



From left, Christopher Lewis, Sarah Cammarata, Victor Legarreta and Nik Olson
photos provided

Magical Journey

by Di Saggau

Since the 1939 film, *The Wizard of Oz* has become a familiar story to many, with numerous stage versions performed around the world. I'm betting none are more enjoyable

than Broadway Palm Dinner Theatre's production, directed and choreographed by Amy Marie McCleary. A fresh update on costumes and choreography made the show sparkle from start to finish.

The story revolves around Dorothy (Sarah Cammarata) and her three buddies, Scarecrow (Nik Olson), Tin Man (Christopher Lewis) and Cowardly Lion



Melissa Whitworth and Sarah Cammarata

(Victor Legarreta), all on a journey to meet the Wizard of Oz. Dorothy wants to get back home to Kansas, Scarecrow wants a brain, Tin Man wants a heart and the Cowardly Lion wants a helping of courage. Their journey is magical as they follow the yellow brick road and meet the Munchkins, the Wicked Witch (Melissa Whitworth), Glinda the Good Witch (Kate

Stenzel) and a host of menacing monkeys. The Gate Keeper of Oz (Joshua Shepard) and the Wizard (Paul Bernier) complete the main cast. All have dual roles and play them to perfection.

Cammarata has a wonderful singing voice and quickly drew the audience into her storyline. Whitworth truly shines as the
continued on page 16



The Summer Art Market & Sale will be held at the Alliance for the Arts photo provided

Alliance Art Market And Sale

The Alliance for the Arts will host its inaugural Summer Art Market & Sale where participants can sip wine in a musical ambiance as they peruse and purchase the work of local artists on Thursday, July 14 from 5 to 9 p.m.

There will be paintings, photography, jewelry and potted succulents – all hand-created. Local authors will be in attendance and have their books for sale,

and food trucks will be located outside.

The Alliance for the Arts gift shop features work from over 75 local and regional artists. Alliance members will receive a 10 percent discount on every purchase from the gift shop.

Alliance officials are asking participants to get involved in the Arts & Economic Prosperity Study 6 (AEP6) to help measure the economic impact of the arts in Lee County. This is the sixth national study to measure the economic and social impact of the nonprofit arts and culture
continued on page 12

Supplies Needed For Heights Students



Children from the Harlem Heights neighborhood receive school supplies from The Heights Foundation at the 2021 school supply outreach photo provided

The Heights Foundation is seeking individuals, businesses, churches and organizations to provide school supplies and volunteer for the annual outreach program at The Heights Center on Saturday, July 30. The event will be held from 9 a.m. to noon and provide backpacks and school supplies for 500 low-income children living in the Harlem Heights neighborhood.

"Our goal is to ensure that every child

in Harlem Heights has the necessary supplies to succeed in school," said Kathryn Kelly, president and CEO of The Heights Foundation. "We want to send our students back to school ready to learn."

The wish list includes new and durable backpacks (size 17 or larger), one-inch three-ring binders, calculators (basic and scientific), earbuds or headphones, pocket
continued on page 8

Historic Downtown Fort Myers, Then And Now:

Royal Palm Hotel, 1916



by Gerri Reaves, PhD

Guests staying at the Royal Palm Hotel in 1916 had much to enjoy, including the palm trees and lush grounds, as seen in this historic photo. The scene is the front of the main entrance of the three-and-one-half story hotel at the foot of today's Royal Palm Avenue.



Campo Felice's garage stands at the foot of Royal Palm today photo by Gerri Reaves

But that wasn't all the hotel offered. Upon the grand opening on January 15, 1898, the 50-room yellow wood-frame Victorian structure introduced an elegance, luxury and sophistication to tourism previously not seen in Fort Myers.

Gilded Age grandeur had arrived on the banks of the Caloosahatchee.

A measure of the hotel's influence is that the opening was publicized in newspapers in New York, Philadelphia, Boston and Washington.

It was the first building in town to be wired for electricity (other than Thomas Edison's private winter home), so in its way, it kicked off the electric age locally.

The town might have had a population of only a few hundred and unpaved streets, but it was suddenly competitive with Tampa, Miami and other big cities for tourists who expected to vacation in comfort with plenty of amenities and entertainment to boot.

Not only the climate, but the burgeoning tarpon fishing craze, attracted an international clientele. Additionally, the hotel even had a dock for yachting guests.

By 1916, the hotel's amenities included a swimming pool and casino.

It seems strange today, but the South Florida tourist season of more than a century ago was only a few weeks long, having expanded from only around three weeks – basically February – in the 1890s to January 1 to April 1 by 1916.

At the close of the 1916 season, the *Fort Myers Press* described it as the most successful in the local resort's history – so successful that an extensive remodeling and expansion was to begin immediately, as announced by the owner, Dr. MO Terry.

Fifty rooms were to be added, as well as baths in every room, a refrigerating system and an electric elevator.

The hotel's legacy is immeasurable and significant.

Quite a few hotel guests were impressed and returned to invest or become permanent or seasonal residents of Fort Myers. Some built impressive winter

homes, particularly along East First Street, and invested in citrus, real estate and other industries.

In fact, the hotel's builder, Hugh O'Neill, himself, had first come to town in the winter of 1892 to 1893 to tarpon fish. He owned the highly successful Hugh O'Neill Dry Goods Store in New York City, which occupied an entire block on Sixth Avenue.

What was not generally known until the hotel's opening night was that O'Neill was secretly in partnership with Henry B. Plant, a rail-steamboat-hotel mogul known for the Plant System of Florida hotels on the west coast, a counterpart to Henry Flagler's string of hotels on the east coast.

At first, the hotel briefly bore the name Fort Myers Hotel, later changing it to refer to the stately royal palms that were brought from Cuba and installed on the property.

As it did for all hotels, the *Press* kept readers informed not only about who had arrived at the hotel but what kind

of activities were going on. And there was plenty, including banquets, dances, concerts, lectures and more.

The Royal Palm Hotel lasted a half century, ending its reign by being demolished in 1948.

Walk down First to the foot of Royal Palm Avenue and pay tribute to a hotel that made all the difference to Fort Myers' economy and identity.

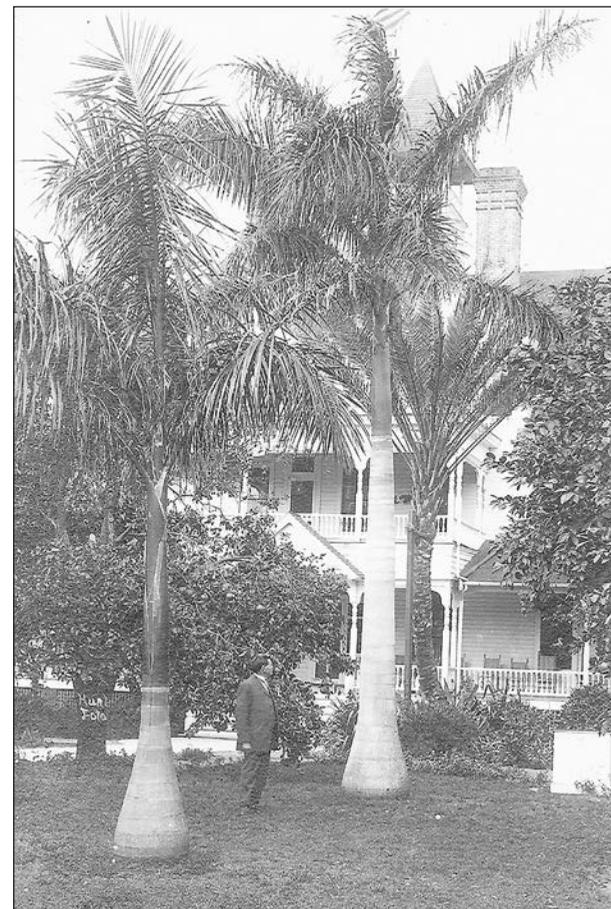
Then visit the following two research centers to learn more about the history of an early grand hotel.

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.lee-county-black-history-society.org.

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society and the *Fort Myers Press*. ✨



A man stands amid the palms and citrus trees at the entrance to the Royal Palm Hotel, 1916. Behind the hotel, the seawall lay in line with Bay Street, for infill was yet to extend the property. photo courtesy SWFL Historical Society

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Read Online: www.IslandSunNews.com



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Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213,
write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
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Chico and Mike Monahan

photo provided

Author To Hold Book Signing Fundraiser

Mike Monahan, the author of *Chico's Promise: A Superhero, Lives Saved and a Promise Made!*, has chosen Gulf Coast Humane Society (GCHS) as a part of his goal to save 50,000 dogs in Chico's memory.

