



# THE RIVER WEEKLY NEWS

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VOL. 21, No. 30

From the Beaches to the River District downtown Fort Myers

JULY 22, 2022

## Broadway Palm 30th Anniversary Begins In August

The 30th anniversary season for Broadway Palm Dinner Theatre will include eight main stage productions, five productions in the Off Broadway Palm Theatre, four Children's Theatre productions and five concerts.

The main stage opens on Friday, August 26 with show prices ranging from \$55 to \$95, and group and children's prices available. Productions include:

*Broadway Palm Thru The Decades* (August 26 to October 1) – Relive the last three decades of productions with this all-new jukebox style musical.

*A Chorus Line* (October 7 to November 12) – This musical captures the spirit and tension of a Broadway chorus audition.

*Irving Berlin's White Christmas* (November 18 to December 30) – This heart-warming classic takes you back to 1954 where two ex-soldiers-turned-showbiz-partners follow a couple of singing sisters to a Vermont inn.

*Joseph and the Amazing Technicolor Dreamcoat* (January 6 to February 11)



A scene from *Joseph and the Amazing Technicolor Dreamcoat*

photo provided

– A musical that tells age-old Biblical story of Joseph and his coat of many colors through a kaleidoscope of song and dance.

*Jersey Boys* (February 17 to April 9) – Discover the secret of a 40-year friendship between Frankie Valli and The

Four Seasons as they work their way from the streets of New Jersey to the heights of stardom.

*Sister Act* (April 14 to May 20) – Deloris, a disco diva, witnesses a crime, and the cops hide her in the last place anyone would think to look... a convent.

*Footloose* (May 26 to July 1) – A lively city boy moves from Chicago to a small farming town where rock 'n' roll and dancing have been banned.

*The Little Mermaid* (July 7 to August 12) – This Disney classic features mermaid Ariel longing to leave her ocean home to live in the world above.

The Off Broadway Palm's season begins September 22 with ticket prices ranging from \$50 to \$70. Productions include:

*Not Now, Darling* (September 22 to November 5) – This madcap farce features mistresses, minks, mobsters, mistaken identities, misguided shoppers, suspicious wives and scantily clad women hiding in cupboards.

*Ha! Ha! Ho! The Holiday Show* (November 10 to December 25) – Celebrate the season with this holiday revue.

*Just Desserts: A Musical Bake-Off* (January 12 to February 18) – Five strangers put their hearts, reputations and baking skills on the line to become the crème de la crème of bakers at a county fair.

*Doublewide Texas* (February 23 to April 9) – Inhabitants of one of the smallest trailer parks in Texas are thrown

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Roger Ruth working on one of his wooden fish sculptures

photos provided

## Shell Point Artists Exhibiting Works

The galleries of Tribby Arts Center at Shell Point Retirement Community are featuring the following exhibits in celebration of summer: *Fireworks and Fishin'*; *Scenes of Summer*; and *Gone Fishin'*: Woodworks by Roger Ruth and Tom Young. All three exhibits are on view through August 27.

"Summer seemed the perfect

opportunity for such light-hearted exhibitions and their whimsical installations," said Marge Lee, curator of Tribby Arts Center. "The Shell Point artistic community, which includes many retired professional artists and art educators, enjoyed the challenge and responded with imaginative works."

In the Shell Point Gallery on the first floor, where *Fireworks and Fishin'* is on display, visitors will find an array of paintings as well as objects made of glass, pottery, textiles, mixed media and



Raku fish bowl by Augusta Crane

wood, with many available for purchase to benefit the artists and the arts center.

Photography is represented with printed entries as well as digital entries, which rotate on three video screens to a soundtrack, entitled *Summer's Here*, performed by Sanibel musician Danny Morgan.

On the second floor in the Legacy and Overlook galleries, the *Gone Fishin'* exhibit presents a display of woodworks by a pair of master craftsmen, Roger Ruth and Tom Young.

Ruth's *Food Chain* display of wooden

fish, spread over a 30-foot gallery wall, begins with a six-foot tiger shark and includes a 48-inch marlin, 43-inch mahi-mahi, 40-inch tarpon, 27-inch snook, 21-inch redbfish, two 14-inch mangrove snappers, and a school of bait fish, each six inches long.

Among the works by Young are three wood and resin tables, a form for which he is known on the 700-acre Shell Point campus, as well as sculptural works. An avid fly fisherman, Young also outfitted a life-size mannequin with full fly fishing

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Historic Downtown Fort Myers, Then And Now:

# Old-New First City Hall



by Gerri Reaves, PhD

The City of Fort Myers didn't have its first permanent city hall until 1921, 35 years after town incorporation. And that "new" city hall wasn't new at all. It was the former home of Edward L. "EL" and Carrie Belle Hendry Evans. The couple had built the white frame house in the late 1890s on Riverside Avenue (later renamed McGregor Boulevard) west of Monroe Street. The house with a 270-foot street frontage and river access was deemed a showplace in its day, with wrap-around porches and dormer windows. Upon purchasing the house, the city intended that the property, along with land created from in-fill, serve as City Park, also called Evans Park.

Over the next few years, park facilities, shuffleboard courts, a Tourists Club, a Pleasure Pier and city pool, a pavilion and more.

The park was the forerunner of today's Centennial Park. Telling signs of the times were the 1921 deed's "conditions and restrictions," one of which stipulated that as long as the city used the premises as a city park, that it "shall be used and enjoyed as a park for white people only," and that "colored people, or [the] African Race," shall be prohibited and restricted from using the park.

The deed provided, however, that should the courts determine those conditions not enforceable, that the deed would remain valid nevertheless.

Imagine all of city government jammed into this one structure, everyone from major, to city manager and offices of municipal judges, sanitation and gas inspectors, treasurer, tax collector, public works – you name it. That was the case in 1921.

The 1920s boom was blossoming and the focus was on growth and the future, but city government took up residence in a structure with deep pioneer connections and no resemblance to the Mediterranean Revivalist architectural style that would define the decade.



The Fort Myers Plan In 1921, the City of Fort Myers moved into its first permanent city hall, the former EL and Carrie Belle Hendry Evans home

photo courtesy SWFL Historical Society



A bank now stands on the site

photo by Gerri Reaves

EL and Belle Evans were important early settlers. Belle was the daughter of the legendary Capt. Francis A. Hendry, known as "the father of Fort Myers," and was influential in the social and civic life of the town.

EL arrived in Fort Myers in 1883 and soon established his own general store on the southeast corner at First and Hendry, later going into partnership with Harvie E. Heitman to form the Heitman-Evans Company.

In August 1885, he was one of 45 men who voted unanimously to incorporate the town, an incorporation that became official in March 1886. He was also influential in persuading Thomas A. Edison to buy land for his winter home and laboratory in Fort Myers, and he became a friend of the inventor.

The Evans house served the city for more than three decades. In 1954, the city began construction of the first city hall built as such. Employees moved to a temporary workplace, the Park Hotel just east of the hall.

The historic Evans house was demolished, for no nonprofit was interested in taking possession of it, even for free, and moving it. It was sold for salvage.

That truly new city hall didn't last forever either. In 1973, the mirrored Fort Myers City Hall on Second Street opened, and the then-old hall on McGregor was used by the police department until 1983.

A bank is now located on the site of that first permanent city hall. Walk down to "Riverside Drive" and imagine an 1890s home being taken over by city government. Then visit the following two research centers to learn more about the history of the town's public buildings.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

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

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## Specialty License Plates To Benefit K9 Crime Fighters

**K**9s United, a national nonprofit dedicated to supporting law enforcement K9 units with vital equipment and training, is in the final months of accepting preorders for its approved state of Florida K9s United specialty license plate. The organization, based in Jacksonville, is encouraging Florida drivers to preorder their K9s United license plates by October 15 to meet the state requirement of 3,000 plates sold in order to be produced and offered statewide.

"K9s United was born through a passion for our K9 officers who silently work so hard to protect and serve our communities," said Debbie Johnson, K9s United founder and president. "While they don't have a voice to communicate their needs, we do, and we work hard to provide our canine officers and their handlers with training and equipment to stay safe in the field."

"By supporting our K9s United specialty license plate, you are not only advocating for our organization, you are also supporting our furry officers for years and years to come. The revenue generated from the plates will help take our mission to the next level to provide the programs and supplies these selfless



K9 Drago poses in front of a K9s United license plate sample

photo provided

dogs need to serve our communities."

The unique plate design was created to honor two special K9 officers and was voted on by Florida residents and K9 supporters prior to release. Featured on the plate are two brave Florida K9 officers, including retired St. Johns County Sheriff's Officer K9 Ryker that sadly passed in 2020, and retired

Marion County Sheriff's Officer K9 Drago that served the community for more than four years.

Proceeds from the license plates could potentially reach \$75,000 annually to help K9s United provide essential paws-on training workshops, resources, equipment and advocacy to law enforcement K9s and their

handlers. The specialty license plates can be preordered by Florida residents with active state driver's licenses for \$33 from any authorized motor vehicle service center throughout the state of Florida (in person or online), or from the K9s United website for \$34. Most importantly, \$25 from each plate sold will directly benefit K9s United to support the nonprofit's mission to educate, train and provide vital equipment and services to K9s who protect and serve their communities.

Many law enforcement agencies don't have adequate funding to provide K9 units with the necessary resources they need, including advanced training, equipment and kennels, vehicle heat alarms and door poppers, canine emergency kits and bulletproof vests, along with other larger health expenses. K9s United helps fill that void and aid law enforcement agencies to ensure the K9 units have the programs and supplies the dogs need most.

K9s United advocates for legislation that protects and serves these selfless working dogs. The organization has successfully championed Florida legislation to create harsher penalties for criminals who intentionally harm a working K9, and allows injured K9s to be transported via emergency vehicles to the nearest emergency vet. K9s United is committed to supporting legislation on local, state and federal levels to protect K9 teams across the country. Visit [www.k9sUnited.org](http://www.k9sUnited.org).\*

## Community Town Hall Meeting

**L**ee County residents are invited to participate in the Lee County Community Town Hall meeting at Florida Department of Health in Lee County on Wednesday, July 27 from 2 to 3:30 p.m. The meeting will focus on receiving input in selecting key areas to address in the 2023-2027 Community Health Improvement Plan (CHIP).

The CHIP is Lee County's five-year collaborative approach plan for developing policies and defining actions to target efforts that promote the health of Lee County residents. The meeting will start with a 30-minute presentation with data compiled on Lee County's

population then follow with a brief explanation of the CHIP and the 16 areas of opportunity for improvement based on the most recent Community Health Assessment (CHA).

Attendees will be asked to select two of the areas they find most important for improvement. The top areas that receive the highest interest will become the focus for the CHIP. The new CHIP will be a reflection of the county's voice.

County-wide community participation is essential to the development of the new plan. All community partners, organizations and individuals are welcomed and encouraged to attend.

The Florida Department of Health in Lee County is located at 83 Pondella Road in North Fort Myers.\*



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Fort Myers Art:

# Youth Theater To Perform Popular American Play



by Tom Hall  
The Centers for the Arts Bonita Springs Youth Theatre will present a bold reimagining of one of the most popular American plays in history – Thornton Wilder’s

Pulitzer Prize-winning 1938 masterpiece *Our Town*. Performances are scheduled for Friday, July 29 at 7 p.m.; Saturday, July 30 at 2 p.m. and 7 p.m.; and Sunday, July 31 at 2 p.m.

*Our Town* is a metatheatrical three-act play that tells the story of the fictional American town of Grover’s Corners, New Hampshire between 1900 and 1913 through the everyday lives of the townsfolk. The play is set in the actual theater where it is being performed, with the main character being the stage manager of the theater who directly addresses the audience, brings in guest lecturers, fields questions from the audience and fills in playing some of the roles.

*Our Town* was first performed at

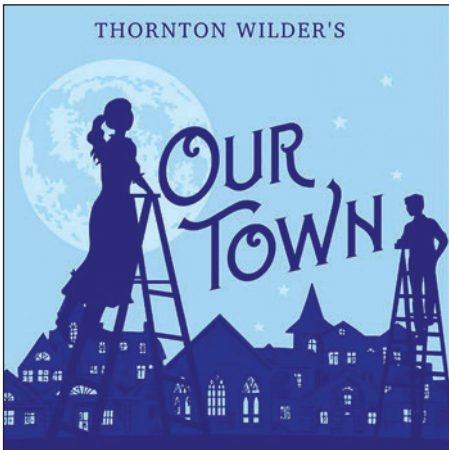


image courtesy www.artswfl.com

McCarter Theatre in Princeton, New Jersey in 1938. It later went on to success on Broadway and won the Pulitzer Prize for Drama. Described by Edward Albee as “the greatest American play ever written,” the play remains popular today and revivals are frequent.

## The Studio Players Produce Comic Masterpiece

The Studio Players’ production of *Art* by French playwright Yasmina Reza opens Friday, July 22 in the Joan Jenks Auditorium at Golden Gate Community Center.

This comic masterpiece revolves around three longtime friends whose seemingly inseparable bond is torn when one of them decides suddenly to purchase a four-by-five-foot abstract painting, which is entirely white except

for a few faint diagonal lines running through it.

Since it premiered in France in 1994, *Art* has been translated into numerous languages and has won many awards for best comedy, including the Olivier Award for its premiere production in London (starring Albert Finney, Tom Courtenay and Ken Stott) and the Tony Award for its Broadway premiere (starring Alan Alda, Alfred Molina and Victor Garber).

Directed by John Kirman, The Studio Players cast includes Danny Cancio, John Strealy and Nathan Eichhorn, with stage management by Rosie DeLeon.

*Art* runs through Sunday, August 7. Golden Gate Community Center is located at 4701 Golden Gate Parkway in Naples. For tickets, visit [www.thestudioplayers.org](http://www.thestudioplayers.org) or call 398-9192.

## Sculpture In Need Of A Sponsor

The City of Fort Myers Public Art Committee is looking for a sponsor for the sculpture *Fire Dance*.

Since its installation in Centennial Park West in March of 2011, the 25-foot-tall aluminum sculpture has been relatively maintenance free. But after baking in Southwest Florida’s searing sun for more than a decade, its signature Dupont red paint is finally fading even though Ohio sculptor David Black had the manufacturers include UV protection in the paint.

