde.com.✱

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Frankly Speaking



by Howard Prager

Two names will dominate today's column, Shohei Ohtani and Novak Djokovic. Because, as Duke Ellington would have said, they are beyond category.

Not since Babe Ruth has baseball seen as great a two-way star as Shohei Ohtani, pitcher and designated hitter for the L.A. Angels. At the All Star break, he's batting .279 and leads the majors with 33 home runs. Not just your run of the mill home runs but majestic, gigantic homers that have soared 470 feet and more. He's both one of the best hitters in the game AND a starting pitcher with a 4-2 record and a 3.31 ERA – not bad for a starter. Ohtani throws a devastating slider and split-finger, which can get up to 100 mph. And he's just 26. When he played ball in Japan in 2016 he was pitching to a 10-4 record and hitting .332. At the All-star game, he's both pitching and hitting as the first player ever appointed to the roster as a pitcher and a position player. According to The Ringer, "Ohtani (this season) leads all hitters with 56 extra-base hits and a .698 slugging percentage while also pacing the AL in bunt hits, tying for the lead league in triples and stealing 12 bases in 16 attempts. Another first: No previous player has hit at least 32 homers and stolen at least 12 bags before

the break." Unfortunately my deadline prevents me from reporting how he performed at Tuesday's game. Some backstory: Ohtani pitched 99 mph in high school. He decided to go right into the Japanese leagues, where he was a five-time all-star from 2013 to 2017. He was MVP in 2016, and his total stats in the league were 42-15, 624 strikeouts, .286 average and 46 homers. He became an international free agent, and the Angels wound up getting him. His first year in the majors, he won rookie of the year, playing in 104 games and batting .285 with 22 homers and 61 RBIs despite some injuries that led to having Tommy John surgery. He hit .286 in 2019 and hit for the cycle, showing his speed and prowess as a complete hitter. Last year, injuries still nagged him and shut him down from pitching, and he hit only .190 with 7 homers and 29 RBIs in 43 games. Which brings us back to this year where if he continues the way he's playing, he should be a consensus MVP and true league superstar of the century. Baseball is a team sport and despite his great success, the Angels are 10 games behind Houston, fourth in the AL West at the break. Still, I'd rather have Ohtani with me any day. Let's jet over to Wimbledon, where Novak Djokovic won his sixth Wimbledon and his 20th grand slam event (tying him with Roger Federer and Rafael Nadal) against first-time Grand Slam finalist Matteo Berrettini. Djokovic is the youngest at 34 to win 20 Grand Slam titles and, with his age and performance, looks to have more Grand Slam titles

ahead for him. Nadal is 36, Federer is 39. Both Djokovic and Federer have been ranked No. 1 for more than 300 weeks while Nadal was ranked No. 1 for more than 200 weeks. The victory at Wimbledon made Djokovic the first male player to win the Australian Open, French Open and Wimbledon titles in the same calendar year since Rod Laver did it in 1969, the second male player to win three slams in one year on three occasions after Federer. If Djokovic wins the upcoming U.S. Open, he will be the third man to win all four slams in one year after Don Budge and Laver. And before leaving Wimbledon, hats off to Ash Barty, the first Australian to win since Evonne Goolagong 50 years ago. It was also Barty's 10th anniversary of winning the Junior Wimbledon at age 15. Truly a momentous time for her. We are clearly seeing unparalleled excellence in both Ohtani and Djokovic. Which leads me to the Olympics. Djokovic said he's 50-50 about playing. Serena Williams and Rafael Nadal both have pulled out, and Federer remains undecided. Tokyo has declared there will be no spectators for the Olympics due to COVID-19. I've said before the Olympics should have been pushed back another year to hopefully get the pandemic behind us. After watching live sports here and elsewhere (Italy just won the Euro cup football (soccer) tournament against England), I'm not sure how exciting it will be without the noise and support of fans. Not to mention the big loss Tokyo will now take in paying for games without any ticket revenue. These games are controlled by the International Olympic

Committee, which I believe cares more about holding the event than postponing it for the safety of all involved. We need some good news and I have it. It has to do with walking and commitment. As reported on the Good News Network, Donte Franklin from Oklahoma walked 17 miles roundtrip to make it to his shift at Buffalo Wild Wings, leaving for work three hours early in order to get there. One step at a time. He then made the reverse journey afterwards. He credits his late mom with his work ethic, saying "I really don't care if it gets tiring, I just have to keep pushing. I want to make my family proud." "In this very hot summer, someone saw Donte walking in the excruciating heat and offered him a ride. After hearing his story, he was in awe of Donte's commitment to getting to work. He posted the story on Facebook, where a bike-riding charity group, My Riding Buddies Oklahoma, saw it. In appreciation to his commitment, they got him a brand-new bike making his commute much faster. A GoFundMe page was also started for him to purchase a car. He's studying to be a welder and using the money right now to help his family." We can all learn from Donte Franklin. May we all have his perseverance. 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.