Monahan will be holding a book signing during GCHS monthly fundraiser Yappy Hour at Bell Tower Shops on Friday, July 8 from 6 to 8 p.m.

The July "Yappy Hour" is patriotic-themed, with the public encouraged to participate in the "Patriotic Pup" costume contest with prizes.

Chico's Promise is written to honor Monahan's Army scout dog. While walking point in 1969, Monahan's Army scout dog, Chico, alerted him on a trip wire attached to explosives and saved Monahan's life and the lives

of the other soldiers behind him. As a result, Monahan was awarded the Army Commendation Medal with V for valor and Chico was awarded a steak. At the end of Monahan's tour, he had to leave Chico in Vietnam.

At the end of the war over 4,300 scout dogs were euthanized or abandoned. This horrific event haunted Monahan for the last 50 years and inspired him to write the book in Chico's voice and to start a 501 (c) (3) non-profit organization to pay the adoption fees of 50,000 dogs at selected no-kill shelters throughout the U.S.

The book signing and book sales will go towards Monahan's generous sponsorship of GCHS shelter dogs in his quest to save 50,000 shelter dogs.

Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. For more information about the author and book, visit www.thinkmonahan.com/chico-s-promise. To learn more about GCHS, visit www.gulfcoasthumanesociety.org.

Summer Lectures At Mound House

The Mound House will host a new Summer Lecture Series on the second Tuesday of each month from July through September. The series is for adults only, with a wine and refreshments reception at 5:30 p.m. followed by the lectures from 6 to 7 p.m.

Mound House Education Coordinator Adam Knight will present *Rancho Reality: Latino History at The Mound House* on July 12. Discover the rich culture of Cuban fishers, Spanish Indians and the United States settlers of Estero Island and Southwest Florida.

Mound House Curator of Education Bobby Feldman will offer *The Creatures of The Mound House: From Birds to Bugs* on August 9. Learn about the common animals found on the grounds and gain a greater appreciation of wildlife.

Mound House Environmental Educator Yvette Carrasco will offer *Butterflies on The Bay* on September 13. Gain insight from a closer examination of the endangered Atala Butterfly and other Fort Myers Beach butterflies.

For each lecture, reservations are required with a Monday deadline prior to each lecture. To register, call 765-0865. Cost is \$7 for Mound House members and \$12 for non-members.

Mound House will retain its current Tuesday through Saturday hours from 9 a.m. to 4 p.m. As the oldest standing structure on Estero Island, the Town of Fort Myers Beach operates the Mound House as a museum complex and cultural and environmental learning experience.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. Overflow parking is at 216 Connecticut Street. For more information, reservations and a monthly program schedule, call 765-0865 or visit www.moundhouse.org.

Pet Adoption Special For July

The dogs and cats at Lee County Domestic Animal Services are ready to get called up to the big leagues and be an all-star. For the month of July, the adoption fee on all dogs and cats will be reduced to just \$25 with an approved application.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee; a package valued at \$600. Volunteers and staff are waiting to help find a pet MVP. The adoption center at 5600 Banner Drive in Fort Myers is open 10:30 a.m. to 3:30 p.m. Monday through Saturday.

Visit www.leelostpets.com or call 533-7387 for more information.

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Fort Myers Art:

Survey Quantifies Economic Impact Of The Arts



by Tom Hall

On June 22, the Alliance for the Arts and dozens of local arts organizations launched the Arts & Economic Prosperity 6 (AEP6) survey. It's part of a nationwide study by Americans for

the Arts of the contribution made by arts organizations to their local economies. This is the sixth such study and involves 387 participating communities in all 50 states and the District of Columbia.

In Lee County, the Alliance for the Arts is spearheading the effort to collect the data needed for the study. Within the Alliance, Jennifer Falk functions as the Arts & Economic Prosperity 6 (AEP6) project coordinator. "So the AEP6 is a year-long survey. It started May 1 and it's going to go through to the end of April next year," she said.

Falk notes that many people rightly credit art and arts organizations with enhancing quality of life and providing culturally enriching entertainment ranging from art exhibitions to theatrical



Arts organization leaders launched the AEP6 survey

photo courtesy www.artswfl.com

productions, but the study demonstrates that the art organizations make a significant economic contribution to their surrounding community.

"I think one of the most surprising things to come out of the last round of the study was that the impact was greater than the spring training program here in Lee County," said Alliance for the Arts Executive Director Molly Deckart.

When Americans for the Arts added up the numbers in 2017, it found that the nonprofit arts and culture industry generated \$166.3 billion in economic activity nationally and more than \$140 million in Lee County alone.

"What we found in 2017 is that over 3,800 jobs were created from the arts

and so we're really excited to quantify the new set of data to see, even after the pandemic, the impact that we have on employment here in Lee County."

The past five studies focused exclusively on the nonprofit arts and culture sector, but AEP6 will be a bit broader in scope.

"It's not just nonprofit organizations that are going to be included in the study this time, it's any organization that has a mission statement specifically dedicated to advancing the arts and culture within the community," Falk points out. "And there's a specific sector of it this time as well that is focused on inclusion and equality, so there is a BIPOC (Black, Indigenous, and People of Color) arm of this this time that is specifically aimed at the black, indigenous, person of color because they are also a massive part of this community."

The study doesn't stop with an analysis of the direct contribution made by arts and cultural organizations to the local economy. It also documents what their audiences spend when they attend art exhibitions, concerts, theater performances and outdoor art festivals like ArtFest. Deckart describes this ripple effect. "So, do you go to dinner? Have you traveled to that event? Do you have a drink afterwards or a dessert? Do you walk around and buy something? All of those numbers go into the survey and they actually ask you these specific questions so that it is quantifiable in the end."

The cafes and restaurants, retail establishments and bars in the surrounding community are the big beneficiaries of this tangential, event-related spending. And it comes not just from local residents, but out-of-town visitors. In fact, the 2017 study showed that nearly one in four people attending an art or cultural event came from outside of Lee County, and 69 percent of those came just to attend the event – with many buying dinner, fueling up and even spending the night at a local hotel.

Once again, if you add up the numbers, the more than 3.4 million people who attended arts and cultural events in 2017 spent more than \$106 million in Lee County, excluding the price of their ticket or cost of admission.

Documenting the arts' contribution to the U.S. and local economy is

more than an academic pursuit. Much of the programming that audiences enjoy results from grants received by arts organizations from the National Endowment for the Arts, Florida Division of Cultural Affairs, City of Fort Myers and foundations. The data helps secure those grants.

"This study is important for organizations too because they can use (the data) to advocate for their own missions and to really drill down on the importance and impact," said Deckart. "I use it all the time. Every grant I write has the economic impact in there, and I think it really does illustrate how vital arts programming is to the economy."

In fact, in 2017, for every \$1 invested in the arts, \$8 rippled through our local economy – and that's without the business community promoting attendance at arts and cultural events.

To make the new study a success, participation by local arts organizations is crucial. The process is easy and takes surprisingly little time. Here's how it works:

There's a one-page, 13-question survey, available in both English and Spanish. It's completely anonymous and takes less than three minutes to complete. At some events, random audience members will be handed a clipboard and asked to complete the survey. At others, random audience members will find a QR code in their playbill or other program, which they'll be asked to complete during the curtain speech or introduction given by the host organization.

Only one person in a group will be asked to complete a survey, and since the survey seeks to capture offsite, secondary spending by attendees and their parties, all the surveys, even the QR codes, have to be completed at the event while the data is fresh in the respondents' minds.

Since the goal is to find out how much attendees typically spend in total when they go to an arts and culture event, it's possible that someone could be randomly selected to complete surveys at more than one event. That's okay because what they spend before and after an art show will be different from what they spend when they go to the theater or a concert.

Many people dislike taking surveys. The AEP6 is different. If you want the same or expanded arts and culture programming at your favorite arts organizations, then give them the ammunition to secure the funding they need. Help the Alliance achieve its goal of collecting a minimum of 1,200 surveys by April 30, 2023 by completing a survey if you're asked.

"Be aware. We're going to be hitting you up between now and next April, and we need the participation because the way that we really make this study count is by getting a wide swath of our community," said Deckart.

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



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Coast to Coast by Bret Grasse

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by Dr. Rüdiger Bieler and Dr. José H. Leal

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture

by Dr. Megan Davis

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science

by Dr. Jann Elizabeth Vendetti

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Nov. 2: Fantastic Shells and Where to Find Them

Nov. 8: Mound House Field Trip (Fort Myers Beach)

Nov. 16-17: A Day in the Life of an Aquarist

Nov. 29: Shell Ambassador Certification Course

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Registration for all programs is required at ShellMuseum.org



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Gulf Coast Humane Society adoption area after renovations photo provided

With Renovations Complete, Pet Shelter Opens

Gulf Coast Humane Society will no longer be requiring appointments to see and adopt its shelter animals.