On top of that, *Fire Dance* has been tagged in several places. Because the paint has faded, painting over the graffiti is not a realistic option.

The committee hopes to split the anticipated \$12,000 in cost with *Fire Dance*’s eventual sponsor.

Interested parties may either click on the “Get a Quote” bar provided on the Sponsor-a-Sculpture page at [www.cityftmyers.com](http://www.cityftmyers.com) or contact City of Fort Myers Public Art Consultant Tom Hall

at [tom@artswfl.com](mailto:tom@artswfl.com) or 691-2292.

*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.\**

# Change To Amberjack Harvest In Gulf

At its July meeting, the Florida Fish and Wildlife Conservation Commission (FWC) issued an executive order to modify the 2022-23 recreational season for greater amberjack in state waters of the Gulf of Mexico. The 2022 recreational season for greater amberjack in gulf state waters will be open September 1 to October 31.

The gulf greater amberjack stock is overfished and experiencing overfishing and the recreational season modification is consistent with an emergency rule recommended by the Gulf of Mexico Fishery Management Council in gulf federal waters. Consistent state and federal recreational seasons for greater amberjack would help prevent quota overages and mitigate risks of paybacks and seasonal closures.

For more information, including the July 2022 commission meeting presentation, visit [www.myfwc.com/commission](http://www.myfwc.com/commission) and click on “Commission Meetings.”

For current recreational amberjack regulations, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on “Recreational Regulations” and “Amberjack.” This page will be updated with the new season dates.\*



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From page 1

# Broadway Palm

for a loop when they realize the nearby town of Tugaloo is determined to annex them.

*Always A Bridesmaid* (April 18 to May 20) – Four high school friends promised to be in each other’s weddings no matter what, not realizing that over 30 years later, these Southern friends-for-life would still be making the walk down the aisle to honor that vow.

The annual concert series will feature five concerts. All concert tickets are \$85 for meal and the show or \$65 for the show only. The series includes:

Garth Live! (January 29 and 30) – Drew Baloh, who has an uncanny resemblance to the legendary country music icon, performs.

Dwight Icenhower’s Tribute To The King – (February 6) – Award-winning impersonator has the look, the voice and the hip-swiveling dance moves in one of the best Elvis tributes.

Celebrating Tom Jones – (February 26 and 27) – Through stories and songs, award-winning David Burnham celebrates one of the most electrifying performers and iconic voices of the past

five decades.

Britain’s Finest: The Complete Beatles Experience (March 12 and March 13, 2023) – A Beatles experience unlike any other will put you in awe of the enthusiasm and energy for which they are recognized and remembered.

One Of These Nights: A Tribute To The Eagles (March 19 and 20) – An unforgettable night that reproduces the sounds of one of the most successful rock bands of all time.

“Thirty years ago, my family and I dreamed of opening our largest dinner theater ever and set our sights on Southwest Florida,” said Broadway Palm owner Will Prather. “The community immediately embraced Broadway Palm and our commitment to terrific entertainment, quality food and friendly service all at an incredible price. I am thrilled to present this exceptional season and look forward to celebrating all that Broadway Palm has accomplished over the past three decades.”

For more information, complete performance listings and tickets, visit [www.broadwaypalm.com](http://www.broadwaypalm.com), call 278-4422 or stop by the box office at 1380 Colonial Boulevard in Fort Myers.\*



## Junior Training Corps Joins Celebration

The Preserve, a skilled nursing, assisted living and memory care community, hosted the Mariners High School JROTC team for a Fourth of July celebration for its residents.

The Fourth of July ceremony included a Color Guard presentation of the Colors, *The National Anthem*, remarks from the cadets and a flag-folding ceremony followed by a performance of *God Bless America* and other patriotic songs by a few members of Preserve associates, who are military veterans.

The Preserve recently sponsored a portion of the Mariners JROTC team trip to nationals where they placed ninth in the nation.

"Our Fourth of July celebration was a great opportunity to celebrate the holiday with our residents and give them an opportunity to see a presentation by the nationally ranked Mariners JROTC," said Rachel Byrd, director of sales and marketing at The Preserve. "Providing our residents with events where they can interact with each other, our staff and



Mariners JROTC colors presentation and staff performance of the national anthem photos provided

members of the community can make a huge impact on the mental well-being of our seniors. We are proud of the Mariners JROTC and hope to continue to be able to partner with them in the future."

Opened in 2020, The Preserve is a Volunteers of America community. The community offers a continuum of care with its intimate assisted living and



Mariners JROTC with The Preserve resident and staff veterans

memory care neighborhoods, short-term rehabilitation services and long-term care nursing community. To learn more about The Preserve, visit <https://www.thepreservevoa.org>.

Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need live healthy, safe and productive lives. Since 1896, its ministry of service has supported and empowered America's

most vulnerable groups, including veterans, seniors, people with disabilities, at-risk youth, men and women returning from prison, homeless individuals and families, those recovering from addictions and many others. Through hundreds of human service programs, including housing and healthcare, Volunteers of America helps more than 1.4 million people in over 400 communities. Learn more at [www.voa.org](http://www.voa.org).✧

## Tips For Reusing Plastic Bags

Whether you're packing for a trip or a picnic in the park this summer, it's important to remain mindful of recycling. Reusing plastic bags can help to make your on-the-go summer easier while also helping to reduce, reuse and recycle that collection of grocery bags we all have in our homes.

Plastic bags should never be discarded in recycling carts or used to contain recyclables placed in the carts because they can get caught in the machinery that processes recyclable materials and increase the risk of injury to workers who must remove them. Plastic bags should be reused as much as possible and then returned to stores for recycling. Here are a few tips and tricks to make it easy:

If you're heading outdoors, pack snacks in plastic grocery bags – Hitting the beach or the pool? Kids love to swim! Reuse the bags to hold wet towels and clothes. Backyard or beach barbecues require a lot of toting. Transport condiments, plates, utensils and other goods in them. Don't discard bags in recycling bins at the beach.

In the car, save the tube from a roll of

paper towels and stuff plastic bags in it to store them until you need them – Collect trash while on the road, pack toiletries and souvenirs, or keep your shoes and dirty clothes separate from other items in your suitcase. They can also be used to keep your car tidy while transporting plants from the store and help tote them to your garden.

Plastic bags have many uses in the yard – Tie a couple to the lawn mower to pick up litter and dog messes as you mow. Stuff a few in your pocket to tote fresh veggies and to store pulled weeds and debris. Line hanging baskets with them to help hold moisture. You can also use them to save money on restuffing your outdoor pillows and cushions and by braiding them into outdoor mats. You can also braid them into sleeping mats to donate to the homeless.

Recycle plastic bags by returning them to collection bins at the store. Remember to recycle smart as you're enjoying the great outdoors this summer. No plastic bags in recycling carts.

Visit <https://www.leegov.com/solidwaste/recycling>, <https://www.charlottecountyfl.gov/departments/public-works/solid-waste/curbside-service.shtml>, [colliercountyfl.gov/recycle](https://www.colliercountyfl.gov/recycle) for more ideas and information about how to properly recycle in Southwest Florida.✧



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# Microsoft National Champion Nets Second Title

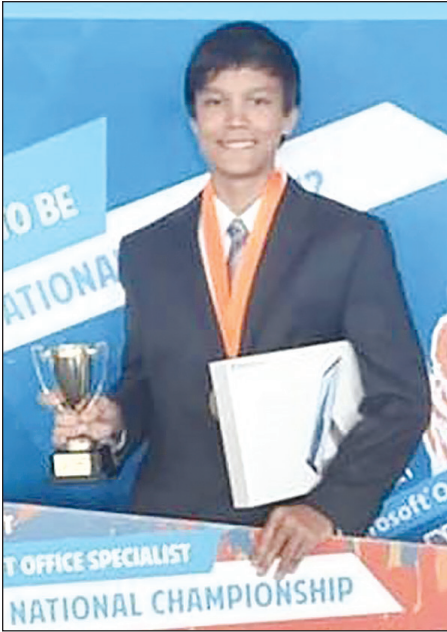
Dunbar High School Junior Andrew Chuang Saladin recently won his second Microsoft Office Specialist U.S. National Championship. He is the 2022 national champion for Excel 2016. In 2021, he was the state, national and world champion for PowerPoint 2019. Saladin is Dunbar’s seventh national champion and first to win a national title twice.

“I am grateful that I was given this opportunity to travel, have fun and compete for something I am passionate about,” Saladin said. “Of course, the prizes are appealing, but above all, being chosen to represent my school and build on its legacy is something really special for me.

“My thanks go to my school, Dunbar High, for providing me with various opportunities and supportive mentors and friends. The teachers, faculty and principal here have a reputation for uplifting every student in whatever track they pursue. I hope to inspire others to expand upon their interests and achieve their goals.”

As national champion, Saladin wins \$3,000, a trophy, medal and certificate honoring his achievement, and an all-expenses paid trip to the 2022 Microsoft Office Specialist World Championship at the end of July in Dallas, Texas.

The Microsoft Office Specialist



Andrew Chuang Saladin photo provided

National Online Championship presented by Certiport, a business of NCS Pearson, Inc. is a national competition that tests students’ skills on Microsoft Office Word, Excel and PowerPoint. At the competition, state champions and finalists were given a printed copy of a document, spreadsheet or presentation to recreate along with printed instructions and digital assets. They were then scored according to the accuracy of the recreation compared to the original.

Dunbar High School students Carson Mulvey finished second in the nation for Microsoft Excel 2019 and Jaansi Parsi

finished fourth in PowerPoint 2016. Fellow state champion Isabel Liu also competed in PowerPoint 2019. Since Dunbar High began competing in 2011, the school has had 29 state champions, seven national champions and the rare distinction of having three Microsoft World Champions.

“I want to reinforce how Dunbar’s technology students’ performance in technology competitions has reached historic levels and is truly a dynasty,” said Dunbar High Principal Carl Burnside. “Consequently, any highly skilled technology student in Lee County should not miss this once in a lifetime opportunity to enroll in this globally recognized program. We are just so proud of Andrew for having the extremely rare opportunity to capture another world championship and represent the United States, but also for Carson, Jaansi and Isabel representing not just Dunbar but also Lee County.”

To learn more about the Microsoft US National Championship, visit <https://us.moschampionship.com>.

## Water Treatment Process Ends

On July 21, Lee County Utilities ended the free chlorine flush, which involved converting its disinfection process from a free chlorine residual back to chloramines as the primary disinfectant.

The free chlorine flush, which began

on July 1, is a routine measure common among water utilities that use chloramines as a primary disinfectant.

Although the conversion of disinfection began July 21, it will take about one week for the service area to be converted from a free chlorine residual to chloramines.

Customers can contact the Lee County Utilities office from 8 a.m. to 4:30 p.m. weekdays at 533-8845 with any questions.

## Continental Women’s Club

The Continental Women’s Club will hold its monthly luncheon meeting at The Hideaway Country Club on Thursday, August 4 at 11:30 a.m.

The program this month will feature Kevin Anderson, mayor of the City of Fort Myers, who will share the plans and vision for the future for the city. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call Liz Paul at 691-7561 for more information or to make a reservation.

## Dean’s List

Tessia Sumner from Cape Coral has been named to the dean’s list for the 2022 spring semester at Springfield College in Springfield, Massachusetts. She is majoring in health science.

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, [www.allfaithsuu.org](http://www.allfaithsuu.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](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

**CHABAD LUBAVITCH ORTHODOX** Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

### CHAPEL OF CYPRESS COVE

Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

### CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com).

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com).

[crownoflifelutheran.com](http://crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

### REDEEMER CHURCH

Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

### CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. [www.clpc.us](http://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 10 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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.

### FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, [www.fpcforymyers.org](http://www.fpcforymyers.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.

### LAMB OF GOD

Sunday 7:45 and 10 a.m., [www.lambogodchurch.net](http://www.lambogodchurch.net), 19691 Cypress View Drive, 267-3525.

### NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

### PEACE COMMUNITY

Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

### PEACE LUTHERAN

Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto: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](http://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.saintnicholasmonast](http://www.saintnicholasmonast)

[ery.org](http://ery.org), 111 Evergreen Road, 997-2847.

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., [www.templebethel.com](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

### TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://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.

### THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

### UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

### UNITY OF FORT MYERS

Sunday 10 a.m., [www.unityoffortmyers.org](http://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

Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.





Wild coffee leaves, flowers and berries add ornamental appeal to wildlife friendliness  
photos by Gerri Reaves

#### Plant Smart

## To Clip Or Not To Clip

by Gerri Reaves

When choosing plants for hedges, it's important to pick one that will adjust to the height you have in mind. Otherwise, over-pruning or repeated leveling off into a box-like shape will be detrimental to both the hedge and to the aesthetics of the landscape.

Pictured here are a couple of popular native plants that receive more than their share of attention from a hedge-trimmer, wild coffee (*Psychotria nervosa*) and cocoplum (*Chrysobalanus icaco*).

It's fortunate that many homeowners and community associations plant native, rather than nonnative shrubs, but it's unfortunate that many residents



This over-pruned wild coffee's health is compromised

never have the pleasure of seeing the flowers or fruit due to over-trimming.

Over-zealous pruning robs the landscape in at least two ways, especially if the species produces flowers and fruit at the branch ends. The ornamental features are destroyed, and the plant is prevented from providing food, cover and nectar for wildlife.

It's a shame not to see wild coffee's brilliant red berries, shiny, "pleated" leaves and clusters of white tubular flowers.

It attracts a host of birds and butterflies, including cardinals, mockingbirds, catbirds and the Atala, great southern white, zebra longwing, Julia and Schaus' swallowtail butterflies.

This shrub is typically multi-trunked and can reach a height of eight feet or more, so bear that in mind when choosing a hedge species.

It adapts to many conditions, has a moderate growth rate and is drought tolerant.

Cocoplum has dense foliage and will reach about 16 feet high if allowed

to grow naturally, so it might make a better screen or background than hedge.

It produces small white bell-shaped flowers and purple fruit intermittently throughout the year in South Florida.

It too adapts to a variety of conditions and is drought-tolerant, as well as fast-growing and relatively pest-free.

Another advantage of allowing cocoplum go to fruit is making jam or jelly.