Class For Technician Certification

When oil spill first responders respond to an oil spill, training is not just a good idea, it is the law. According to the Occupational Safety and Health Administration (OSHA), workers who handle oil spills must be trained annually. The Ostego Bay Oil Spill Co-op will hold a mandatory OSHA CFR1910/120 training at the Rose Marina on August 3, 4 and 5. Joanne Semmer, president of the Ostego Bay Oil Spill Co-Op, stated: "This training is invaluable for both first responders and local volunteers who work in and around the Collier County area." The program begins with classroom instruction at the Rose Marina from 9 a.m. to 5 p.m. on Tuesday, August 3 and Wednesday, August 4, followed by an on-the-water drill day and annual refresher on Thursday, August 5. Cost to members of the Ostego Bay Oil Spill Co-Op is \$300 per person and \$350 per person for nonmembers. If you require just the eight-hour yearly recertification, attend the class on Thursday, August 5 at Rose Marina. The recertification class is \$100 for members or \$150 for non-members. Registration and payment must be made in advance by contacting Joanne Semmer at

470-4993. In 1991, the state of Florida began requiring local marinas to either maintain first-response capabilities themselves or contract with outside experts to provide those first response services. The Ostego Bay Environmental Response Co-op was created in 1992 to meet those state requirements and meet the needs of the local maritime community. Rose Marina is located at 951 Bald Eagle Drive on Marco Island. Learn more about the co-op at www.ostegobay.org/oil-spill-coop/ Should boaters or marinas encounter an oil or fuel spill, they should contact the U.S. Coast Guard National Response Center at 800-424-8802. The National Response Center (NRC) is not a response agency. It serves as an emergency call center that fields initial reports for pollution and forwards that information to all the appropriate federal/state agencies for response.✱

School Supply Drive Next Week

The annual Back to School Supply Drive will be held from June 21 to July 23 at several participating locations throughout Lee County. Donations will benefit the local foundation's education resource center that provides district educators access to new and reusable classroom supplies at

no cost. Suggested donations include notebook paper, pens, No. 2 pencils, crayons, glue sticks, rulers, notebooks, three-ring binders, scissors and backpacks. Donations can be made online at www.amazon.com/hz/wishlist/ls/1nbtyd1cl474m/ref=hz_ls_biz_ex Participating drop-off locations include: ADG Architecture; Aubuchon Homes (Cape Coral); Miloff Aubuchon Realty Group (Cape Coral and Fort Myers); Bank of America (Lee County); B&I Contractors; Busey Bank (Fort Myers and Cape Coral); CLA Assurance; Edison National Bank/Bank of the Islands;

First 1 Bank (Fort Myers); Florida Title One, LLC; Fred's Award World; Gates Construction; Haines Air Conditioning & Refrigeration; Harbour Insurance; L.A. Insurance; LCEC; Lee County Tax Collector (all locations); Markham, Norton, Mosteller, Wright & Co., PA; MD Now Urgent Care; Midwest Food Bank; Nova SouthEastern University (Fort Myers campus); Sanibel Captiva Community Bank (all locations); Seed & Bean; and Sky Zone (Fort Myers). For more information on how you can get involved, contact Brittany Carroll at 337-0433 or email brittany@leeschoolfoundation.org.

SPORTS QUIZ

1. Name the player from Senegal who was the first-round pick for the Cleveland Cavaliers in the 2001 NBA Draft.
2. Before Phil Mickelson won the PGA Championship at age 50, who was the oldest golfer to win a major tournament?
3. What racecar driver, nicknamed "Lone Star JR," won the Indianapolis 500 in 1974, '76 and '80?
4. What Detroit Tigers right-handed pitcher had a 31-6 win-loss record in 1968?
5. "El Derbi Madrilenio" is a match between which two rival Spanish football clubs?
6. What Irish stick-and-ball sport is similar to hurling but is traditionally played only by females?
7. What rapper and Toronto Raptors superfan got into a verbal altercation with the Cleveland Cavaliers' Kendrick Perkins in Game 1 of the 2018 Eastern Conference semifinals?

ANSWERS

1. DeSagana Diop. 2. Julius Boros (1968 PGA Championship at age 48). 3. Johnny Rutherford. 4. Denny McClain. 5. Real Madrid and Atletico Madrid. 6. Camogie. 7. Drake.

Doctor and Dietician

Pumpkin Marinara Pasta



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

Pumpkin is not just for making pie in the fall! We have discussed in prior newsletters how using pumpkin in recipes can be a great way to add more nutrients and vegetables to your daily diet. We use either fresh pumpkin (which can be a bit laborious to make) or organic canned pumpkin puree in our recipes. Yellow or orange veggies such as pumpkin are particularly rich in vitamin A and beta-carotene which turns into vitamin A. Free radicals are molecules in your body that are unstable and create a state of oxidative stress, which has been linked to cancer, heart disease and chronic illnesses. Vitamin A and beta-carotene can neutralize these free radicals stopping them from damaging your cells. Studies have also shown them to protect against sun damage, lower cancer risk, eye disease and other conditions. Immune function is also improved, helping you fight off infections.

Finding ways to use pumpkin in recipes will help you gain the above nutritional benefits in a tasty recipe. We love to make interesting pasta dishes. This alternative pumpkin pasta is a great way to give

yourself a little more nutrient bang for your buck!

Recipe for Pumpkin Marinara Pasta:

1 box rotini or shells (we use gluten-free); 2 tbsp. olive oil; 2 minced garlic cloves; 1 diced medium onion; ½ tsp. oregano or 1 tsp. fresh; ¼ tsp. cinnamon; ½ tsp. salt; 1 10-ounce can of crushed tomatoes (we like fire-roasted); ½ can pumpkin puree; ½ cup vegetable broth; chopped fresh basil; and grated fresh parmesan. Add more pumpkin if you like. Cook pasta and set aside. Add oil to a large pot over medium heat and cook onion until tender. Add garlic and cook for another minute. Add pumpkin, tomato, broth and seasonings. (We like to add more fresh herbs from our garden). Stir for about 10 minutes. Toss with pasta and add freshly grated parmesan and fresh chopped basil. A little lemon zest is also delicious in this recipe.

