



Katherine Boren captured first place with *Switched On*

photos by Bob Petcher

Alliance Juried Exhibit Winners

by Bob Petcher

The Alliance for the Arts announced several award winners for its July exhibition titled Uncontained: Juried Exhibit during an artists reception on July 12. The exhibit, which opened on July 5, will be on display through August 3.

Katherin Boren captured first place with *Switched On*. Africa Valdez was awarded second place with *Music Muse*, while Michael Danley placed third with *Type-A*. "This piece caught my eye every time

I saw it," said juror Dale Weber about Boren's artwork. Weber picked his winners from 55 submitted pieces at the show. He also presented two Juror's Choice awards – Patricia Esposito for *Tree Zero 2* and Julie Markytan for *Pendant Brass Rings*.

The exhibit's theme involved art made entirely of recycled and found materials. The artwork encouraged viewers to reimagine the potential of discarded materials through repurposing and to visualize thoughts of creativity and sustainability.

Weber stated he judged the gallery artwork based on the strength of a particular piece resembling "a found object... that reinvents itself."



Africa Valdez took second for *Music Muse*

"From the mathematically precise to the wildly imaginative, from the functional to the whimsical, this show truly has something for all tastes," he said. Weber started his artistic journey in the early 1970s and has explored the many paths of artistic expression from oil to acrylic to pastel and, later, to mixed media collage and finally to found object assemblage.

Besides the award winners, congratulations went out to the following exhibiting artists: Mina Bobel, Ada Cantrell, Michele DiRocco, Virgen Dominguez, Janet Gold, John Merchant, Della Bonyton, Terri Day, Carolyn Gora, Hugh Higgins, Lourdes Mora Shay, Kathy Omeara, Niculina Pascovici, Caren Pearson, Charlie



Michael Danley placed third with *Type-A*

Cox, Barbara Babs Snyderman, Mal Hope, Pamela Jones, Susan Maas, Steve Kalb, Mark Rubinstein, Pat Leggett, Marguerite Petcher, James Roberts, Debra Patterson, Jayne Baker, Rachel Stewart, Rose Jung, Guy Tieman, Jan Cox, Meaghan Shaw, Bruce MacKechnie, Lisa Tract, Leo Johnson, Brooke Anderson, Julie Obney, Antastia Capalbo and Jay Lana.

A day after the artists reception, Weber and several artists engaged in a conversational walk and talk during the Alliance GreenMarket.

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

Dangers Of Rip Currents Can Be Avoided

by Jeff Lysiak

While the summer of 2019 hasn't been excessively hot nor particularly wet with rainfall, one common scenario that has made headlines throughout the season has been the dangerous rip currents. During the past several weeks, rip currents have been blamed for several water-based accidents off the coasts of Sanibel and Captiva, including one fatality last Tuesday evening.

On July 9, 46-year-old Thomas Zakrewski of Georgia fell victim to strong currents and rough water conditions off the coast of Upper Captiva. He was able to rescue his 8-year-old daughter before disappearing underneath the water. His body was recovered later that evening. The United States Coast Guard, Florida Fish and Wildlife Conservation Commission, Sanibel Fire Rescue District and Lee County Sheriff's Office assisted in the search.

Only one week earlier, a pair of 10-year-olds fell off the jet ski they were



Sanibel Fire Rescue District members, from left, Rob Wilkins, Brian Clement, Rob Doerr and Tim Barrett displaying some of the lifesaving equipment used for water-based rescues

photo by Jeff Lysiak

riding in San Carlos Bay. Once in the water, both were swept away by strong rip currents. The children were rescued by a Lee County Sheriff's officer and

several members of the Coast Guard who responded to the July 2 incident.

Tim Barrett, training officer with the Sanibel Fire Rescue District, knows

all about rip currents and the dangers associated with them. He and his fellow crew members train every six months for water-based emergency response, using both the pool at the Sanibel Recreation Center and beaches along the Gulf of Mexico to conduct real-life rescue scenarios.

"We get at least of couple of calls per month," Barrett said of responding to swimmers in distress or people who have fallen overboard from a boat. "It seems like right now, there are more people on the beach or out on their boats. Kids are out of school and folks from out of town come here for our beaches. Trouble is maybe some of them aren't used to being in the water. They may be good pool swimmers but not in the ocean. It's not as easy as it seems."

According to the National Weather Service (NWS), rip currents are powerful channels of water flowing quickly away from shore which occur most often at low spots or breaks in the sandbar and in the vicinity of structures such as groins, jetties and piers.

"For maximum safety, swim near a lifeguard and pay attention to flags and signs," the NWS website suggests. "If you become caught in a rip current, yell for help. Remain calm... do not exhaust yourself and stay afloat while waiting for

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Historic Downtown Fort Myers, Then And Now:

Theatre Arcade, 1935



by Gerri Reaves, PhD

This 1935 photo captures the feel of one of downtown's liveliest spots, the Heitman Theatre Arcade, built by brothers Gilmer M and Harvie E Heitman.

The view is from the Bay Street entrance, looking straight through to First Street.

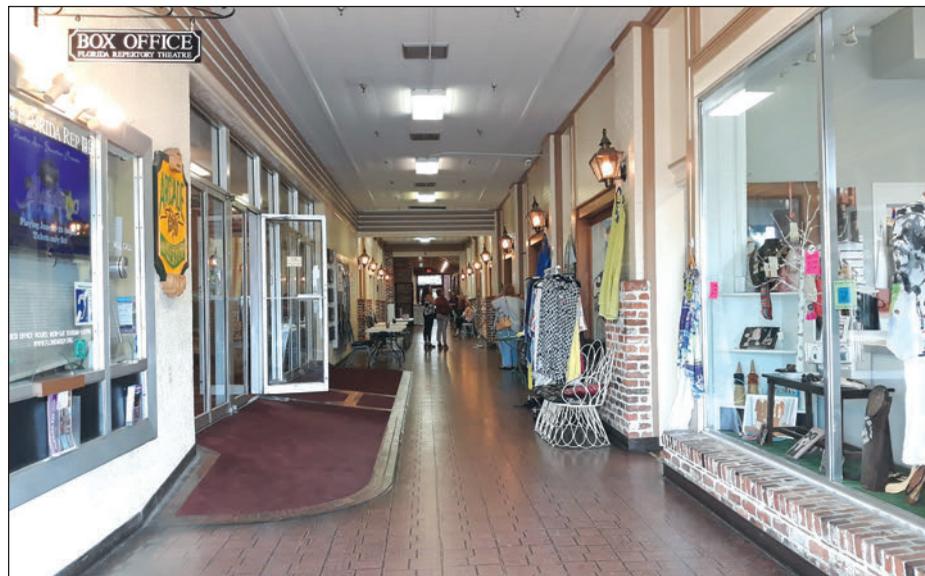
As the banner stretched above tells us, the first week in March of that year the theater was showing a brand new Hollywood film, *After Office Hours*, starring Clark Gable and Constance Bennett. The fact that the film had been released only a couple of weeks earlier says something about the status of the first-run movie house.

The main business district offered only one other movie theater in that pre-television Depression-era, the Ritz in the Patio de Leon, but it couldn't rival the Arcade for its luxury. (The Edison Theatre wouldn't be built for several more years.)

In the mid-1930s, numerous businesses shared the arcade with the theater. A cigar store at the First Street entrance also sold candy and magazines and had a shoe-shine stand.

There were side entrances to the stores of the famous M Flossie Hill women's store and to Sidney Davis's Men's Shop, the latter located where Arts for ACT Gallery is now.

Also in the small storefronts were a beauty shop, a flower shop and several insurance agencies. Note the sign for Shultz Insurance Agency across from the box



Today the arcade is alive with theater and business activity, but the skylights and classic tile are gone photo by Gerri Reaves

office in the historic photo.

The arcade and theater had been completed in 1917 by removing a section at the center of the hotel block. The arcade was extended through to Bay Street, and after that, the Bradford Block stood essentially as it does today.

The 400-seat, well-appointed theater had a stupendous opening day on February 5, 1917, with every show filled to capacity.

In the early days, entertainment included not only silent movies but vaudeville and magic acts, celebrity appearances and local talent nights. A small orchestra played during tourist season.

During a major remodeling of both arcade and theater in 1929, the now-iconic neon sign on First Street was installed.

Three years after the historic photos was taken, the stage was removed and the arcade became a movie-only venue.

Today, the theater is the home of Florida Repertory Theatre. The arcade is no longer open air, the skylights are darkened and that classic tile has been removed or covered up.

But it's still one of downtown's liveliest places, what with the Rep, a clothing store, an art gallery and other shops.

Walk down to the historic Bradford Block and imagine the arcade as it was way back when.

Then visit the following places to learn more about local history.

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

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

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

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

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

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

Sources: *Fort Myers Press*, *The News-Press* and The Southwest Florida Historical Society. ✱



In 1935, *After Office Hours*, starring Clark Gable and Constance Bennett, was showing at the Arcade Theatre, as seen in this view from the Bay Street entrance of the Heitman Theatre Arcade. The theater traces its origin to the town's first movie theater, which opened in 1908 on First Street. photo courtesy IMAG History & Science Center

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Justin Wilder

Reporters
Gerri Reaves, PhD
Jeff Lysiak

Contributing Writers

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FGCU Professor Speaks About Water Quality

Dr. Greg Tolley, the executive director and professor of the Department of Marine and Ecological Sciences at Florida Gulf Coast University (FGCU), spoke to business leaders at the Sanibel & Captiva Islands Chamber of Commerce July 9 luncheon at Sundial Beach Resort & Spa.

Tolley's current research interests focus on the influence of freshwater inflow on estuarine ecosystems and aquatic resources. However, he spoke to chamber business members about the differences and similarities of blue-green algae and red tide, as well as the goal of newly created FGCU Water School. While water is a broad term, the focus of the school is on water security or its impact on the health of humans and ecosystem, and economic and social development.

"I like to think about how they connect with one another," said Tolley. "If we get the water right, we have a healthy ecosystem and a healthy us."



Dr. Greg Tolley speaks during a PowerPoint presentation

photo provided

If we have a healthy ecosystem and a healthy us, we have healthy businesses and a healthy society."

Tolley explained that the water situation has been different this year. To date, the area has received only half of the rainfall this year in comparison to 2018, while the Army Corps of Engineers has been releasing water down the Caloosahatchee from Lake Okeechobee in pulses. "Water makes all the difference in the world here – in

terms of what nutrients are being delivered to the system and how fresh water flows impact the system," said Tolley.

Some of the water issues we are dealing with today were created because people weren't thinking in a systems manner or how something done today might have an impact a decade later, he explained. "I want you to think about how all of these things are connected," Tolley said.

Transhuman Art Critics Concert At FSW Gallery

Internationally acclaimed Düsseldorf-based visual artist, musician and composer Emil Schult will return to the Bob Rauschenberg Gallery at Florida SouthWestern State College (FSW) with collaborator Emma Nilsson as Transhuman Art Critics for a special one-night-only ArtSPEAK@FSW concert event on Friday, July 19 at 7 p.m.

Formed in 2017, the Transhuman Art Critics is an audio-visual project by Schult and Nilsson. They will premiere newly commissioned work in honor of John Cage by providing attendees an opportunity to celebrate JOHN CAGE: STEPS & Other Works from the Mountain Lake Workshop exhibition (before it closes on July 27). This multimedia/electronic music program will also feature the world premiere of celebrated New York City artist Allan McCollum's Symphony for John Cage (and the Hearing Impaired) and the U.S. premiere of Fluxus pioneer Philip Corner's Out of John's CAGE.

A master student of Joseph Beuys and Dieter Roth at the KunstAkademie/Düsseldorf in the early 1970's, Schult is perhaps best known for his collaborations with the legendary Teutonic electronic/pop band Kraftwerk. Most conspicuously contributing artwork for the staging of tours and album covers (including Autobahn and Radioactivity), Schult also provided lyrics for numerous songs, including *The Model* (a track featured on the band's seminal *The Man-Machine* record). With recent "retrospectives" at both the Museum of Modern Art/MoMA

in New York City and the Tate Modern in London – plus, a 2015 Lifetime Achievement Award at the Grammy's, the cultural impact, broad visual and musical influence of Kraftwerk can scarcely be overstated.

As a visual artist, Schult has exhibited his work in galleries and museums internationally for decades. In conjunction with the 2012 Bob Rauschenberg Gallery exhibition *Things Not Seen Before: A Tribute to John Cage* (which then travelled in expanded form to the National Gallery of Art/Tbilisi, Georgia), Schult was commissioned to paint a portrait of the late composer John Cage and to select records for the local gallery's John Cage's 33-1/3 – Performed by Audience installation.

Nilsson composes sound installations and has DJ'ed in numerous museums and galleries including the SMAK Ghent, Museum der Dinge Berlin, Kunsthau Zürich und Theater Hebbel am Ufer Berlin. She has participated in performances and artist films by Ellen Cantor, Yorgos Sapountzis, Michael Riedel and Maija Timonen. A contributing writer of numerous publications and artist books, Nilsson has recently performed together with Emil Schult at the Palazzo Ducale, Genoa, Italy; 1905 Art Center, Shenyang; International Art Museum, Zhang Zhou, China; Reading Fringe Festival, UK and elsewhere.

This free event was generously supported by Bob Rauschenberg Gallery friend and docent Darilyn Alderman and with a grant from The Beaches of Fort Myers & Sanibel.

Bob Rauschenberg Gallery at Florida SouthWestern State College is located at 8099 College Parkway, Building L, in Fort Myers. For more information, call 489-9313 or visit www.rauschenberggallery.com.*

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Noemi Y. Perez of The Immokalee Foundation and Charlene Barnette of The League Club photo by Nancy Taylor

Grant Enables Purchase Of Computers

The Immokalee Foundation recently received a \$14,800 grant from The League Club that will help 1,300 Immokalee students in various programs. The Community Trust Fund of The League Club Inc. awarded \$343,743 to 35 area charities during an April 4 event made on behalf of its 600 members. This enabled The Immokalee Foundation to purchase 46 laptop computers and rechargeable storage for the computer lab used by sixth grade and post-secondary students. These students will use the



The Immokalee Foundation students, from left, Marco Garza, Sandra Soto, Arline Martinez and Dulce Chavarria at work on the new computers photo provided

laptops at the foundation offices in lessons and exercises that serve its programs' goals. Many older students – including Vladimir Colas and Ofelia Carrillo – use the computers to prepare for SAT and ACT college entrance exams. Carrillo, a recent graduate of Immokalee High School, was accepted into the Take Stock in Children scholarship program while in eighth grade. She also is involved in the foundation's Career Development program and, as an Immokalee Readers tutor, Carrillo helps younger children who are behind in reading ability come up to grade level. She and other high school students tutor under the supervision of a certified teacher.

As an Immokalee Foundation student, Carrillo provides help – while receiving assistance. She recently finished an SAT preparatory course. Through an online program, students prepare for the test by taking practice tests and doing "homework" that boosts their weaker areas, improving their scores on the actual tests. "Our instructor not only gave us guidance in answering questions, he also gave us tips and tricks on how to manage time and still complete all the questions," Carrillo said. Carrillo was accepted to the University of North Florida for the summer term and plans to study nursing. Colas also has been involved with The Immokalee Foundation since his acceptance into Take Stock in Children in eighth grade. Now, he is a sophomore and has already started preparing for the SAT by taking the online course on the

foundation's new computers. Like Carrillo, he spends three hours a day after school, twice a week, preparing for the SAT. "We can look up model tests and also compare the answers," Colas said. "Every week, we are memorizing vocabulary words and working on a reading or a writing section." Colas would love to attend Duke University. His sister, Gaelle Colas, who was admitted to The Florida Bar last year, also was an Immokalee Foundation Take Stock in Children student. Currently employed as a lawyer, she earned her law degree from University of Notre Dame Law School and graduated from Duke with a bachelor's degree in international comparative studies.

The grant from The League Club Inc. – a 501(c)(3) organization of women in Southwest Florida strengthening communities through fellowship, education, volunteerism and philanthropy – is an example of the community support for which The Immokalee Foundation is grateful.

The Immokalee Foundation provides a range of education programs that focus on building pathways to professional careers through support, mentoring and tutoring, and life skills development leading to economic independence.

To learn more about The Immokalee Foundation, becoming a mentor, its signature events, volunteering as a career panel speaker or host, making a donation, including the foundation in your estate plans, or for more information, call 430-9122 or visit www.immokaleefoundation.org.

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School District Team Captures Award

The School District of Lee County's focus on continuous improvement and professional development recently led to an award from the Florida Sterling Council. The district won the Florida Sterling Council's Storyboard Showcase Competition at the council's annual conference in Orlando.

"Working with both the Lean Six Sigma Green Belt process and learning about the Sterling Criteria has truly improved not only school efficiency but also improved school culture and made strives to improve academic achievement," Team Leader Jennifer Lusk said. "I am incredibly grateful for being provided the opportunity to participate and cherish the friendships created in our team. Everyone's strengths shone through and the collaboration made the process that much more rewarding."

Lusk, assistant principal at Lehigh Elementary School and team members Cheryl Dooley, a lead teacher at Spring Creek Elementary, and Jeanette Walsh, a peer collaborative teacher at Manatee Elementary, focused on decreasing instructional absenteeism in an elementary school. Their project, Absent Minded, implemented training and other interventions that resulted in decreasing

instructional absences by over 3,400 hours. Total cost savings to the district was more than \$42,000.