Before you ramp up the

hedge-trimmer, consider what the birds, bees, butterflies – and you – have to lose.

Plant Smart explores the diverse flora of South Florida.

Plant Smart explores the diverse flora of South Florida.✧

## Youth Fishing Program Expands

The Florida Fish and Wildlife Conservation Commission (FWC) unanimously approved changing the name of the High School Fishing Program to the School Fishing Club Program. The program has grown in popularity in recent years and continues to support and encourage youth anglers of all ages. The new name more accurately portrays the age range for student participation.

In 2021, the program supported 24 new and 13 returning student angling clubs from Florida, offering funding for clubs committed to complete the provided FWC curriculum as well as pre- and post-tests, and at least one conservation project. Club sponsors worked to provide support and hands-on training in knot-tying and fishing gear assembly, and assisted with the clubs' local events to increase confidence in the sport of fishing for student anglers.

Information about the 2022-23 program will be announced later this summer. Visit [www.myfwc.com/sfc](http://www.myfwc.com/sfc).✧

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# Community Thrift Store

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Tuesday - Saturday: 9 a.m. - 4 p.m.  
Closed Sunday and Monday

15501 Old McGregor Blvd.  
Suite 2, Fort Myers, FL 33908  
(239) 225-6529

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# Offshore Fun



by Capt.  
Matt Mitchell

This is the time of year that business begins to slow down, and it's possible for me to go fishing. This week one of my clients invited me to go on an offshore

trip. Another captain, along with a mate, would be running the boat targeting red snapper and red grouper. Due to a great weather forecast and an early start, the plan was to head 60 miles out of Redfish Pass to some hard bottom they had been catching fish on. Getting to go fishing without having to run the boat and do all the prep involved is a pretty rare occurrence for me.

Once all loaded up, we made the roughly 2 1/2-hour run between coastal showers as we watched land disappear and the water become that amazing purple cobalt color. I don't get to go offshore very often and am still amazed how clear and pretty the gulf waters get once you get well offshore. Growing up here, I did lots of offshore fishing back in the days of either drifting or anchoring. This trip would be an introduction for me to offshore fishing with a spot-lock trolling motor. This has totally changed the game out in this deep water.

Once on our mark, we would look for a show of fish on the sonar then put



Enjoying a day offshore catching red grouper and red snapper

photo provided

the trolling motor down. This holds the boat in place and allows you to drop baits directly onto them. This precise method takes the whole anchoring and re-anchoring process to get properly setup on the mark in wind and tide out of the equation. Being able to quickly and effectively put and hold the boat on top of the marks allows you to fish more places much faster than with an anchor. Once setup, we would drop a variety of baits to the bottom and usually

get several fish before moving on. A GPS spot-lock trolling motor is a game changer for offshore fishing.

Working a few square miles of hard bottom in the 145- to 155-foot range almost every stop produced a few quality fish. Though no one stop was on fire, we did ground out a limit of bigger fish including a few bonus mangrove snapper, yellowtail and even a massive porgy. Our big red snapper of the trip was a respectable 14-pounder, and our

largest red grouper was 15 pounds. I really enjoyed my day offshore doing something different and getting out of my comfort zone.

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](mailto:captmattmitchell@aol.com).✱

## Boat Ramp To Close Temporarily

Pine Island Commercial Marina at 6001 Maria Drive in Saint James City will close Monday, July 25 through the remainder of the year for improvements to include dredging, seawall replacement and installation of ADA parking spaces. The marina is expected to re-open in January.

Pine Island-area boaters can use the county's nearby ramp at Matlacha Park, 4577 Pine Island Road NW, or Lavender's Landing, 7290 Barrancas Avenue NW in Bokeelia, seven days a week.

Visit [www.leeparks.org/boats](http://www.leeparks.org/boats) for the latest updates on this project.✱

From page 1

## Shell Point Artists

apparel and appropriate gear.

"The vibrant artistic community of Shell Point is helping redefine the paradigm regarding creativity and the older artist," said Lee, who is a Shell Point resident. "I enjoy watching visitors walk through the gallery doors and stop in amazement at what they see."

Lee said Tribby Arts Center is intent on balancing displays of resident artists with those of non-resident artists of all ages. Most recently, the center partnered with JN "Ding" Darling Wildlife Society to present the popular non-resident exhibition, Castoffs to Couture.

Tribby Arts Center is open to the public free of charge from 10 a.m. to 3 p.m. Tuesday through Saturday, located in the Coastal Links neighborhood of Shell Point at 17281 On Par Boulevard in Fort Myers. For more information, visit [www.tribbyartscenter.com](http://www.tribbyartscenter.com) or call 415-5667.✱

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Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Common Gallinule



by Bob Petcher

The common gallinule (*Gallinula galeata*) is a ground-living rail bird that is medium-sized with long legs and toes. It is mostly charcoal gray colored with a white stripe down its side.

Adult gallinules will have a bright red "shield" on their foreheads with a red bill that has a yellow tip. Young birds lack the red shield and bill.

Gallinules tend to spend a lot of time in marsh waters and are known to swim like ducks. However, they can walk atop floating vegetation due to long and slender toes.

At CROW, a hatchling common gallinule was admitted after being found alone in Lakes Park in Fort Myers. Upon examination, the young bird appeared to be clinically healthy.

"This gallinule chick has no issues of concern. It was just found alone and was slightly thin but otherwise healthy," confirmed Breanna Frankel, CROW rehabilitation manager. "There was an attempt to locate the family within 24 hours of admit to the clinic, but we were



Patient #22-3651 is being fed hourly for 12 hours a day while it grows into being self-sufficient

photo by Haillie Mesics

unsuccessful. If we had found parents, we would have to be very cautious to return the chick to the right family or there is a chance it would be abandoned or even injured in the process."

Due to the patient being a ground-dwelling bird, the hatchling was not considered to have fallen from a tree nest.

"Many common gallinules will nest on floating aquatic 'mats' of vegetation near shoreline. If that is the case, it would not have 'fallen' since they tend to nest at ground level," said Frankel. "There are

cases where they nest in shrubs or bushes but a fall for this chick is unlikely."

While the baby gallinule is deemed healthy, it will still need nutritional care during its stay at the clinic.

"This chick is tong-feeding blood worms every hour from 7 a.m. to 7 p.m. currently," said Frankel. "At around a week old, it will begin to forage and start the process of self-feeding. We will add in various dietary options like shrimp, snails, vegetation, seeds and insects."

The chick will be raised at the clinic or transferred to a clinic with other

gallinules if another reuniting attempt is not successful.

"Gallinule chicks can walk within a day of hatching since they are a precocial species. They are able to fully self-feed after only a few weeks and gain full flight around 6 weeks old. If the chick continues to stay at CROW, it will not be released until it is fully flighted, which would be around 6 weeks of age," said Frankel. "We do not have any other gallinule chicks, so we will be seeking transfer to a center that has other chicks for this one to be raised with."

Veterinarians suspect the hatchling was potentially abducted or orphaned.

"When someone finds a baby on the ground alone, it is best to call CROW before taking matters into your own hands. In many cases, we can talk the finder through locating the baby's family and reuniting them successfully," said Frankel. "Bringing a baby to CROW should be the very last option as their parents will raise them to be more successful than we will. Their parents often teach them crucial survival skills that we can't mimic in captivity, so leaving them with their parents – when possible – is the best thing for them."

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](http://www.crowclinic.org).

## ARC

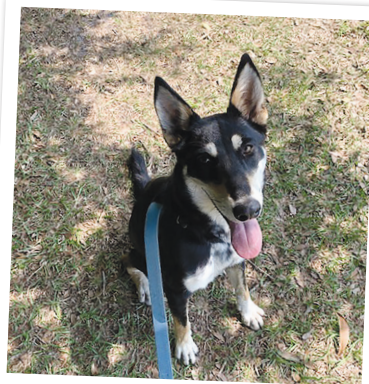
### Animal Refuge Center

ARC is the largest no-kill shelter/sanctuary in Florida. They house both dogs and cats.

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# Hall Of Fame Inductee

Joe McDonald has been honored as the 2022 inductee into the Killebrew Root Beer Professional Scouts Hall of Fame.

McDonald will be honored at Hammond Stadium prior to the Fort Myers Mighty Mussels’ August 27 game against the Lakeland Flying Tigers. He will become the 17th member of “The Wall” outside of Hammond Stadium.

“I’m so honored,” McDonald said. “I always had great respect for Harmon Killebrew and Kirby Puckett and have great respect for the men that recommended me as well as so many others. Scouting is a tough, tough job, and it was early in my career in Brooklyn that I learned the value of scouting and their contributions to the game.”

The New York native and current Florida resident was nominated by multiple existing members of the Hall of Fame. During the nomination and selection process, the selection committee was overwhelmed by the positive response about Joe’s potential induction.

McDonald’s career truly spans a lifetime, having worked for eight organizations over a staggering 70 years. He earned six World Series rings while owning the rare distinction of serving as general manager for three different Major League clubs.

“Joe is a master of gathering information,” 2018 inductee Murray



Joe McDonald photo provided

Cook said. “He’s a class guy who has given his life to the game. He’s pleasant and funny and a joy to be around. I don’t think you’ll find a scout or anyone that would say anything different.”

Born in Staten Island, New York, McDonald’s career in baseball started as a “turnstile boy” for the 1944 Brooklyn Dodgers. The then 14-year-old earned 49 cents per game and slowly climbed the ladder to “ticket taker” by the time he graduated high school.

After the third inning, MacDonald was allowed to vacate his position at the gates and watch games from the stands.

Without games being televised, McDonald credited the ability to watch games live at Ebbets Field as a critical leg up as a future baseball executive.

“Unless you went to the game, you didn’t see how the game was played by the pros,” McDonald said. “It was a great advantage in the long run because I was able to see how Pee Wee Reese fielded the ball, how Jackie Robinson ran the bases, how Carl Furillo threw from the outfield and how Clem Labine would get spin on his curveball.”

McDonald graduated from Fordham University in 1951. He then served two years in the U.S. Air Force where he played and coached baseball for the Ardmore Air Force Base in Gene Autry, Oklahoma. After completing his service, McDonald returned to New York to find the Dodgers had left for California. He played sandlot ball in Brooklyn before landing a job as the official statistician for the 1962 expansion team in his hometown – the New York Mets.

McDonald traveled with the team and witnessed every pitch for the 120-loss Mets, still the worst team in baseball history. That character-building experience earned him a full-time position as the assistant to the farm director. He ascended to the Mets’ director of scouting in 1967 and the director of minor league operations in 1968. He played a significant role in the development of Jerry Koosman and Hall of Fame pitcher Tom Seaver.

As an integral part of the Mets’ player development group throughout in the

1960s, McDonald calls the ’69 Miracle Mets’ World Series run the highlight of his baseball career and the ring he is most proud of. He became the Mets’ general manager in 1974 and remained with the club until they were sold in 1980.

McDonald then caught on with the St. Louis Cardinals, serving as an executive assistant under Whitey Herzog before quickly becoming general manager in 1982. He was instrumental in acquiring future NL MVP Willie McGee while leading the Cardinals to a World Series Championship in his first season.

After five years with the Cardinals, McDonald joined the Detroit Tigers as director of development and scouting in 1987. McDonald became the Tigers’ general manager in 1991.

McDonald settled into a scouting role for the latter half of his career, spending stints with the Phillies, Angels and Rockies. In 2004, he began a 15-year stretch with the Boston Red Sox. During his time with Boston, the team made nine postseason appearances and captured four World Series championships. He retired after the 2019 season and continues to live in Lakeland with his beloved wife Virginia, where they’ve resided for over 40 years.

Killebrew Root Beer Professional Baseball Scouts Hall of Fame includes Tom Kotchman, Rudy Santin, John Barr, Allen G. Goldis, Terry Ryan, Dave Yoakum, Jack Gillis, Dan Jennings, Mike Russell, Jorge Posada Sr., Luke Wrenn, Tim Wilken, Larry Corrigan, Marty Scott, Murray Cook and Mike Radcliff.✧

# Florida Wildlife Corridor Act Marks One Year

In 2009, a young black bear with the identification tag M34 traveled 500 miles over eight weeks in pursuit of a mate. Through its journey, the bear revealed the existence of a statewide corridor that wildlife needs to survive. The discovery also highlighted the precarious nature of the connections between the land parcels that make up this corridor. M34’s journey was a key proof point in the vision for a protected wildlife corridor, which, after decades of work from conservationists, scientists, politicians and many others, was signed into law following unanimous bipartisan support by the Florida legislature on June 29, 2021.

The Florida Wildlife Corridor Foundation is commemorating the progress made since this law was passed and will continue to advocate that all at-risk areas in the corridor be protected. To date, the act has resulted in the protection of at least 36,445 acres of land with an investment of \$32 million in public funds for conservation across the state.

The Florida Wildlife Corridor comprises nearly 18 million acres of contiguous wilderness and working lands crucial to the survival of many of Florida’s 131 imperiled animals, including the Florida panther, gopher tortoise,

manatee, burrowing owl, red-cockaded woodpecker, swallow-tailed kite and black bear. In addition to protecting wildlife, conserving wild spaces is crucial to mitigating climate change, as studies show that natural spaces play a significant role in reducing greenhouse gases and guarding against the impacts of increased temperatures.

The corridor also protects ranching and fishing, supporting large sectors of Florida’s economy. Overall, 10 million acres of the corridor are already protected, including 75 state parks and 32 state forests, while the remaining eight million acres are opportunity areas which are not yet conserved. The Everglades headwaters and other crucial areas which feed springs and reservoirs can be found in the corridor, which is responsible for protecting much of Florida’s drinking water.

Florida is one of nine states that have passed wildlife corridor-related legislation. Of those nine, it is the fastest growing and second-most populous. With roughly 1,000 people moving to Florida every day, preserving these unprotected areas is even more urgent.

“This anniversary provides an opportunity to reflect on the progress to date and envision how best to continue protecting the corridor and the wildlife which inhabit it,” said Mallory Dimmitt, CEO of the Florida Wildlife Corridor Foundation. “Florida is on healthy and sustainable green infrastructure, and we need to continue taking thoughtful steps to ensure the corridor’s protection. From the natural resources that millions

of Floridians rely on, to a variety of industries crucial to our state’s economy, preserving Florida’s wildlife and wild spaces has many ripple effects.”