If you would like to make this recipe cheesier, you can add more parmesan or even other cheeses such as mozzarella or Havarti. Some like making this recipe without the tomatoes for a more traditional mac and cheese recipe, using more pumpkin, cheese and some liquid milk or plant-based milk.

We love to make sauteed garlic spinach to serve alongside this dish. Sometimes we will also add some baby portabella mushrooms with a drizzle of balsamic reduction. Grilled Italian sausage (homemade from Bailey's!) is delicious with this dish as well. Give it a try next time you are in the mood for some tasty and healthy pasta.

This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✱

Lee Health Launches New Newsroom Page

The media relations team at Lee Health has unveiled a new newsroom site to serve as a dedicated resource for journalists seeking information on key healthcare topics and Lee Health-related news.

The Lee Health Newsroom features several different sections that journalists can utilize as a one-stop-shop for stories.

The new site is located at www.leehealth.org/about-us/media and includes several different resource sections, such as:

News – a location that houses the latest articles on Lee Health and important healthcare-related news;

Press releases – a database of all the press releases Lee Health has sent out in recent years;

From the Desk of Dr. Antonucci – a blog from Lee Health's president and chief executive officer on the latest healthcare topics;

Fast Facts – a centralized page that lists facts on Lee Health, it's four acute-care

hospitals and two specialty hospitals;

Resources – direct links to download high and low resolution photos of Lee Health facilities for news stories.

Plans to expand the newsroom site to include a Meet the Experts section and B-roll library are already underway. Feedback on what else you'd like to see is being requested. Email pat.dolce@leehealth.org or meaghan.smith@leehealth.org with your suggestions.✱

Blood Drives In Lee County

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on lifesaving donations from the community to maintain inventory

dearRPharmacist

Confusion About The Types Of Collagen



by Suzy Cohen, RPh

Dear Readers: We as humans make our own collagen naturally by utilizing amino acids. Those amino acids (aka peptides) are the smaller particles that

come from protein we eat. We then string together all kinds of proteins that we need for our bodies. One of these proteins is collagen and we make it from glycine, proline, hydroxyproline and alanine.

Topical collagen peptides, like those sold in face creams, wound healing ointments and facial serums have a lot of clinical research to support their use in the dermal layer. Orally bioavailable collagen is not sold as a dietary supplement, although many people think it is. In other words, if you're buying a "collagen supplement," what you're really taking are the four peptides that your body uses to string collagen together. Collagen itself will not survive through the stomach acid after you take it, so therefore it is not sold as a dietary supplement. You can boost collagen production in the body by taking dietary supplements of collagen peptides, as well as vitamin C, which is required as a cofactor to drive the reaction.

There are patented, proprietary forms of collagen peptides that are clinically studied for benefits in the skin, and those can (and should) be taken orally. So become well-informed when

supplementing with collagen. They are not all created equal. Some types of collagen are derived from cow hide and some from fish scales, and there are other sources too. Some types of collagen work for joints, some work for wrinkles.

If you have brittle nails, thinning hair, fine lines, a loss of muscle mass, joint, tendon or ligament problems or even irritable bowel syndrome (IBS), it's likely that you're low in collagen, and probably several different types of collagen, but it's hard to say. It's not a given. Those issues could also be caused by food allergens, various diseases, a deficiency in B vitamins or thyroid hormone, estrogen, testosterone or DHEA.

Most women who take collagen are taking it for its beauty aspects. Keep in mind that there are only a few specific types of very tiny peptides that are recognized by your fibroblast cells in the dermal layer of your skin. If and only if recognized, are your cells capable of being provoked to increase their own collagen metabolism. Of the five types of collagen, only Type I and III are useful in terms of beautifying your skin, hair and nails. Type II is for tendons, joints and ligaments.

Making sufficient amounts of collagen (or being young!) will significantly increase your skin's moisture, resulting in noticeably firmer and smoother skin. In addition, the oral intake of collagen peptides supports healthy joints, flexibility and cartilage. I take my own collagen peptides and suggest that you research the vast array of products on the market today to make sure it has the type you desire. If you'd like to read the more fascinating and longer version of this article, sign up for my free newsletter at www.suzycohen.com.

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.✱

levels.

The Lee Health Blood Mobile will continue to be at numerous locations throughout Southwest Florida for the remainder of July. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

Upcoming blood drives include:

Friday, July 16, 8 a.m. to 4:30 p.m. – HealthPark Medical Center, 9981 HealthPark Drive, Fort Myers

Saturday, July 17, 10 a.m. to 4 p.m. – Bell Tower, 13499 South Cleveland Avenue, Fort Myers

Friday, July 23, 2 to 5 p.m. – Iona Lakes, 15000 Iona Lakes Drive, Fort Myers

Friday, July 23, 8 to 11 a.m. – Iona College/South Pointe Fire Station, 6061 South Pointe Boulevard, Fort Myers

Wednesday, July 28, 8 a.m. to noon – The Outpatient Center at The Sanctuary, 8960 Colonial Center Drive, Fort Myers

Friday, July 30, 10 a.m. to 4 p.m., Galeana Fort Myers, 14375 South Tamiami Trail, Fort Myers

Saturday, July 31, 10 a.m. to 2

p.m. – The South Cape Hospitality and Entertainment Association, 909 SE 47th Terrace, Unit #105, Cape Coral

Visit www.leehealth.org/our-services/blood-centers for more information.✱

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, July 23 from 9 a.m. to 2 p.m.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✱

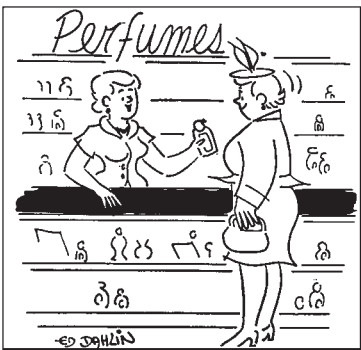


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	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 Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	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
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@islandsunnews.com

PUZZLES

Answers on page 23



"Husbands love it — it's _____!"