Since the early portion of June, GCHS has been undergoing renovations of its adoption lobby and cat area through the generous work of Rescue Rebuild through Greater Good Charities. The renovations are now complete and the new lobby and cat area have reopened.

"We are very grateful to Rescue

Rebuild and Greater Good Charities for renovating our lobby and cat areas, it was much needed," said GCHS executive director Gary Willoughby. "The new look really has opened up and brightened the lobby and the cat area. We are now ready to resume our normal adoption hours and welcome the public to stop in and see the improvements."

GCHS is open seven days a week from noon to 5 p.m. except for Thursday hours from 2 to 7 p.m. and Sunday hours from noon to 4 p.m.

Rescue Rebuild will be returning later in the year to renovate the Canine Cove Kennels as well.

To see what shelter animals are up for adoption, visit www.gulfcoasthumanesociety.org.

Summer Fest And Fun Run

Natural health company Mercola will celebrate its 25th anniversary with its 2nd annual Mid-Cape Summer Fest Mercola Market & Café on Saturday, July 23 from 10 a.m. to 4 p.m.

The event will start with the annual 5K Color Fun Run, a non-timed run that will begin promptly at 9:30 a.m. The fun run will route through the local area where runners pass different color stations at participating businesses, including Wicked Dolphin Rum Distillery, CrossFit ENG, Sun Splash Family Waterpark, Cape Coral Animal Shelter, Crunch Fitness and the Cape Coral Skate Park.

Registration for the run is \$30 for adults and \$15 for kids, 6 to 14 years old, and includes a free T-shirt for those who register by Monday, July 18. To register, visit www.runsignup.com/race/

fl/capecoral/midcape5kcolorfunrun.

The full-day celebration will also feature live music, food trucks, beer and wine, more than 20 local arts and summer activity vendors, face painting, a donation-based dunk tank that will benefit local organizations, fair-style games and a special speaking and book signing gathering from company founder Dr. Joseph Mercola at 11 a.m.

Summer Fest is open to the public and free to attend, while certain activities will include a small charge or donation to the Cape Coral Animal Shelter or the Boys & Girls Clubs of Lee County. Seating for the speaking event is limited and does require reservations to be made by Friday, July 22. To RSVP, visit www.surveymonkey.com/r/fmc3sj7 or email mercolamarketevents@mercola.com.

Mercola Market & Café is located at 125 SW 3rd Place in Cape Coral. For more information about Summer Fest, visit www.mercolamarketcc.com.

Python Removal Competition

Registration for the 2022 Florida Python Challenge has opened, and the annual 10-day event will be held August 5 to 14. Members of the public are now able to take the required online training and register to compete to win thousands of dollars in prizes while removing invasive Burmese pythons from the wild. The competition is open to both professional and novice participants.

"The Everglades is one of the world's most prized natural resources, and we have invested record funding for Everglades restoration projects, including record funding for removal of invasive Burmese pythons which wreak havoc on the ecosystem," said Gov. Ron DeSantis. "Because of this focus, we have removed record numbers of invasive pythons from the Everglades. I am proud of the progress we've made, and I look forward to seeing the results of this year's python challenge."

Participants in the 2021 Florida Python Challenge removed 223 invasive Burmese pythons from the Everglades, more than double the number that was removed in 2020. Over 600 people from

25 states registered to take part in the 10-day competition in 2021.

The Freedom First budget, recently signed by the governor, makes a record investment of up to \$3 million for python removal efforts, including to support research and development of innovative technologies that detect and remove invasive pythons. This includes the development of near-infrared cameras that better detect pythons.

Visit <https://flpythonchallenge.org> to register for the competition, take the online training, register for optional in-person trainings, and learn more about Burmese pythons and the unique Everglades ecosystem.*

President's List

Marc Taglieri of Fort Myers has been named to the president's list for the spring 2022 semester at Bryant University in Smithfield, Rhode Island. He is a member of the class of 2024.

The president's list is an academic distinction reserved for highest achievers who earn a grade-point average of 4.0 or better for at least 12 semester hours of work.*



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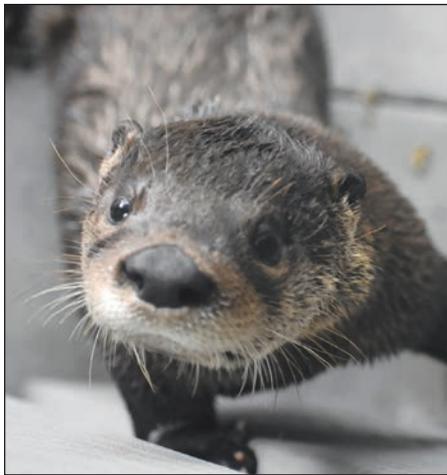


Anglers Needed To Catch And Deliver Live Fish

Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel has two young otters to feed and is in need of volunteer anglers to catch and deliver live fish.

“North American River Otters have high metabolisms, meaning they must feed frequently,” said Wildlife Rehabilitation Manager Breanna Frankel. “The two young otters were admitted in early March and have finally reached the stage where they must begin live prey training. In the wild, their mothers teach them the necessary skills to survive including how to hunt. Oftentimes, otter pups stay with their mom for about a year to fully develop their hunting and foraging skills. Since we can’t teach them in the same way their wild mother would, we utilize live prey training to finely tune their hunting skills, giving them a better chance of survival once released.”

Nonnative, freshwater fish such as Mayan cichlids are the preferred fish for rehabilitation staff to offer the otters. Removing invasive fish from the waterways helps to preserve native species and local ecosystems while also providing food for the otters. CROW is in need of a handful of volunteers to take on this task until the end of July, when the otters will be ready for release. According to CROW staff, 15 to 20 live fish are



The otters need to master their hunting skills
photo by Haillie Mesics

needed per day. In order to facilitate successful live prey training, the fish must be alive when dropped off at the clinic and drop offs must be coordinated with CROW’s rehabilitation manager to ensure a surplus of fish isn’t dropped off on the same day.

All Florida freshwater fishing regulations must be followed, including being a licensed angler. Ideal drop off times for live fish are between 7 and 11 a.m. Free admission to the CROW Visitor Education Center will be offered to those who drop off fish where they can view a live stream feed of the otters receiving the fish while in training. If you are interested in helping provide fish for the otters, send an email to Breanna Frankel at bfrankel@crowclinic.org.*

Millions Allocated To Two Housing Developments

The Lee Board of County Commissioners have allocated \$7.5 million from the federal American Rescue Plan Act Recovery & Resilience program to two affordable housing developments.

The allocations include: \$5 million to the Southwest Florida Affordable Housing Choice Foundation, Inc. for preservation and reconstruction of 375 units in the Southward Village, a public housing complex off Edison Avenue. The complex now has 195 units of public housing. Those units will be reconstructed, and 185 units will be added in the same complex. Units will be rented to households with income at or below 140 percent of the area median income; and

\$2.5 million to Habitat for Humanity of Lee and Hendry County, Inc. for infrastructure development in a planned subdivision of 36 single-family homes. Units will be sold to households with income at or below 80 percent of the area median income.

Both will receive funding through December 31, 2024. Both projects will leverage additional grant funding and donations for project completion.

The organizations are required to report quarterly to Lee County on project progress and performance.

County officials will review and submit the required quarterly and annual reports to the U.S. Treasury with information related to each of these projects.

Through the American Rescue Plan Act, Lee County was provided \$149 million in funding to support the local response and recovery from the COVID-19 public health emergency. The funds are designed to assist governments in responding to the pandemic, addressing its economic impact, and establishing a foundation for a strong and equitable recovery.

Funds are being allocated for infrastructure, public health, negative economic impacts, revenue replacement and more. For more information, visit www.leegov.com/arpa.*

Gulf Coast Writers To Meet

The Gulf Coast Writers Association will be hosting its monthly meeting at Word of Life Church on Saturday, July 16 from 10 a.m. to noon. First time guests are always free.

Local author Charley Valera will be the guest speaker. He has experience in writing, filming, blogging and more. He’s an advocate for preparation, and his presentation will highlight the importance of having your pitch ready.

Word of Life Church is located at 6111 South Pointe Boulevard in Fort Myers. For more information, visit www.gulfwriters.org or call 1-770-906-7885.*

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, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

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

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

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

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Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. 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, 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.fpcfortmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast

[ery.org](http://www.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, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

*Email changes to press@islandsunnews.com or call 395-1213.**

Plant Smart

Chinese Crown Orchid

by Gerri Reaves

Chinese crown orchid (*Eulophia graminea*) is a terrestrial orchid discovered in mulched landscape in the Kendall area of Miami in 2006. Since then, it has proliferated itself to category II status on the Florida Exotic Pest Plant Council's list of invasive pest plants.