Of the 14 land parcels conserved to date since the Florida Wildlife Corridor Act via the Florida Forever process, the following examples demonstrate the remarkable biodiversity of the corridor and highlight what would be lost if the rest of the corridor is not protected:

The Red Hills Conservation Area protects biodiversity and endangered animals through conservation of pine savannah, rolling hills and miles of shoreline on Lake Miccosukee. This 4,132-acre easement was approved in March 2022 and is the first acquisition in this critical project area. This project’s success is thanks to the leadership of Tall Timbers, the landowners and the Florida Department of Environmental Protection.

Corrigan Ranch, part of the Corrigan Ranch Florida Forever Project, provides resource-based public recreation opportunities, such as assisting with the completion of the Florida National Scenic Trail and expanding the acreage of the Kissimmee Prairie Preserve State Park, which is the state’s first Dark Sky Park (recognized by the International Dark Sky Association). This 4,381-acre acquisition was approved in September 2021 and was funded in part by the U.S. Air Force to buffer the nearby Avon Park Air Force Range.

The Wakulla Springs Protection Zone protects Florida’s water supply by conserving land above the conduits that feed the caverns and springs, connecting

one of the largest and deepest artesian springs in the world to Apalachicola National Forest. This 313-acre acquisition was approved in March 2022. Significant funding for the project was secured by the Florida Forest Service through the Forest Legacy Program.

The Coastal Headwaters Longleaf project serves the dual purposes of protecting forest habitat for flora and fauna and acting as a buffer to Whiting Field, protecting the installation from encroachments that might be incompatible with the military mission. This 2,115-acre land acquisition was approved in September of 2021 with the support of the Forest Legacy Program, The Conservation Fund and the National Fish and Wildlife Foundation/Walmart’s Acres for America program.

The framework of the Florida Wildlife Corridor has successfully re-energized land conservation in the Sunshine State, which benefits not just the corridor but the entire state. Conserving land and water is a win for Floridians as well as the plants, animals and economies that rely on a healthy environment.✧

# College Graduate

Emma Heise of Fort Myers recently graduated magna cum laude and with university honors from Miami University in Oxford, Ohio. She received a bachelor of arts degree, majoring in psychology, entrepreneurship.✧



## Garden Club Presents Gifts To Estates

Edison and Ford Winter Estates recently received a donated rain barrel and a butterfly sign from the Periwinkle Garden Club. The rain barrel was painted by artist Marie Dyer, who teaches painting classes at the estates, and the butterfly sign was designed by Nick Bodvin, a longtime, local butterfly gardener.

When Thomas Edison arrived to Fort Myers in 1885, he purchased 13 acres along the Caloosahatchee River from Samuel Summerlin, a prominent cattle rancher. The property included a "cracker" (the nickname for Florida cowboys) house, which became Edison's caretaker's home. Today, it is one of the oldest standing structures in Lee County. The barrel is installed outside that same house; collected rain will be used to water plants in the nearby garden beds.

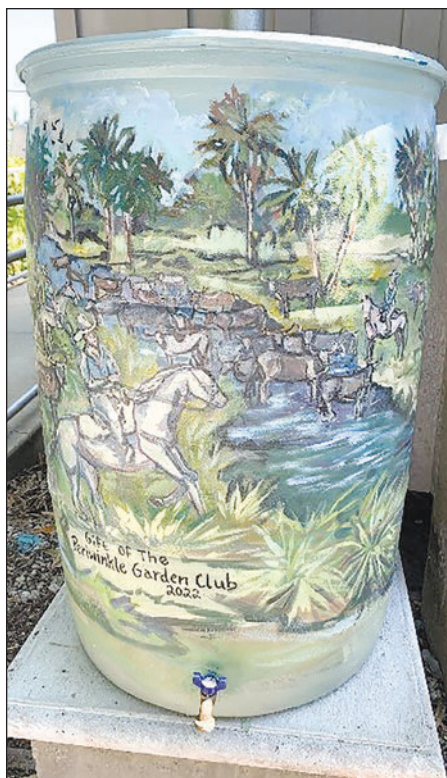
The Edisons would have similarly collected rain to water their crops and gardens. The artist's painting on the barrel depicts "crackers" herding cattle in Southwest Florida. The scene is one that Edison himself may have witnessed – back when Fort Myers' population was only about 350 and the largest industry was cattle ranching.

The butterfly sign was installed in the new butterfly garden between the side of the museum and Larchmont Avenue, near the Garden Shoppe. It represents the many butterflies that visitors are likely to see at the estates. The butterfly garden includes a shaded path for visitors to stroll, or they may sit on a bench and observe butterflies.

For locals wanting to create a butterfly garden of their own, many of the plants featured in the garden are sold in the Garden Shoppe. A butterfly gardening talk will be offered at the estates on September 10 and will provide guests with information on how to attract butterflies to a home garden. Tickets for the talk are \$10 for Edison Ford members, or \$15 for non-members.

Mina Edison enjoyed gardening at her Fort Myers estate and became involved in many community projects, including efforts to beautify the city.

In 1928, the Periwinkle Garden Club



**This rain barrel, installed at the Edison Caretaker's House, was a gift from the Periwinkle Garden Club** photo provided

was founded and Mina Edison was one of the initial members. Today, the estates hosts many gardening events and classes in Mina's honor. Tours are offered daily and specialty garden tours are available by appointment through the horticulture department.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit [www.edisonford.org](http://www.edisonford.org).

## College Graduate

Three students from Southwest Florida recently graduated from Valdosta State University.

Bryce Adkins of North Fort Myers received a bachelor of business administration degree in management; Mark Sheme of Fort Myers received a bachelor of fine arts degree in theatre arts; and Katiria Soto of Fort Myers received a bachelor of science degree in biology.

## Vacant Seat Sought By Former Commissioner

John Albion, a Republican who represented District 5 on the Lee County Board of County Commissioners from 1992 to 2006, is vying to regain that seat after the June passing of Commissioner Frank Mann. Albion has pledged to put his leadership to work to advocate for low taxes, water quality, infrastructure improvements and balanced growth.



**John Albion**

"The unfortunate passing of my friend, Commissioner Mann, has left a void both personally and within the community," said Albion. "I would honor the opportunity to fill his seat and advocate for our District 5 communities and all of Lee County. The attraction to Southwest Florida is not just the lifestyle, it is the breadth of opportunities. I believe in a balance of environmental conservation and systems along with economic growth to preserve our paradise. We must do so with low taxes. You deserve to be heard, and I have the passion and experience necessary to help ensure the quality of life in Lee County for generations to come."

Albion believes his leadership and

experience make him the best person to fill the District 5 vacancy for the remaining two years of the term.

"Improving our quality of life is best achieved by building tremendous partnerships with our communities and local businesses," said Albion. "Strong collaboration with local governments on every level was instrumental in building effective partnerships during my time as commissioner."

Albion played a role in the development of the Horizon Council and Community Redevelopment Agency (CRA), worked through the Southwest Florida Regional Planning Council (which he also chaired), and the Metropolitan Planning Organization, which provided state funding for roads. Albion has also served as: chairman of the county commission three times; member of the Lee County Port Authority for 14 years; chairman and treasurer of the Regional Planning Council; Smart Growth Task Force member; commissioner liaison for economic development; chairman of the Tourist Development Council; and chairman of the CRA.

After 14 years as District 5 commissioner, Albion went on to serve as executive director for the Fort Myers Beach Area Chamber of Commerce. He then joined Cushman & Wakefield Commercial Property Southwest Florida as a director in 2013 where he continues to serve clients today.

A special election to fill the District 5 seat will coincide with the regular election cycle, with a party primary on August 23 and general election on November 8.

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## Book Review

# The Diamond Eye

by Di Saggau



**T**he *Diamond Eye* by Kate Quinn is a little known story about history's deadliest female sniper. It's based on a true story that begins in 1937 in the city of Kiev (now known as Kyiv),

where a bookish history student, Lyudmila Pavlichenko, plans her life around her job at the library and her young son. Hitler's invasion of Ukraine and Russia changes her plans. "Mila" is given a rifle and sent to join the fight. She becomes a deadly sniper and lethal hunter of Nazis, earning her the name Lady Death. This is a haunting novel of heroism about a mother who became a soldier and found her place in a world dominated by men, and changed the course of history forever.

When Mila is given credit for her three hundredth kill, she becomes a national heroine and is sent to America on a goodwill tour. The world of Washington, DC leaves Mila feeling isolated and lonely until she forms a friendship with First Lady Eleanor Roosevelt. Another unexpected connection with a silent fellow sniper offers the possibility of happiness but an old enemy from the past is lurking in the shadows.

I found the book an exciting read,

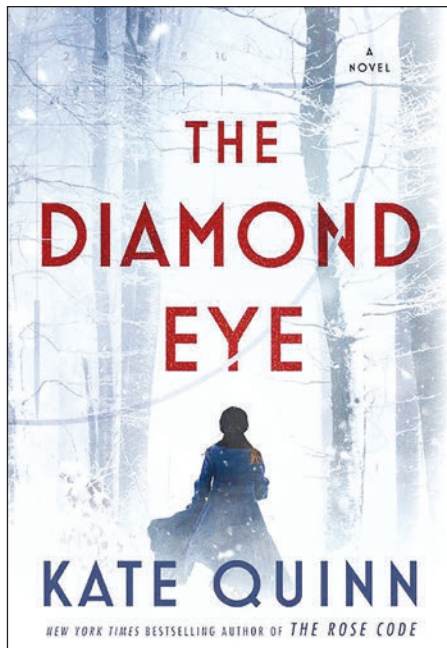


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especially considering what is going on today in the world. This tale tells about a time when Russia and the United States fought together.

Historical fiction is one of my favorite genres and Quinn is one of those authors who puts it all together so beautifully. Author Natasha Lester said it best: "A sparkling gem of a story about a fabulous and fascinating woman. Lyudmila Pavlichenko's journey from history student and mother to sniper and national hero is beautifully rendered by Kate Quinn in this utterly absorbing novel."✧

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, Now that summer is here and the kids are out of school, I want to make sure that they read every day, but I don't want reading time to be boring.

What suggestions do you have that might make reading more of an adventure? Fortunately, my kids like to read but I still have to remind them as they can get absorbed in their screens and other things very easily.

Cassie K, Fort Myers

**Cassie,**

It's great to hear that you want to ensure that your kids are reading this summer. Reading every day is critical for maintaining reading skills and increasing vocabulary and comprehension. Below you will find some suggestions from Darby Evans, an associate program director at Notre Dame's Center for Literacy Education. These suggestions are grouped by age.

For young children, she recommends creating a special space for reading by creating a reading nook with a beanbag chair or fluffy oversized pillows. Some kids might really enjoy a reading tent as well, which can be purchased online. A comfy, cozy place to read can create wonderfully positive associations with literacy for any age child.

Preschool – Build a blanket fort or a reading tent exclusively for reading. Tell your child no screens are allowed inside and dedicate an evening at least once a week to a reading adventure trip. Bring picture books, snacks and have fun reading together in this cozy space.

Grades K-2 – Give your child the wildly fun *Bookworm Journal*, which allows kids to tear off a perforated corner of each page to see the bookworm "eat" his way through the journal. This is how it works: every time you and your child finish a story, fill out a journal entry with the title, author and rating of the book. Then, tear off the perforated corner of each page to see the bookworm "eat" his way through the journal. Not only does the *Bookworm Journal* promote lifelong reading habits, but it helps parents and children maintain a reading routine whether it's before bed, playtime, naptime or whenever the bookworm works up an appetite. Children will crave reading time once they get a "taste" of this clever book log.

Grades 3-5 – Give your child a bookstore gift card and a tote bag and allow them to fill the bag with books of their own choosing. You will enjoy seeing their choices.

Grades 6-8 – Schedule a family movie night to watch a movie based on a book that your child reads first. *The Harry Potters Series*, *The Hunger Games*, *The Giver*, *A Wrinkle in Time* and *The Chronicles of Narnia* are all great books to read and then watch as a family. It will be interesting to find out if your kids

preferred the book or movie. You should have some great discussions with this activity.

Grades 9-12 – This one is about paying it forward. Throughout the summer, ask your high school student to pick out their favorite picture book from their childhood and arrange to take them to a local literacy center to read the book to a child in need or just to kids in the family or neighborhood. Ask the older kids to assess the younger kids' reactions to the book. You'll appreciate their observations.

Many years ago, the National Council on Reading put out a poster that said Reading Is Fun! I think the message still holds true.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✧

## Marketing Firm Promotes Eight Professionals

**P**riority Marketing has promoted eight marketing and public relations professionals to senior leadership positions within the company.

The promotions include Holly Boldrin, APR, CPRC, senior public relations director; Katie Damminger, senior director of account services; Christi Finger, senior art director; Emily Golden, senior public relations manager; Manny Gonzalez, senior director of web services; Melissa Mitchell, MBA, APR, CPRC, senior director of marketing and business development; Olivia Orth, senior creative director; and Rachel Toomey, APR, senior media director.

"Each of these dynamic individuals have contributed to our company's success, as well as the success of our client partners, over the years," said Priority Marketing President and Chief Creative Officer Teri Hansen, APR. "Our firm is celebrating 30 years of service to Southwest Florida businesses and nonprofits, and we have grown to become the region's largest marketing agency because of the collective talents, creativity and passion of these leaders and our entire team."✧

## Dean's List



**S**ummer Meade and Whitney Ward, both of Fort Myers, were named to the dean's list for the spring 2022 semester at Hamilton College in Clinton, New York.

Meade, a junior majoring in neuroscience and theatre, and Ward, a senior majoring in creative writing, are both graduates of Canterbury School.

To be named to the honor, a student must have carried throughout the semester a course load of four or more graded credits with an average of 3.5 or above.✧

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# Court Counsel Presented Team Excellence Award

I

ta M. Neymotin, regional counsel of the Second District and The Office of Criminal Conflict & Civil Regional Counsel, Second District Court of Appeal Leadership Team, was awarded the Governor's Sterling Council Leadership Team Excellence Award for 10 years of dedication and leadership excellence. The award was presented at the 30th annual Governor's Sterling Award Banquet at the Gaylord Palms Orlando on June 3.