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!

Revolver

PILOTS

Serve

REACT

Royalty

HORNET

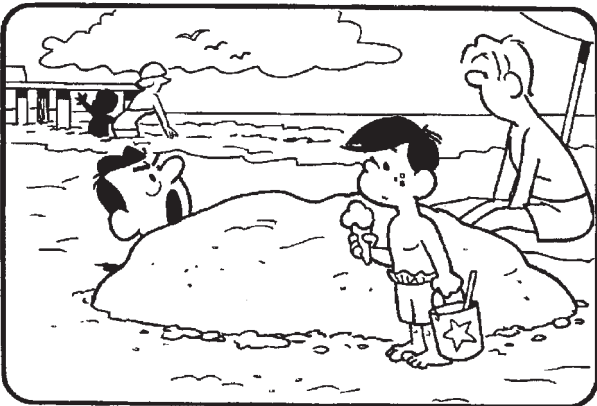
Cherish

EARNED

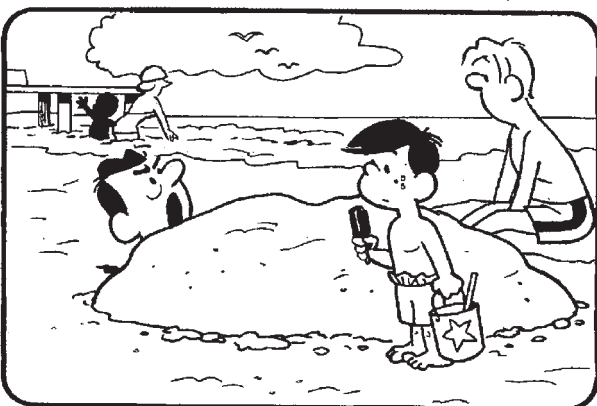
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Birds are moved. 2. Cloud is smaller. 3. Trunks are different. 4. Pier support is removed. 5. Ice cream is different. 6. Umbrella is missing.

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

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.

PUZZLES

Answers on page 23

Super Crossword

ALTERNATING NAMES

- ACROSS**

1 Trapped

8 Moderately slow tempo

15 Hot coal

20 Left over

21 Velvet Underground singer

22 Myanmar, previously

23 * "Chicago" poet who worked for a rival of Revlon?

25 Vital liquid

26 Pitcher — Normo

27 Big joint

28 Antique auto

30 Furry Oz visitor

31 More like baking bread's smell

34 * 2003 "American Idol" runner-up from Alberta?

39 Like Hindi or Urdu

41 Many a youth

42 Soup sample

43 * Reply when the crooner of "Honey" asked how he should criticize people?
- 48 The Fate who cut the thread of destiny

52 Pitti Palace's river

53 Gladys Knight & the Pips' "I've Got to — Imagination"

54 Like an obsessed mind

55 A whole lot

57 * "Go take a nap, you Bolshevik leader"?

61 Dig up

63 Range ropes

64 Emmy winner Michaels

65 What each guy who's an answer to a starred clue is? [hint: skip over the even letters in his first name]

69 "— diem!"

74 Ate into

75 "180 illegal" road sign

77 * Gets hold of the singer of "(Sittin' on) The Dock of the Bay"?

85 Got closer to
- 86 Pungent red roots

87 Din

89 Spanish body of water

90 Many private planes

91 * Novelist of "Humboldt's Gift" imitating a beach bird?

95 Chaney of "The Trap"

96 Certain peer

97 "McSorley's Bar" painter John

98 * Co-star of "Neighbors" with a Seussian Star-Belly?

103 Conjecturer's words

108 Is unwell

109 Anvil setting

110 401(k) kin

112 Many a youth

113 Flood control

115 * 20-season Houston Astros player who was a hot rodder?

121 Big blue expanse

122 Worked, as dough

123 Garage door gadgets

124 Aeries, e.g.

125 Veterans
- 126 Co-star of HBO's "Insecure"

DOWN

1 Restless

2 "I'm serious!"

3 Carne — (burrito fill)

4 Is like a mole

5 Like salivary glands near ears

6 Gold, to Luis

7 — Aviv

8 Jai —

9 Like Macs

10 Film bomb

11 Wall St. operator

12 Not old, in Ulm

13 Earthling, in sci-fi

14 Lawn tidier

15 Dwindle

16 Like PCs with several peripheral hookup points

17 Small stream

18 Overact

19 Cellar gas

24 Dwindle

29 Pearl holders

32 Smitten erotically

33 Big name in ice cream

35 121-Across off Va.
- 36 Spike in film

37 "Is that so!"