Category II means that the species has shown a potential to disrupt native plant communities and is potentially headed for the more damning status of category I if its spread is not quelled.

It has now invaded sensitive habitats such as pine rocklands, as well as a variety of others, including pine flatwoods and cypress stands. An ability to grow in bare earth, sand, rock, or mulch aids in the invasion.

A member of the orchid family, the plant's native range is tropical and subtropical Asia.

The word orchid makes most people think of epiphytes, or air plants, that live in tree canopies in the wild.

However, there are two other groups: lithophyte orchids, which live on rocks or stones, and terrestrial orchids, like the one pictured here.

The slender branched shoot emerges from a mature pseudobulb. The shoot can be several feet tall and has strap-like



Invasive Chinese crown orchid can shoot up just about anywhere, including home and commercial landscapes

photos by Gerri Reaves

narrow leaves that inspire another common name, grass-leaved orchid.

The inflorescences can have as many as 60 flowers, each of which measures only about a half-inch to an inch across.

The flowers have green, pink and white petals, purple netted veins and a nectar spur at the base.

The labellum, or lip, is lobed, and the



Despite the lovely flowers, this ground orchid is not welcome in South Florida

pale pink mid-lobe has wavy edges.

The elongated seed pod is about three centimeters long and contains dust-like seeds that spread easily.

Despite its beauty, if this species pops up in the landscape, remove it.

Because there is no known biological control, dig out the entire plant before a seed pod develops. If there's already a seed

pod, bag it before removal.

Be sure to not transfer mulch or soil from the area, and clean clothes and equipment to avoid the transfer of seeds.

Sources: <https://blogs.ifas.ufl.edu>, <https://plants.ifas.ufl.edu> and www.wildflphoto.com.

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

Park Expansion Construction Phase Approved

The Lee Board of County Commissioners have approved an agreement for the construction phase to expand Lehigh Acres Park at 1400 West 5th Street in Lehigh Acres.

The existing Lehigh Acres Park has outgrown the needs of local youth groups and the community. About 41 acres of vacant land will be developed to accommodate the increased demand.

The expansion will include three football fields with lighting; permanent restroom facilities; disc golf course; concession building; locker rooms; paved parking lot;

pavilions; and nature trails.

The existing park also will be upgraded with the addition of four pickleball courts, the relocation of the batting cage and construction of a covered maintenance building.

The Lehigh Acres Raiders football league will provide the scoreboards for each of the football fields and kitchen equipment for the concession building.

The total budget for the project, including design, permitting and construction, is about \$16.6 million.

Chris-Tel Company of Southwest Florida Inc. is the construction manager of the project. The project is planned to be complete in December 2023.

To receive updates, sign up for the newsletter at www.leegov.com/resources/newsletters.*

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Family Fun Fishing



by Capt. Matt Mitchell

Much of the fishing I do this time of year is with families while they are here on summer vacation. This generally involves fishing with a few people on the trip

who have either never fished or have very little fishing experience. Most of these charters are all about fast-paced, rod-bending action and taking home fish to eat. The go-to species to get this done all summer long are both trout and mangrove snapper.

Often, I catch both of these species while fishing in the same places. Bars in the sound including Red Light Shoal, Fosters Point and Captiva Rocks are loaded up with both snapper and trout. I like to set up on the tips and points of these bars that have a fast current moving over a nice bottom mix of both sand and grass. With the water being so clear, look for areas that are from three to five feet. Make long casts with either free-lined shiners or shiners under a float and let them travel on the tide.

The key for this fast-paced action has been having lots of small shiners. Chumming these areas with this plentiful bait has quickly lit up this bite with fish fish breaking the surface. My favorite method is to cast a free-line



Malory from Winter Park with a snook caught while fishing with Capt. Matt Mitchell this week photo provided

shiner and slowly retrieve it. I tell the client to keep the rod tip up and simply reel and stop. As trout have such a soft mouth and often strike multiple times before they hook up once you feel a bite, you just reel faster to create a bend in the rod which sets the hook.

Although there have been some mangrove snapper in the mix while fishing the above area's docks, passes and deeper structure has been the better

call for larger fish. Downsizing the leader to 15-pound fluorocarbon along with a light wire hook really makes a difference when targeting these wiley fish. The less terminal tackle, the better as snapper have amazing eye sight and are extremely leader shy. The same small shiners are the go-to bait and, just like on the flats, chumming some live ones will fire them up.

If you plan on keeping fish, a good

idea is to have a separate fish box or cooler filled with ice. The faster you can get these fish cold, the better the flesh will be to eat. Packing them in ice will also firm up the flesh and make them easier to fillet. A sharp flexible fillet knife will make quick work of these fish. Sending clients home with a ziplock of fresh fish for dinner is a major part of my summer time family trips.

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.*

From page 1

Supplies

dictionaries, highlighters, lined filler paper, USB flash drives, scissors, folders, crayons, pencils, glue sticks, markers and composition books.

"We are looking for organizations whose members can band together to meet the need," said Melissa Barlow, The Heights Center's outreach coordinator. "The 500 backpacks are the largest investment, costing more than \$7,000, and supplies for each student cost \$50. A business may sponsor the backpacks, a church or philanthropic organization could provide crayons, markers or notebooks. Monetary donations may also be made online at our website or mailed."

Drop off deadline is Wednesday, July 27. School supply drop off locations in Fort Myers include: The Heights Center, 15570 Hagie Drive; Jennifer's Boutique, 13251 McGregor Boulevard, Suite 111-1; Temple Judea, 14486 A&W Bulb Road; RE/MAX Realty Group, 7910 Summerlin Lakes Drive; Westminster Presbyterian Church, 9065 Ligon Court; and Zion Lutheran Church, 7401 Winkler Road.

Additional supporters include Chuck Bergstrom, realtor with RE/MAX of the Islands, The Crown Colony Community, One Digital and The Scottlynn Group.

Individuals, businesses, churches or organizations interested in donating or volunteering can contact Barlow at 482-7706 or melissa@heightsfoundation.org. All donations are tax-deductible. Monetary donations can be made at www.heightsfoundation.org/donate or mailed to The Heights Center, 15570 Hagie Drive, Fort Myers, FL 33908.*

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Green Sea Turtle

by Bob Petcher



The green sea turtle (*Chelonia mydas*) is among seven species of sea turtle that play vital roles in maintaining the health of the world's oceans for more than 100 million years. This

particular sea turtle is known as the "lawn mower" since it grazes on seagrass beds to keep them from being overgrown, thus keeping them from decomposing and developing algae. This action increases the productivity and nutrient content of seagrass blades.

This sea turtle – the only herbivore of the seven species – is so named due to the color it gets from its green diet. It is the largest of the hard-shell sea turtles, second overall to the leatherback, the only sea turtle that doesn't have a hard, bony shell.

At CROW, a juvenile green sea turtle was found washed up on Fort Myers Beach. Upon admission, the turtle was thin, quiet and displayed trouble breathing, with some nasal discharge.

"We suspect that the oral and nasal discharge was related to pneumonia," said Dr. Laura Kellow, CROW veterinary intern. "There can be many causes of



Patient #22-3331 was not well when it was found and succumbed to its illness shortly after it was admitted photo by Haillie Mesics

buoyancy disorders in sea turtles, and this patient was demonstrating two possible causes – increased gastrointestinal gas and inability for the lungs to inflate properly secondary to the presumed pneumonia."

The patient's "discomfort" was not linked to brevetoxicosis, more informally known as red tide poisoning.

"It was likely related to another issue since the turtle's clinical symptoms did not match up with brevetoxicosis," said Dr. Kellow. "Our initial clinical observations led to concern for pneumonia, dysbiosis, sepsis, another toxin, or a gastrointestinal

tract foreign object."

The turtle was placed in the clinic's rehabilitative reptile room and was closely monitored under supportive care. This particular room is multifaceted and currently has several gopher tortoises, a Florida softshell turtle and a peninsula cooter, according to Dr. Kellow.

"The room also has the potential to house snakes and bats too... everything from post-surgical fracture repair care to dietary needs," she said. "We regularly change bandages, do wound care, tube feed them if they aren't eating on their own, water changes, water

quality assessment (for sea turtles), offer dietary requirements and grazing. The reptile room is kept at a higher heat and humidity than the rest of the hospital since it houses our cold-blooded patients." Unlike some birds that CROW cares for, there is no age stipulation on releasing young sea turtles.

"There are no restrictions, we have to abide by what Florida Fish and Wildlife Conservation Commission deems for their release," said Dr. Kellow. "They will determine release locations for us. Even from hatching, sea turtles survive on their own, so theoretically as long as they rehabilitate, being a juvenile does not come with any restrictions for release.