"I am honored to be recognized by The Governor's Sterling Council," said Neymotin. "This award acknowledges and elevates our district as role models for excellence. I couldn't be prouder of our team and all that we have accomplished in the last 10 years."

In addition to this award, Neymotin, also earned the 30th anniversary Sterling Conference Team Showcase Greatest Customer Impact Award.

The Office of Criminal Conflict & Civil Regional Counsel, Second District Court of Appeal provides legal representation to indigent persons in criminal cases, dependency and civil cases, and certain statutorily authorized civil commitment proceedings.

Neymotin was recently honored as the recipient of the prestigious Women of Distinction "Woman of the Year" 2022 Award and the 2022 Women of



From left, Christopher Nelson, chief investigator; Lisa Miller, personnel director; Ita M. Neymotin, regional counsel, Second District Court of Appeal; Diana Golden, administrative director; and Joshua Johansen, inventory and supplies chief photo provided

Distinction "Trail Blazer" Award. Other accolades include the Florida Gulf Coast University's 2021 Alumna of Distinction Award; the Capital University Law School's 2015 Distinguished Alumnus of the Year Award; the 2015 Medal of Honor Award from The Collier County Bar Association; and the 2015 Commissioner's Award of Franklin County, Ohio.

Neymotin, who was born in Almaty, Kazakhstan, was appointed by Gov. Rick Scott in 2011, making her the youngest attorney and the first female

appointed in the State of Florida as regional counsel. She was reappointed in 2016 and is currently serving her third term. Neymotin oversees 140 attorneys and staff throughout 14 counties in the Second District of Florida. She is also a death penalty litigator and author of three published books on civil rights and civil liberties. Her professional experience consists of working as an assistant state attorney, an assistant public defender and a private attorney.

For more information, visit [www.flrc2.org](http://www.flrc2.org).

# School District Hosting Teaching Career Event

T

he School District of Lee County is hosting Social Lee: Careers & Conversations, an informational event that will provide insight on teaching and non-instructional positions within the district, at University Grill on Thursday, July 28 from 5:30 to 7:30 p.m.

Meet district representatives, learn about the variety of career paths available and walk through the process of becoming certified to teach in Florida. Select candidates may also be offered an interview for potential employment.

Individuals who already earned a bachelor's degree in any field can become eligible for Florida teacher certification by passing a subject area exam in their area of expertise, completing additional coursework or enrolling in a teacher preparation program.

The School District of Lee County offers a competitive and comprehensive compensation plan for its employees.

University Grill is located at 7790 Cypress Lake Drive in Fort Myers. To register by July 27, visit <https://docs.google.com/forms/d/e/1FAIpQLSeiDOY65Aeq74izVO2NqxorWnMdbCc53H0tQHrLkuQIAhr8zA/viewform>.

To learn more about available career opportunities, visit [www.leeschools.net/careers](http://www.leeschools.net/careers).

# Big Backpack Fundraiser

T

he Multicultural Centre of Southwest Florida has reached out to partner with several area agencies and businesses to support the 23rd annual BIG Backpack Event at the Fort Myers Skatium on Sunday, July 24 from 11 a.m. to 2 p.m.

Fort Myers Mayor Kevin Anderson is the 2022 honorary event chair. Multicultural Centre of Southwest Florida founder Leonardo Garcia and CONRIC PR & Marketing President Connie Ramos-Williams are event co-chairs.

"The cost of living is at an all-time high, making it even harder for families to afford the rising cost of backpacks, school supplies and other necessities young students need to be successful as they head back to school this year," said Ramos-Williams. "This year, we will be able to provide families even greater support at the event thanks to our collaboration with local agencies and businesses who have stepped up to help."

As in years past, the first 2,000 children ages 5 to 12 will receive free backpacks filled with school supplies that include notebook paper, crayons, pens, pencils, glue sticks, folders and more. Parents and guardians will be able to drive up with their children and pick up these backpacks and other giveaways curbside. Children must be present to receive the backpacks. In addition, the following items will also be provided this year:

The first 1,000 families will receive a grocery bag full of kid-friendly food such as peanut butter, jelly, macaroni and cheese, pasta and spaghetti sauce thanks to the support of Community Cooperative;

An additional 1,000 children will receive backpacks filled with school supplies donated by the Lee County Sheriff's Office; and

Free on-site vaccines mandatory for incoming 7th grade students will be provided by Lee County Health Department in a mobile unit located outside the Fort Myers Skatium.

"Also, for the first time in the event's 23-year history, 20 police officers from the Dominican Republic will be on hand to help distribute backpacks and food," said Garcia.

Organizers say additional volunteers are still needed to stuff backpacks and grocery bags at the Fort Myers Skatium on Saturday, July 23 from 10 a.m. to 2 p.m. as well as to distribute backpacks and groceries on July 24 from 9:30 a.m. to 2:30 p.m.

The Fort Myers Skatium is located at 2250 Broadway in downtown Fort Myers. For more information about the event, sponsorship or volunteer opportunities, visit [www.multicultural-centre.org](http://www.multicultural-centre.org) or email [info@multicultural-centre.org](mailto:info@multicultural-centre.org).

Read us online at [www.IslandSunNews.com](http://www.IslandSunNews.com)

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by Dr. Jann Elizabeth Vendetti

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## Will Power

## Goal Oriented Planning



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

The Greek philosopher Aristotle formulated the four causes, which he used to explain how the world works. The fourth of those causes, the final cause, described human behavior, which he defined as “the end, that for the sake of which a thing is done.”

Aristotle depicted final cause to explain the difference between humans and other life forms. Animals are reactive and instinctual in their actions, the direct byproduct of their environments and impulses. Humans, in contrast, are intelligent for the very reason that we can consciously choose our behaviors and actions based

on desired ends and outcomes.

Which leads me to my favorite topic, estate planning. I often begin client conversations with a simple question – “What’s your estate planning goal?”

Clever clients often respond with, “I want to spend my last dollar on my last day of life!” Others will say, “I don’t know, I just want to divide my assets equally amongst my children.” While many assert, “I want to minimize taxes.”

None are true goals when discussing the very human elements involved with the loss of a family matriarch or patriarch and your hopes that what you worked hard to earn over a lifetime is used and consumed by successive generations. Discussing one’s demise isn’t anyone’s favorite topic, so I’ll step in with more detailed queries that will lead to goal making:

“I assume you want to provide for each other (meaning the surviving spouse) and if there’s anything left for the children and grandchildren, so be it?”

“Are you concerned that your survivor will remarry and direct inheritance away from your children and grandchildren?”

“Is family harmony important to you?”

“Would you like to protect the inheritance you’re leaving your children from a divorcing spouse, creditors or predators?”

“Are you concerned that the inheritance you leave behind will inhibit your loved one’s drive and ambitions?”

“Do you want the inheritance to be used primarily as a safety net for medical and educational expenses during their lives, or would you want your children and grandchildren to enjoy a better lifestyle than you were able to afford for yourself?”

“Are there religious, medical, scientific, educational, natural preservation or other

charitable causes that are important to you that you hope to fund?”

And on and on.

It’s these conversations that lead to a goal-oriented estate plan. With all goals, they’ll change over time as you mature, and as your family ages. My children are in their 20s, just beginning their adult lives. My goals for them now will likely change as they have families and careers of their own and approach middle age.

Hopefully my wife and I will be around to witness their maturation, and that’s why a good estate plan isn’t static. An estate plan should be reviewed often to determine whether it reflects your loved one’s current situation.

Note that I haven’t said word one about taxes yet. Keep in mind that I’m a board certified wills, trusts and estates attorney and also hold my license as a CPA. Taxes are vitally important. But an estate plan shouldn’t let the tax tail wag the dog. The problem with most estate planning practitioners is that they’re technicians. Their first thoughts center on technical aspects such as taxes and strategies.

I believe that’s why many clients first focus on the technical. That’s how their attorneys have guided them. My philosophy is to first determine the client’s goals, review the types of assets that they own, and then suggest strategies that may minimize taxes.

When gifting large sums of money, goals are also important. Many clients don’t realize that when making large gifts, they should include their estate planning attorney in the conversation. As an example, assume Sally wants to gift her daughter Rachel a large sum to purchase her first home. A few goal oriented questions that drive how this is accomplished may include:

“Do you want to protect the equity that you’re gifting from a divorce?”

“Are you concerned that Rachel will, after purchasing the home, mortgage it to draw equity out for other uses?”

“Does Rachel have the income necessary to cover the home’s carrying costs? If not, are you prepared to help with those expenses into the foreseeable future?”

“Is this gift considered an advance on her inheritance? In other words, would you want to equalize this gift to your other children in your estate plan?”

“How will this gift affect your estate tax exemption? Should we review your estate plan to decide if there are any adjustments that we need to make?”

You get the picture. The answers to these questions will drive how the gift is made.

Greek theater in Aristotle’s time considered the inevitability of fate as a crucial element. The free will of the characters, whether exercised or not, is overpowered by omnipresent, preordained fate. Hence, tragedy occurs despite a character’s brave efforts and noble intentions. To ensure that tragedy doesn’t occur for your loved ones, make sure you consider your goals when drafting your estate plan and lifetime gifts.

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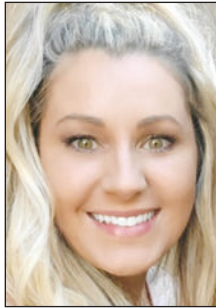
## Writer Joins Firm

Sarah Melland is joining Spiro & Associates as a writer and social media expert. She is an accomplished author, publishing 10 books.

The Wisconsin native made stops in Milwaukee to study film production, the University of Wisconsin-Eau Claire as well as Los Angeles and Hollywood, where she wrote TV and movie scripts.

While in California, Melland also worked at a tanning salon and wrote her first self-published book called *The Breakup Band Aid*. Her other books include *A Singles Girls Guide to IVF*, *A Single Girl’s Guide... to Hilarious Facts You Never Knew About Sex*, *A Single Girl’s Ultimate Bucket List*, *A Single Girl’s Guide to the Movies* and *Practicing Love: A Message of Love, Hope, and Renewal*.

Melland returned to school and finished her bachelor’s degree in communications, graduating summa cum laude from Arizona State University in 2021. Afterwards, she wrote *Jane Austen, Unabridged: The Complete Unpublished Works and Private Letters of Jane Austen*. The e-book version reached No. 1 on Amazon’s new releases



Sarah Melland

list. Mellon also started a consulting company, helping aspiring authors get their books published, branded and ready to sell.

“I feel like I have accomplished a lot,” Melland said. “I have crossed plenty off my bucket list.”✴

## Public Relations Certification

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

Earning the CPRC credential distinguishes senior members of FPRA who have demonstrated understanding and mastery of core public relations principles and ethical practices and have been certified to act as public relations counselors. Currently, there are 128 CPRCs in Florida, including 17 in Southwest Florida.

Doane has more than 13 years of communications experience, including



Doane Heather

public relations, marketing, digital marketing and journalism in areas including government, agency and corporate. She has been a member of the FPRA Southwest Florida Chapter since 2015 and has held numerous board and leadership roles, including 2020-21 chapter president, vice president of communications and secretary.

Currently, Doane is senior marketing content editor at Arthrex, Inc., a global medical device company, contributing to content marketing, copy editing and research and strategy for patient- and surgeon-facing campaigns. She earned her accreditation in public relations (APR) in 2018.

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

## Chronic Disease Program

Lee Health is offering a research-based chronic disease self-management program for the community during two days of the week.

It’s All About You, a self-management Resource Center program, will be held virtually on Fridays beginning August 12 from 9:30 to 11:30 a.m. and in person at Healthy Life Center-Coconut Point on Tuesdays beginning August 16 from 9:30

a.m. to noon.

The free program, which is two to 2.5 hours once a week for six weeks, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions. Participants will receive a complimentary copy of the book *Living a Healthier Life with Chronic Conditions*.

Healthy Life Center-Coconut Point is located at 23450 Via Coconut Point in Estero. For more information or to register, call 424-3121.✴

## Chronic Pain Workshops

Lee Health is offering a research-based chronic pain self-management program on Thursdays beginning August 11 from 1 to 3 p.m.

It’s All About You, a Self-Management Resource Center program, is free and meets virtually for six weeks.

Information presented in the workshop can help participants become empowered to improve their quality of life. Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Visit [www.leehealth.org](http://www.leehealth.org) or call 424-3121 for more information.✴



## Superior Interiors

## Maximizing Space In A Small Kitchen



by Linda Coin

For those who love cooking family dinners and baking sweet desserts, a tiny kitchen might seem like a big disadvantage. Don't be discouraged by your small kitchen, there are many

simple design hacks that can help you maximize the space without taking focus away from the style. After all, a kitchen that's equally trendy and functional will inspire the most delicious dishes.

Make the most of your walls. Filling your walls with artwork and décor isn't the only way to give your kitchen personality. You can also use hooks and shelves to showcase your mugs, glasses and dinnerware when you run out of cabinet space. A magnetic mounted knife rack also works wonders when your counter space is minimal. Making your walls functional gives them purpose with an added flare.

Choose a versatile seating arrangement. Just because your kitchen is small doesn't mean you can't sit down and enjoy your meals in it. Turn your island into a fully functional table with a versatile seating arrangement. Choose a tall platform that allows enough room for stools to stay hidden when they're not in use. Once it's time to eat, just clear your surface, slide out the chairs and enjoy your meal.

Utilize the space above your cabinets. Don't let all the space above your cabinets go to waste. Start storing the pots, pans and extra kitchen accessories that you don't use often in this area. But don't just stack the pieces up there, invest in sleek wire baskets and line them up to give the storage space a chic touch. Your guests will adore the extra mile you took to spruce things up.

Invest in smaller appliances. Your small counter space relies on you to keep it clutter-free, and that's not going to happen if your appliances are oversized. Invest in a small food processor, coffee pot and microwave to make the most of your countertops.

Use a rolling cart. A kitchen with limited counter space is a cook's worst enemy. Where are you supposed to prepare all of your gourmet dishes? Don't worry, you have another option. Just invest in a rolling cart! Just wheel it into your cooking area when you need it and slide it into a storage closet when you're finished. You can even place delicate flowers on the cart and leave it in the hallway when it's not in use. That way, you can maximize the décor piece without taking away kitchen space.