38 — -surface missile

40 Short negligee, for short

43 Dufy of art

44 University city in Maine

45 Fewer than

46 Actor Lloyd

47 Soap stuff

48 Basketballer Jamison

49 Faux —

50 Doc — (foe of Spidey)

51 Big blue expanse

54 Savvy about

56 Prior to

58 "Judge —" (1995 film)

59 Crude fluid

60 Retail store starter?

62 Stable group

66 Diana of "West 11"

67 Ike's initials

68 Grazed (on)

69 Acting nudge

70 The tiniest bit

71 Pastoral

72 Rival of Ragú

73 Bequeath

74 Embellish

76 Barely there phone signal

77 Frodo foe
- 78 Sweetie, in modern lingo

79 Eagles' stats

80 Non-window flight request

81 Ain't correct?

82 Gerund suffix

83 We, to Henri

84 Anderson of "The X-Files"

88 Trough food

91 — Paulo

92 Unit of work

93 London beer

94 Foes

96 Wayward

98 Beauty shop

99 Family girl

100 Santas' aides

101 Taxi drivers

102 Not as nasty

104 — petition

105 Felix played by Randall

106 Kelly of "One Tree Hill"

107 Irregularly notched

111 Clears (of)

114 USN off.

116 "Citizen X" co-star

117 Sleazy paper

118 Lemon drink

119 "... grace of God —"

120 Med. stats. taken with arm cuffs

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19
20								21								22				
23								24								25				
26								27					28		29		30			
31						32	33			34	35	36	37			38				
					39				40		41					42				
43	44	45	46						47					48				49	50	51
52						53								54						
55					56			57			58	59	60							
61								62			63									
64								65	66	67	68					69	70	71	72	73
						74									75	76				
77	78	79	80	81								82	83	84		85				
86											87				88			89		
90									91	92	93						94			
									95						96					
																97				
98	99	100										101						102	103	
																			104	105
108								109												110
																				111
113								114				115		116	117	118				119
																				120
121																				122
																				123
124																				125
																				126

King Crossword

- ACROSS**

1 Pack cargo

5 Billboards

8 On — with

12 Vagrant

13 Old Oldsmobile

14 TV's "Warrior Princess"

15 Actress Falco

16 Rep.'s rival

17 Apple product

18 Criminal's "why"

20 Latin love

22 Whiskey variety

26 Dishonor

29 Succor

30 Blue

31 Runner's tempo

32 Greek H

33 "Three Sisters'" sister

34 Last (Abbr.)

35 Nay undoer

36 Void

37 Outing for two couples

40 Bedouin

41 Boston athlete

45 Wrinkly fruit

47 Dhabi preceded-

49 "— la Douce"

50 Thaw

51 Allow

52 Pants part
- 53 Adams and Schumer

54 Grant's foe

55 Vegas game
- 9 Pre-game morale booster

10 Year in Spain

11 "Awesome!"

19 Compete

21 Club —

23 Like some exclusive communities

24 Cabin components

25 "— the night before ..."

26 Tater

27 Head light?

28 In reality

32 Size up
- 33 Washington Monument, e.g.

35 Carte lead-in

36 Chowd down

38 Londoners, e.g.

39 Keen

42 Nest setting

43 One-named supermodel

44 Roman censor

45 Actress Thurman

46 Tiara sparkler

48 Spell-off
- DOWN**
- 1 Son of Noah
- 2 Commotion
- 3 Life story
- 4 "Alas ..."
- 5 "As You Like It" setting
- 6 Actor Billy — Williams
- 7 Neighbor of Kenya
- 8 Self-evident truth

MAGIC MAZE ● EGYPTIAN CITIES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CAPITAL CITY

- Alexandria

Arish

Aswan

Asyut
- Banha

Desouk

Faiyum

Gizeh
- Ismailia

Luxor

Mansoura

Port Said
- Qena

Suez

Tanta



Chicken, Avocado and Swiss Wrap

photo courtesy Fresh From Florida



Chicken, Avocado and Swiss Wrap

- 3 chicken breasts
- 1 large avocado, peeled and sliced
- 4 slices Swiss cheese
- 4 whole-wheat wraps
- ¼ cup plain yogurt
- 1 tablespoon Dijon mustard
- 1 lemon, juiced
- 1 lime, juiced
- Sea salt and fresh ground pepper, to taste

In a small bowl combine the yogurt, mustard, and lemon juice; season with sea salt and pepper, to taste. Place two slices of cheese on top of each wrap, place on a cookie sheet and broil in the oven until the cheese melts. Remove from the oven and add chicken slices to each wrap. Add sliced avocado, sprinkle with lime juice, and top with yogurt sauce. Fold the wrap to create a sandwich.✱

My Stars ★★★★★
FOR WEEK OF JULY 12, 2021

Aries (March 21 to April 19) You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.

Taurus (April 20 to May 20) Expect continuing opposition to your plans from die-hard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.

Gemini (May 21 to June 20) You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.

Cancer (June 21 to July 22) You might suspect that someone you trust has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.

Leo (July 23 to August 22) The Big Cat’s animal magnetism has rarely been stronger. You can either just bask

in all that admiration or use it to your advantage, especially in the workplace.
Virgo (August 23 to September 22) Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.
Libra (September 23 to October 22) Some hazy issues still need to be cleared up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.
Scorpio (October 23 to November 21) It’s a wonderful positive fall-out follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.
Sagittarius (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.
Capricorn (December 22 to January 19) It’s a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.
Aquarius (January 20 to February 18) Caution is advised before making a

PETS OF THE WEEK



Cookie ID# A867275 photos provided
Lee County Domestic Animal Services

Cookie
And Darla

Hello, my name is Cookie. I’m a brown brindle 4-year-old female pit bull mix. I’ve been at the shelter for quite a while now. I bark for attention in my kennel (wouldn’t you in a shelter full of other dogs?) so people tend to pass right by. Unfortunately, they’re missing out on a very special girl who loves to cuddle, give sweet kisses and has the happiest, most adorable face! My adoption fee is \$10.
Hi, my name is Darla. I’m a gray 2-year-old female domestic shorthair.