Sadly, for this specific juvenile aquatic reptile, its condition was irreparable.

"Unfortunately, this patient did not make it despite intensive critical care and CPR efforts," said Dr. Kellow. "The patient initially had multiple blood diagnostics and radiographs performed, as is the standard of care for patients. Based on these results, the patient was started on antibiotics and administered fluid therapy, (but) passed away soon after admission. The patient will be necropsied to help determine cause of death."

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

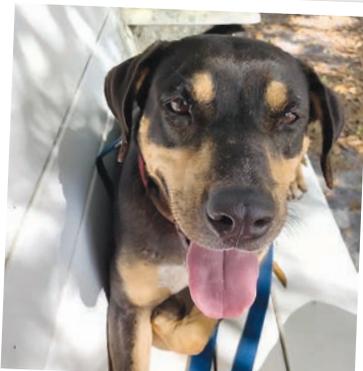


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Technical College Program Earns Top Ranking

The practical nursing program at Cape Coral Technical College has been ranked first in Florida by www.nursingprocess.org. The program was ranked No. 2 in Florida in 2021.

“Our teachers have very high standards, and they have created a long-standing culture of professionalism, integrity and excellence,” said Cape Coral Technical College Director Charlie Peace.

“Our program success rate is attributed to hard work, dedication and positive role modeling,” added Health Science Programs Department Chair Candy Shearer. “We want our students to make their patients their number one priority, through advocacy and compassion. All our instructors work well together while inspiring our students to be the best that they can be.”

The Practical Nursing program at Cape Coral Tech takes just 13 months and costs about \$7,100. Classes are small so they provide hands-on training and personal instruction. Students work directly with patients, physicians and nurses in hospitals and other healthcare facilities and experience a variety of



Cape Coral Technical College students in the practical nursing program photo provided

interactive simulation case scenarios. Graduates are eligible to apply to take the national licensing exam and may be eligible for advanced credit in the nursing associate degree program at Florida Southwestern College or any Florida community college.

“This program has truly changed my life in the best possible way,” said Nick

Testoni, practical nursing student, “not only by providing an amazing pathway to start my career in healthcare, but by giving me all the resources I could ever need to succeed and thrive. It’s difficult to explain how amazing I think Cape Coral Tech is and how much it has impacted my life. Easily one of the best choices I’ve made in my life. After starting my

career as an LPN I hope to continue my education and one day become a nurse anesthetist.”

Nursingprocess.org ranked the Best LPN/LVN program in every state based on the following three factors:

Average NCLEX-PN First Time Pass Rates of recent five years – 40 percent of overall score;

Academic Quality (Enrollment Rate, Graduation Rate and Retention Rate) – 30 percent of overall score; and

NursingProcess.org Editorial Staff Ratings and Nursing School Reputation – 30 percent of overall score

“When searching for the best LPN programs in Florida you cannot overlook Cape Coral Technical College’s LPN,” NursingProcess.org said about the program on its website. “The college is known for its excellent training and low tuition rates. What’s more, here you will complete your training under the individualized attention of its instructors within as little as 13 months.”

The next full-time practical nursing program starts October 3. All application requirements are due August 8. Classroom hours are 8 a.m. to 2:30 p.m. Monday through Friday and the clinical time varies. You can learn more about the program at www.capecoraltech.edu/course/practical-nursing-pn-full-time-part-time.✱

Homeless Service Day And Job Fair

Better Together and the Lee County Homeless Coalition are partnering to host a Homeless Service Day & Second Chance Pop-up Job Fair at Grace Church on Thursday, July 14. The job fair runs from 9 to 11 a.m., while onsite licensing services are available from 9 a.m. to 1 p.m.

A Better Together second-chance job fair helps job seekers overcome barriers to employment by opening the door to background-friendly employers who are ready to hire. Free one-on-one job coaching sessions are also available to job seekers to review resumes and interviewing skills. This pop-up event also features Lee County Homeless Coalition’s first pop-up Homeless Service Day to help attendees secure an up-to-date Florida ID or replacement driver’s license, which is a common barrier to employment for individuals experiencing homelessness. The service will be provided by Florida Highway Safety and Motor Vehicles’ mobile FLOW bus.

“The coalition members strive to identify gaps and provide solutions for those experiencing homelessness or at risk for homelessness,” said Therese Everly, executive director of the Lee County Homeless Coalition. “The pop-up Florida ID/driver’s license and job fair event increases access to much needed services by bringing services directly to the community we serve.”

This event is possible through the collaborative efforts of the coalition members: Lee County Sheriff’s Office, Lee County Human & Veteran Services, Lee County Clerk of Court, Lee County Tax Collector, Hope Clubhouse, United

Way, Goodwill Industries of Southwest Florida and Grace Church, which will also be providing services and resources onsite.

“Meaningful, sustainable employment is critical, yet the job search can be a disheartening experience for those with obstacles to employment such as homelessness. It only takes one ‘yes’ to change a person’s life,” said Megan Rose, CEO of Better Together. “The community is stepping up to create opportunities and restore hope for those in need of work. We know the challenges that many face when they are seeking employment.”

The job fair is also open to job seekers facing other barriers to employment, including previous incarceration, lack of reliable child care or transportation, or gaps on a resume due to the pandemic.

Participating employers include PeopleReady, Hands On Staffing and Mitchell & Stark Construction.

The community job fair is part of Better Together’s Better Jobs program, which has helped more than 36,000 applicants connect with employment opportunities across 26 states. At job fairs hosted by Better Together, two-thirds of attendees get a job interview, and nearly half receive a job offer on the spot.

Volunteers are needed for the upcoming event. For the job fair portion, contact gisela@bettertogetherus.org. For the ID services portion, contact info@leehomeless.org for further details.

Churches interested in hosting a Better Together job fair can visit <http://bettertogetherus.org> for more information.

Grace Church is located at 2415 Grand Avenue in Fort Myers. To register, visit <http://bettertogetherus.org/events/popup-jf>.✱

Instructors Needed To Lead Tai Chi Workshops

The Area Agency on Aging for SWFL (AAASWFL) is seeking individuals to become certified Tai Chi for Arthritis instructors and volunteer to lead workshops in their local community.

Certification courses are led by Tai Chi for Health Institute master trainers and are offered virtually throughout the year. Cost of certification is entirely covered by AAASWFL with a volunteer commitment to lead Tai Chi for Arthritis workshops on behalf of the Area Agency on Aging for SWFL. Prospective instructors must be comfortable with leading older adults in a class setting, have the capacity to demonstrate and teach low-impact Tai Chi movements, and reside within AAASWFL’s service area (Charlotte, Collier, DeSoto, Lee, Hendry, Glades, or Sarasota counties).

The Tai Chi for Arthritis for Fall Prevention program was designed to relieve pain, improve balance and significantly reduce falls. Designed by a team of medical professionals and tai chi experts, the Tai Chi for Arthritis for Fall Prevention program is recommended by the Centers for Disease Control and Prevention (CDC) as an exercise to prevent falls and is supported by Arthritis Foundations worldwide.

The health benefits of the Tai Chi for Arthritis and for Fall Prevention program include increased flexibility, muscle strength and fitness; reduce stress and promote relaxation; improve immunity; lower cholesterol and blood pressure; and improve body posture.

Funding for the Tai Chi for Arthritis program is provided by the Florida Department of Elder Affairs.

To become a certified Tai Chi for Arthritis instructor, contact Liliana Hernandez, AAASWFL’s health and wellness specialist, at workshops@aaaswfl.org or by calling 652-6915.✱

Nonprofit Seeks Volunteers

Community Cooperative is seeking summer volunteers of all ages for various opportunities this summer.

Volunteer opportunities include preparing meals, packaging meals, serving meals and cleanup at Sam’s Community Cafe; distributing groceries and stocking shelves at Community Market; setting up and distributing groceries at mobile sites throughout Lee County; delivering meals to homebound individuals and transporting coolers for Meals on Wheels; and harvesting produce, planting, pruning, weeding and other care at Able Garden.

Community Cooperative is located at 3429 Dr. Martin Luther King, Jr. Boulevard in Fort Myers. For more information or to sign up, visit volunteerscommunitycooperative.com or call 332-7687 ext. 112. ✱

College Graduate

Julian Perez of Fort Myers has earned a bachelor of science degree in biomedical engineering with highest honors from the Georgia Institute of Technology in Atlanta.✱



From left, Gary Griffin, Cindi Trombley, Henrik Margard, Roy Frank, Harlan Parrish and Robbie Roepstorff photo provided

Lee Schools Business Partner Of The Year

Nor-Tech Hi-Performance Boats has been named 2022 Business Partner of the Year by the Foundation for Lee County Public Schools and the Lee County School District. The company was nominated by Cape Coral Technical College for partnering in the planning for a new marine service technologies program and for support of their electronic technology program.