Look for unused nooks and crannies. A slim open shelf installed in the dead space between the counter and upper cabinets can provide extra storage. This

area could hold canisters, spices, or even glassware.

Consider the details. Remember, maximizing your space means paying attention to details as well. Choosing the perfect drapery to hang from the windows and an area rug to place at the foot of your island will give your kitchen character and make it feel finished and stylish.

Are you ready to make these design moves in your kitchen? Contact a design professional. He or she will assess your home and come up with a strategy for making the most of the space.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeden.com](mailto:linda@coindeden.com).✧

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I just turned 30 and graduated with a master's degree. I am uncertain about continuing my relationship with my boyfriend. We have lived together three years. I

love him but don't see any growth or motivation on his behalf. He is a good person and I don't see him going forward in his career or life. I feel guilty even thinking about leaving him. Is this normal?

**A:** Turning 30 is a big shift in your life. You have just entered a new decade of growth and maturity. Congratulations on your earning a master's degree, which is such an accomplishment. It sounds as though you are doing much to move forward in your life and your partner is staying in the same place. Perhaps this is making you feel as though you are outgrowing him? It may be that you two were balanced at one time and now with the changes going on in your life, you are feeling a bit unbalanced in relationship to him. You are in a developmental stage in your life called generatively versus stagnation.

You want to grow in your career and your life, yet you are not seeing this in your partner, and this is unsettling.

Have you talked with him about your feelings? It would be helpful for you both to have a discussion on your goals, his goals and goals as a couple. This may give you both some insight on future decisions you make regarding staying together or moving in different directions. Uncoupling is never easy and you don't want hurt and pain. When you think about growing together, you have to be honest with yourselves and each other if staying together is the best option. Can you see yourself in the future without him? If you do decide to part ways, know you will get through this difficult time and you will grow and continue to move on. Relationships are about learning and know that he has served a purpose in your life.

It may also be helpful to take some

time apart and see how you feel without his presence. Get clear on how it feels to be alone. If you feel lonely, know it may be partly to not being used to it.

It takes time to heal when a break up occurs and it's natural to feel hurt. Yet, if you honestly don't feel you are growing together, now is a good time to reevaluate what you are getting from the relationship and perhaps it is best to move on. Whatever decision you make,

practice self-love, self-compassion, self-care and make sure you have plenty of support.

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](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).✧

## Chief Operating Officer Appointed

CONRIC PR & Marketing hired Marin

Asher as its chief operating officer. Asher will oversee the business's day-to-day administrative and operational functions.

"I plan to use my extensive marketing background and passion for collaboration to help the CONRIC team and ultimately our clients, achieve their highest potential," said Asher.

Asher's marketing career spans over two decades and includes experience



Marin Asher

in video production, graphic design, web development, online marketing, advertising sales, magazine publishing, event promotion, copywriting and photography. Most recently, Asher was the director of sales and marketing for a local service-based business where she wrote and directed an Addy Award-winning 30-second television commercial as part of a successful 2022 advertising campaign. In addition to overseeing all aspects of the marketing, she also developed and managed an inside sales team which helped increase the company's sales by 28 percent.

Since moving to Fort Myers in 2002, Asher has utilized her marketing talents and connections within the community to support many nonprofits in the area. She is currently the vice president of the board of directors for Our Mother's Home of Southwest Florida, an organization that helps young mothers achieve independence and success.✧

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Frankly Speaking



by Howard Prager  
Here's some history from this week and semi-Olympic news.  
The MLB All-Star Game was first played in 1933 at Comiskey Park, a byproduct of the great depression.

Chicago was hosting the Century of Progress World's Fair and trying to figure out how to attract enough visitors so the fair would be successful. Mayor Edward Kelly reached out to *Chicago Tribune* publisher Col. Robert R McCormick, and he turned it over to Arch Ward who was both a sportswriter and creator of many sporting events. Prior to the MLB All-Star Game, there were always "arguments" about this player in one league being better than that player in another league, the types of discussions we still have today comparing players from different eras. Ward thought by selecting the best players in both leagues to play each other, we'd have an answer of sorts. He also knew that there would be both pre- and post-game coverage, extending the "reach" of the MLB All-Star Game beyond just the game itself. But how to keep attention even longer? Fan voting was chosen as the way to do this. As reported by Ron Grossman of today's

*Chicago Tribune*, "The *Tribune* asked readers to vote for their favorite players, and 47 newspapers did the same. That transformed the contest from a single ballgame into a daily face-off between fans." The AL had both Lou Gehrig and Jimmie Foxx competing for first base with Gehrig winning overwhelmingly, so Foxx was moved to third base, which he had played before. And fans started voting for Foxx as the third baseman. I know what you're thinking, a Chicago election right? Except these were live voters.  
Since I am writing this before the actual game, I hope it is fun and competitive, and I'm so glad they took out the rule of the winning league hosting the World Series. What's new this year is they've added a home run derby if the game goes past nine innings... baseball's equivalent of a shootout. Three players from each league would take three swings apiece to decide the final result. Atlanta's Brian Snitker, the NL manager, picked New York Mets' Pete Alonso, Atlanta Braves' Ronald Acuna Jr. and Philadelphia Phillies' Kyle Schwarber, while Houston's Dusty Baker, the AL manager, selected Seattle's Julio Rodriguez and Ty France along with Houston's Kyle Tucker.  
As far as the teams at the top at the All Star break, the main surprise is that the Yankees are running away with it all with the best overall record, and the Mets are not far behind. At their current pace, the Yankees would have 115 wins. A subway World Series? We have half

a season and a few rounds of playoffs to find out. The other runaways are the Dodgers and the Astros. That leaves the Central Divisions in both leagues, with the Twins and Brewers having precariously slight leads.  
Have you heard of The World Games? It is held the year after the Summer Olympics with the first multi-sport event played in Santa Clara, California in 1981 and offering medals to the top 3 winners. The games feature non-Olympic sports and sports that will be debuting in the next Olympics. The 2022 World Games just concluded in Birmingham, Alabama, and was the first edition to include parasports, with the inclusion of wheelchair rugby and disabled athletes (one per gender) at archery. The International World Game Association (IWGA) who is the officiating body for the games, is also aiming to secure a partnership with the International Paralympic Committee and include a quota for para-athletes in sports or events that are not on the Paralympic Games program.

So what are these sports? Six primary categories include Artistic and Dance, Ball Sports, Martial Arts, Precision Sports, Strength Sports and Trend Sports. For example, there are four categories of dance with one, breakdancing, previewing this year before it debuts in Paris 2024. Ball sports include Canoe Polo, Flag Football, Racquetball, Squash, Softball, Lacrosse and Wheelchair Rugby. Martial Arts includes sports like Karate, Sumo and Ju Jitsu, along with the less known Muaythai. "Muaythai is a combat sport that utilizes stand-up striking along with various clinching techniques. It is known as the 'Art of Eight Limbs' because it is characterized by the combined use of fists, elbows, knees and shins," according to the website. Precision sports include billiards and bowling. Strength sports includes a tug of war. Finally, Trend Sports includes Flying Disc (frisbee), Drone Racing, Waterskiing, Rock Climbing and Lifesaving.  
In the medal count, Germany won with the most Gold (24) and Italy had the most total medals (49). Ukraine came in third with 45 total medals, one ahead of Team USA with 44 total and 16 Gold. The World Games in 2025 will take place

in Chengdu, China.  
Our good news story of the week comes from the Good News Network, and it's not really about sports but about exercise. "Physical exercise benefits our overall well-being. But for some – such as neurological patients, people suffering from cardiovascular disease and hospitalized patients – physical exercise is not feasible, or even too dangerous. However, similar effects may be brought about using Immersive Virtual Reality (IVR). Despite initially designed for entertainment, IVR has attracted interest from the academic community because of its potential use for clinical purposes, since it allows the user to experience a virtual world through a virtual body. Before and after the virtual training, the researchers induced and assessed the psychosocial stress response. Similarly, they distributed a subjective questionnaire for anxiety. The results showed a decreased psychosocial stress response and lower levels of anxiety after the virtual training, comparable to what happens after real exercise. "While a moderate amount of exposure to stress might be beneficial, repeated and increased exposure can be detrimental to our health. This kind of virtual training represents a new frontier, especially in countries like Japan, where high performance demands and an aging population exist," said Professor Dalila Burin, who developed the study.  
Billiards and Tug of War in Olympic-type games and virtual exercise for those who can't physically exercise, providing some of the same benefits. Incredible.  
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 to [press@islandsunnews.com](mailto:press@islandsunnews.com).

Semester Honors  
Mia Edwards of Fort Myers has earned semester honors for the spring 2022 semester at Edgewood College in Madison, Wisconsin. Fulltime students who achieve a 3.5 grade point average for the semester are eligible for this honor.

## CARING MEDICAL FLORIDA

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## SPORTS QUIZ

- A popular darts game, a bat-and-ball sport and a kind of insect have what name in common?
- In 1999, what New York Mets manager was ejected from a game but later returned to the dugout disguised with sunglasses and a fake mustache?
- What Italian Serie A football club has Vecchia Signora ("The Old Lady") and Le Zebre ("The Zebras") among its nicknames?
- Lion Fanfare* and *Downfield* and *Fight On, State* are songs played at what university's athletic events?
- Name the Scottish driver who won both the Formula One World Drivers' Championship and the Indianapolis 500 in 1965.
- What brand of swimwear and swim gear was founded in 1914 by Alexander MacRae in Sydney, Australia?
- What sportscaster and "Inside the NBA" studio host penned the 2017 autobiography *Unscripted: The Unpredictable Moments That Make Life Extraordinary*?

## ANSWERS

- Cricket.
- Bobby Valentine.
- Juventus FC.
- Penn State University.
- Jim Clark.
- Speedo.
- Ernie Johnson Jr.



## Doctor and Dietician

## Are You Getting Restorative Sleep



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

The CDC as far back as 2014 reported that sleep deprivation has become a “public health epidemic.” The CDC reports that lack of sleep can be associated with serious health issues, including obesity, hypertension, adult-onset diabetes, depression and even cardiovascular disease and stroke. Sleep deprivation may also increase the incidence of car crashes, work-related accidents and occupational hazards because lack of sleep shortens your attention span and alertness.

As many as one-third of the population report sleeping less than six hours per night. This is simply not enough to restore the body. During sleep,

our bodies eliminate metabolic waste products of the mental processes in the brain and replenish the energy inside brain cells. Simply put, when we do not get enough sleep, we injure brain cells.

The problem of not getting good restorative sleep is nothing new. Many people, particularly those in pain, do not sleep because they cannot find a comfortable position, or they just cannot get to sleep or wake up in the middle of the night. Waking up in the middle of the night may be related to pain, thus traditionally, patients are prescribed sleep medication to help get them into a deeper sleep. Sometimes the mind is just racing with thoughts from the day. Other issues may relate to watching television or computer/phone screens immediately before bed, keeping the brain active. And other patients experience hormone changes that may result in a 2 a.m. wake-up call, bathroom trips, or a sweat fest.

Some basic tips for good sleep include sticking to a regular sleep schedule, going to sleep and waking up at the same time every day; paying attention to what you eat and drink prior to bed, avoiding heavy meals, caffeine, excess liquids and alcohol immediately prior to bedtime; creating a restful calming environment that is dark, cool, quiet and peaceful; limiting napping during the day; including exercise daily, especially when done outside, to promote better sleep; finding ways to manage stress by meditation, prayer and time management techniques; reducing screen

time immediately prior to bed; and avoiding going to bed angry.

Sometimes doing these things still does not resolve the sleep issue, thus we want to alert you to a cause for sleep deprivation that you may have never considered: a structural cause, namely, cervical instability.

Why? Cervical instability may cause sleep disorders, not only resulting in pain, but also neurologic-like and psychiatric-like symptoms. Cervical instability can cause neck pain that makes it difficult to sleep, and it can also cause more issues. Even as your neck pain resolves through various means, the problems of sleep and a sense of “racing metabolism” may remain.

We want to explain the neurology resulting in problems with the nervous system and how cervical instability may lead to sleep disturbances, not just from pain, but by altering your stress and anxiety levels on the neurologic level.

The superior cervical ganglia are a nerve bundle that sits at the C2 and C3 levels in the cervical spine and are involved in the autonomic nervous system. Therefore, compression on this nerve bundle by the cervical spine can cause autonomic nervous system dysfunction. The sympathetic ganglia basically control the blood supply to the brain including a gland called the pineal gland that controls our circadian rhythm or sleep/wake cycle and secrete melatonin in the body.

When we sleep, our brains are

supposed to drain and flush out the metabolic waste accumulated from the day and bring in nutrients to restore it. Cervical instability can cause a cervical venous obstruction which can lead to cerebral spine fluid flow blockage that can lead to increased intracranial pressure which can injure the pineal gland and cause Circadian dysrhythmia and sleep disturbances.

So, what can you do? Some simple structural things to try include sleeping without a pillow at all; sleeping with a roll under your neck; or sleeping turned to a side that makes you feel better. At our Caring Medical office, we use high-intensity ultrasonography to assess blood flow in various sleeping positions so you can know for sure what is happening during sleep.

Sleep is vital to good health and longevity. If you are not sleeping as well as you should, we encourage you to do something about it. Try some of the suggestions mentioned in this article. If those do not help, seek out the care of a natural medicine or structural medicine provider who can help assess the status of your cervical spine. Your health is worth it.

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

## dearRPharmacist

## Alternatives To That Gross Kitchen Sponge



by Suzy Cohen, RPh

**Dear Readers:** You won't like hearing this but your kitchen sponge has more bacteria than a laboratory petri dish. It's a better incubator for germs

than the lab's traditional agar plate.

So, if you're worried about catching food poisoning from undercooked meat, the odds are far higher if you clean your dishes with a dirty sponge. I say that because about five percent of raw chicken sold in supermarkets may be contaminated with Salmonella, according to the latest data. Compare that with a microbial paradise like a sponge that could house 54 billion bacteria in every cubic centimeter. That's the size of a sugar cube.