Darla ID# A872020
I’m one of the longer term residents at the shelter. I’m overlooked because everyone tends to go for the cute, little kittens. They don’t know all the great advantages of adopting a ‘tweenager.” I have already developed my personality so there will be no surprises with this sweet girl. No litter box training, or pesky late night kitten antics to deal with either. My adoption fee is \$20, and you can adopt a feline friend for me at no additional charge.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

financial commitment to someone you don’t really know. There are better ways to build friendships than with risky fiscal dealings.
Pisces (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.
Born This Week: You have a strong sense of loyalty that shows itself best in your relationships with family and friends.

MOMENTS IN TIME

- On July 21, 365 AD, a powerful earthquake off the coast of Greece causes a tsunami that devastates the city of Alexandria, Egypt. It was not until 1995 that archaeologists discovered the ruins of the old city off the coast of present-day Alexandria.
- On July 22, 1598, William Shakespeare’s play *The Merchant of Venice* is entered on the Stationers’ Register. By decree of Queen Elizabeth, the register licensed printed works, giving the Crown tight control over all published material.
- On July 19, 1799, the Rosetta

Stone is found in Egypt by a French soldier. The irregularly shaped black basalt slab contained fragments of passages written Greek, Egyptian hieroglyphics and Egyptian demotic. It held the key to solving the riddle of hieroglyphics, a written language that had been “dead” for nearly 2,000 years.
• On July 24, 1901, William Sydney Porter, otherwise known as O. Henry, is released from prison after serving three years for embezzlement from a bank in Austin, Texas. He began writing stories to support his young daughter while he was in prison.
• On July 25, 1917, in Paris, the exotic dancer Mata Hari is sentenced to death by a French court for spying on Germany’s behalf during World War I. Since 1903, she had performed in Paris as a dancer, claiming she was an Indian priestess.
• On July 20, 1948, President Harry Truman institutes a military draft with a proclamation calling for nearly 10 million men to register for within the next two months. Truman’s action came during increasing Cold War tensions with the Soviet Union.
• On July 23, 1976, members of the

continued on page 22



FRIDAY
Few Showers
High: 86 Low: 74



SATURDAY
Mostly Cloudy
High: 87 Low: 76



SUNDAY
Cloudy
High: 86 Low: 75



MONDAY
Cloudy
High: 89 Low: 79



TUESDAY
Cloudy
High: 90 Low: 78



WEDNESDAY
Cloudy
High: 91 Low: 80



THURSDAY
Mostly Sunny
High: 88 Low: 76

Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:52 am	12:07 am	6:37 pm	12:27 pm
Sat	7:27 am	12:45 am	8:13 pm	1:54 pm
Sun	8:06 am	1:22 am	10:10 pm	3:18 pm
Mon	8:50 am	1:58 am	None	4:35 pm
Tue	12:12 am	2:32 am	9:40 am	5:42 pm
Wed	10:34 am	6:41 pm	None	None
Thu	11:29 am	7:34 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:57 am	12:09 am	5:42 pm	12:29 pm
Sat	6:32 am	12:47 am	7:18 pm	1:56 pm
Sun	7:11 am	1:24 am	9:15 pm	3:20 pm
Mon	7:55 am	2:00 am	11:17 pm	4:37 pm
Tue	8:45 am	2:34 am	None	5:44 pm
Wed	9:39 am	6:43 pm	None	None
Thu	10:34 am	7:36 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:45 am	12:24 am	6:54 pm	12:38 pm
Sat	7:05 am	1:00 am	7:54 pm	1:44 pm
Sun	7:25 am	1:37 am	8:56 pm	2:47 pm
Mon	7:52 am	2:13 am	10:07 pm	3:47 pm
Tue	8:29 am	2:42 am	11:41 pm	4:55 pm
Wed	9:20 am	3:04 am	None	6:09 pm
Thu	1:04 am	3:18 am	10:51 am	7:18 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	9:02 am	3:23 am	8:47 pm	3:43 pm
Sat	9:37 am	4:01 am	10:23 pm	5:10 pm
Sun	10:16 am	4:38 am	None	6:34 pm
Mon	12:20 am	5:14 am	11:00 am	7:51 pm
Tue	2:22 am	5:48 am	11:50 am	8:58 pm
Wed	12:44 pm	9:57 pm	None	None
Thu	1:39 pm	10:50 pm	None	None

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www.captmattmitchell.com
email: captmattmitchell@aol.com



The New Math:
\$1 = \$8

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

Thank you for your generosity!