Nor-Tech was recognized at the annual Partners in Education/State of Our Schools Breakfast on May 27. At the

Cape Coral Mayor's Scholarship event a week prior to this recognition, Nor-Tech COO Henrik Margard also awarded the first scholarship ever given to a technical college by the Mayor's Scholarship Fund.

"Nor-Tech is a wonderful business partner for both Cape Coral Technical College and Fort Myers Technical College. They provide scholarships, equipment donations and paid co-op and internship positions while students are enrolled as well as employment opportunities upon graduation," said Cape Coral Technical College Director Charlie Pease. "Additionally, as a leader in the boating industry, they are providing consultation for Cape Coral Tech as the school looks to build a new facility that will house marine service and automotive service technology programs planned for opening in the fall of 2024."*

Lee Health Official Wins National Award

Recognized nationally for his work as an industry leader, Dave Kistel, vice president and chief facilities executive for Lee Health, has been named a winner of *Healthcare Design* magazine's 2022 HCD 10 award.



Dave Kistel

The prestigious award recognizes professionals from across the country in 10 categories, focusing on their work on projects and contributions to improvements in healthcare design. Kistel won the award in the owner category, which reflects his leadership of several projects at Lee Health.

According to *Healthcare Design*, "The mission of the HCD 10 is to recognize and celebrate the broad spectrum of outstanding professionals in our industry and the influence they have on healthcare design."

In his role at Lee Health, Kistel is responsible for the integrated facilities and support service operations for all of the health care system's hospitals and outpatient and physician office sites,

along with other crucial locations.

"This is an extremely high honor and really speaks to the kind of leadership Dave provides his team," said Ben Spence, Lee Health's chief financial and business services officer. "Dave is an outstanding asset to Lee Health, and I am proud to see him recognized at a national level for all of his hard work and innovative ideas."

Kistel has been with Lee Health for more than 35 years and has led several key projects, including the plans and construction of Golisano Children's Hospital of Southwest Florida and Lee Health Coconut Point; the major expansion at Gulf Coast Medical Center; Cape Coral Hospital's west and north wing tower additions, family birth center and wellness center; HealthPark Medical Center's vertical patient tower expansion, operating room expansions, cardiovascular expansion and emergency department expansion; an extensive number of refurbishment projects within Lee Health's existing buildings to support clinical modernization and technology advancements for patients, staff and physicians; and the new Fort Myers hospital campus that Lee Health will build on Challenger Boulevard.

Kistel and the other winners will be featured in the September issue of *Healthcare Design* magazine and on its website. The recipients will be honored during an awards gala in September at the HCD Forum in Napa, California, and during the Healthcare Design Conference and Expo in October in San Antonio, Texas.*



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Book Review

City On Fire

by Di Saggau



City On Fire involves the Italian and Irish crime syndicates in Providence, Rhode Island. They have mostly co-existed rather peacefully until an incident one summer at

a beach gathering. Paulie Morretti's girlfriend, Pam, accuses Liam Murphy of groping her. This causes Morretti's crew to teach Liam a lesson, giving him a fierce beating and putting him in a hospital. Things take a new turn when Pam visits Liam during his convalescence. Suddenly, they are together and Paulie cannot bear the insult. The war between the two gangs begins.

Our protagonist in the story is Danny Ryan, whose father used to head the Irish mob. That was before alcoholism ruined him. Danny is married to Terri Murphy, the beloved daughter of his new boss. His brother-in-law, Pat Murphy, is also his best friend which puts Danny in a unique spot. Liam is the pampered baby in the Murphy family, and his new antics require Danny to take on a bigger role as war with the Morretti's builds.

Danny begins to question his new

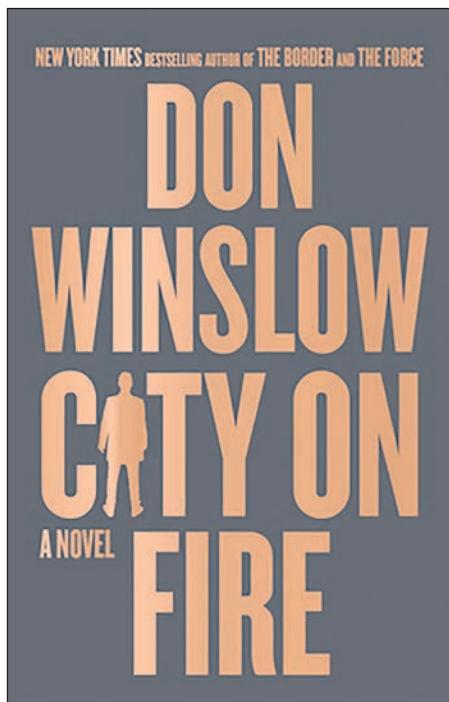


image provided

responsibility. Terri is pregnant, and the violence is escalating with body counts on both sides rising. Danny wants to keep his loved ones safe. He wants out, but things are complicated. He also hates his rich mother, who tries to make amends for leaving him. Both sides are trapped in a cycle of crime and violence.

I found it interesting how Winslow writes a modern take on the classic tale of Helen of Troy from *The Illiad*. A

beautiful woman comes between two rival gangs of 1980s New England, and ignites a brutal, bloody war. *City On Fire* is a blistering novel with plenty of thrills for the reader.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My

daughter is moving up to middle school in the fall. She and a couple of her friends who are all very bright students are excited about going to

middle school but have also expressed some nervousness. I don't really want to give her a pep talk on this since she is beginning to tune out standard parent lectures. What other ideas do you have for me to help her cope with this big move?

Kari F, Fort Myers

Kari,

I think the anxiety you are seeing in your daughter and her friends is quite typical as they approach this big transition in their lives. As students move from elementary to middle school, they leave a whole group of students and teachers they've been with, often for their entire school experience and with whom they are very familiar and have developed a comfort level. In middle school, they'll be mixed in with students from the other elementary schools, new teachers, a new building and more, and they have fears about fitting in, having friends, being different and bullying among other concerns.

Since you have mentioned that your daughter and her friends are good students, you may want to select a bibliotherapy type of approach to address some of their concerns. Bibliotherapy is "the use of reading materials for help in solving personal problems..." per www.merriam-webster.com. Bibliotherapy is the use of literature that addresses problems or issues current in the lives of children and adults. In other words, using books to help the reader gain personal insights and perspective.

"Bibliotherapy is useful because it allows the child to step back from her/his problem and experience it from an objective viewpoint. It offers the child a safe avenue to investigate feelings. For an adult having to deal with a child in distress, it can also provide a nonthreatening way to broach a sensitive subject. Always remember, bibliotherapy is a conversation starter, not ender. It should be used to open communication. Handing a book to a child in the hopes that she/he will understand your intention is not helpful. Connections need to be facilitated and open expression should be encouraged," as stated in a newsletter for the national Research Center for the Gifted and Talented.

Melissa Turner, a former reading

teacher and curriculum administrator from Kentucky, has suggested the following six books to help students learn about the importance of individual differences. "These books display differences, share similarities, and contemplate changes at the preteen level and help kids understand it's OK to be different," said Turner. "These books highlight the individual's different qualities and how those qualities make them who they are, and not to judge others based on looks." The following books are aligned with the nationally accepted Accelerated Reader program at the fifth- and sixth grade reading level:

Chomp by Carl Hiaasen;

Guitar Notes by Mary Amato;

Larger-Than-Life Lara by Dandi

Daley Mackall;

Same Sun Here by Neela Vaswani;

Theodore Boone: Kid Lawyer by John Grisham; and

Three Times Lucky by Sheila Turnage.

Perhaps you could initiate a mom-daughter reading group over the summer where both the moms and their daughters read and discuss a couple of these books. Or you may want just the two of you to enjoy some shared reading this summer and set some reading times and goals for both of you to read and discuss.

If your daughter is not interested in joint participation with her reading, you might suggest that she develop a reading blog online or just write about her reactions to each book in a reading journal. She could also express her reaction to the books through art, music, poetry, or dance. The important thing is for your daughter to react and express her thoughts on what she has read and relate her thoughts meaningfully for her own concerns.

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 or visit www.schoolconsultationservices.com.*

Dean's List

Hanna Maranzatto of Cape Coral has been named to the dean's list for the spring 2022 semester at James Madison University.