A dirty kitchen sponge can lead to a variety of symptoms that are hard to diagnose. That's because the clinical presentation of diarrhea, fever and fatigue is going to look like a lot of things. Certainly, sponge-related illness is never going to come up. It's almost 100 percent of the time chalked up to “food

poisoning.” Here are some of the germs living on your sponge:

**Campylobacter** – This could cause diarrhea. People typically get an infection of this from undercooked (or raw) chicken, unpasteurized milk or contaminated lettuce or vegetables. Those who become ill from this can expect loose stools, abdominal pain, fever and feeling queasy.

**Enterobacter cloacae** – Germophobes beware, this guy lives in your gut as part of your normal intestinal flora. It's not considered dangerous unless you become immunocompromised. It's also a common nosocomial infection... the kind you get while you're in the hospital. Then it will rise up with all its glory and attack your skin, respiratory tract, internal organs and blood. It can cause endocarditis and pneumonia.

**E. coli** – People who become infected with E. coli have the usual stomach complaints that look like food poisoning. To be clear, E. coli can be transmitted from raw or undercooked ground beef, raw milk, some cheese, or contaminated vegetables. Most cases include a mild fever, painful stomach cramping, diarrhea (often tinged with blood) and nausea/vomiting. It may cause life-threatening symptoms, so always visit a doctor if you become short of breath, weak, or develop a nosebleed or decreased urination.

Other organisms that a sponge can harbor include Klebsiella, Staphylococcus and Moraxella osloensis. That last one is the same bug responsible for the malodor of wet laundry.

Here are three reasonable alternatives to a sponge:

1. Use a scrub brush with bristles. You can put those in a dishwasher. The advantage is that they do not have nooks and crannies like a sponge, so they harbor fewer organisms.

2. Use a dishwasher, but be aware that the soaps all have a bunch of chemicals.

3. Microwave a wet sponge every week.

If you'd like to read a more comprehensive, detailed version of my article, visit [www.suzycohen.com](http://www.suzycohen.com).

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).\**

## Cost Reduction For Urgent Care Telehealth

Due to the recent increase in influenza, COVID-19 and other illnesses in Southwest Florida, Lee Health is reducing the cost of urgent care telehealth visits through Lee TeleHealth from \$49 to \$20.

Lee Health is making this service temporarily discounted for community members so they can utilize urgent care telehealth services from the comfort of their homes without having to visit an urgent care location or emergency department.

Lee TeleHealth is an on-demand medical service that connects patients

directly with a physician or advanced provider and is available 24/7. All you need to use Lee TeleHealth is a smartphone, tablet or a computer with a webcam.

Patients using the telehealth service can seek treatment and receive a prescription for a variety of conditions, including cold and flu, COVID-19, sinus infections, rashes, pink eye, headaches, urinary tract infections, allergies, cough, and sprains and strains. Anyone experiencing severe COVID-19 symptoms, including difficulty breathing, should seek emergency care immediately.

Lee TeleHealth can be accessed in the following convenient ways:

From the Lee Health Mobile App;

Downloading the “Lee TeleHealth” app on your smartphone or tablet; and

Visiting <https://leetelehealth.org> from a computer

Lee Health also offers a mobile healthcare service to community members in Lee County, provided through DispatchHealth, a national provider of in-home medical care. Through the service, patients can be treated at home for many conditions that are commonly treated in urgent care settings.

Insurance will be billed for each visit, and costs will be different for each patient, based on their level of care and insurance coverage. On average, patients with commercial insurance pay around \$44 for a visit and those with Medicare pay around \$27.

Patients can request care by visiting [www.dispatchhealth.com](http://www.dispatchhealth.com), no referral needed.\*





Emergency ..... 911  
Lee County Sheriff's Office ..... 477-1200  
Florida Marine Patrol ..... 332-6966  
Florida Highway Patrol ..... 278-7100  
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HealthPark Medical Center ..... 1-800-936-5321  
Ft. Myers Chamber of Commerce ..... 332-3624  
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Fort Myers Beach Chamber of Commerce ..... 454-7500  
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Gulf Coast Symphony ..... 489-1800  
Harmony Chorus, Charles Sutter, Pres ..... 481-8059  
Naples Philharmonic ..... 239-597-1111  
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SW Florida Symphony ..... 418-0996  
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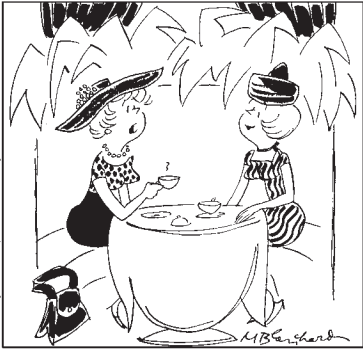
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Animal Refuge Center ..... 731-3535  
American Business Women Association ..... 357-6755  
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Caloosahatchee Chapter DAR ..... 482-1366  
Caloosahatchee Folk Society ..... 321-4620  
Cape Chorale Barbershop Chorus ..... 1-855-425-3631  
Cape Coral Stamp Club ..... 542-9153  
duPont Company Retirees ..... 454-1083  
Edison Porcelain Artists ..... 415-2484  
Embroiderers Guild of America - Sea Grape Chapter ..... 239-267-1990  
FM UDC Chapter 2614 ..... 728-3743  
Friendship Force Of SW FL ..... 561-9164  
Garden Club of Cape Coral ..... 239-257-2654  
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Miata Club of SW Fla ..... <https://miataclubofsouthwestflorida.com/>  
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  
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Organ Transplant Recipients of SW Florida ..... 247-3073  
POLO Club of Lee County ..... 477-4906  
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Imaginarium Hands-On Museum & Aquarium ..... 321-7420  
JN "Ding" Darling National Wildlife Refuge ..... 472-1100  
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Langford Kingston Home ..... 239-334-2550  
Ostego Bay Foundation Marine Science Center ..... 765-8101  
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True Tours ..... 945-0405

To be listed in calling card email your information to:  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

PUZZLES

Answers on page 23



"We haven't exactly discussed marriage —  
it's more like a \_\_\_\_\_."

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!

Under  
**ELBOW**   \_\_\_\_\_

Shall  
**HOLDUS** \_\_\_\_\_

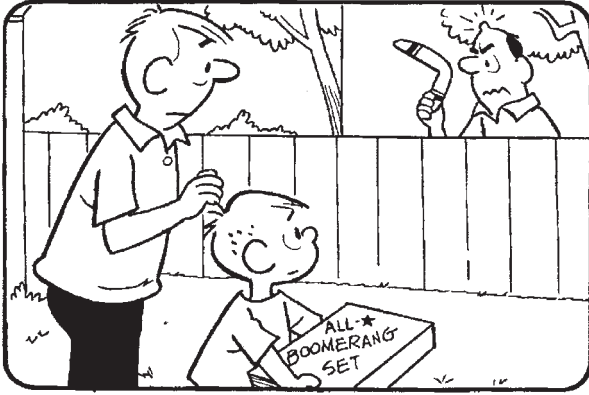
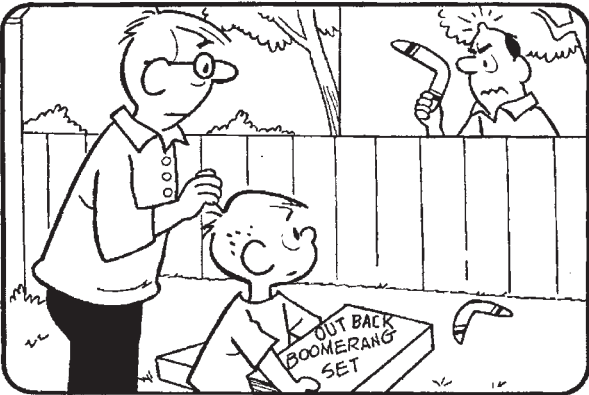
Fixed  
**NIFTIE** \_\_\_\_\_

Regular  
**LAIDY** \_\_\_\_\_

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Glasses are missing. 2. Buttons are missing. 3. Sleeve is shorter. 4. Box is missing. 5. Name is different. 6. Boomerang is missing.

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

To Play  
Sudoku:

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



PUZZLES

Answers on page 23

Super Crossword

TB LISTINGS

- ACROSS

1 Affliction

7 Really shout

13 Wine vessels

20 One of the Nixon daughters

21 — Vision (eye care chain)

22 Weird sort

23 Serious crime

24 Carol about holiday cheese?

26 Strip of weapons

27 "... or — thought"

28 Look as if

29 Trickle out

30 Guy who can do any interweaving style?

35 Ribeye, e.g.

36 Particular mag. edition

37 Writer Anaïs

38 With 60-Down, BB gun

39 Sorority "T"

41 "This tastes way better than coffee, tea or ale?"

50 Toon pics

53 Suffix with southwest

54 Spring month

55 Comfortable
- 56 Czar who was not inordinately cruel?

62 "Look!" in Latin

63 Person being examined

64 "What kind of fool —?"

65 Set sail

68 122-Down officer: Abbr.

69 Doughnut filling that's an exchanged commodity?

74 Wane

77 Easily available

79 Petri dish site

80 Got totally used up

82 Tennis great Nastase

84 Politician Gary

89 Actress Helena — Carter

92 Verdi's "— tu"

93 Prefix with chic or resort

94 2010 Apple debut

132 Less fresh
- DOWN

1 Peak near Tokyo: Abbr.

2 Concert sites

3 Purple flowers

4 "Put — in it!"

5 Dandie — (dog breed)

6 "Hurray!"

7 Tape holder

8 Filmdom's — B. DeMille

9 "Hurray!"

10 Be off-base

11 Boxer Laila

12 Soccer star Lionel

13 Shows up for

14 Actor Sandler

15 Aves.

16 Main monk

17 Denmark's — Islands

18 Fictional Doolittle

19 Streamlined

25 Poet Hughes

27 South Carolina river

31 Hi- — (stereos)

32 Tote or duffel

33 "— Bravo"

34 Nice scent

35 Hard fat

40 Atty.'s org.

41 Has no life

42 Eye, to poets

43 An hour past midnight

44 Pat lightly
- 45 President after Harrison

46 Ale relative

47 Incurred a lot of, as debt

48 Key on a PC

49 Tiny

50 Quote

51 In a dead heat

52 Roping in

57 High- —

58 Ares' mother

59 Livy's "I love"

60 See 38-Across

61 Pro at CPR

66 Polar hazard

67 Bedouin, e.g.

70 Doc who may scrape wax

71 "Abou Ben —" (Leigh Hunt poem)

72 Sheep cry

73 "Li'l" guy

75 La — Tar Pits

76 Longtime senator Robert

78 Soda brand

81 Depilatory brand

82 "Big Blue"

83 Mauna —

85 Suffix with cook or trick

86 "Totentanz" composer Franz

87 Acutely cold

88 Coveted annual prizes

90 Part of DNA

91 Irrate

96 Illegal punch

97 One of 18 on a course

98 "So icky!"

99 Gambling site, for short

100 Optometrist, old-style

104 Action hero Steven

105 Like grizzlies and kodiaks

106 Hoffman/Beatty film

107 Three more than quadri-

108 Fake name

109 Hanukkah potato treat

110 Pulitzer winner Edward

112 Central point

113 Milan's land

114 Had a meal at home

115 One-named singer of "Royals"

116 Gossipy type

118 Choir female

122 Adm.'s milieu

123 Charge (up)

124 Aussie leaper

125 Resting place

126 Had life

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68					69		70	71				72	73						74	75	76

King Crossword

- ACROSS

1 Hotel amenity

4 Beach bucket

8 "— it going?"

12 Sandwich meat

13 Roughly

14 "Garfield" dog

15 Class that includes newts and frogs

17 Style

18 Corn serving

19 Took the helm

21 Clara of the Red Cross

24 Guffaw syllable

25 Lawyers' org.

26 Label

28 Potato, for one

32 Toy block name

34 "Uh-huh"

36 The Big Easy acronym

37 Put in office

39 Sea, to Henri

41 Kimono closer

42 Nanny's charge

44 Beach robe

46 Boris' cartoon partner

50 Twitch

51 Hgt.

52 Highway turn-
- 56 Aachen article

57 Snitch

58 — -jongg

59 June honor-ees

60 Sheltered

61 Group of seals

66 Polar hazard

67 Bedouin, e.g.

70 Doc who may scrape wax

71 "Abou Ben —" (Leigh Hunt poem)

72 Sheep cry

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- MAGIC MAZE ● ANIMALS OF NEW ZEALAND
- W K H E B Y V S P M J H E B Y  
V T Q T O L I N G D B Y W T R  
R P M K N I T F O D B Y W U E  
S ( F R I G A T E B I R D ) Q O H  
M K I F D B R R N Z L X S W C  
U S Q C U C K O O N O A R N T  
S L J H F D I I M C A A E Y A  
W L V T S Q W K P R N G L S C  
L K A I S N I H P L O D L H Y  
F P E E H S I O M A H C O E L  
C B K Z S T A B Y T E R R E F
- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: NATIONAL SYMBOL
- Bats

Chamois

Cormorant

Cuckoo

Dolphins

Ferret

Flycatcher

Frigatebird

Gannet

Kea

Kiore

Rollers

Sea lion

Seals

Sheep





caption photo courtesy Fresh From Florida



**Grouper Sandwich with New Potato Salad**

- Grouper Sandwich
- 8 (3-ounce) grouper fillets, sliced thin
- 2 tomatoes, sliced
- 1 teaspoon Cajun seasoning
- 8 small rolls
- 1 small head romaine lettuce, shredded
- 1 red onion, sliced thin
- 1 tablespoon oil for cooking
- 1/3 cup mayonnaise
- 1/2 lemon, juiced
- 1 teaspoon paprika
- Cayenne pepper to taste
- Sea salt and fresh ground pepper, to taste

Preheat a large sauté pan over medium-high heat. Lightly season the grouper fillets with Cajun seasoning, salt and pepper. Put the cooking oil in the preheated pan and carefully add the

- seasoned fish fillets to the pan. Cook fillets for about 2 minutes on each side depending on thickness until golden brown and cooked throughout. Place fillets on cut, open rolls. In a small bowl, combine mayonnaise, lemon juice, paprika and cayenne. Taste and adjust seasoning with salt and pepper. Assemble sliders using lemon mayo, lettuce, tomato and red onion. Use a bamboo skewer if needed to keep sliders standing. Serve with potato salad.
  - New Potato Salad
  - 6 cups new potatoes, quartered, cooked and cooled
  - 2 tablespoons rice vinegar
  - 1 tablespoon olive oil
  - 2 tablespoons mayonnaise
  - 1/2 cup assorted color bell peppers, diced
  - 1/2 cup red onion, diced
  - 2 tablespoons fresh parsley, chopped
  - Sea salt and fresh ground pepper, to taste
- Combine all ingredients into a medium-sized mixing bowl. Stir ingredients to completely combine. Taste potato salad and adjust seasoning with salt and pepper. Serve cold.\*

**PETS OF THE WEEK**



Coral ID# A926845 photos provided Lee County Domestic Animal Services

**Coral And Meatball**

Hello, my name is Coral. I am a white 2-year-old female pit bull mix. I am a shy, sweet gal that takes a little to come out of my shell, but once I do, I blossom into one of the friendliest and most playful pups around. My gentle nature will draw you to me. The staff and volunteers have fallen so in love with me, that if you come and spend some time with me, you will be hooked. My adoption fee is \$25.