The Florida Sterling Council was formed in 1992 as a not-for-profit, public/private partnership supported by the Office of the Governor (and public and private businesses). The Sterling Performance Excellence criteria is used to examine organizations from a systems perspective. The criteria holds organizations to exceptionally high standards, saving them, as well as the state, millions of dollars annually.

Lean Six Sigma is a disciplined, statistical-based, data-driven approach and continuous improvement methodology for eliminating waste and variation in a product, process or service. A Lean Six Sigma Green Belt is a professional who is well versed in the core to advanced elements of Lean Six Sigma methodology, which leads improvement projects and/or serves as a team member as a part of more complex improvement projects.

Dean's List

Fort Myers native Alexa Prejna was recently named to the Dean's List for the spring 2019 semester at Augustana College in Rock Island, Illinois.

Fort Myers native Emma Heise was named to the Dean's List for the spring 2019 semester at Miami University in Oxford, Ohio. She is majoring in psychology.



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Fort Myers Art:

Audition Notice For Two Naples Plays In August

by Tom Hall



The Naples Players (TNP) will be holding auditions for *The Great Gatsby* and *Escanaba In Da Moonlight* on Saturday, August 10 from noon to 4 p.m. at The Sugden Community Theatre

located at 701 Fifth Avenue South in Naples. Both shows are auditioning on the same day, and you may audition for one show or both. Auditions are free and walk-ins are always welcome.

Final casting calls will be made starting on Wednesday, August 14.

The casting for *The Great Gatsby* involves four women (age 20s to 60s), five men (age 20s to 60s), with additional ensemble roles available. It will be directed by TNP Executive Artistic Director Bryce Alexander and sponsored by Lake Michigan Credit Union. *The Great Gatsby* is a contemporary stage adaptation of the classic jazz-era American novel penned by F. Scott Fitzgerald. Adapted for the stage by Simon Levy, the play was first presented at the Guthrie Theatre in 2006. It features much of Fitzgerald's



Art shoppers at a previous Art in the Park

photo courtesy www.artswfl.com

language with the decadence of the 1920s. Rehearsal begins on Monday, August 19 at 7 p.m. Performances will be Wednesdays through Sundays, October 3 to 27 in Blackburn Hall.

The casting for *Escanaba In Da Moonlight* involves one woman (age 30s) and five men (two age 30s, one age 40s, one age 60s, one ageless). Associate Artistic Director Jessica Walck directs. It is a hunting story to beat all hunting stories. Written by Tony-nominated actor Jeff Daniels, this zany comedy follows the Soady family tale of the opening day of deer season at the family's Upper Peninsula camp.

Rehearsal begins on Monday, September 9 at 7 p.m. Performances will take place Wednesdays through Sundays, October 23 to November 17 (possible extension from November 20 to 24).

To register to audition and for audition sides, a full list of rehearsals, techs and performances, visit www.naplesplayers.org. For further questions or inquiries, contact Cole Butcher, TNP production stage manager, at 434-7340 ext. 125 or cbutcher@naplesplayers.org.

Submissions Accepted For Next Season's Art In The Park

Are you ready for the 2019-20 season of Art in the Park? The Naples Art Association (NAA) proudly connects artists with art shoppers in another terrific season of Art in the Park.

Since 1957, Art in the Park has showcased paintings in oil and acrylics, watercolors, mixed media, photography, sculpture, ceramics, glass art, jewelry and wood-working created by members in good standing of the Naples Art Association. For art lovers, it's a casual, fun-filled venue

for meeting local artists and becoming acquainted with their work. It is believed to be the first outdoor art show held in Naples. And the tradition continues for the 2019-20 art fair and festival season.

Art in the Park is held between 10 a.m. and 4 p.m. on the first Saturday of each month from November through April. Because of its long tradition, prestige and the interest and number of people who routinely turn out for the show, many NAA members seek admission to the show. Applicants go through a jury process.

"Art in the Park is a membership opportunity, providing artists a venue to sell and market their work while broadening their customer base," noted the Naples Art Association in its call to artists for the 2019-20 season. "It also provides a setting for artists to interact with other artists sharing ideas, industry changes and the camaraderie of creative people. It is an opportunity for both artists and the public to engage in enlightening conversations about art."

The one-day fair takes place on Park Street adjacent to The Naples Art Association in the northwest corner of Cambier Park. Located just a block and a half from historic Fifth Avenue South, Art in the Park is within walking distance of trendy European boutiques, sidewalk cafes and iconic art galleries such as Sheldon Fine Art, Call of Africa's Native Visions Gallery and Shaw Gallery of Fine Art. The show is also just three minutes by car from fabled Gallery Row and the Third Street South Gallery District. The January show is also held in conjunction with the Downtown Naples New Year's Art Fair, which will be held next season on Saturday and Sunday, January 4 and 5, 2020.

*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.**

Trampoline Park To Host Back To School Drive

Sky Zone, the world's first trampoline park, is hosting a Back to School Drive to collect school supplies for local schools to use for the upcoming school year. All collected items in the drive that will end on Monday, July 29 will be donated to The Foundation for Lee County Public Schools.

All guests who bring school supplies to donate will receive \$2 off a 90-Minutes Jump Pass as a thank you for their generosity and participation. Sky Zone believes in supporting the community and empowering young students to be successful in their academic career. The purpose of every initiative of The Foundation for Lee County Public Schools is to enhance and enrich the quality of public education in Lee County for students and educators.

"We are so excited to host our Back to School fundraiser at our park and partner with The Foundation for Lee County Public Schools," said Jay Highley,

owner of Sky Zone Fort Myers. "This is a great way to give back to the community and help out our local schools receive the supplies they need for the upcoming school year."

In support of schools, Sky Zone Fort Myers offers Spirit Nights, a fundraising program designed with schools in mind. A Spirit Night helps schools raise money for any school-related fundraiser while guests have fun and jump at Sky Zone. It's completely free to book and the school receives \$5 for every jumper that comes out for their Spirit Night. Spirit Nights can be held between Tuesday and Thursday from 3 to 8 p.m. The park also gives schools the option to co-host a Facebook event with Sky Zone, share posts through social media, and can provide fundraiser flyers for schools to share with everyone. Jumpers must mention the school name or bring in the flyer to ensure schools will receive the funds.

Schools are welcome to book Spirit Nights any time of the year at Sky Zone, which is located at 14181 South Tamiami Trail, Unit #140, in Fort Myers. For more information, visit www.skyzone.com/fortmyers or call 313-5448.*

DANCE PARTY

2nd Saturday of the month! Ballroom, Latin, Swing. 6 p.m. lesson followed by open dancing.



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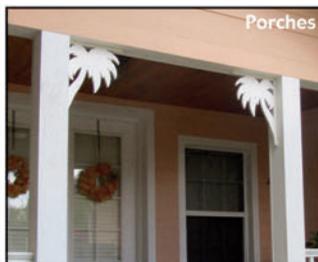
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Graduation For Family Medicine Residents

Lee Health recently celebrated the graduation of the Class of 2019 of The Florida State University College of Medicine Family Medicine Residency Program. 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.

“Southwest Florida is one of the fastest-growing regions in the state, but we are underserved when it comes to the number of primary care physicians,” said Alfred Gitu, MD, program director of the residency program at Lee Health. “We are proud to report that two of the six graduates from the class of 2019 are staying to practice medicine locally.”

This year’s graduates include:

Dr. Amanda Danley, who will practice in Cape Coral.

Dr. Kristen Dimas, who will join the Lee Physician Group Residency Faculty in Fort Myers

Dr. Clay Duval, who will practice in Colorado Springs, Colorado.

Dr. Elizabeth Duval, who will practice in Colorado Springs, Colorado.

Dr. Charles Fleischer, who will join The Florida State University College of Medicine faculty as an assistant professor.

Dr. Kenneth O’Dell, who will practice in Sebring.



Class of 2019 of The Florida State University College of Medicine Family Medicine Residency Program and Global Fellowship graduates, from left, are Dr. Kenneth O’Dell, Dr. Clay Duval, Dr. Elizabeth Duval, Dr. Charles Fleischer, Dr. Heidi Lee, Dr. Kristen Dimas, Dr. Christie Caceres and Dr. Amanda Danley

photo provided

Dr. Heidi Lee and Dr. Christie Caceres also completed their one-year Global Health Fellowship. Fellows spend 40 to 50 percent of their experience overseas at mission hospitals and international family medicine residencies in three month cycles.

The Florida State University College of Medicine Family Medicine Residency

Program at Lee Health 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 24, with 12 physicians choosing to continue practice in Southwest Florida.✱

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Along The River

The **downtown Fort Myers River District** will again be the scene for **Music Walk** this Friday, July 19.

Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

Visit www.fortmyersriverdistrictalliance.com to learn more.

Cirque du Soleil: Corteo continues at **Hertz Arena** through this Sunday, July 21. Performances, which began July 17, will be held at 7:30 p.m. on Thursday, Friday and Saturday and at 5 p.m. at Sunday. There are also matinees at 3:30 p.m. on Saturday and at 1 p.m. on Sunday.

Cirque du Soleil Entertainment Group completely reinvented circus arts and has become a world leader in live entertainment. This show features a festive parade imagined by a clown. Corteo, which means "cortege" in Italian, is a joyous procession. The show brings together the passion of the actor with the grace and power of the acrobat. The clown pictures his own funeral taking place in a carnival atmosphere, watched over by quietly caring angels. The show highlights the strength and fragility of the clown, as well as his wisdom and kindness, to illustrate the portion of humanity that is within each of us.

Tickets range from \$45 to \$130.

Hertz Arena is located at 11000 Everblades Parkway in Estero. For more



Music Walk returns to downtown Fort Myers this Friday evening

photo courtesy www.myriverdistrict.com/events/2019/music-walk

information, visit www.hertzarena.com or call 948-7825.

Several businesses in the **Gardner's Park area** are joining forces for a special event called **Christmas in July** this Saturday, July 20 from 10 a.m. to 3 p.m. Most of the businesses involved are located in or near the Butterfly Estates in Fort Myers, located at 1815 Fowler Street.

DAAS Co-op Art Gallery & Gifts, one of the participating venues, created the event as a way to collaborate with other neighboring businesses. For Christmas in July, the gallery will have an array of items on sale, including original art, candles, jewelry, pottery, greeting cards, apparel and fine crafts. Refreshments will be

served.

Remedies Parlor, located on Thompson Street, will offer discounts on select merchandise within an inventory that includes an eclectic mix of vintage and antiques, fine jewelry and small-batch products. The store will also give a gift with every purchase. Bullig Coffee and Bites, located inside the Butterfly Estates complex, will be serving a commemorative beverage to go along with food specialties. Thrifty Garden, also inside the Butterfly Estates complex, will host a plant sale and add multiple items on discount for the event.

Other participating businesses are Rust Never Sleeps, Shoppe Around The Corner and Sirena del Sol. More shops will be announced on each venue's respective social media site.

Organizers are hoping to make Christmas in July an annual event, with the community's support.

For more information and a map, visit www.daascoop.com.

The **Naples Beach Hotel & Golf Club** will host Late Night Brass on the beachfront resort's scenic Watkins Lawn during its annual **SummerJazz on the**

Gulf concert series this Saturday, July 20 from 6:30 to 9:30 p.m.

Late Night Brass, a versatile and popular 10-piece band, returns to the concert series lineup for its 11th consecutive year. The band features a four-piece horn section (saxophone, two trumpets and trombone), a four-piece rhythm section (keyboard, guitar, bass and drums), a male vocalist and a female vocalist. They will perform a range of songs from such popular horn bands as Chicago, Earth Wind & Fire, Kool & The Gang, KC & The Sunshine Band and Blood Sweat & Tears. The band also plays songs from such groups as Huey Lewis & The News, The Blues Brothers and The Doobie Brothers. The band has opened up for Chicago, Huey Lewis & The News, Billy Joel, Elton John, Dennis DeYoung (from Styx) and Michael Bublé. For more information on the band, visit www.latenightbrass.com.

The fun, free concert series is held one Saturday evening per month from June to September.

Parking is available just north of the hotel at Lowdermilk Park, with free trolley service to the resort and back. Guests may bring lawn chairs or blankets for seating, however no outside food and beverage is allowed.

The Naples Beach Hotel & Golf Club is located at 851 Gulf Shore Blvd. North in Naples. For more information, call 261-2222 or visit www.naplesbeachhotel.com/summerjazzonthegulf.

Edison and Ford Winter Estates will offer an Ask The Curator program on its campus this Wednesday, July 24 at 11:30 a.m.

The Ask The Curator topic is entitled Can you tell me more about Edison's rubber project? Join Collections Registrar Matt Andres as he provides an in-depth tour of Edison's Botanical Laboratory.

Cost is free to Edison Ford members and included with admission to non-members.

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

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State Releases 2019 School Grades

The Florida Department of Education just released the preliminary school grades for the 2018-19 school year.

According to the results, 60 percent of traditional Lee County public schools, not including charters, earned an "A" or "B", an increase of 8 percent over last year. The School District of Lee County maintained its "B" grade for a sixth year in a row. However, the district increased in total points, moving it within three percentage points of an "A" grade.

Eighteen schools increased their school grades including Trafalgar Elementary School which moved from a "C" to an "A."

Superintendent Dr. Greg Adkins summed the results up in one word: awesome. "The work that our teachers, administrators and district leaders did over the last year is a testament to their dedication and commitment to

personalizing education for our students. I also want to thank our families for their engagement, and our students for their hard work."

Fifty-five district schools maintained their letter grades, while seven dropped, a decrease of 50 percent from last year. In addition, the School District of Lee County is the only district of the top ten largest in Florida, that does not have a "D" or "F" school.

East Lee County High School increased its grade from a "D" to a "C" which means it comes out of Differentiated Accountability (DA) status at the state level. DA schools are identified for escalating interventions, support and monitoring. Since Dr. Adkins has served as superintendent, the district has gone from 12 DA schools to none.

"This is a huge accomplishment for a district of our size with the diverse student population we have," explained Dr. Adkins. "Our passion to educate every child, no matter his or her background, is clear and we will continue our mission of helping all students reach their highest personal potentials."*

Yomassage And Meditation Classes At Estates

Health and wellness classes, such as yoga, meditation and massage, are being offered at Edison and Ford Winter Estates.

On Saturday, July 20, Full Moon Meditation Alchemy of the Senses will be held at 1 p.m. Then, Yomassage classes will be offered in the nearby air-conditioned lecture hall of the South Florida Water Management building on Saturday, July 27 at 11 a.m. and 2:30 p.m.

In the meditation class, participants will learn how to relax, breathe and enjoy a personal journey through sound vibration with singing bowls and drums. Meditation has been shown to reduce stress and help people experience a deep sense of peace. Participants should bring something to lie on such as a yoga mat or towel, water and a small pillow. Cost of the meditation class is \$20 for Edison Ford members and \$25 for non-members.

Yomassage is a fusion of relaxing and supported restorative yoga positions with hands-on massage



Participants relax during a Yomassage class

therapy. During the class, participants hold each position for approximately eight to 10 minutes while a massage therapist performs manual massage techniques. Participation is limited to five students per class, and each class lasts approximately 90 minutes. A free demonstration will be available on Saturday, July 20 at 11 a.m. for anyone wanting to learn more before taking the class.

Benefits of Yomassage can include improved joint range of motion and

neuromuscular balance, and reduced joint surface compression, all of which can lead to a reduced chance of injury. Yomassage classes are \$55 for Edison Ford members and \$65 for non-members.

Tickets can be purchased at the membership desk, the ticket counter or online at www.edisonford.org. Advanced reservations are encouraged as space is limited.

The classes are taught by Dolores J. Gozzi, a licensed massage and

alternative therapist. Gozzi also has a Yomassage certification.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. The South Florida Water Management building is located at 2301 McGregor Boulevard in Fort Myers. Registration for both the yoga and meditation classes is available online at www.edisonford.org. Admission to the site is not included.*

Continental Women's Club

The Continental Women's Club will hold its monthly meeting at The Hideaway Country Club on Thursday, August 1 at 11:30 a.m.

CROW Development and Education Manager Rachel Rainbolt will be the guest speaker. She will share how the Sanibel rehabilitation center cares and treats the wildlife that is brought to them.

The monthly meetings of the Continental Women's Club are held on the first Thursday of each month. Cost to attend the luncheon is \$22.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information.*

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Funds Raised For Fallen Officer Memorial Fund

The Cape Coral Police Department held its annual 5K run/walk at the Cape Coral Yacht Club on Saturday, May 18. The event raised over \$7,000 to benefit families of fallen and injured officers.

The annual race is the sole event held each year to raise money for the fund. The race kicked off with a starter pistol start and the course ran through surrounding neighborhoods. Utilizing Chrono Track B-Tag technology, runners were equipped with timing strips that tracked individual start and finish times. The event concluded with a celebratory gathering in the yacht club pavilion and included refreshments, awards and prizes.

Established in 2009, the Fallen Officer Memorial Fund assists families of law enforcement officers throughout Southwest Florida who are lost in the line of duty, sends family members to the annual Florida FOP State Memorial Service and assists officers who are seriously injured.