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA



Be a Voice for Manatees
Report sick or injured manatees
Learn more at
savethemanatee.org/rescue

Home Tips To Help Your Electric Bill This Summer

Lee County Electric Cooperative (LCEC) reminds residents that even when the rain cools things down, the heat and humidity in Southwest Florida these days is unforgiving. Don't let the heat skew your electric judgement. Keep the following tips in mind to keep cool without increasing your electric usage:

When cooling your home, set the thermostat at 78 degrees Fahrenheit. Each degree below adds 8 to 12 percent to the cooling costs;

While away from home for more than two hours, set the thermostat at 83 degrees Fahrenheit;

Install a programmable thermostat that will automatically raise and lower the temperature at certain times of the day;

Be sure your thermostat fan switch is set on the "auto" setting. This is more economical for temperature and humidity control;

Do not close A/C vents or interior doors when A/C is running;

Service your air conditioning system annually;

Change or clean filters monthly;

Keep windows and exterior doors closed when running your air conditioner. Also, use caulk and weather strip around windows and doors;

Replace standard light bulbs with compact fluorescent lamps (CFLs), which use 75 percent less energy, or LED lamps (light emitting diode), which use 85 percent less energy with a life expectancy of 30,000 to 50,000 hours

of run time; Turn off fans when the room is not occupied. Each continuously running fan costs approximately \$7 per month on your electric bill; and Install reflective window tint/film that will reflect 65 percent or better on windows facing east, west or south. LCEC also recommends installing awnings, storm shutters and planting shade trees. For more ways to save, visit www.lcec.net.

From page 20

Moments In Time

American Legion who were gathered in Philadelphia begin suffering from a mysterious form of pneumonia. Within 10 days, 22 people were dead and hundreds were experiencing pneumonia-like symptoms. Their ailment would come to be known as Legionnaires disease.

NOW HERE'S A TIP

- Get cobwebs off a window screen with a lint roller.
- Want to make that summer at-home pedicure last? Don't skip the base coat or a UV topcoat. The base coat will allow the color to adhere evenly and better. Then the topcoat will protect the color from the sun while giving it a little extra shine.
- "Use an over-the-door shoe holder to house your makeup and hair accessories, plus jewelry and other personal items. You can trim a curtain or piece of fabric to fit over the length of it, and tie it to the top if it looks too messy in your room." – MK in North Carolina
- Use this trick to freshen your stuffed animals. Dust with baking soda and put several together in a large paper grocery

bag until it's half full. Fold the top of the bag down and shake vigorously. Remove the stuffed friends and shake off any excess baking soda. For good measure, put the dusted-off toys in a low- or no-heat dryer cycle for 10-15 minutes.

- Hashbrowns can be made on a waffle iron. Coat liberally with canola oil or butter-flavored nonstick spray, and add shredded potatoes and finely diced onion. Allow the iron to cook the potatoes to your desired level of crispness, and flip out both sides onto a plate. They will be both crisp and soft.
- Honey has amazing properties, and one of them is its antiseptic powers. You can even use it on pimples. Just a tiny dab will help keep bacteria responsible for breakouts from taking over.

STRANGE BUT TRUE

- "Bonobo," the common name for apes, was a typo. Researchers are said to have first found the animals in the town of Bolobo, Zaire, but misspelled the town's name as "Bonobo" on the crate in which one was shipped, and the error stuck.
- Are you a fan of coffee breaks? Then you'll want to head to Stoughton, Wisconsin, for their annual Coffee Break Festival, featuring coffee tastings, "brew-offs" and – seriously – bean-spitting contests. Next one's in August.
- The world's largest padlock measures an impressive 56.8 inches tall, 41.3 inches wide, and 10.2 inches deep, and weighs in at 916 pounds. Sorry, we don't know what it was built to protect...
- One of the earliest known vacuum cleaners was so large that it had to be hauled via a horse-drawn carriage. Giant hoses were inserted into customers' windows while a gas-powered motor sucked dirt into a glass container for the

shock and awe of onlookers.

- You can thank the American armed forces for the first McDonald's Drive Thru, which made its debut in Sierra Vista, Arizona, near the Fort Huachuca military installation. Rules prohibited soldiers from wearing their uniforms in public, and no one wanted to switch to civvies just to grab a burger, so restaurant manager David Rich cut a hole in the wall, allowing them to pick up their orders without leaving their vehicles. Unsurprisingly, the idea quickly caught on with the general public.
- The next time someone tells you they're sweating like a pig, they're actually lying (though, we're sure, unintentionally): Pigs are born without sweat glands, hence the need for a nice mud puddle to cool off in.

THOUGHT FOR THE DAY

"The beauty of nature has been one of the great inspirations of my life."
– Jim Henson

TRIVIA TEST

1. **Geography:** How many states are in Australia?
2. **Literature:** The character of Miss Havisham appears in which 19th-century novel?
3. **Astronomy:** What is the name of the boundary between Earth's atmosphere and outer space?
4. **General Knowledge:** What creature was a hood ornament on the 1933 Hudson Essex Terraplane car?
5. **Television:** What were the names of the boys on the 1990s sitcom *Home Improvement*?
6. **Music:** The Jug saloon was the setting in which Lynyrd Skynyrd song?

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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.

- 7. **Movies:** What was Charlie Sheen’s nickname in the 1989 movie *Major League*?
- 8. **Animal Kingdom:** What are the offspring of echidnas (Australia) called?
- 9. **U.S. States:** What is the state flower of West Virginia?
- 10. **Food & Drink:** Which country produces Gouda cheese?