Hi, I'm Meatball. I am a brown tabby 4-year-old male domestic shorthair. I bet you can take one look at me and guess where I got my name. I am lovingly named Meatball because I certainly have



Meatball ID#A927997

not missed a meal. In fact, I am on a diet here at the shelter because my previous owner gave me one too many. I am a very friendly cat whose favorite thing to do is curl up and have you scratch behind my ears. My adoption fee is waived.

The \$600-valued package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

**My Stars ★★★★★ FOR WEEK OF JULY 18, 2022**

- Aries** (March 21 to April 19) You're not Sheepish when it comes to asserting your opinions on what you think is right or wrong. Be assured that you're being heard, and something positive will follow.
- Taurus** (April 20 to May 20) Your sense of justice makes it difficult not to speak up about a recurring matter involving a co-worker. But, once again, you need facts to back you up before you can act.
- Gemini** (May 21 to June 20) Romance is still dominant, and if Cupid misfired before, don't worry. He'll take better aim at someone new this time around. Expect favorable news about a financial matter.
- Cancer** (June 21 to July 22) The zodiac's Moon Children can expect things to work out pretty much as planned. One negative note involves a minor relationship problem that suddenly turns serious.
- Leo** (July 23 to August 22) You're suddenly being asked to make choices between two practically equal offers.

- Which one to choose? Easy. The one most likely to gladden your Lion's heart.
- Virgo** (August 23 to September 22) Once again, you're confronted by a workplace problem you thought you'd already resolved. This time, you might need to go higher up to find a just resolution.
- Libra** (September 23 to October 22) Good for you: You're determined to stick with your goals and ignore those naysayers who might try to discourage you. You're on the right track. The challenge now is to stay on it.
- Scorpio** (October 23 to November 21) You'll soon get news that is supposed to help you with a troublesome situation. Use your sharp Scorpion instincts to determine if the information is reliable.
- Sagittarius** (November 22 to December 21) If you learn someone has betrayed your trust, don't just accept it and walk away. You need to know why that person decided to do what he or she did.
- Capricorn** (December 22 to January 19) A painful family relationship problem could finally begin to heal. Be prepared to show more flexibility than you might like. It could

- be worth it.
- Aquarius** (January 20 to February 18) It's a good idea to enhance your career skills so you'll be prepared to accept a more responsible position when it's offered. A friend returns a favor just when you need it.
- Pisces** (February 19 to March 20) Show that strong, steely backbone that you usually hide and demand to be included in any family decision-making that could affect the well-being of a loved one.
- Born This Week:** You can be happy being alone at home. But you also love exploring the world outside and meeting new people.

**MOMENTS IN TIME**

- On July 31, 1715, a hurricane strikes the East Coast of Florida, sinking 10 Spanish treasure ships carrying tons of gold and silver coins and killing nearly 1,000 people. About 80 percent of the treasures had been recovered by April 1716, but the rest remained lost until the 1960s.
- On July 25, 1832, the first recorded railroad accident in U.S. history occurs when four people are thrown off a vacant car near

- Quincy, Massachusetts. The victims had been invited to view the process of transporting loads of stone when a cable on a vacant car snapped, throwing them off the train and over a 34-foot cliff.
- On July 28, 1868, following its ratification by the necessary three-quarters of U.S. states, the 14th Amendment, guaranteeing African Americans citizenship and all its privileges, is officially adopted into the U.S. Constitution.
- On July 29, 1921, Adolf Hitler becomes the leader of the National Socialist German Workers' (Nazi) Party. Under Hitler, the Nazi Party grew into a mass movement and ruled Germany as a totalitarian state from 1933 to 1945. The Nazis controlled every aspect of German life, and all other political parties were banned.
- On July 26, 1931, a swarm of grasshoppers descends on crops throughout Iowa, Nebraska and South Dakota, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and one could shovel the grasshoppers with a scoop. Cornstalks were eaten to the ground





**FRIDAY**  
Mostly Cloudy  
High: 88 Low: 79



**SATURDAY**  
Mostly Cloudy  
High: 92 Low: 85



**SUNDAY**  
Partly Cloudy  
High: 93 Low: 84



**MONDAY**  
Cloudy  
High: 90 Low: 83



**TUESDAY**  
Partly Cloudy  
High: 89 Low: 81



**WEDNESDAY**  
Partly Cloudy  
High: 90 Low: 83



**THURSDAY**  
Mostly Cloudy  
High: 88 Low: 79

### Redfish Pass Tides

Day	High	Low	High	Low
Fri	8:32 am	1:30 am	None	4:20 pm
Sat	12:02 am	2:02 am	9:16 am	5:19 pm
Sun	10:03 am	6:10 pm	None	None
Mon	10:51 am	6:55 pm	None	None
Tue	11:37 am	7:35 pm	None	None
Wed	12:20 pm	8:10 pm	None	None
Thu	4:01 am	5:56 am	1:01 pm	8:42 pm

### Point Ybel Tides

Day	High	Low	High	Low
Fri	7:37 am	1:32 am	11:07 pm	4:22 pm
Sat	8:21 am	2:04 am	None	5:21 pm
Sun	9:08 am	6:12 pm	None	None
Mon	9:56 am	6:57 pm	None	None
Tue	10:42 am	7:37 pm	None	None
Wed	11:25 am	8:12 pm	None	None
Thu	3:06 am	5:58 am	12:06 pm	8:44 pm

### Punta Rassa Tides

Day	High	Low	High	Low
Fri	8:13 am	2:08 am	9:16 pm	3:27 pm
Sat	8:40 am	2:41 am	10:17 pm	4:19 pm
Sun	9:03 am	2:47 am	None	5:20 pm
Mon	9:34 am	6:25 pm	None	None
Tue	11:42 am	7:26 pm	None	None
Wed	12:41 pm	8:19 pm	None	None
Thu	1:25 pm	9:04 pm	None	None

### Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:14 am	4:46 am	10:42 am	7:36 pm
Sat	2:12 am	5:18 am	11:26 am	8:35 pm
Sun	12:13 pm	9:26 pm	None	None
Mon	1:01 pm	10:11 pm	None	None
Tue	1:47 pm	10:51 pm	None	None
Wed	2:30 pm	11:26 pm	None	None
Thu	6:11 am	9:12 am	3:11 pm	11:58 pm

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**\$1 = \$8**  
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*Thank you for your generosity!*  
Mail your tax-deductible donation to:  
**The Harry Chapin Food Bank**  
3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007 or donate online at:  
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THE RIVER  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS  
Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA

  
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**CLEAR YOUR GEAR**  
IT CATCHES MORE THAN FISH

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**Protect manatees: Take a break from fertilizer**  
1-800-432-JOIN (5646)  
savethemanatee.org  
Photo © Island Sentinel



# Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).\*

From page 20

## Moments In Time

and fields left completely bare.

On July 30, 1976, American Bruce Jenner wins gold in the decathlon at the Montreal Olympics and sets a world record in the event. After his win, Jenner was voted the 1976 AP Male Athlete of the Year. The 1976 Olympics was his last decathlon. In 2015, he became Caitlyn Jenner and is an American media personality.

On July 27, 1981, Adam John Walsh, age six, is abducted from a mall in Hollywood, Florida, and later found murdered. Adam's father, John Walsh, became a leading victims rights activist and host of the long-running television show *America's Most Wanted*.

### NOW HERE'S A TIP

- Got lots of fresh herbs from your summer garden? Hang bunches upside down in a cool place for a week or so. Crumble the leaves into small jars. You've made your own dried herbs.
- "Want super-crunchy fries at home?

Soak potato pieces in very cold water for an hour (fridge is best, or add ice often); dry and fry. Drain fries well, dust LIGHTLY with flour and quick-fry one more time for only a minute or so."

– TC in Idaho

- If you want to cool your canned drinks quickly, add water to the cooler with a lot of ice, submerge all drinks under the ice line, and wait about 20 minutes. Without the water, it takes much longer. The water extends the surface contact of the ice.
- To keep your ladder from sinking into soft sand or dirt, put each leg into a can or bucket. It creates a much larger surface area, thereby stabilizing the legs.

- If you run out of bleach, add four tablespoons of hydrogen peroxide to a small load of white laundry.
- Be certain to use only distilled water in your iron. The water from the tap can leave mineral stains on clothing, and will kill your iron if you do it all the time.

– RE in Louisiana

- The cornea of the eye is the only

body part without its own blood supply. Instead, it receives oxygen directly from the air.

### STRANGE BUT TRUE

- A duel between three people is called a truel.
- Ever chastised yourself for accidentally recording over your favorite cassette tape? Even NASA's been guilty of that one. The tapes containing the original footage of the *Apollo 11* moonwalk were likely erased and reused to record satellite data.
- Prior to the invention of the eraser, you could use a rolled up piece of white bread (sans crusts) to remove pencil marks.
- Japanese sumo wrestlers are bound by strict rules even when out of the ring, governing when they sleep and eat, and how they dress and speak in public. They are not allowed to drive cars and, if they're in the lower ranks of the sport, cannot have a phone or a girlfriend.
- Anatidaephobia is the fear that somewhere in the world, a duck or goose is watching you.
- Who hasn't wished on occasion for more hours in their day? Well, if you can wait a mere 140 million years, the average Earth day could be 25 hours long, as the planet is slowly - very

slowly- decelerating.

- In 2008, a 13-year-old boy was arrested for farting too much in school. The sheriff's office claimed he "continually disrupted his classroom environment" with intentional flatulence.
- Beauty masks in ancient Rome had one heck of an ingredients list, including placenta, excrement, sulfur, sheep's wool sweat, animal urine, ground oyster shells and bile.
- Mushrooms emit electrical signals to each other containing patterns similar to human speech.

### THOUGHT FOR THE DAY

"Friendship is unnecessary, like philosophy, like art. It has no survival value; rather, it is one of those things which give value to survival."

– CS Lewis

### TRIVIA TEST

- Geography:** Which country has the most islands?
- Ad Slogans:** Which product is advertised with the slogan "The snack that smiles back"?
- Movies:** Which animated movie features more than 10,000 balloons?
- Television:** Who did Jim Halpert marry in the long-running sitcom

## CLASSIFIED

### COMMERCIAL RENTAL

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7/15 \* TFN

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1/26 \* TFN

### ANNUAL RENTAL

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REMAX OF THE ISLANDS

6/5 \* TFN

### HELP WANTED

#### CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake.

Also assist with physical transit.

Contact Lisa 239-395-0153.

1/21 \* TFN

### BOATS-CANOES-KAYAKS

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Full Galley, Master Stateroom w/TV's,

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Full Head w/Shower, Vac Head, Vanity.

Priced For Quick Sale or Trade. \$155,000.

239-233-2930.

7/15 \* 7/22

### SERVICES OFFERED

#### ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion.

FPE panel replacement, Landscape

Lighting. Generator Sizing, etc, etc, etc.

Call or text Roger 239-707-7203

State License #13002788

4/20 \* TFN

### HELP WANTED

#### OFFICE ADMINISTRATOR WANTED

Royal Shell is seeking a Director of First Impressions for our busy real estate office in Sanibel Island. In this role, you will direct incoming calls, assist the Office Manager and agents with administrative duties. Administrative experience in a real estate office and with MLS is preferred. You must be professional in appearance and demeanor, and have excellent computer and communication skills. A Florida Real Estate license and Notary Public are a plus. Pay is based on experience. Email resume to [resumes@royalshell.com](mailto:resumes@royalshell.com)

7/15 \* TFN

#### FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to [sanibelsole@gmail.com](mailto:sanibelsole@gmail.com).

4/22 \* TFN

### FICTITIOUS NAME

#### FICTITIOUS NAME NOTICE IS HEREBY GIVEN

that the undersigned, desiring to engage in business under The fictitious name of K&L Home Services, located in Lee County, Florida, with an address of 1653 Atlantic Plaza Drive, Sanibel, FL 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 22nd day of July 2022. Kenneth McDowell

7/22 \* 7/22

### FOR SALE

#### ALL SANIBEL GOLF BALLS



Must buy all \$350.

Call after 12 noon 239-472-8269.

7/22 \* 7/22

#### OFFICE FOR RENT

Office space for rent.

648 sq. ft. 2 offices and common space.

Located on Andy Rosse Lane

in the village of Captiva.

Clean and ready to go.

\$2,700/month.

239-472-5050 for information

7/1 \* 7/22

#### VACATION RENTAL SANIBEL

Stunning remodel and designer decorated.

All High End!!

This Gorgeous home offers

3 BR/2 BA, private pool, large 2 car

garage, overlooking conservation area,

Walk to beach. Peace and Serenity!!

Available for a

minimum of 6 months for the

2022/23 Season. Call to inquire and

book this property!

**239-472-6747**



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1/4 \* TFN

### SEASONAL RENTAL

#### ANNUAL OR SIX MONTH IN SEASON LEASE

North Fort Myers, Moody River, 2bed 2bath 2car home furnished on the river, kayaking/ paddleboarding very near Rt.41 bridge. gated safe community. 239-233-2930.

7/15 \* 7/22









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