"This event is very special to us as it raises money for our own and their families," said Sergeant Paul F. Blanchard, Jr., president of Cape Coral FOP Lodge 33. "We are grateful for the community's continued support of the cause and their commitment to

ensuring the events overall success."

All participants received a goody bag and T-shirt.

The FOP Local 33 is located at 1404 Del Prado Boulevard South, Suite 145, in Cape Coral. For more information, visit www.capecoralfopldodge33.org.✪

Partnership To Fight Summer Hunger

Community Cooperative is teaming up with LYNQ Restaurant for another opportunity to "give back while you kick back" to support their Summer Drive for Hunger. LYNQ will be offering an extended happy hour and passed appetizers for its guests from 5 to 7 p.m. on Thursday, July 18 and will give back 10 percent of proceeds from sales to Community Cooperative.

Bring canned goods or other non-perishable food items or a financial contribution to the event to contribute to LYNQ's food drive, then sit back and enjoy happy hour knowing you've made a difference in the lives of Lee County residents.

The summer months are especially tough for many Lee County families, with nearly 70 percent of children in the area on free or reduced school lunches throughout the rest of the year. When school is out for the summer, families struggle more than

usual to make ends meet. Community Cooperative strives to fill that gap by collecting extra food donations and financial contributions through their Summer Drive for Hunger initiative. During the months of June, July and August, the organization has a goal of raising \$25,000 and 25,000 pounds of food for its community cafés, community market and mobile food pantries.

For more information on how to get involved with the Summer Drive for Hunger, contact Stefanie Edwards at stefanie@communitycooperative.com or call 332-7687, Ext. 110. Monetary donations are always welcomed and can be made directly at www.communitycooperative.com, or mailed to: Community Cooperative, P.O. Box 2143, Fort Myers, FL 33902.✪

Bible School Offers Classes, Open House

Faith Bible School (FBS) is offering fall classes at The Faith Center beginning on September 3 at 7 p.m. The classes work towards certificates in ministerial studies and are open to all adults. For open enrollment, visit www.fbs-fl.com.

Faith Bible School will also offer an open house at The Faith Center on Saturday, August 3 at 2 p.m.

Faith Bible School is an affiliate of

Logos University. Degree and online programs will be offered in the near future.

The Faith Center is located at Harbour Plaza at 17650 South Tamiami Trail, Suite 212 in Fort Myers. For more information or questions, visit www.fbs-fl.com or email info@fbs-fl.com.✪

Instragam Contest For First-Time Drivers

The open road awaits. It's more exhilarating than ever for first-time drivers to get their license thanks to the Lee County Tax Collector's new #LCTCRockTheRoad campaign. The Tax Collector's Office is holding an Instagram contest to help lucky winners get where they're going on their dream road trip. It's all part of a coordinated effort to celebrate the special moments that the Tax Collector makes possible.

"Just about every kid grows up dreaming of that day they can finally drive," Lee County Tax Collector Larry Hart said. "We're already part of that experience for people, so why not be part of the fun, too?"

The #LCTCRockTheRoad Instagram contest began this week and runs through October 15. It is open to new Lee County drivers who have gotten their license within the last three months or have had their learner permit

continued on page 24

Churches/Temples

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

ALL SAINTS BYZANTINE RITE CATHOLIC Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

BAT YAM-TEMPLE OF THE ISLANDS Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

BETHYESHUA MESSIANIC SYNAGOGUE Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE 10 a.m. Sunday and 7 p.m. Tuesday, www.simplesimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

BREAD OF LIFE MINISTRIES Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

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

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

COVENANT PRESBYTERIAN Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

CYPRESS LAKE BAPTIST Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive,

481-5442.
CYPRESS LAKE PRESBYTERIAN Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH UNITED METHODIST Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.

FORT MYERS CHRISTIAN Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST; Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS 11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

KINGDOM LIFE Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD Sunday 7:45 and 10 a.m., [\[church.net\]\(http://church.net\), 19691 Cypress View Drive, 267-3525.](http://www.lambofgod</p>
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NEW BEGINNINGS CENTER Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

NEW HOPE BAPTIST Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

NEW HOPE PRESBYTERIAN Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.

PEACE LUTHERAN Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.

REDEEMER LUTHERAN Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD 8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.

ST. FRANCIS XAVIER CATHOLIC Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE METROPOLITAN Sunday 10 a.m., 3049 McGregor Boulevard,

344-0012.
SAINT MICHAEL LUTHERAN Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.

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

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

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

TEMPLE BETHEL SYNAGOGUE Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE) Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

THE NEW CHURCH Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

UNITARIAN UNIVERSALIST Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.

UNITY OF FORT MYERS Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

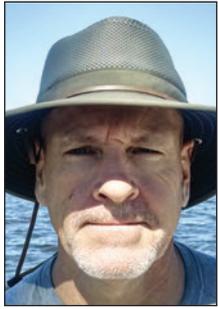
WESTMINSTER PRESBYTERIAN CHURCH Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

WORD OF LIFE Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN Sunday 8, 9:30 and 10:45 a.m., www.zionfml.org, 7401 Winkler Road, 481-4040.✪

CROW Case Of The Week:

Sea Turtle Hatchlings



by Bob Petcher

Loggerhead sea turtles (*Caretta caretta*) return to Southwest Florida beaches each year to nest in late April/early May. After the eggs incubate for roughly two months, the hatchlings emerge from those nests upon hatching, seek the moon glow as natural light in their pursuit to reach the gulf and swim for their lives using the Gulf Stream in hopes to reach the Sargasso Sea.

This is the time of year when we commonly start to see loggerhead sea turtle hatchlings on our beaches. In the last two weeks, CROW has admitted 13 hatchlings from the beaches of Sanibel and Captiva. CROW partners with the Sanibel-Captiva Conservation Foundation (SCCF) and others in helping the juvenile reptiles reach the waters.

“Conservation efforts often involve multiple organizations, and we are proud to work closely with our partners at SCCF to help the local sea turtle population,” said Dr. Robin Bast, CROW’s staff veterinarian. “SCCF monitors the nest sites, and if any hatchlings appear to be in need of medical attention – from

injuries, heat stress, or due to congenital abnormalities – they are brought to CROW. A hatchling that is strong and healthy, but was disoriented and ended up going the wrong direction will be released immediately by SCCF.”

Some hatchlings are born with congenital defects, while others that become disoriented end up exhausted while making their way to the ocean. In most cases, ones that are disoriented or exhausted just need a place safe from predators to rest before making their journey out to the sargassum where they spend the first years of their life. They are able to be released to the Gulf of Mexico the same evening they arrive under the cover of darkness.

The fate of the 13 hatchlings that were admitted to CROW recently remains guarded.

“About one third of the hatchlings that are admitted have some type of congenital defect such as shell deformity, flipper abnormalities or jaw abnormalities,” said Dr. Bast. “(Depending) on the defect, some require no medical intervention, others may require surgery, and the most severe defects prevent the hatchlings from being able to swim and survive in the wild, so those are humanely euthanized.”

Last year, CROW admitted 65 hatchlings during the course of sea turtle season. Beachgoers can help the many hatchlings emerging on local beachfronts by filling in any large holes in the sand, removing items from the beach at night such as chairs or anything that may impede a hatchling, and turning off any lights that are visible from the beach.

To be successful, the whole process



Two of the recently admitted 13 loggerhead sea turtle hatchlings at CROW

photo by Brian Bohlman

needs attention, protection and the assistance of island residents, businesses and visitors alike. Remember, sea turtles are actually the first seasonal residents of Southwest Florida, having established their footprints in the sand longer than any of our ancestors, in a ritual that dates back to the dinosaur era.

“Hatchlings can become injured or trapped when caught up in obstacles on the beach. To minimize the chance of this happening, please leave the beach as you found it – clean up all trash, fill in holes, level out sandcastles and remove all beach furniture,” pleaded Dr. Bast. “Hatchlings can also become disoriented by lights

along the coastline – make sure to use approved infrared light bulbs instead for your home’s floodlights and avoid using flashlights on the beach. These things make a big difference in helping hatchlings successfully find their way to the ocean.”

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

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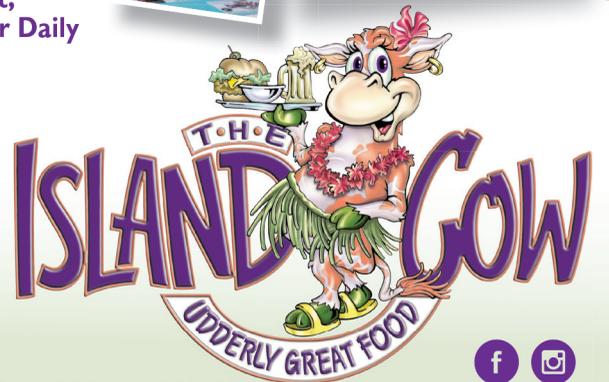
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Barry Fires Up The Bite



by Capt. Matt Mitchell

Slow-moving Tropical Storm Barry developed right on top of us over the past week and dropped rain at almost any time. Dodging or trying to avoid the rain

worked out for the most part, though I seemed to get soaked at least once a day. Rains and winds associated with this disturbed weather pattern kept the water stirred up and made fishing out along the beaches just too rough. Action in and around the passes was nonstop with the dirty, milky-looking water proving to be the perfect set up for catching snook, redfish and trout.

Cloudy cooler days were a much-needed break from our oppressive summer heat, making it much more bearable. The disturbed weather pattern also cut down on boat traffic as most days only a few boats could be found fishing the normally busy passes. On our trips this week, we spent our time fishing in and around all the passes with the best bite coming during the outgoing tide.

Snook fishing has kicked into high gear with 30-plus fish days becoming normal. Most of these fish are not big, measuring from 20 to 26 inches, though most trips we tied into a few larger

females. Along with snook in the passes, we also caught redfish and trout while doing the same thing. Small pinfish and grunts put down close to the bottom with either a split shot or sliding sinker was the best presentation. By both drifting or anchoring in the passes, we caught lots of fish. If you see everyone drifting and catching fish, don't anchor in the middle of the drift. Some days a strong southerly wind was opposite to the tide, making drift fishing impossible and requiring anchoring.

I located snook on the bayside of Cayo Costa in super clear water while fishing in the northern sound during a full day charter this week. The first group of 30 to 50 fish I spotted were smaller males that, once we got the boat set up, we caught on almost every cast. Moving a little further down the same shoreline was the reason the small males were in such good numbers, a group of much larger female snook. On our first few casts, we watched these big girls just cruise by the bait. We then cast the shiners almost to the beach so the bait would slowly drift through these laid-up snook. After several casts we did get to watch one of these bigger fish flash and flair its gills as it inhaled the bait in about a foot of water. Although we only managed to hook and land one of these 30-plus-inch fish, it was awesome to see the ariel show in the super shallow water as this fish almost beached itself.

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. ✨



Greg Treep from Minnesota with a 31-inch snook caught and released with Capt. Matt Mitchell this week photo provided

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Plant Smart

Maypop

by Gerri Reaves

Maypop (*Passiflora incarnata*) is a hardy perennial vine of the passionflower family and native to most of the eastern half of the U.S.

This species is the showiest of native passionflowers, of which several are listed by the State of Florida as endangered.

Spanish explorers gave it the name passionflower because they saw symbols for the "Passion of Christ" in the cross shapes in the flower's structure.

"Maypop" refers to the popping sound the fruit makes when stepped on.

It has a host of common names, among them purple passionflower, wild passionflower and apricot vine, the latter probably because of the fruit's size.

Butterfly gardeners will want to include this species in the garden, for it is the larval host plant for butterflies such as the gulf fritillary, variegated fritillary, Julia heliconian and the zebra longwing, Florida's state butterfly.

This fast-grower uses twining tendrils to easily climb fences, trellises, or walls.



Native maypop is a butterfly-friendly, low-maintenance vine that flowers most of the year
photo by Gerri Reaves

Stems reach up to 25 feet long.

It thrives sprawling on the ground. It can be used as groundcover or even as a container plant.

The alternate three-lobed leaves are dark green with fine-toothed edges.

They measure up to eight inches wide and can vary in shape on the same plant.

Describing the three- to five-inch flowers as showy is an understatement. Five purple or lavender sepals and

five petals alternative beneath the striking frilly crimped filaments.

At the center is a conspicuous fleshy white stigma with five elevated stamens.

The vine's pulpy yellow or green fruit called maypop resembles a tiny smooth melon. Edible and about the size of a hen's egg, it is used in making jellies and jams but isn't considered very palatable.

Give this vine fertile well-drained soil and full sun for at least part of the day. It is highly drought tolerant and moderately salt tolerant.

Propagate it with seeds or cuttings. It spreads by sending out shoots via rhizomes, horizontal stem-like root.

Native Americans used it medicinally for a variety of ailments.

Sources: *A Gardner's Guide to Florida's Native Plants* by Rufino Osorio; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Right Plants for Dry Places* by Suncoast Native Plant Society; *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela; <http://www.eattheweeds.com>; www.flawildflowers.org; www.floridadata.com; www.fnps.org; www.plants.usda.gov, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱

Free Parking And Swimming At Lee Parks

In recognition of National Park & Recreation Month, Lee County Parks & Recreation will offer free pool admission and free parking on Saturday, July 27 and Sunday, July 28.

On June 18, Lee County Board of County Commissioners signed a resolution designating July as National Parks & Recreation Month in Lee County. The Lee County

commissioners recognized Lee County Parks & Recreation as an agency that touches the lives of individuals, families, groups and the entire community and positively impacts the social, economic and environment quality of our county.

This year's national theme is Game On (#GameOnJuly). The City of Cape Coral also is participating by waiving fees at its five boat ramps, including the Yacht Club Boat Ramp, Horton Park, Rosen Park, Burnt Store Marina and BMX Boat Ramp.

Lee County Parks & Recreation sites offering free swimming or free parking include:

Regional parks: Lakes Park,

Manatee Park, Hickey Creek Mitigation Park, Caloosahatchee Regional Park, Six Mile Cypress Slough Preserve, Caloosahatchee Creeks Preserve;

Beach sites: Bonita Beach Accesses No. 1 and No. 10, Bonita Beach Park, Bowditch Point and Lynn Hall Memorial Park, Bunche Beach, Bowman's Beach and Turner Beach (north side only of Blind Pass);

Boat ramps: Punta Rassa, Matlacha, Alva, Davis, Pine Island Commercial Marina and Imperial River;

Pools: Lehigh Community Pool, North Fort Myers Community Pool, Pine Island Community Pool and San Carlos Community Pool.

Other recreational sites with Lee County that are owned or maintained by other government entities are not included in the free swim/free parking weekend. These include Barefoot Beach, beach access points managed by the Town of Fort Myers Beach and City of Sanibel sites, including the south side of Blind Pass.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com. Download the Come Discover Map online or grab one at any Lee County site.✱



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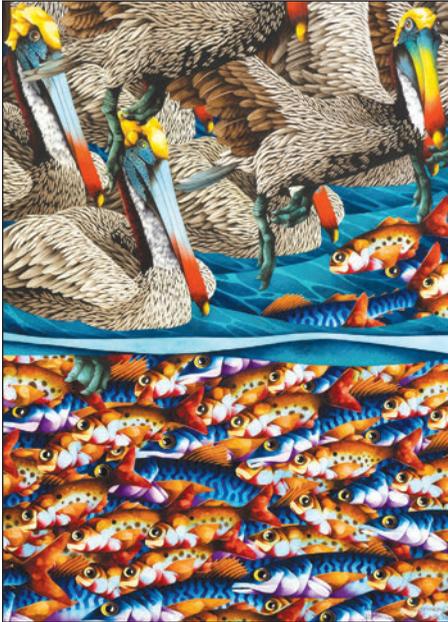


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Call To Artists For ArtFest Fort Myers



What Were We Thinking by Russell Yerkes of Tarboro, North Carolina won Best of Show at last year's festival

image provided

The festival showcases the work of 200 artists and also includes food, continuous entertainment, free interactive children's art experiences, a sidewalk chalk competition and Art Under 20, the largest high school art competition in Southwest Florida.

Artists are asked to apply online at www.artfestfortmyers.com. Deadline is September 10.

ArtFest Fort Myers is Southwest Florida's premier fine art festival, which will bring 90,000 art lovers and collectors to the largest outdoor gallery in Southwest Florida.

Creating an artwork-selling festival for artists is the focus of ArtFest's year-round professional staff, with 20 years of consistent management. Each October, ArtFest Fort Myers brings together a panel of professional artists who view submitted images and score each applying artist on a range of one to seven points. The artists with the highest scores are then invited to participate in ArtFest. The jury panel varies each year but always represents a broad base of expertise with regard to artistic mediums – theirs is the difficult task of evaluating who is the “best-of-the-best” from the hundreds of artists who wish to join ArtFest Fort Myers. The jury process is open to artists and patrons. If interested in being part of the jury process, contact ArtFest Fort Myers officials for more information.

For artist application information, contact ArtFest Fort Myers at 768-3602, email info@artfestfortmyers.com or visit www.artfestfortmyers.com.✱

ArtFest Fort Myers 20th annual downtown Fort Myers juried fine art festival committee is seeking professional artists to participate in the 2020 juried show, slated for February 1 and 2. Opening night for ArtFest Fort Myers is January 31.