TRIVIA ANSWERS

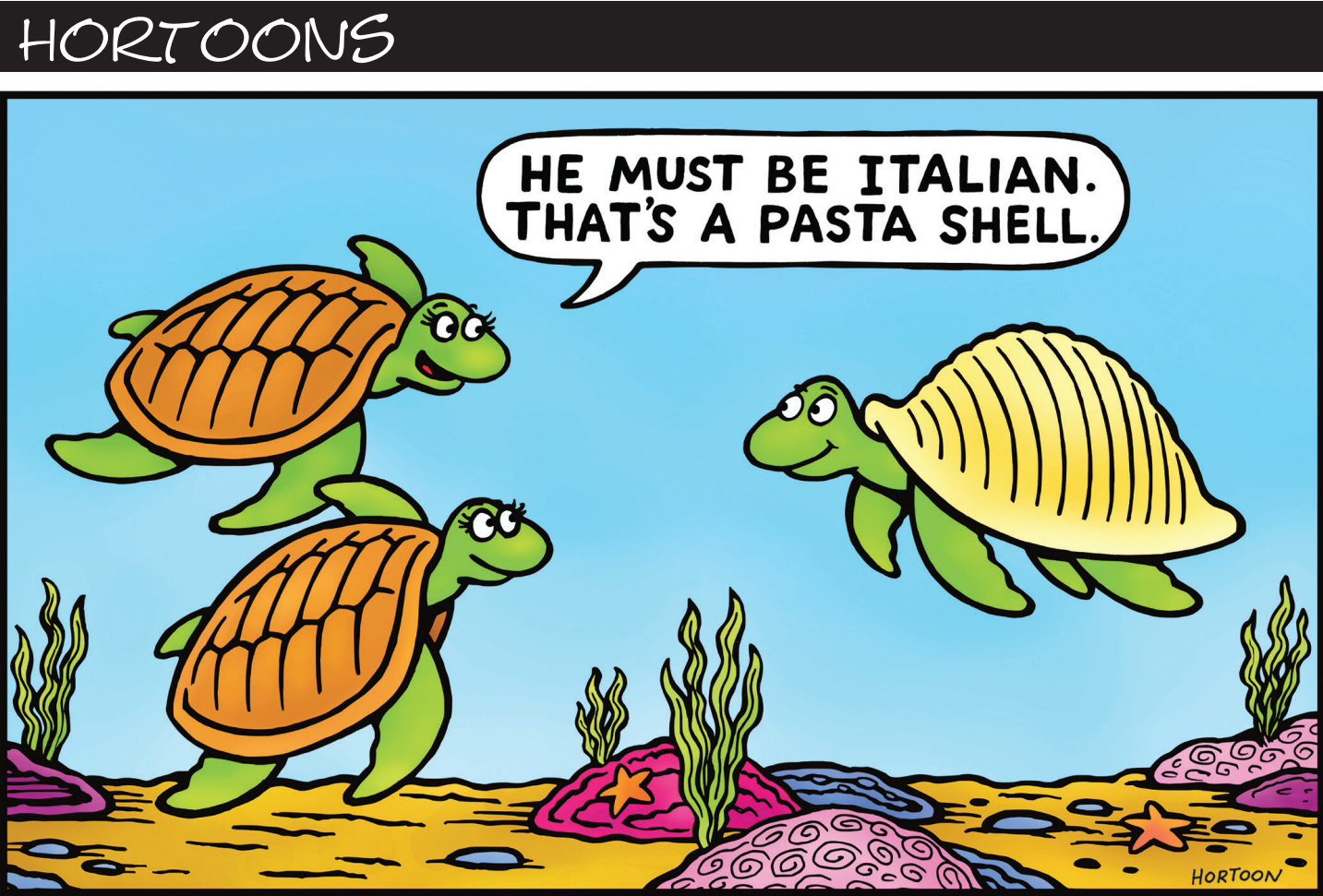
1. Six 2. Great Expectations, Charles Dickens 3. The Karmann line 4. A griffin 5. Brad, Randy and Mark 6. Gimme Three Steps 7. Wild Thing 8. Puggles 9. Rhododendron 10. The Netherlands

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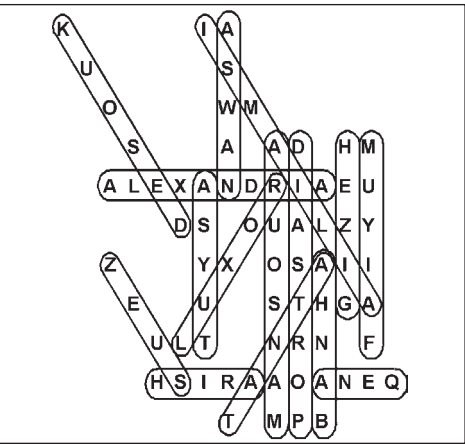
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MAGIC MAZE



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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Town And River	Fort Myers	2020	4,363	\$3,595,000	\$3,595,000	3
Harbour Preserve	Cape Coral	2006	6,593	\$3,850,000	\$3,500,000	80
Fort Myers	Fort Myers	1999	8,130	\$3,300,000	\$2,961,000	62
Metes And Bounds	Captiva	1987	2,365	\$2,995,000	\$2,695,000	402
Shell Harbor	Sanibel	1971	2,421	\$2,300,000	\$2,200,000	0
Laguna Shores	Fort Myers Beach	1962	1,685	\$1,699,000	\$1,462,500	160
Devonwood	Fort Myers	1999	3,051	\$1,250,000	\$1,275,000	4
Renaissance	Fort Myers	2012	3,303	\$1,200,000	\$1,200,000	0
Mossy Glen	Fort Myers	2005	3,523	\$1,250,000	\$1,200,000	59
Sanctuary	Bonita Springs	2000	3,241	\$1,299,000	\$1,150,000	57



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