Students who earn dean's list honors must carry at least 12 graded credit hours and earn a grade-point average of between 3.5 and 3.899. Maranzatto is majoring in music.*

From page 1

Alliance

industry. The surveys will be available at the front desk in multiple formats, including hard copy, accessible by QR code or at the laptop station.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org.*

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From left, Alfred Current III, district governor, 2023-24; Dr. Dee Fabry, president, 2023-24; Dixon Blevins, treasurer; Neil Snyder, district governor, 2022-23, Phil Roach, director; John Wharton, president, 2021-22; Art Nor, president 2022-23; Andy Lyman, district governor, 2021-22; and Sam Black, director. photo provided

Rotary Club Installs New Officers

The Bonita Naples Rotary Club installed its 2022-23 officers at its recent business luncheon that coincided with the club's 30th anniversary. A year in review report was presented, as well as the induction of a new member.

This year, the club held two major events at The Stage restaurant, and

all monies raised went to local and international charities such as the Wheel Chair Foundation, Bonita Assistance Office, Café of Life and the YMCA.

The Bonita Naples Rotary Club meets weekly at noon every Thursday at The Stage Restaurant, 9144 Bonita Beach Road, in Bonita Springs. All are welcome to attend, including visiting Rotarians.

For more information about the Bonita Naples Rotary, contact Jim Fabry at 760-470-1687 or jimfabry@comcast.net.*

Seminar On Rebranding

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host its final professional development seminar for its chapter year titled Impactful Rebranding Strategies at Dave & Buster's on Tuesday, July 12 from noon to 1:30 p.m.

Open to the public, this luncheon will feature Brian Ososky, director of marketing at the Lee County Visitor & Convention Bureau (VCB), who will share why rebranding and staying relevant is important regardless of your industry, while highlighting his organization's recent rebranding campaign, including research, audience, insights, brand architecture and brand anthem. Ososky will also share creative print and digital examples along with a handy checklist for a brand transition.

A Florida native, Ososky was appointed to the Lee VCB in January 2016 where he coordinates the day-to-day efforts of a multi-million-dollar advertising contract, oversees the development of all creative work, and evaluates technology and social media platforms to devise strategies to enhance marketing and branding efforts online. Additionally, he reviews market, competition and consumer trends, ensures all VCB promotional efforts are integrated and strategic, and creates

brand position.

Prior to the Lee VCB, Ososky served as director of marketing and public relations for Bok Tower Gardens in Lakes Wales and as executive director of the Shenandoah Valley Travel Association in New Market, Virginia. With a bachelor's degree in mass communications from the University of South Florida in Tampa, he has extensive marketing and communications experience through positions with various performing arts organizations.

The seminar is ideal for new and experienced public relations and marketing professionals or business owners considering a brand enhancement. Participants will learn the detailed steps involved in a successful rebrand as well as be offered networking opportunities with other Southwest Florida professionals.

Cost is \$30 for members, \$40 for future members and \$25 for students. To register, visit www.fpraswfl.org/events/impactful-rebranding-strategies-july-seminar. Registration deadline is Friday, July 8 and seating is limited.

Sponsors for the event are M&M Multimedia and *Southwest Florida Business Today*.

Dave & Buster's is located within Bell Tower Shops at 13499 South Cleveland Avenue in Fort Myers. For more information, visit the Southwest Florida Chapter of FPRA website at www.fpraswfl.org.*

Downtown Rental Community Has Expanded Plan

After receiving rezoning approval from Fort Myers City Council on June 21, The Irving Downtown has released a new rendering for an updated plan increasing the number of stories and units of the upcoming eco-friendly, pet-friendly rental community in downtown Fort Myers.

"Rezoning the area from Urban Center to Urban Core allows us to expand to a maximum of 98 units, which will put The Irving at 12 stories," said Rebekah Barney, owner and president of the Alzada Company and developer of The Irving Downtown.

"But even though we're adding to the number of residences in the building, its essence and aesthetic won't change. The concept of The Irving has always been a blend of eco-friendly sustainability and artistic, textural, luxurious design; a nuanced balance that both enhances downtown's architectural excellence and thoughtfully complements its uniquely charming atmosphere and historical significance."

The Irving Downtown is located on the northeast corner of Bay Street and Lee Street in downtown Fort Myers and will offer one-bed and two-bed market-rate rentals with water and city views as well as a variety of resident amenities and services, including a swimming pool, fitness center, 24/7



A rendering of The Irving Downtown photo provided

maintenance and a complimentary bike rental program.

"This latest rendering is just a preview," said Ryan Anderson, Alzada's vice president of development. "A variety of detailed still and motion renderings from different angles, as well as sample floor plans, will become available as design development is finalized, and we'll be able to visualize some of The Irving's more exceptional exterior features, like the level four amenity deck, which features a swimming pool and lounge areas with garden-style ambiance."*

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Will Power

Why Artificial Intelligence Won't Displace Wise Professionals



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

I've heard that my career as an estate planning attorney will end at some point as artificial intelligence (AI) improves, much the same as the web nearly did away with travel agents. Proponents of AI feel that consumers flock to anything that's faster, easier and cheaper.

I respectfully disagree. At least not for those who don't prioritize the commodity of our practices. Those practitioners are not going away like travel agents largely did but will be respected for our knowledge and wisdom like CPAs continue to be even though online tax preparation has consumed a majority of the easiest of tax returns.

Knowledge is vastly different post-Internet. What I mean by that is that professionals were, prior to Google and similar search engines, the gatekeepers of knowledge. Today, one can look up nearly anything without having to attend medical, law or trade school of any kind.

In my experience, however, the explosion of available information hasn't led to the extinction of the best professionals. When my mother developed acute myeloid leukemia, I immediately went to WebMD and other sites to learn about the disease and available treatments.

After several hours of searching and reading, I felt more alone and confused than ever about what we should do. It was only after visiting the wise and extremely knowledgeable physicians at the MD Anderson Cancer Center in Houston that we felt clear about what treatments, chemotherapies and bone marrow transplant options my mother would consider and ultimately follow.

As good as the Internet may be in breaking through knowledge gatekeepers, it also causes information overload, mind-clutter, confusion and decision fatigue. Patients, clients and customers will always value the counsel of a wise professional over that of mechanical, artificial "intelligence." Wisdom is more valuable than knowledge.

With that said, wisdom is hard to come by. In my mother's case, we traveled to a renowned Houston cancer center to get the most up-to-date knowledge related to the

aggressive killer disease she suffered from. Thank God for those wise professionals, as they served to extend my mother's life a total of 12 years (she had a second stem cell transplant nearly seven years after her bone marrow transplant when she fell out of remission) that she would not have otherwise had.

What I've found in my career is that clients somehow discount valuable advice with regard to estate planning as opposed to medical advice. Clearly, one needs a specialist to receive oncological treatments. On the other hand, everyone knows the English language, so why can't you research the web and write your own estate planning documents? There are forms available, after all.

Thankfully, many understand that our estate, trust and tax laws impose numerous traps for the unwary. I'll give you one example. Someone (not a client of mine) put this phrase in her will: "I hereby forgive any debt that my son John owes me."

Seems simple enough, doesn't it? Except that this client didn't apparently understand that the forgiveness of debt triggers taxable income to the debtor under federal tax law. A wise professional, conversant in the law, would have instead told her to bequeath the notes back to John. While bequeathing the notes themselves and forgiving the debt would appear synonymous to a layman, the difference is significant, as it wouldn't trigger recognition of income. In the law, simple phrases that one believes are innocuous and clear could result in unintended, adverse consequence.

Further, AI can't distinguish, and probably never will, the complex human emotions that go into estate planning. Here, you're mixing family relationships, death of loved ones, money and taxes, among other things, into one big pot. It takes earned wisdom to successfully navigate those waters.

The more difficult choice for consumers is to know who to trust. That's why the Florida Bar created a Board Certification program, so that Florida legal consumers know who the experts are in any given field. To become board certified, an attorney must have at least five years of significant experience in the specialized field, in my case, wills, trusts and estates. The attorney must pass a rigorous examination, have an exemplary ethical record, be recommended to become board certified by local attorneys and judges, and complete a very significant number of high-level continuing education hours within each reporting period. To remain board certified, one must get recertified every five years. For more on this, visit floridabar.org/about/cert/.

Both my law partner, Michael Hill, and I are board certified in wills, trusts and estates, joining only 290 other such attorneys within the entire State of Florida.

Will AI displace many professionals? I don't believe it will displace true specialists. There will always be a need for exceptional knowledge and keen wisdom to bestow the same comfort that MD Anderson provided my mother several years ago.

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Partnership For College Scholarships

Earn to Learn FL (ETLFL), a 501(c)3 nonprofit that envisions a world without barriers to higher education, announced a partnership with the Southern Scholarship Foundation (SSF) for the 2022-23 school year.