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A tortoise at the Shell Factory Nature Park

photo provided

Milestone Celebration At Nature Park

The Shell Factory's Nature Park is celebrating its 15th year as an animal rescue and educational foundation during the month of July. The venue will host a variety of activities in celebration of the milestone.

With over 400 critters to see, a majority of whom are rescued, there will be free admission to all visitors this weekend. Saturday, July 20 and Sunday, July 21. The venue will offer a schedule of events for each day beginning at 10:30 a.m. There will be daily birthday parties for the animals including cake for the guests, and opportunities to create enrichment items for the animals. One lucky school student will have a chance to win a free field trip for their class to visit the nature park (drawing held on July 31). Other events happening throughout the month of July include raffles, a silent auction and an animal sponsorship program, all benefitting The Nature Park

Environmental Education Foundation, a 501(c)3 nonprofit organization.

Through funding from the foundation, the nature park is able to provide a permanent home, nutritious meals and veterinary care for the animals, reptiles, birds and aquatic inhabitants. The foundation also funds the transportation for the field trip program with Lee County Schools, allowing classes to enjoy an environmental learning experience.

“We are honored to be celebrating this wonderful milestone and are very grateful for the community's support over the years,” said Pam Cronin, owner of the Shell Factory. “When my husband and I created the nature park, we never envisioned that it would grow into what it is today. We wanted it to serve a purpose, and the past 15 years have been such a rewarding experience.”

Raffle tickets are available online at www.shellfactory.com. Raffle items include a Yeti cooler filled with liquor, and two adult bicycles.

The Shell Factory is located at 16554 North Cleveland Avenue in North Fort Myers. For more information, visit www.shellfactory.com or call 995-2141.✱

Slough Preserve Boardwalk To Close For Repairs

The boardwalk at Six Mile Cypress Slough Preserve will close for routine repairs and maintenance beginning Monday, July 22, and will remain closed for about a week.

No guided walks will be offered while the boardwalk is closed. However, the Rock and Stroll Garden and Interpretive Center will remain open to visitors. Lee County Parks & Recreation will waive parking fees during the boardwalk's closure; its anticipated reopening is Tuesday, July 30.

The Interpretive Center is open 10 a.m. to 4 p.m. Tuesday through Sunday. It houses a gift shop and educational nature displays. Admission is free. The Rock and Stroll Garden features picnic tables and native plants to attract birds and butterflies.

The preserve is located at 7751

Penzance Boulevard in Fort Myers. For more information, call 533-7550 or visit www.leeparks.org.✱

Blue Crab Trap Closure Ends

The Southwest Florida recreational and commercial blue crab trap closure previously scheduled for July 10 to 19 will end early because efforts to remove lost and abandoned traps in this region will have been completed. Starting July 15, blue crab traps may be placed back in state waters from the Palm Beach-Broward county line to the Pasco-Hernando county line.

Coastal waters from Hernando through Wakulla counties, including all waters of the Ochlockonee River and Bay, are scheduled to close to blue crab traps from July 20 to 29.

For more information, visit www.myfwc.com/fishing (click on “Saltwater Fishing” then “Trap Retrieval/Debris Removal”).✱

Life Insurance

Estate As Beneficiary



J. Brendan Ryan,
CLU, ChFC, MSFS

It happens hundreds, perhaps thousands of times per day across the country: People sign up for life insurance.

That is a good thing. And at

each such event, they have to choose a beneficiary, that is, the person to whom the death benefit will be payable when the insured dies. Ideally, they also name a secondary, or "contingent," beneficiary to receive the benefit if the first, or "primary," beneficiary has died by the time the insured dies.

In fact, if the primary beneficiary does die before the insured and if the contingent beneficiary thus receives the funds at the death of the insured, the fact that there had been a primary beneficiary before the insured died means nothing. It is not as though the funds flow through the deceased primary beneficiary's name or estate to the contingent beneficiary. Rather, the benefit goes by contract directly to the contingent beneficiary. For the purposes of the policy, it is as though

the primary beneficiary never existed.

Who should be named as primary or contingent beneficiary? That depends on many circumstances; family structure, who can handle the money, who can be trusted to use the money for the benefit of others if that is what the insured intended and a variety of other considerations.

Should a person make the policy payable to his or her estate, that is, name the estate as primary beneficiary? Rarely is that a good idea.

If the policy is made payable to the estate, the money will be distributed through the county probate court to heirs as one's final will and testament dictates. While that may seem okay, there are several reasons why this is generally not a good move and usually no good reasons to do so.

For one thing, the probate process costs money for expenses such as court costs, legal fees, accounting costs, appraisals, etc. The rule of thumb that I have seen is usually a cost of five percent of probate assets. Depending on the complexity of the estate and the time that it takes to probate the estate, it could cost a lot more. But if the life insurance is payable to a named beneficiary, there is no cost involved in the payment to that beneficiary.

And the probate process takes time, anywhere from a few months to several years, again depending on the complexity of the estate and the types of assets in the estate. Life insurance death benefit payable directly to a named

beneficiary will be in that person's hands within days, sometimes weeks, but no longer.

Furthermore, there is no privacy to the probate process. Whatever property is part of the estate and to whom and how much assets are to be distributed, all this is open to the public to read. Unfortunately, that can give thieves and conmen the information that they look for in choosing their next victims and their recent receipt of inherited property. But the payment of a death benefit to a beneficiary is an entirely private transaction between the insurer and the beneficiary.

Moreover, wills can be challenged in court, sometimes successfully. I rarely hear of a payment to a beneficiary being challenged.

A few more observations:

If someone dies without a will, the state writes one for him or her and distributes property to relatives in shares dictated by state law. The named beneficiary of a life insurance policy avoids that problem.

When in doubt, call an experienced insurance agent or attorney for guidance in setting up a beneficiary designation.

One can almost always change the policy's designation down the road if changed circumstances dictate it.

This topic is not at all related to federal estate tax.

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

Designation For Real Estate Pros

The Royal Palm Coast Realtor Association (RPCRA) will host its 2019 Certified International Property Specialist (CIPS) Institute for area real estate professionals interested in pursuing their CIPS designation from October 24 to 30.

Designed to provide real estate practitioners with the knowledge, research, networking and tools to globalize and expand their real estate business, the CIPS Institute offers five days of informative classroom sessions, lunch speakers, developer receptions and concludes with a closing party. The series of classes fulfills the coursework requirements for earning the CIPS designation, an international designation signifying those who have undergone specialized training to complete global transactions seamlessly and with reduced risk.

Real estate professionals who earn the CIPS designation gain access to the CIPS Network, which comprises more than 3,500 real estate professionals in 45 countries. Professionals with this designation are considered consumers' most trusted resource for navigating the global market.

Class sessions will be led by CIPS instructors Carla Rayman and Patricia Tan from the National Association of Realtors. Daily session topics include:

continued on page 18

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Will Power

Congress is Coming For Your IRA



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

Congress is about to wallop the American people with a huge middle-class tax hike, which can change the way that you look at your IRA accounts.

And it's quite sneaky the way they're doing it.

To understand what I mean, you first need to understand the Required Minimum Distribution (RMD) rules. Most of us know that when we turn age 70½ we have a fixed amount that we must withdraw from our traditional IRA accounts. These amounts increase as we age.

But what happens to the remaining balances of our IRAs when we die? If we name a spouse as our primary beneficiary, then she can roll over the IRA into her own account. If she is over age 70½, then she also must make RMDs based on her own schedule.

But then what happens when our surviving spouse dies and leaves the IRA to a child, grandchild or other loved one? When we leave an IRA account to a non-spouse beneficiary, then it becomes an "Inherited IRA."

Under current rules, a non-spouse beneficiary can "stretch" the RMDs of an Inherited IRA over their lifetime. This allows the IRA to continue to grow tax deferred. If the beneficiary is wise with the investments and doesn't take more than his RMDs, then the IRA balance can grow for his or her retirement.

But that may all change. The "Setting Every Community Up for Retirement Act" (known as the "Secure Act") gives non-spouse beneficiaries only 10 years to pull out all the money from an IRA account.

The effect would be to make more of an Inherited IRA subject to higher taxes sooner, as distributions would be made in larger amounts. As much as one-third more of an Inherited IRA would be consumed by taxes than what the current law

provides.

If Trump signs the Secure Act into law, it will set the stage for much higher taxes in the coming decade, especially when the Trump Tax Act signed in 2017 expires in 2025. Assume, for example, a \$1 million IRA left to a middle age daughter. She'd have to withdraw roughly \$100,000 annually, pushing her up into a higher tax bracket. If she lives in a state with a state income tax, more than half of the IRA distribution could be lost to taxes.

If she has college-age children, the additional income would likely affect their aid applications adversely. If instead the IRA were left to the grandchildren, this would also adversely affect their college aid applications, and because of the "kiddie tax" would result in the same tax consequence as if the account were left to the parents.

In exchange for this windfall under the Secure Act, Congress will push back the age at which retirees must take their first RMD from 70½ to 72.

The Secure Act would be an estate-planning catastrophe for people holding significant IRAs. It would take the sensible planning performed up to now and require an entire re-think of the plan.

Typically trusts are used for Inherited IRAs to young recipients. The "identifiable beneficiary rules" require that the trusts satisfy certain requirements for the young beneficiaries to "stretch out" the IRA RMDs. Under the Secure Act, significant trust income would be trapped inside, resulting in the highest marginal federal income tax bracket. And don't forget state taxes.

The Senate also seems poised to pass the Secure Act, which would land it on the President's desk. Personally, I'm finding it tiresome how Congress names legislation (Setting Every Community Up for Retirement Act) exactly opposite of that legislation's effect on our citizens.

This is a tax not only on the wealthy, but hurts the middle class, whose retirement savings are largely vested in IRA and 401(k) accounts. It's an estate tax on everyone. Should you so desire, it's not too late to write your senators to speak up against this legislation.

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From page 1

Rip Currents

help. If you have to swim out of a rip current, swim parallel to shore and back toward the beach when possible. Do not attempt to swim directly against a rip current as you will tire quickly."

A few weeks ago, Tia Gambel-Irizarry found herself caught in a rip current off of Captiva's Turner Beach. On June 28, Gambel-Irizarry – a 37-year-old trained diver, swim instructor and former lifeguard – was unable to swim back to shore. Her husband, Daniel, attempted to save her but soon found himself exhausted swimming against the powerful rip current.

Soon, crews from the Sanibel Fire Rescue District and Lee County Sheriff's Office Marine Rescue Unit were dispatched to the scene, and thanks to their efforts, the Lehigh Acres couple was pulled to safety by Sanibel firefighters Rob Wilkins and Arian Moore about 400 yards offshore. While Daniel showed signs of extreme fatigue, Tia was discovered unresponsive, unable to breathe and without a pulse.

Once back on the beach, CPR was administered and an external defibrillator was used to shock Gambel-Irizarry back to life. She was transported to a local hospital where she received additional medical treatment for the next five days before being released.

"I'm only here because of your team," Gambel-Irizarry told Lee County Sheriff Carmine Marceno during a hospital visit with members of the Marine Emergency Response Team. "They performed chest compressions for 15 minutes... 15 minutes. My kids have their mother because of you guys!"

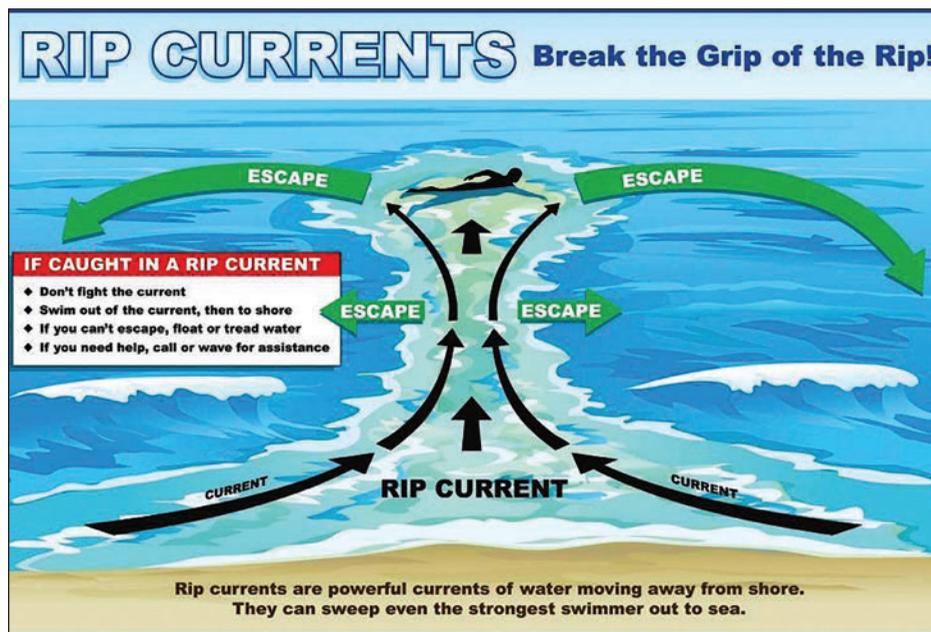


Illustration showing how a swimmer can escape a rip current

image courtesy NOAA

Look Before You Swim

According to Barrett, most people don't check the surf conditions before entering the water when they visit the beach.

"They underestimate the power of the currents," he said. "And when they do get caught in a rip current, it's kind of like swimming upstream in a river – you can't really go anywhere and you get exhausted quickly."

Barrett also stated that oftentimes, those who got caught in a current and pulled out away from the shoreline tell their rescuers the same thing.

"They'll say, 'All of a sudden I was 200 yards offshore, and then I panicked,'" said Barrett. "The truth is, water is the great equalizer. Once you get out in the water, it will humble you."

Following years of practicing for and

calm. Try swimming parallel to the shore, not straight in. The further out you go, the strength of the current becomes less.

Take Your Time – Swim at a moderate pace, or try floating and treading water. "I like to swim using a sidestroke, where the head always stays out of the water."

Call For Help – If unable to swim back to shore, draw attention to yourself. Face the shoreline, wave your arms and yell for help.

Wear A Life Vest – When going out on a boat or jet ski, always wear a PFD (personal flotation device). Know where they are stored on a vessel and how to use them. Make sure there is a PFD for everyone aboard; make sure they are size appropriate.

Training – Consider attending a water safety program offered by the Sanibel Fire Rescue District, who has several PFDs available on a loaner basis (provided with assistance by the Sanibel-Captiva Power Squadron). Free training programs are available to local clubs, groups and organizations; call Tim Barrett at 472-5525 for more information.

"Try not to become a victim yourself," Barrett said of people who attempt to help someone in distress. "If you're not a good swimmer, don't try to rescue them yourself. Know your limitations. People who are good pool swimmers might take in a mouthful of salt water, and things change very quickly."

When going out to provide assistance to a swimmer in distress, grab a pool noodle or something that floats to hold onto. As always, if you see somebody who is caught in a rip current or in immediate danger, call 9-1-1.✪

responding to water rescues off the coasts of Sanibel and Captiva, Barrett has several suggestions on ways people can avoid becoming another rip current victim:

Check Water Conditions First – As with anything, look at the water and observe current conditions. Listen to beach advisories. Look for waves breaking on both sides with a current flowing between them. "If you walk up and down the beach, you'll find them pretty easily," said Barrett. "A lot of times when we visit the beach, we pick out a spot for the beach itself, not for the water conditions."

Never Swim Alone – Before entering the water, let someone know where you are going to swim.

Don't Panic – If you find yourself in a current and being pulled out, remain

Book Review

Lost Roses



by Di Saggau

Lost Roses by Martha Hall Kelly is a prequel to her best selling *Lilac Girls*. This thoroughly enjoyable novel is set a generation earlier and is inspired by true events. In *Lilac Girls*, we met the real-life heroine, Caroline Ferriday. In *Lost Roses*, we meet Caroline's mother, Eliza. The book follows three fascinating women from St. Petersburg to Paris under the shadow of World War I. It also involves the Romanovs and the Russian Revolution. Through chapters named after each major character, we watch the women meet and part over the years and see how they inspire one another.

It is 1914, and because the world has been threatened with war so often, many New Yorkers seem oblivious to any threat. Eliza Ferriday, a young wife and mother, is delighted to host her friend Sofya Steshnayva, a cousin of the Romanovs, and looks forward to traveling to St. Petersburg. The two met years ago in Paris. While thrilled to meet the Romanov daughters, Eliza is upset over the unrest in Russia.

When Austria declares war on Serbia and Russia's imperial dynasty begins to fall, Eliza goes back to America, while Sofya and her family flee to their country estate. She hires the local fortune teller's daughter, Varinka, to care for her young son. Varinka will do anything to protect him, but she ends up bringing intense danger to Sofya and her family. The three women are thrown into roles they never expected.

Eliza is fighting to help her friends and the White Russia families, as they escape

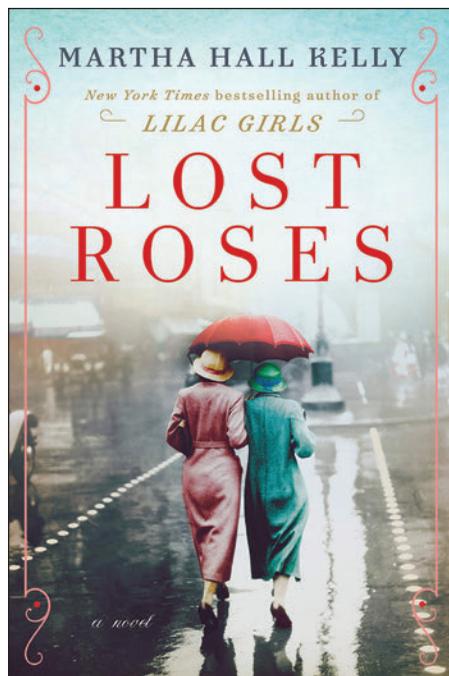


image provided

the revolution. Sofya's world has turned frightening and Varinka finds herself in a position of power concerning Sofya's son. When Sofya's letters to Eliza stop coming, she fears the worst for her best friend. *Lost Roses* delves into relationships between friends, sisters and especially between mothers and children.

Readers travel from the turbulent streets of St. Petersburg and aristocratic countryside estates to the avenues of Paris where a society of fallen Russian émigrés live, to the mansions of Long Island. The lives of Eliza, Sofya and Varinka intersect in profound ways. Eliza was a real historical figure who helped Russian aristocrats in New York.

Lost Roses is a powerful tale, written in rich and vivid detail celebrating the unbreakable bonds of women's friendship during a very dark time in history.*

next. You may have to help him divide the project wisely.

Set a timer. When kids know there's a limit to how long they have to stay focused on a task, it can be easier to hang in there a little longer. When your child sits down to do homework or another not much fun task, set a timer for how long your child needs to work before taking a quick snack or a play break. You can increase the amount of time little by little as your child gets better at focusing.

Limit directions to one or two at a time. Don't overload your child with too many directions at once. When kids struggle with focus, it can be difficult for them to listen to, remember and follow through on directions. For example, at homework time, tell your child to check the assignment notebook and get out the right materials to do that day's work. When that's complete, then give two more directions and continue only giving a few directions at a time. You will gradually be able to increase the number of directions you give as your child sees success and his self-confidence increases.

Be open to what works. Some people need total quiet to focus and others do better with noise. That's why it's important to ask kids what works best for them. Maybe your child wants to listen to music

while doing homework or moving around a bit. Give it a try and see how it goes.

Direct focus back to the task. Even when using these focus techniques, kids might still get distracted and need strategies to get back on task once they've drifted. One thing you can do is devise a signal for when your child's mind starts to wander. It might be putting a hand on your child's shoulder or saying a specific word. That will be the reminder for your child to return to focus. You might want to tell your child's teacher that you're doing this at home and ask if the teacher can use the same strategy in class.

Struggling with focus or any other skill can take a toll on a child's self-esteem. Praise your child's hard work to improve focus. Point out even small improvements. And let your child know that focus skills

can get better.

Remember to talk about your child's strengths as well, not just challenges. Make sure that you and your child have discussed these strengths and then you can ask them how they used their strengths on a particular assignment or activity. Talking about positives helps them stay motivated when things get tough.

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

Republican Women To Meet

The Lee Republican Women Federated Club will hold a dinner meeting at Pinchers – The Marina at Edison Ford on Monday, August 12. A social begins at 5:15 p.m. followed by the dinner and program.

August's program will feature Florida Representative Ray Rodrigues. Cost is \$25.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers. To RSVP, visit www.leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@hotmail.com before Thursday, August 8 at noon.*



Ray Rodrigues

photo provided

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My child has struggled all school year with focusing and now even during the summer, without the pressure of school, he is still struggling.

How can I help him?

Cathy K., Fort. Myers, FL

Cathy,

Many kids struggle with focusing and need help learning strategies to help themselves. Here are some suggested strategies for you and your son.

Sometimes it helps to jump right into projects. Often the longer you wait to start a task, the harder it is to focus on it. This goes for projects at school and around the house. That doesn't mean your child has to do everything at once, though. To make it easier to get started, try breaking the task into chunks. The important thing is to not put off getting started with the first chunk, then complete it and move to the

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Financial Focus

Smart Financial Moves For Every Stage Of Life



by Jennifer Basey

Regardless of what stage of life you're in, you must make financial and investment decisions that will be with you for the remainder of your years. But the moves you make when you're just

starting out in your career may be quite different from when you're retired. So, let's look at some of these moves, stretched out across your lifetime.

In your 20s and 30s: During this period, you should strive to place yourself on a sound financial footing by taking steps such as reducing, and hopefully eliminating, your student loans and embarking on saving for retirement through investments such as a 401(k) and IRA. You also might buy a home, which offers some financial benefits, but be careful not to become "house poor" by devoting too much of your monthly income to mortgage payments. If you have young children, you might also want to start saving for college, possibly through a 529 plan, which offers tax benefits, high contribution limits and the ability to switch beneficiaries, as needed. And if you do have a family, you'll certainly need to maintain adequate life insurance.

Also, since you're at the early stages of your working life, you should chart a long-term financial and investment strategy with the help of a financial professional. Your strategy should encompass your important goals, risk tolerance and time horizon. And you'll want to revisit your strategy regularly to accommodate changes in your life and financial situation.

In your 40s and 50s: These are the years in which your career advances, leading to bigger salaries. The more you earn, the more you should be putting away in your 401(k) or other employer-sponsored retirement plan, along with your IRA. During the middle to end of this particular period, you might finish helping pay for your child's higher education – which should free up even more money to put away for retirement. You also may want to consider long-term care insurance, which can help protect you against the devastating costs of an extended stay in a nursing home.

In your 60s, 70s ... and beyond: Once you're in this age range, chances are pretty good that you'll either retire soon or are already retired. (Although, of course, you may well want to work part-time or do some consulting.) However, you certainly haven't "retired" the need to make financial and investment decisions, because you'll have plenty, including these decisions: When should I take Social Security? Will my investment portfolio provide me with enough income to help keep me ahead of inflation? How much can I afford to withdraw each year from my retirement accounts without outliving my resources? Again, a financial professional can help you deal with these and other issues.

Also, if you haven't done so, now is the time to draw up your estate plans, so you can leave the type of legacy you desire – one that provides for the next generation (or two) and the charitable organizations you support. You'll need to work with a legal professional to create estate planning documents and arrangements appropriate for your needs.

You will spend a lifetime making financial and investment decisions – so put in the time and effort, and get the help you need, to make the best decisions you can.

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

Local Firm Hires Marketing Coordinator

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, has hired Katie Armes as senior marketing coordinator.

Working closely with Priority Marketing's team of account managers, Armes provides support with marketing, advertising and creative coordination, as well as managing social media and email marketing programs on behalf of Priority Marketing's business, nonprofit and government agency clients. Additionally, Armes collaborates with Priority Marketing's public relations team to develop and implement community relations initiatives.

Armes' prior experience includes roles as a communications and marketing coordinator with a Naples-based consulting firm, digital communications specialist with a public relations company and marketing team member for a



Katie Armes

photo provided

professional baseball team. Armes earned a bachelor's degree in sports management, with a minor in business administration, from the University of Florida.*

Superior Interiors

Choosing The Right Paint Color



by Barb Cacchione

One of the easiest ways to completely transform a room is repainting it a different color. The shade you use to dress up your space can

impact your room's ambiance and the way people feel when they're in it. In fact, color accounts for 60 percent of our response to a room, according to HGTV. Finding the perfect color palette for your room is essential to creating the type of environment you're hoping to establish.

Finding the perfect paint color is only one step in the design process. You'll need to coordinate your furniture with your new color palette, spruce up the space with accents that complement your theme and make everything cohesive for the area to present its full potential. Therefore, some homeowners decide to work with a design professional, who can guide them through the entire process, starting with selecting the room's color palette and ending with a space that brings their visions and ideas to life.

Since the color palette is the foundation of the room, it's advisable to avoid these common mistakes people make when choosing their hues:

Having no mood in mind – Before you begin the color selection process, you should have an idea of the vibe you want your room to give off. This will narrow down your color options. Remember that just because you love a certain shade doesn't mean you'll like the way it looks on your walls. Consider the mood you envision your space evoking. Select hues that align with your abstract ideas to ensure your space does exactly what you want it to do. Being able to clearly communicate the mood you want to focus on will also help in selecting furniture pieces that work toward establishing your ideal ambiance.

Failing to consider lighting – If you simply make your color choice by looking at a paint chip at the store, you'll be surprised at how different it will look when you bring it home and put it against your wall. In order to get

a firm grasp on what the hue is going to do for your space, you must see how lighting affects the color – observe the shade in the morning, afternoon and night hours. The natural lighting will show the color in its truest form, while fluorescent lighting tends to cast a sharper tone with a hint of blue. Incandescent lighting will pull the warmest tones and hints of yellow from your color. You may find that you want to alter the amount of lighting you have in your space. Consider light fixtures and window treatments to create the desired lighting effect.

Mixing too many colors – While it's true that there's no set limit for the number of colors you can use in a room, mixing several hues in one space can be tricky, especially if you approach the project without professional help. If your room features a wide range of colors and feels confining or overwhelming, this is a sure sign that you've mixed too many shades. Take a hard look and eliminate hues until the space feels balanced.

If your space's color palette has taken center stage, neutral furnishings and decor can often create an even balance for an effortless flow throughout the room. Sometimes all it takes is a solid area rug or stylish coffee table to pull everything together.

Going too bold – Using bright and vibrant colors on an accent wall is an effective strategy to create a stimulating space. However, this approach often leaves rooms appearing too intense because the bold hue is too concentrated. Work with subtle hues for your surrounding furniture to tame your accent wall's bright colors. After looking at some furniture suggestions, you may find that you prefer a bold accent chair over a brightly painted focal wall.

Choosing only hues that match – You don't want to select a color palette that's going to end up making your room feel chaotic. However, it's equally as important to avoid hues that don't contribute enough variety to the area. One mistake that often leads to a matchy room is decorating with just one or two bland colors. This creates a repetitive vibe that comes across as predictable and dull. If you're set on painting your walls a neutral shade, such as beige, work to spice things up with a couple of bright accents and accessories that add more flair to your space.

*Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindceden.com.**

From page 15

Real Estate Pros

October 24: Global Real Estate: Local Markets

October 25: Global Real Estate: Transaction Tools

October 28: The Americas and International Real Estate

October 29: Europe and International Real Estate

October 30: Asia/Pacific and International Real Estate

The five-day program is \$450 for passport admission, \$475 for members and \$495 for non-members. Early-bird pricing is available through August 15 and discounts are available for education passport holders. Single classes are \$149.

Sessions will be held at the RPCRA Education Center, 4081 Center Point Drive in Fort Myers. Members can register at www.rpcra.org. Non-members can email education@rpcra.org. For more information, call 936-3537.*

Bill To Support Postsecondary Attainment

On June 24, Florida Governor Ron DeSantis signed House Bill 7071 into law, which among its many provisions, sets in statute a postsecondary attainment goal for the State of Florida.

The SAIL to 60 initiative sets the goal for at least 60 percent of working-age Florida adults to hold a high-value postsecondary degree, certificate or training experience by the year 2030.

Southwest Florida's FutureMakers Coalition was credited in part with helping to influence the state's adoption of this goal, according to Laurie Meggesin, executive director, Florida College Access Network.

"The FutureMakers' leadership, dating to the very early days of this effort, has been a major champion of ensuring all Floridians have the opportunity to attain a degree or certificate beyond high school, and helped the legislature understand the importance of this goal," said Meggesin. "Having a FutureMakers partner from Lee Health present to the postsecondary education committee alongside FCAN and giving FCAN the opportunity to tell FutureMakers' stories to illustrate the power of collective impact helped lawmakers see the value and possibilities for the good that can result when local leaders and stakeholders work together to solve complex social issues."

Established in 2015, FutureMakers' goal is to transform Southwest Florida's workforce through collective leadership along the cradle-to-career pathway. The pathway begins with early childhood learning and ends with postsecondary credential attainment and job placement. The coalition has grown to more than 300 FutureMakers partners representing business, education, government, nonprofits and philanthropy across Glades, Hendry, Collier, Lee and Charlotte counties.

"The work that we are doing with the FutureMakers Coalition is creating unprecedented opportunities to create more dynamic relationships between employers, education, government agencies and non-profit organizations,"

said Michelle Zech, strategic HR business partner, Lee Health. "With an extremely low unemployment rate and the competition for qualified employees, it is crucial that we work collectively to stimulate interest in and facilitate development of a variety of post-secondary credentials, degrees and certificates, to create a more skilled workforce. It was an honor to be able to share our success with the postsecondary education committee and to see them act on it for the betterment of our workforce and economy, state-wide."

The new statute calls for the Florida Board of Education and Board of Governors to collaborate on several initiatives, including support for Florida College Access Network (FCAN)-coordinated initiatives such as the FAFSA Challenge as well as FCAN-supported "public-private partnerships" of cross-sector leaders and organizations that work together to solve community-specific issues related to attainment.

Meggesin added that the Talent Development Council (formerly the Higher Education Coordinating Council) will be developing a strategic plan to achieve the goal.

"This is a real testament to the FutureMakers' partners' incredible work in our region and throughout the state," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation, the backbone organization for FutureMakers Coalition. "State leaders are not only paying attention to the work being done in our five-county region, but they also recognize that local and regional collective action is essential to achieving the SAIL to 60 goal."

The FutureMakers Coalition was one of Lumina Foundation's 75 national Community Partners in Attainment. Residents are encouraged to join and support this community-changing initiative. For more information or to get involved, visit www.futuremakerscoalition.com, call 274-5900 or email Tessa LeSage at tlesage@floridacommunity.com.

Read us online at IslandSunNews.com

Principal Appointed For New High School

The School District of Lee County recently announced that Neketa Watson has been appointed Principal of High School MMM, an official designation right now for the unnamed and yet-to-be-built high school in the Gateway community. Watson will start her new role on Monday, August 12.

"I am honored and excited to accept this appointment," Watson said just after the Lee County School Board gave its approval. "This is a dream job for any principal to open a new school, and I look forward to engaging and collaborating with the community."

Watson is a veteran administrator in the Lee County School District, currently serving as principal at Lehigh Acres Middle School. She started as a teacher at Lehigh Senior High School in 2001 and was promoted to assistant principal in 2006. Watson was then an assistant principal at East Lee County High School before being named principal at Lehigh Acres Middle School in 2014.

"Neketa has been an incredible leader at every school she has served," said Superintendent Dr. Greg Adkins. "Her past performance and current experience make her the perfect candidate to lead MMM."

High School MMM is scheduled



Neketa Watson photo provided

to open to students in August of 2021 on Griffin Drive in the Gateway neighborhood of Lee County. Construction will begin later this year. The first freshman class will start in portables on the campus of Lehigh Senior High School in August of 2020.

As principal, Watson will now be able to help lead the process of choosing a school name, school colors and school mascot. She will also help oversee school construction, staff hiring and academic programming. Cyber security, veterinary assisting, medical assisting and culinary have previously

continued on page 20

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Frankly Speaking

by Howard Prager



One for the ages and one for the memory. That's how to describe what we witnessed at Wimbledon and Angels Stadium this past weekend. On a week where baseball took a

break with the All Star game and I wondered what I'd be writing about today with not a lot of major sports action happening, this past weekend alone is forever etched into the record books.

First, the Angels. There have been 13 combined no hitters in modern baseball history starting with Babe Ruth and Ernie Shore in 1917 for the Boston Red Sox, when Babe was ejected after arguing and punching an ump who called a leadoff walk against him (remember Babe started off as a pitcher). The most recent one occurred Friday, July 12 by Taylor Cole and rookie Felix Pena on the night they honored recently deceased Angel's pitcher Tyler Skaggs. Every Angels player wore Skaggs name and number 45 on their uniforms. And his presence must have been felt as they scored seven runs in the first inning and won 13-0 on what would have been the eve of his 28th birthday, July 13. Other coincidences include this being the 11th no-hitter for the Angels – Skaggs wore number 11 in high school. Spooky. Another coincidence – the last time a combined no hitter was thrown in California was when the Orioles beat the A's on the day Skaggs was born, July 13, 1991. Unbelievable. All season, pitcher Taylor Cole has been back and forth between Triple A and the Angels. He started this game because "starting pitcher" Felix Pena's stamina struggles caused the Angels to creatively open his games with a relief pitcher for two

innings. Both pitchers excelled with, of course, some stellar fielding plays to support them. At the end of the game, all the players took off their 45 jerseys and put them on and around the pitcher's mound. The game ball was placed in Skaggs locker. What an emotional tribute and game.

Baseball tidbits. The Angels, like in most of the divisions in baseball at the break, have a strong lead (six games) over the second place A's. In fact, the only division race that's truly close is my beloved NL Central, where the first place Chicago Cubs and last place Cincinnati Reds are separated by less than six games (at the time of this writing). It's truly anyone's division.

Now for Wimbledon. On the first year of a new tie-breaker rule, that in fact is what was needed in a classic men's finals match as Novak Djokovic edged out Roger Federer in five sets 7-6(5), 1-6, 7-6(4), 4-6, 13-12(3) to repeat as Wimbledon champion. The marathon match between the two, who have played head to head 48 times, set the record for longest final in Wimbledon history, nearly five hours (4 hours, 57 minutes). And just a couple days earlier, Federer played Rafael Nadal in a close and long game – over four hours too. After that match Federer said, "I'm exhausted. It was tough at the end. I'm just very relieved it's over. There were some tight ones and long rallies." Did that contribute to Federer's not being able to put Djokovic away when he had the chance? Twice Djokovic came back from match point.

This was the first Wimbledon Finals to go to a fifth-set tiebreaker after The All England Club created the new rule last October. Djokovic has now won 16 grand slam titles, just four short of Federer's record of 20 while being nearly six years younger. Both played their hearts out, both questioned some of the line calls, and both fought back from near elimination. As clearly as any other matches, including Federer-Nadal, the Djokovic-Federer matches will be the standard of excellence for Men's tennis.

Tennis tidbits. On the women's side the day before, Simona Halep defeated Serena Williams for her first Wimbledon championship and second grand slam title. The match took less than an hour, and Williams has now lost her third grand slam final in a row.

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@islandnews.com. ✨

Spiny Lobster Season Opens Next Week

Spiny lobster season opens with the two-day recreational mini-season on Wednesday and Thursday, July 24 and 25, followed by the regular commercial and recreational lobster season, which starts Tuesday, August 6 and runs through March 31, 2020.

"Spiny lobster season is an exciting time of year to be on the water," said Florida Fish and Wildlife Conservation Commission (FWC) Chairman Robert Spottswood. "But it's also a time to remember safety on the water and to remember the importance of taking care around Florida's important coral reefs."

Planning on catching some of these tasty crustaceans? Learn more about bag limits, size limits, where to harvest and other regulations at www.myfwc.com/fishing by clicking on "Saltwater Fishing," "Recreational Regulations" and "Lobster," which is under the "Crabs, shrimp and shellfish" tab. Get your license and spiny lobster permit at www.gooutdoorsflorida.com.

If bully netting this season, keep lights directed toward the water and avoid shining them at houses or people along the shoreline, and keep sound levels low when near shoreline residences.

Use care around corals and other marine life, and care with yourself and other divers. Always use a divers-down warning device.

For more information on divers-down warning devices, visit www.myfwc.com/boating by clicking on "Boating Regulations." ✨

British Open Watch Party At Babcock Ranch

There will be food, fun and family-friendly festivities at the British Open Watch Party hosted by Babcock National, a new golf and lifestyle community within Babcock Ranch, on Saturday, July 20 from 9 a.m. to 2:30 p.m.

Guests can watch live streaming of The Open on a giant screen in Founder's Square and visit a selection of the area's favorite food trucks. Fun children's activities are also planned.

Golfers and non-golfers alike will be amazed by golf trick shot expert Chuck "The Hitman" Hiter, who will entertain the crowd. Babcock National Golf and Country Club's golf and racquet sports fitness experts and a representative from TaylorMade will also be on hand.

Food and drink specials will be featured at Table & Tap, and The Open will also be broadcast on televisions throughout the restaurant.

Admission is free; bring along a chair or blanket. Visit www.babcockranch.com/events to preregister.

A gated golf course community within Babcock Ranch, Babcock National Golf and Country Club offers luxury amenities including an 18-hole golf course, resort-style pool with tiki bar, tennis and pickleball with tennis pro shop, state-of-the-art fitness center with aerobics/yoga studio, full-service spa and a clubhouse with casual and formal dining.

To learn more, visit the Babcock National Welcome Home Center at 42911 Lake Babcock Drive, or visit www.babcocknational.com. ✨

From page 19

New High School

been announced as the school's first four academies.

"Starting from the ground up is a challenge, but also an exciting opportunity to make MMM the best high school possible," Watson said.

The search is now underway to find Watson's successor at Lehigh Acres Middle School. ✨

SPORTS QUIZ

1. Name the last major-league pitcher to lose at least 20 games in a season.
2. In which league did Frank Robinson hit more of his 586 career home runs – AL or NL?
3. In which of these two decades – 1960s and 1970s – did more quarterbacks win the Heisman Trophy?
4. How many years were there between Kareem Abdul-Jabbar's first and second NBA Finals MVP award?
5. Which two NHL franchises have recorded at least 30 road victories in a season?
6. Name the last time before 2018 that Germany won the gold medal in all three bobsled events in the same Olympics.
7. Who were the only three golfers before Rory McIlroy in 2019 to win the Players Championship, U.S. Open, British Open and PGA Championship during their careers?

ANSWERS

1. Detroit's Mike Maroth was 9-21 in 2003. 2. Robinson hit 343 of his 586 home runs in the National League. 3. Five quarterbacks won the award in the 1960s; two won it in the 1970s. 4. Fourteen years (1971 and 1985). 5. Detroit had 31 road wins in 2005-06; Tampa Bay had 30 in 2018-19. 6. It was 2006. 7. Jack Nicklaus, Tiger Woods and Lee Trevino.

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Bank Hires Teller

Shelly Porter has joined Sanibel Captiva Community Bank as a teller and customer service representative at the downtown Fort Myers location. She is responsible for assisting customers with personal and business banking transactions.

Porter has over 20 years of banking experience, working at both a national bank and credit union. She has held positions in various departments in the banking industry, including customer service, audits and loans.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort Myers. To learn more, visit www.sancapbank.com.✧



Shelly Porter photo provided

Cost Of Home Advocacy Campaign



Habitat for Humanity held a ceremony for the dedication of six new Habitat homes in the Majorca Palms community photo provided

One in six households in the U.S. spends more than half their income on housing. That equates to 19 million households nationally and 52,000 households in Lee County.

Committed to finding solutions and creating policies that increase home affordability, Habitat for Humanity of Lee and Hendry Counties has launched the Cost of Home advocacy campaign.

“Rent and homeownership costs are skyrocketing, while wages are not keeping pace, and the reality is that far

too many families are barely surviving financially and the stability that a home should bring remains out of reach,” said Becky Lucas, CEO, Habitat for Humanity of Lee and Hendry Counties.

“These families are one missed paycheck or medical emergency away from homelessness. Over the next five years, we commit to working with fellow Habitat organizations, mobilizing our partners, our volunteers and community members to find solutions

continued on page 23

Law Firm Hires Associate

Attorney Anthony Cetrangelo has joined the law firm of Henderson, Franklin, Starnes & Holt, PA as an associate in the wills, trust and estate planning department. Prior to joining Henderson Franklin, he was the managing partner of a Naples law firm.

Cetrangelo assists clients in all aspects of planning an estate or setting up a trust, including revocable and irrevocable trusts, enhanced life estate deeds, durable powers of attorney, living wills and health care surrogacy. He also guides families through trust or summary administrations, as well as formal administrations in probate court.

Cetrangelo was named the Legal Aid Attorney of the Month in November 2018 and received Avvo’s Client Choice Award in 2017-18. He is a member of the National Italian American Bar Association, Lee and Collier County Bar Associations, and Collier Lawyers Care, providing pro bono services through the Legal Aid Society of Collier County.

Cetrangelo received his law degree



Anthony Cetrangelo photo provided

from Ave Maria School of Law and his undergraduate degree from Troy University (with honors). While at Troy, he played Division-1 college football for the Troy Trojans as a placekicker and was named to the Sun Belt Conference’s Commissioner’s List.✧

LCEC Appoints New Director Of Operations

Lee County Electric Cooperative (LCEC) recently welcomed Harold Taylor as its new director of electric operations. In this role, Taylor will be responsible for directing the planning, design, construction, operations and maintenance of LCEC infrastructure including transmission, substation and distribution facilities.

Taylor will play a key role in the development of corporate strategic and vision planning, and policy and procedure decision-making processes. He comes to LCEC from Georgia with nearly 30 years of experience in power supply, working primarily for utilities and also as a consultant.✧



Harold Taylor photo provided

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Caring Medical Regenerative Medicine Clinics
9738 Commerce Center Ct.
Fort Myers, FL 33908

Artists Reception Held For Uncontained Exhibit At The Alliance



From left, Mark Rubinstein, Gregg Jobs and Michelle Maciejewski photos by Bob Petcher



Pam Beckman and Tom Hall



Juror Dale Weber explains his judging process



Carolyn Gora with her work titled *Is It Real Or Is It Fantasy*



Caren Pearson with her work *Waterfowl*



Guests viewing artwork



From left, Mariapia Malerba, Alliance for the Arts Executive Director Lydia Black, Mark Rubinstein, Cheryl Logan and Cesar Aguilera next to Rubinstein's *El Fin* sculpture



Cape Coral Hospital

photos provided



Golisano Children's Hospital of Southwest Florida

Hospitals Awarded For Emergency Care

Southwest Florida patients in need of emergency care can rest easy knowing that two Lee Health emergency departments (ED) have been recognized among the nation's elite in leadership, practice, education, advocacy and research.

The emergency departments at Cape Coral Hospital and Golisano Children's Hospital of Southwest Florida have each earned the prestigious Emergency

Nurses Association (ENA) Lantern Award.

"We are beyond honored to be recognized by the Emergency Nurses Association for the high level of care we provide to our patients in our emergency departments," said Scott Kashman, chief officer, hospital operations at Lee Health. "Often, ED patients are among the most vulnerable in our community, and we strive to provide every patient with a safe and compassionate experience when they come through our doors. This award is a testament to our incredible doctors, nurses and staff who create a caring environment for our patients."

With the Lantern Award, the ENA recognizes the best emergency departments in the United States across several core areas. Nationally, 28 emergency departments received the award this year, bringing the total to 69 Lantern-designated EDs in the United States. Cape Coral Hospital and Golisano Children's Hospital are the only recipients in Southwest Florida, and two of six to receive the designation in the state of Florida.

"The emergency department is a critical component of the health care delivery system and the care provided by the emergency team is often life-altering for patients and their loved

ones. At Golisano Children's (Hospital), we take this responsibility very seriously and our team of nurses, physicians and ancillary staff are absolutely committed to the patients and families we serve. This is why we're proud to be among the national leaders for excellence in emergency care," said Armando Llechu, chief administrative officer of Golisano Children's Services.

The ENA Lantern Award designation remains with the departments for a three-year period, after which they are eligible to apply again. For more information about the award, visit www.ena.org/about/awards-recognition/lantern/lantern-award-recipients.✪

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you get seasonal affective disorder (SAD) in the summer?

A: Ahhh... summer is supposed to be a time when vacations are abundant, and we take a breather from

school, work and relax, read a novel, go to camp and enjoy the pool, ocean or mountains. To answer your question, SAD is prevalent in the summer, not just the winter. There are characteristics that are risk factors for SAD.

Many folks feel pleasure and joy in the summer while others feel triggers and experience behavioral health challenges. The sheer expectations of the summer can create a standard of enjoyment which, if unmet, can make some feel inadequate, left out, or simply not "normal."

If you happen to be feeling a bit down or sad, know that it is okay to feel the blues, or lonely and anxious. Not everyone has a million activities going on this summer and, if you don't, that is perfectly fine, just look for and achieve a sense of balance.

Some facts we know about SAD are as follows:

Being female – SAD is diagnosed four times more often in women than men.

Living far from the equator – SAD is more frequent in people who live far north or south of the equator. We know that 1 percent of Floridians and 9 percent of New Englanders suffer from SAD.

Family history – People with a family history of other types of depression are more likely to develop SAD than people who do not have a family history of depression.

Having depression or bipolar disorder – The symptoms of depression may worsen with the seasons if you have one of these conditions (but SAD is diagnosed only if seasonal depressions are the most common).

Younger age – Younger adults have a higher risk of SAD than older adults. SAD has been reported even in children and teens.

If you know someone who is experiencing SAD and needs assistance with achieving balance in their lives, encourage them to seek help from a professional, and they will receive some coping tools to work through their SAD.

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



A woman smiles as she is handed keys to her new home by an official from B&I Contractors photo provided

From page 21

Cost Of Home

and create policies that will increase home affordability for low-income, working families."

Following the announcement, Habitat for Humanity of Lee and Hendry Counties dedicated six new Habitat homes in the Majorca Palms

community. During the ceremony, the house keys were handed over to the new homeowners who each completed more than 300 hours of sweat equity, attended financial literacy and home maintenance classes, paid closing costs and committed to paying an affordable, monthly mortgage payment. The homes were sponsored by local businesses including B&I Contractors, Scanlon Auto Group and Wayne Wiles Flooring.✪

dearRPharmacist

Five Reasons Not To Supplement With Vitamin K

by Suzy Cohen, RPh



Dear Readers: Vitamin D makers sometimes add vitamin K to their vitamin D formulas, providing both of these nutrients at the same time. This new trend has not been the standard

of practice, for good reason. In fact, I personally refused to put vitamin K in my own brand of vitamin D because your safety is most important to me. It interacts with antacids, blood thinners, drugs for cancer, seizures, cholesterol and even aspirin. It's easy to get if you simply eat some coleslaw, a fruit, or a salad.

When you take a walk in the sunshine to get your vitamin D, do you have to simultaneously eat a salad? No, of course not. It's the same with supplements, you don't need both of those nutrients in one soft gel. If this topic fascinates you, I wrote a longer version and can email it to you if you sign up for my free newsletter at www.suzycohen.com.

Now here are other reasons you may just want a plain vitamin D (without the K in it):

1. Hypercalcemia is more likely – When you take a supplement with both vitamin D and K in it, these both work synergistically to retain more calcium in your body. Hypercalcemia has been linked to atherosclerosis, cardiac arrhythmias, muscle pain or cramps, insomnia as well as agitation. It is what binds with oxalates to form kidney stones.

2. Vitamin K causes blood to thicken – It is the opposite of a blood thinner. Who wants thicker blood? We're all trying to thin our blood with fish oils, turmeric, ginger, vitamin E, ginkgo and even prescription medications. You see, vitamin K negates the actions of blood thinners (anticoagulants) that are intended to thin our blood which in turn protects us from stroke and heart attack.

3. You don't want a bone formula – Many of you are taking vitamin D for your bones, and the K helps transport the calcium into your bone. In this case you may want the combination formula, but MOST people do not ingest D supplements for bone health. It's usually taken to improve immunity, lower blood sugar, ease depression or seasonal affective disorder (SAD), or to restore lost D which occurs from the drug-mugging effect of statin cholesterol drugs.

4. You just need to raise vitamin D – Those deficient in vitamin D take high doses of the nutrient for a few months to restore levels, but combination supplements will jack up your K (and

calcium levels) to a potentially harmful level and confuse the issue.

5. It's easy to eat vitamin K – Supplementing is unnecessary. The recommendations are as follows: Women older than age 19 should consume 90 micrograms (mcg) each day, and men should have 120 mcg. To put this in perspective, one cup of broccoli gives you 220 mcg, one cup of coleslaw provides 160 mcg, kiwifruit provides 63 mcg and sautéed spinach gives you 889 mcg. There are hundreds of foods that offer a substantial amount of vitamin K.

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.✱

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to five years of age.

The next screening on the Ronald McDonald Care Mobile will be held at the IMAG History & Science Center on Friday, July 26 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

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 IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. To schedule a screening, call 343-6838.✱

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Doctor and Dietician

Improve Your Brain Power



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

Let's be honest, we are not getting any younger! One of the things that scares us about aging is the thought of losing cognitive function. However, instead of fearing it, we are facing it. We encourage our patients, as well as our team at Caring Medical, to be intentional with their lives. This means that you can't just sit there and hope you don't get dementia. There are many ways to stimulate our brains toward optimal function.

Here we go: Disconnect! This means from TV, as well as mobile devices. The World Health Organization classifies cell phone radiation as a possible human carcinogen due to an increased risk of brain cancer from long-term and heavy cell phone use. Cell phone use

has also been linked to an increased risk of ADD and ADHD in both young and older people alike. Researchers have found an imbalance in brain chemistry of young people who are addicted to smart phones and the Internet, according to a study presented at the Radiological Society of North America. Interestingly, 46 percent of Americans say that they could not live without their phones. It goes to show that an increasing number of people are addicted to their phones. Studies also show that the anterior cingulate cortex (ACC) of our brain is being destroyed by excess use. While we're at it, turn off the TV. Stop watching sensationalized news and demeaning TV shows.

Okay, back to other things you can do for your brain... Get enough quality sleep, spend time outside being active, avoid excessive alcohol and caffeine, stay hydrated, avoid excessive sugar, practice mindfulness, meditate, maintain a healthy weight, interact with friends and build strong connections, read, keep learning and believe in yourself. Aging does not have to involve mental deterioration. Be intentional. Work at strengthening your brain power.

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

Diabetes Prevention Program

Have you been told that you have Prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

Lee Health will hold a free program designed to help one make modest lifestyle changes and cut the risk of Type 2 Diabetes by more than half at Lee Memorial Behavioral Health Center on Mondays, beginning August 5, from 5:30 to 6:30 p.m.

This year-long program, featuring weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent Type 2 Diabetes. Learn about the benefits of physical activity; manage symptoms of stress, make smarter decisions related to healthy eating, and tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

Lee Memorial Behavioral Health Center is located at 12550 New Brittany Boulevard, Suite 200, in Fort Myers. Seating is limited and registration is required. Call 424-3127 for more information.✱

From page 10

First-Time Drivers

for at least three months. Here's how to enter:

1. Follow the Lee County Tax Collector on Instagram at www.leetc.com/driver-licenses/lctcroktheroad.

2. Like any of the official Lee County Tax Collector #LCTCRockTheRoad contest posts and,

3. Tag two friends in the comments.

Entrants can also post a photo or image of their dream road trip using the hashtag #LCTCRocktheRoad for an extra chance to win. Winners will be selected at random. First-time drivers without Instagram accounts can enter at www.leetc.com/driver-license/rock-the-road and read a complete list of rules and restrictions.

"Your license means freedom and independence, and we're here to help you get it," Hart said. "Anything we can do to make our service more convenient and put a smile on your face, we'll do."

Visit www.leetc.com/driver-licenses/first-time-drivers to learn the steps to getting a license or learner permit.✱

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Willey And Buster

Hello, my name is Willey. I am a 6-year-old male domestic shorthair who is one of those pets that comes along once in a lifetime. You know how people say their cat hugs and you think... cats don't hug?! Well, I do hug! This big guy will climb in your lap and to your shoulders to wrap both paws around you for a big bear hug. You have got to see it to believe it. I want nothing more out of life than for someone to love and to love me in return. I am truly one of a kind.



Willey ID# A562115

My adoption fee is \$10.

Hi, I'm Buster. I am a 3-year-old male pit bull mix who is one of the sweetest dogs you will ever meet. I am well-trained, great on the leash and just loves to sit and spend time with you. I get along well with other dogs. In fact, this past Saturday, I went to the Miracles Bark in the Park game and was a

big hit with everyone. My adoption fee is \$10.

Celebrate this Independence Day month by allowing a new pet to enjoy the freedom of a forever home. Adoption fees will be reduced for the entire month of July. Adult dogs are just \$30 to adopt; cats are \$10; and kittens are \$20. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge. Animal Services is getting filled with big dogs so for the rest of July you can make a 'Pit Stop' and adopt any bully breed for just \$10 with an approved application!



Buster ID# A674106

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

Haven on Earth Animal League

Chester And Dallas

Hi, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee is \$100.

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

We are being cared for by Haven on Earth Animal League. For more information,



Chester



Dallas

call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Max And Murphy



Max



Murphy

PAWS is in desperate need of someone to foster two sweet kitties for an elderly Sanibel resident that is in the hospital. It appears she will be going into a rehabilitation clinic for about three weeks. It would be great if they could be taken in by someone for a few weeks. There may be a possibility of having them remain in the woman's home if someone could just go once a

day to give them food and water and clean their litter boxes. Contact Pam at PAWS at 472-4823 if you can help.*

PAWS Of Sanibel

Sweetie Pie

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

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



Sweetie Pie



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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

ILK-CONCEIVED

- ACROSS**
- 1 TV-regulating gp.
 - 4 Dems.' foes
 - 8 May birthstone
 - 15 Deform
 - 19 Head of corn
 - 20 Farm unit
 - 21 Award hopeful
 - 22 Suspicion
 - 23 *Bunch
 - 25 *Course taken at night
 - 27 "Wish Tree" artist Yoko
 - 28 Meal for an echidna
 - 30 Bic fluid
 - 31 Slogs
 - 32 *Comment to a very generous person
 - 35 Defeat
 - 36 Martinique, par exemple
 - 37 Cobwebby room, often
 - 38 Operating
 - 39 Pol Paul
 - 40 Shape
 - 41 Original texts: Abbr.
 - 42 Hightailed it
 - 44 Forest and desert, e.g.
 - 46 Siam or Sudan ender
 - 48 Cat coater
 - 49 *Credit card feature
 - 54 A portion of Pal, to Pablo
 - 57 Pal, to Pablo
 - 59 Sister of Bart Simpson
 - 60 Verse writer Nash
 - 61 Spur
 - 62 47-Down or 96-Down fuel
 - 63 It precedes Tue.
 - 64 Got tangled
 - 66 Actress Sothern
 - 67 *Gravity, e.g.
 - 71 Eden figure
 - 72 Stool pigeon
 - 74 When doubled, a Gabor sister
 - 75 Horse kin
 - 76 La — Tar Pits
 - 77 Hawke of film
 - 78 Kazan of film
 - 80 R&B singer Marilyn
 - 82 Stalin's fed.
 - 83 *Z-to-A data-alphabetizing
 - 86 Start dozing
 - 88 Mao — -tung
 - 89 Not stray from, as a schedule
 - 90 Connector to the WWW
 - 91 Elhi support org.
 - 94 Split couple
 - 97 Misfortunes
 - 99 Take back, as the title
 - 101 Esau's father
 - 103 Family ride
 - 104 Possesses
 - 105 *Emphatic print
 - 107 Silky cats
 - 109 Actress Lucy of "Kill Bill"
 - 110 iPhone voice
 - 111 Enzyme suffix
 - 112 *Hollywood publication for 80 years
 - 115 Word with synonyms at the ends of the answers to the starred clues
 - 118 "Dame" Everage
 - 119 Stately street shader
 - 120 Elderly
 - 121 Counterpart of masc.
 - 122 Chop —
 - 123 Sows again
 - 124 Loch —
 - 125 Rx watchdog
 - DOWN**
 - 1 Sprinkling of
 - 2 In — (conspiring)
 - 3 Hybrid bakery treats
 - 4 Norma — (Field part)
 - 5 Dazzling effect
 - 6 We, he or it
 - 7 Melees
 - 8 Denver-to-Detroit dir.
 - 9 Not lingering
 - 10 Edit, as text
 - 11 Hockey site
 - 12 DiFranco of song
 - 13 Like pre-Easter periods
 - 14 Abases
 - 15 Savage
 - 16 Slow tempo
 - 17 Put on eBay, say
 - 18 Went beyond
 - 24 Greiner of "Shark Tank"
 - 26 Chop or crop
 - 29 Gear holder for the slopes
 - 32 Orange tuber
 - 33 Tan color
 - 34 English architect Jones
 - 35 Grounds
 - 39 Eye layer
 - 40 Combine
 - 43 Region west of Catalonia
 - 45 Brunch fruit
 - 47 Kitchen appliance
 - 48 Narc, e.g.
 - 49 This and that: Abbr.
 - 50 Tenor played by Lanza
 - 51 Goof-offs
 - 52 Riles
 - 53 Make beloved
 - 54 Showed clemency to
 - 55 Florid
 - 56 Year's 12
 - 58 Prominent
 - 63 Advanced music or drama deg.
 - 65 Burning crimes
 - 67 Monetary penalties
 - 68 Web mags
 - 69 Broadway's "August: — County"
 - 70 Mediator's skill
 - 73 Almanac fill
 - 76 Future leaf
 - 79 Digs
 - 80 Econo Lodge, e.g.
 - 81 Throngs
 - 84 Member of Devo, say
 - 85 Germinated
 - 87 Taylor boy of old TV
 - 90 Fuming mad
 - 91 Is profitable
 - 92 Narrowed gradually
 - 93 Air hero
 - 94 Avoids, as capture
 - 95 Site of Kubla Khan's palace
 - 96 V-8, for one
 - 98 Lower-priced
 - 100 Promiser's proviso
 - 102 Doe partner
 - 104 Suffix with invent
 - 105 Bar brew, in France
 - 106 Quotes as an authority
 - 108 Big skin cream brand
 - 109 Low-cal
 - 113 Apt. parts
 - 114 "Sure thing!"
 - 116 Pub. house hires
 - 117 Sumac of song

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				
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107				108				109				110			111			
112							113					114		115		116		117
118					119									120			121	
122						123								124				125

King Crossword

1	2	3	4	5	6	7	8	9	10	11		
12				13				14				
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18				19		20						
12				21		22		23				
13												
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			

ACROSS

- 1 Collections
- 5 Toward the stern
- 8 Being, to Brutus
- 12 Enticement
- 13 Actress Myrna
- 14 "Once — a time ..."
- 15 Operatic solo
- 16 Harem's housing
- 18 Hex
- 20 "Long Day's Journey Into Night" writer
- 21 Fairy tale villain
- 23 Explosive letters
- 24 Three-striper
- 28 Dueling sword
- 31 Opposite of "post-"
- 32 Be philanthropic
- 34 Corn spike
- 35 St. Louis landmark
- 37 Dramatic musical work
- 39 Chance
- 41 Sandwich shop
- 42 Alexandrian peninsula
- 45 Maximally
- 49 Repaired
- 51 Hee-haw
- 52 Wise one
- 53 Past
- 54 Slender
- 55 Low card
- 56 Neither mate
- 57 Otherwise
- 8 First name of period
- 20-Across
- 9 Green type of soup
- 10 Earth
- 11 Carbon compound
- 17 Pismire
- 19 Curved molding
- 22 Finished coin
- 24 Hot tub
- 25 Blunder
- 26 Tend a dead battery
- 27 Bullfight VIP
- 29 Chow down
- 30 Historical
- 33 Whip mark
- 36 Invisible rabbit of stage and screen
- 38 Spry, like Jack
- 40 Luau bowlful
- 42 "Hey, you!"
- 43 Listen to
- 44 Read bar codes
- 46 Verbal
- 47 Without (Fr.)
- 48 Youngster
- 50 Id counterpart

DOWN

- 1 Pole or Czech
- 2 Continental
- 3 Small combo
- 4 Sailing veteran
- 5 Losers
- 6 Enemy
- 7 Novice

INSERT A "T" TO MAGIC MAZE ● MAKE A NEW WORD

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

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

- | | | | |
|----------|----------|---------|---------|
| Daring | Hears | Morally | Round |
| Deduced | Hideous | Neuron | Sack |
| Diplomas | Laughter | Paining | Shooing |
| Fleeing | Mining | Pans | |



"Sometimes I wonder if I'll put up a fight against _____."

answer on page 31

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!

Reap

RANGER

Pile

OVERT

Lazy

TRIPOD

Quiet

TINSEL

TODAY'S WORD

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

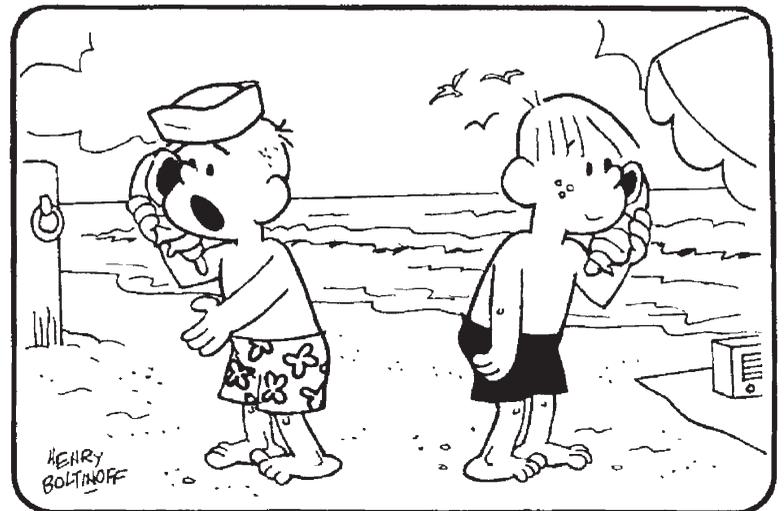
SUDOKU

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

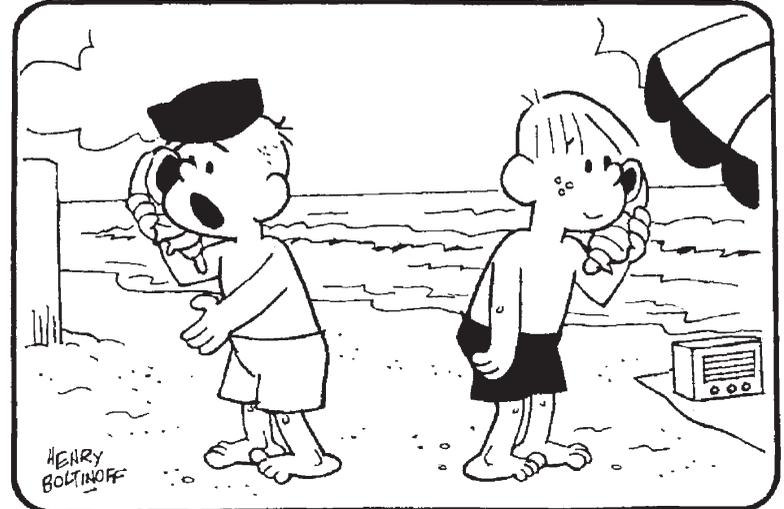
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Umbrella is different. 2. Boy's hat is black. 3. Ring on post is missing. 4. Boy's swim trunks are different. 5. Radio is moved. 6. Birds are gone.



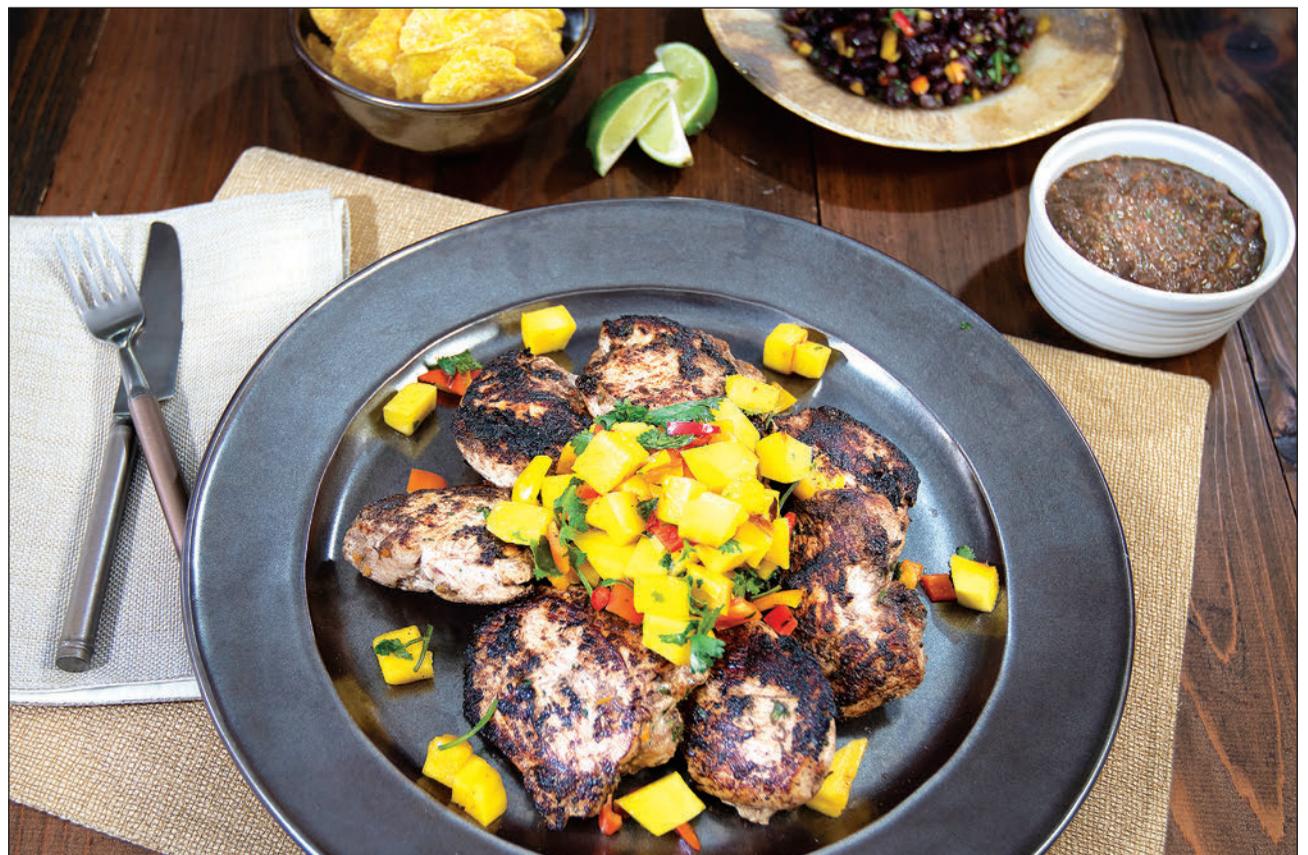
Jerk Chicken with Mango Salsa

- 2 mangoes, diced small
- 3-4 chicken breasts
- 1 bell pepper, diced small
- 3 tablespoons cilantro, chopped
- 1 lime, juiced
- 1 jar jerk marinade (your favorite)
- Oil for cooking
- Sea salt and fresh ground pepper, to taste

Combine chicken and jerk marinade in storage container or sealable plastic bag and marinate 4 to 8 hours. In a mixing bowl combine diced mango, bell pepper, cilantro, and lime juice. Store in refrigerator until ready to use.

Preheat oven to 375 degrees. Remove chicken from refrigerator and preheat a large sauté pan to medium-high heat with 1 tablespoon oil. Wipe off excess marinade and place chicken in pan. Sear on both sides, transfer to oven safe dish and finish cooking until an internal meat thermometer reads 165 degrees. Remove from oven, cover, and allow to rest for at least 10 minutes. Top with the mango salsa or serve on the side.

Fresh tip: mangoes are high in vitamin C and fiber, making them a great part of a balanced diet.✪



Jerk Chicken with Mango Salsa

photo courtesy Fresh From Florida

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My Stars ★★★★★

FOR WEEK OF JULY 22, 2019

Aries (March 21 to April 19) Is someone at work resisting that Aries charm? Hard to believe. But seriously, Lamb, you might want to back up your ideas with some solid data, and then watch the yeas pile on.

Taurus (April 20 to May 20) Your hard work could pay off in ways you didn't expect, but certainly deserve. Tend to that pesky health problem now so you'll be in top shape to tackle the new projects coming up.

Gemini (May 21 to June 20) Planning a family event can be stressful unless you make it clear from the start that you're in charge. You might accept suggestions, but it will be your decisions that count.

Cancer (June 21 to July 22) You still have a way to go to bring that professional matter to a satisfactory conclusion. Meanwhile, an important personal situation could require more of your attention by week's end.

Leo (July 23 to August 22) There's something about you Fine Felines that makes people want to tell you secrets. But once again, be wary of who is doing the telling. You might not want to be that person's confidante.

Virgo (August 23 to September 22) Creating a fuss about a family matter might get everyone's attention. But it might be better to talk one-on-one with family members in order to spare a loved one unnecessary embarrassment.

Libra (September 23 to October 22) You're making progress on that career move, albeit not as quickly as you had hoped. But stay with it. Your personal life takes an unexpected (but very welcome) new turn.

Scorpio (October 23 to November 21) If you feel you've been unfairly treated in a workplace decision, correct the situation now while there's still time to do so. Arm yourself with facts and go to it. Good luck.

Sagittarius (November 22 to December 21) Devising your own system of doing things might be the best way to handle an increasingly complex situation. But do it tactfully in order to avoid ruffling too many of your colleagues' feathers.

Capricorn (December 22 to January 19) A family member's health problem might once again require you to shift some of your current priorities around. But this time, make certain other relatives will be there to

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The Island Sun and The River Weekly News are community newspapers, covering Sanibel and Captiva Islands, Fort Myers and Fort Myers Beach. Free copies are available at newsstands. For more information, call 239-395-1213.

July 12, 2019

Place Classified



 FRIDAY Partly Cloudy High: 87 Low: 83	 SATURDAY Partly Cloudy High: 90 Low: 85	 SUNDAY Partly Cloudy High: 88 Low: 84	 MONDAY Sunny High: 87 Low: 83	 TUESDAY Sunny High: 89 Low: 81	 WEDNESDAY Sunny High: 88 Low: 84	 THURSDAY Partly Cloudy High: 90 Low: 82
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:41 am	7:56 am	2:39 pm	10:02 pm
Sat	5:01 am	8:48 am	3:21 pm	10:33 pm
Sun	5:23 am	9:45 am	4:07 pm	11:05 pm
Mon	5:51 am	10:47 am	4:58 pm	11:38 pm
Tue	6:22 am	11:57 am	5:59 pm	None
Wed	6:56 am	12:13 am	7:15 pm	1:13 pm
Thu	7:35 am	12:49 am	8:51 pm	2:31 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:46 am	7:58 am	1:44 pm	10:04 pm
Sat	4:06 am	8:50 am	2:26 pm	10:35 pm
Sun	4:28 am	9:47 am	3:12 pm	11:07 pm
Mon	4:56 am	10:49 am	4:03 pm	11:40 pm
Tue	5:27 am	11:59 am	5:04 pm	None
Wed	6:01 am	12:15 am	6:20 pm	1:15 pm
Thu	6:40 am	12:51 am	7:56 pm	2:33 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:38 am	9:40 am	3:19 pm	10:34 pm
Sat	5:05 am	10:18 am	4:10 pm	11:04 pm
Sun	5:33 am	10:54 am	4:54 pm	11:31 pm
Mon	6:00 am	11:30 am	5:36 pm	11:55 pm
Tue	6:26 am	12:12 pm	6:16 pm	None
Wed	6:48 am	12:15 am	7:00 pm	1:04 pm
Thu	7:04 am	12:35 am	7:48 pm	2:04 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:51 am	12:47 am	4:49 pm	11:12 am
Sat	7:11 am	1:18 am	5:31 pm	12:04 pm
Sun	7:33 am	1:49 am	6:17 pm	1:01 pm
Mon	8:01 am	2:21 am	7:08 pm	2:03 pm
Tue	8:32 am	2:54 am	8:09 pm	3:13 pm
Wed	9:06 am	3:29 am	9:25 pm	4:29 pm
Thu	9:45 am	4:05 am	11:01 pm	5:47 pm

PUZZLE ANSWERS

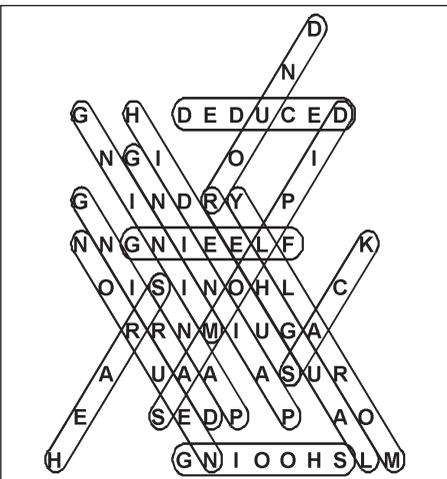
SUPER CROSSWORD

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

KING CROSSWORD

S	E	T	S	A	F	T	E	S	S	E	
L	U	R	E	L	O	Y	U	P	O	N	
A	R	I	A	S	E	R	A	G	L	I	O
V	O	O	D	O	O	N	E	I	L	L	
O	G	R	E	T	N	T					
S	E	R	G	E	A	N	T	E	P	E	E
P	R	E	E	N	D	O	W	E	A	R	
A	R	C	H	S	E	R	E	N	A	T	A
H	A	P	D	E	L	I					
P	H	A	R	O	S	A	T	M	O	S	T
S	E	R	V	I	C	E	D	B	R	A	Y
S	A	G	E	A	G	O	L	A	N	K	
T	R	E	Y	N	O	R	E	L	S	E	

MAGIC MAZE



SUDOKU

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

help.

Aquarius (January 20 to February 18) Catching up on tasks you've left undone will take a while to accomplish. But the sooner you complete them, the sooner you'll be able to take on another time-sensitive project.

Pisces (February 19 to March 20) You might feel swamped by all that you're expected to do. But take a moment to come up for air, then handle things one at a time, and you'll soon get through them all.

Born This Week: Although you love being home with your family, you also enjoy traveling and making new friends.

MOMENTS IN TIME

- On July 26, 1775, the U.S. postal system is established by the Second Continental Congress, with Benjamin Franklin as its first postmaster general. Franklin set up more efficient colonial routes and standardized delivery costs based on distance and weight.
- On July 22, 1933, American Wiley Post returns to Floyd Bennett Field in New York, becoming the first aviator to fly solo around the world. Piloting a Lockheed Vega monoplane named the Winnie May, he circled the globe in 7 days, 18 hours and 49 minutes.
- On July 27, 1949, the world's first jet-propelled airliner, the British De Havilland Comet, makes its maiden test-flight in England. The jet engine would revolutionize the airline industry, shrinking air travel time in half.
- On July 24, 1959, during the grand opening ceremony of the American

National Exhibition in Moscow, Vice President Richard Nixon and Soviet leader Nikita Khrushchev engage in a heated debate in a model kitchen set up for the fair. The "kitchen debate" became one of the most famous episodes of the Cold War.

- On July 25, 1965, Bob Dylan went electric at the Newport Folk Festival, performing a rock-and-roll set publicly for the first time. The dismayed audience shouted and booed when he launched into an electrified version of *Maggie's Farm*.

- On July 28, 1976, a nighttime earthquake measuring between 7.8 and 8.2 magnitude on the Richter scale flattens Tangshan, a Chinese industrial city with a population of 1 million. The 23-second tremor leveled 90 percent of Tangshan's buildings, killing an estimated 242,000 people in the city and surrounding areas.

- On July 23, 1996, at the Summer Olympics in Atlanta, the U.S. women's gymnastics team wins its first-ever team gold. The American women's best finish to that point had been a silver at the 1984 Los Angeles Olympics.

STRANGE BUT TRUE

- It was Robert Wright, journalist, scholar and author of best-selling books about science, who made the following sage observation: "Like a lawyer, the human brain wants victory, not truth; and, like a lawyer, it is sometimes more admirable for skill than virtue."
- Famously flamboyant country singer and songwriter Dolly Parton once entered

a Dolly Parton look-alike contest ... and lost.

- The small Asian country of Bhutan, nestled in the mountains between China and India, had no access to TV until 1999.
- You've doubtless heard of narcolepsy, a medical condition that causes sufferers to sleep excessively sometimes up to 18 hours a day. You're probably not familiar with philagrypnia, though. People with this condition – I won't call them "sufferers" – require only three or four hours of sleep a day. What would you do with all that extra time?
- Those who study such things say that the average woman changes her hairstyle 20 times between the ages of 18 and 24. Between the ages of 50 and 80, though, women change it only four times.
- Now that summer is here in full force, you might want to keep in mind the fact that there are 1,500 known species of fleas and 9,500 known species of ants. Then again, that might be a factoid you'd rather forget.
- The English word "velvet" comes from the Latin for "shaggy hair."
- If you're out in the American West, you may see the iconic saguaro cactus. It matures extremely slowly – it might grow only 6 inches in its first 10 years of life. It's persistent, though; the largest known specimen reached 60 feet in height.

THOUGHT FOR THE DAY

"Politics is not the art of the possible. It consists in choosing between the disastrous and the unpalatable."
– John Kenneth Galbraith

TRIVIA TEST

- Geography:** What is the westernmost province of Canada?
- Games:** What sport originally was called "mintonette" when it was invented in the late 1800s?
- Chemistry:** What is the second element on the Periodic Table?
- U.S. Presidents:** Which two presidents did Dean Rusk serve as secretary of state?
- Literature:** What was the title of the 19th-century book that carried the subtitle, "Life in the Woods"?
- Language:** What is the meaning of "omniscient"?
- Ad Slogans:** What product featured the advertising slogan, "Betcha can't eat just one"?
- Movies:** What is the real name of the character known as Sleeping Beauty?
- Geology:** What type of rock is created from molten lava?
- Government:** What is the eagle in the United States' Great Seal holding in its beak?

TRIVIA ANSWERS

- British Columbia
- Volleyball
- Helium
- Kennedy and Johnson
- Walden
- Knitting
- Lay's Potato Chips
- Princess Aurora
- Igneous
- A scroll with the national motto.
- "E pluribus unum" (one from many)

Money Tip For Students

If you're having trouble repaying your federal student loans, you may be able to apply for a deferment, according to the Kentucky Higher Education Assistance Authority (KHEAA).

A deferment allows you to postpone paying your loans if you meet certain guidelines. You may qualify for a deferment if you are:

- Enrolled in college at least half time
 - In a rehabilitation training program
 - Unemployed or can't find a full-time job
 - Having economic hardship
 - On active duty service in the military
- If you've defaulted on your federal loans, you may not be able to get a deferment. Talk with the agency that services your loans to see how you can get out of default.

If you qualify for a deferment, you'll have to submit an application. You must make your monthly payments until the agency tells you that your loans are in deferment.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. KHEAA

also helps colleges manage their student loan default rates and verify information submitted on the Free Application for Federal Student Aid (FAFSA).

To learn more about those services, visit www.kheaa.com.*

Bay Scallop Season Opens For 10-Day Period

Recreational bay scallop season for Pasco County is opening on Friday, July 19 and will remain open through Sunday, July 28. This region includes all state waters south of the Hernando-Pasco county line and north of the Anclote Key Lighthouse in northern Pinellas County, and includes all waters of the Anclote River.

These season dates are for 2019 only. Future seasons will be 10 days long, beginning on the third Friday in July each year.

Bag and vessel limits for 2019 throughout the entire bay scallop harvest zone are two gallons of whole bay scallops in the shell or one pint of bay scallop meat per person, with a maximum of 10 gallons of whole bay scallops in the shell or a half gallon bay scallop meat per

vessel.

Scallops may be collected by hand, or with a landing or dip net.

There is no commercial harvest allowed for bay scallops in Florida.

Direct and continuous transit of legally-harvested bay scallops is now allowed through closed areas. Boaters may not stop their vessels in waters that are closed to harvest and must proceed directly to the dock or ramp to land scallops in a closed area.

For information on bay scallop regulations, visit www.myfwc.com/ fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Bay Scallops."

The Florida Fish and Wildlife Commission (FWC) urges boaters to be safe when traveling to and from scalloping sites, and while scalloping. Wear a life jacket and do not drink and boat. When scalloping in open water, divers should stay within 300 feet of a properly displayed divers-down flag or device, and within 100 feet of a properly displayed divers-down flag or device if on a river, inlet or navigation channel. Boat operators traveling within 300 feet of a divers-down flag or device in open water or within 100 feet of one on a river, inlet or navigational channel must slow to idle speed. For more information, visit www.myfwc.com/boating/regulations and click

on "Divers-down Warning Devices." Don't forget to stow your trash securely on your vessel so that it doesn't blow out and do not discard empty scallop shells in the Homosassa or Crystal rivers.

When you are done for the day, help FWC's scallop researchers by completing an online survey at www.svy.mk/bayscallops. You will be asked a series of simple questions about where you harvested scallops, how many you collected and how long it took to harvest them. Participants can email bayscallops@myfwc.com to ask questions or send additional information.

Learn more about long-term abundance trends in the open and closed scalloping areas by visiting www.myfwc.com/research and clicking on "Saltwater," "Bay Scallops" and "Bay Scallop Season and Abundance Survey."*

Free Vessel Safety Checks

U.S. Coast Guard Auxiliary Flotilla 91 offers recreational boaters with free preventative vessel safety checks to be certain their boat follows federal laws and state regulations. Fort Myers Beach area boaters find this free service to be beneficial as it could prevent

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7/19 *8/2

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7/12 *7/19

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7/19 *7/26

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6/28 *TFN

boat owners from being fined by local law enforcement while operating their boat on the water without the proper equipment.

"We are able to educate boat owners on safe boating practices while checking their boat for potential problems," stated Nick Kaveski, the Flotilla 91 commander. He went on to say, "The auxiliary does not issue citations for violations, but rather provide recommendations and insight on how to stay out of trouble. Boats that comply receive a VSC sticker to demonstrate their commitment to safe boating."

According to Florida Fish and Wildlife Commission, the 2017 boating statistic report, Florida had 766 boating accidents, 61 of which were deadly. Accidents happen without warning. However, boater education may help reduce your risk.

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

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

Help For Drug Addiction

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who is

suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html.

Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals at 877-841-5509.*

Block Solar Heat At Your Home

In sunny Southwest Florida, 30 percent of summer cooling costs are attributed to glass and windows. From sliding glass doors to skylights to regular windows in your home, all glass conducts heat.

Lee County Electric Cooperative (LCEC) energy experts remind everyone

that:

Significant air-conditioning savings can be attained by blocking solar heat before it reaches the windows, or by using special heat-reflecting glass or heat-reflecting glass coatings also known as residential window tint.

Reflective glass or residential window tint should be rated to reflect at least 65 percent of all solar heat to be considered efficient in Southwest Florida.

Awnings, storm shutters, shade trees and porch or lanai roofs are all very effective in blocking solar heat.

East or west windows are the main source of intrusive heat. It is recommended to use shading devices and tint on east and west windows since they experience many hours of direct sunlight.

South-facing windows experience a great deal of direct sunlight in the winter

months when the sun rides lower in the sky. In the summer, south-facing windows are largely shaded by the overhanging soffit of the roof.

Skylights experience many more hours of direct sunlight than any vertical window and should be avoided if possible. Existing skylights can be tinted, covered, blocked or shaded to lessen their load on the air conditioner.

When upgrading windows, consider energy-efficient features such as double-pane, low-E glass as well as type of frame material.

Residential window tint is available online and at many major home improvement stores. Along with detailed application instructions, there are many tutorials online to help you apply residential tint yourself. For more ways to save, visit www.lcec.net.*

HORTOONS



THE REALITY OF A FAMILY GETTING READY FOR DINNER IN A SINGLE BATHROOM VACATION RESORT

HORTOON

SCRAMBLERS

1. Garner; 2. Trove;
3. Torpid; 4. Silent

Today's Word
RETIRING

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Moonshadows	Sanibel	1978	2,852	\$1,495,000	\$1,350,000	353
Deep Lagoon Estates	Fort Myers	1982	1,306	\$1,350,000	\$1,100,000	285
Cape Coral	Cape Coral	2013	3,523	\$1,299,000	\$1,250,000	181
Gulf Ridge Sub	Sanibel	1981	1,927	\$1,295,000	\$1,177,000	182
Edgewater	Fort Myers	1995	3,468	\$1,249,900	\$1,110,000	420
Cape Coral	Cape Coral	2008	3,496	\$1,200,000	\$1,110,000	36
Sea Oats	Sanibel	1997	2,376	\$969,000	\$940,000	111
Cape Coral	Cape Coral	1980	2,208	\$895,000	\$825,000	274
Little Hickory Shores	Bonita Springs	1971	1,694	\$895,000	\$905,000	8
Corkscrew Shores	Estero	2014	2,912	\$839,000	\$800,000	10

Courtesy of Royal Shell Real Estate

DOC FORD'S

RUM BAR & GRILLE

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“FOR THE SUN-KISSED & SUN-DESIROUS ALIKE, A VACATION ON A PLATE.”

The New York Times Magazine



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