Through the partnership, 150 first-year college students across 26 SSF homes throughout Florida will head to school with SSF scholarships and have access to ETLFL Near Peer coaches; many will have ETLFL tuition scholarships as well.

ETLFL Near Peer coaches are current college students who promote college success by supporting students and working through obstacles related to retention and degree completion. "The goal of the partnership is that every student that moves into SSF housing ends their college journey by walking across the stage at graduation," said Ashley Gastel, chief program officer of Earn to Learn FL. "Earn to Learn FL will be partners in their college journey from start to finish."

"The new partnership will provide



Ashley Gastel

up to 60 students with up to four years of tuition assistance, rent-free housing, and Near Peer coaching," said Shawn J. Woodin, EdD, president and CEO of Southern Scholarship Foundation. "It also provides the opportunity for SSF residents who are currently in college to become ETLFL Near Peer coaches and earn a living allowance and scholarship. That is the power of partnership."

For more information, visit www.earntolearnfl.org or email Brenda Tate at brenda@earntolearnfl.org.✪

Public Relations Accreditation

Michelle Mambuca, APR, of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), recently earned her professional public relations accreditation, and received the designation of Accredited in Public Relations (APR).

Mambuca joins the more than 4,300 active public relations professionals worldwide who represent an elite group of skilled professionals committed to practicing with high ethical standards, including 41 currently in



Michelle Mambuca

Southwest Florida.

Mambuca is the marketing and public relations manager for Barron Collier Companies (BCC), one of the largest diversified companies in Florida dedicated to the responsible development, management and stewardship of numerous land holdings. In this role, she manages BCC's social media channels, internal and external communications, public relations, marketing and advertising for the company and their master-planned community Ave Maria.

A Florida Gulf Coast University graduate, Mambuca has served on the Board of the Public Relations Society of America, is a member of the Florida Public Relations Association and is involved in networking and professional development opportunities. She is the chair of the BCC Professional Development Committee and is also the marketing chair for Wellfit Girls, a local nonprofit organization that empowers teen girls to climb high in all areas of life through transformational leadership programs.

To earn public relations accreditation, candidates must pass an oral presentation and rigorous written examination administered by the Universal Accreditation Board (UAB), which is an alliance of eight national and statewide professional associations dedicated to furthering the field of public relations and the development of public relations professionals. FPRA is a member of the UAB.✪

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, July 15 from 9 a.m. to 2 p.m.

It is estimated that one in every 44 children is diagnosed with some form of autism spectrum disorder (ASD), making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

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

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit www.golisanochildrenswfl.org.✪

Superior Interiors

How To Disguise Home Eyesores



by Jeanie Tinch

Decorating your home can be such a surreal experience once it's completely put together. The feeling that comes over you can be satisfying; you've created a space that emphasizes

your personal style while maximizing your comfort. From the furnishing choices and color schemes to the pillows, blankets and other accents, there are so many important elements that come together to make your home whole.

When you're first putting this space together, however, you may find that there are a few eyesores throughout your house that are making it difficult to achieve the look you're going for. Maybe it's a phone jack, an old radiator or a mark in the carpet that won't come up. Thankfully, with the right decorative approach and simple techniques, you can hide these things with ease and finally make your living space feel like home.

Here's how you can disguise common eyesores around the house:

1. Place a decorative canvas over the phone jack – The most common place to find a phone jack in the home is in the kitchen (of course, one of the high-traffic areas in your home that guests and family members gather on a regular basis). Instead of pretending like the phone jack doesn't exist, it's time to cover it up. Something as simple as an art canvas can be placed right on top of the phone jack

and style up your kitchen with ease.

2. Hang a window treatment over the water heater – Sometimes, the water heater is located in less-than-convenient spaces, such as the main bathroom. Instead of making your guests stare at this eyesore everytime they go to freshen up, install a decorative window treatment that hangs perfectly in front of the water heater.

3. Lay a large area rug over an unsightly flooring – Dated carpeting or flooring is such an obvious eyesore and, unfortunately, it can make you feel negative about your living space, even when the rest of the room looks perfect. If you have plans to install new carpeting or different flooring in the future but need a quick fix in the meantime, a large decorative area rug can do the trick. This can hide much of the foundation and can completely transform the room.

4. Use a vase of flowers to cover cords from a mounted television – Mounted flat-screen TVs are trendy, and it's not likely that this will go out of style any time soon. But if you haven't committed to in-wall cables, you may find yourself constantly staring at the cords on the wall underneath the television set. To hide these unsightly wires, we suggest a large bouquet of fresh flowers directly in front of them. Not only does it make a great disguise, but it also adds a lively, fresh element to a popular gathering space.

5. Let an expert take care of the eyesores – Getting rid of the unattractive points in your home can be an annoying task, especially if you're not sure of how to incorporate your current style into the coverup. If you're struggling to achieve the look you want to achieve, consider reaching out to a design professional for expert advice.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coincdecn.com.

Cancer Center Expands Program

As the most comprehensive cancer program in Southwest Florida, the Lee Health Regional Cancer Center is bolstering its services in an effort to keep cancer care close to home for community members.

The Regional Cancer Center offers a comprehensive care program, complete with oncologists, nurse navigators, a dietician, genetics counselor and more. The certified and dedicated team designs treatment programs that exceed national survivorship rates through a compassionate and collaborative experience.

To be able to care for even more community members, Lee Health is expanding its oncology program with plans to open new cancer center locations in Cape Coral and Bonita Springs.

Lee Health will first build-out the Coconut Point location to include oncology and infusion services, which will be located at the Bonita Health Center. The anticipated timeline to open this location is summer of 2023.

Plans to expand in Cape Coral are currently underway. While an exact location hasn't yet been identified, the

intent is to add services to the city in three to four years.

"Our goal is to meet the needs of our community, and as the population in Southwest Florida continues to grow, so does the need for more oncology services in the region," said Debra Wilson, vice president of oncology for Lee Health. "By expanding our program, we are going to be able to keep our patients in their neighborhoods and community so they can be treated closer to home."

Over the past several months, Lee Health has also significantly grown its oncology care team by hiring seven additional care providers, including physicians, nurse practitioners and a physician assistant. They include Monika Arya, MD; Melissa Cole, APRN; Janine Harewood, MD; Elise Martinez, APRN; Manoel Moraes, MD; Leandro Moraes, MD; and Larisa Yarcowicz, PA-C.

Additionally, Lee Health recruited two expert leaders in the oncology field – Debra Wilson and Dr. Mark Roh – to further expand the program. Dr. Roh serves as chief physician executive of oncology services, and Wilson holds the role of vice president of oncology. Both have decades of extensive and dedicated experience in cancer care.

"The Lee Health Regional Cancer

Center already provides state-of-the-art care, and by growing this program further, we're going to be able to offer even more services to the community," said Dr. Mark Roh, chief physician executive of oncology services. "When you're diagnosed with

cancer, you want to be in your own environment and near your family. There's comfort in that."

For more information about the Lee Health Regional Cancer Center, visit www.leehealth.org.

Help Evaluate Broadband

Lee County, in cooperation with the Florida Department of Economic Opportunity's (FDEO) Office of Broadband, is asking residents and visitors to take a survey and an Internet speed test to evaluate current broadband capabilities and determine areas in need of added service.

Surveys may be taken online or in person at Lee County libraries and recreation centers during the month of July. The survey and a full list of locations offering it is available at www.leegov.com/broadband.

The speed test can be found on FDEO's Office of Broadband website, or by visiting the county website landing page at www.leegov.com/broadband and clicking on the speed-test link. This test will take less than a minute and participants are encouraged to take it from multiple locations including worksites, homes and from smart phones in areas where Internet connections are typically difficult.

Participation in the survey and speed test will help identify local gaps in high-speed Internet service and will help advance the state's overall broadband

infrastructure expansion goals. The speed test will assist in further developing Florida's Broadband Availability Map.

Water District To Meet

The South Florida Water Management District (SFWMD) will hold a governing board meeting via Zoom on Thursday, July 14 at 9 a.m. Members of the public may participate and provide public comment but must have the latest version of Zoom to attend.

The board will discuss and consider district business, including regulatory and non-regulatory matters. The board may take official action at the meeting on any item appearing on the agenda and on any item that is added to the agenda as a result of a change to the agenda approved by the presiding officer of the meeting pursuant to Section 120.525, Florida Statutes.

The South Florida Water Management District is a regional governmental agency that manages the water resources in the southern part of the state. For webinar registration, visit https://sfwmd-gov.zoom.us/webinar/register/WN_4A5bfkwxSnKB20jQFTtkKA.

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Frankly Speaking



by Howard Prager

I'm delighted to be writing this column having survived a mass shooting today while performing in the July 4th parade in Highland Park, Illinois. Americans should not live in fear in attending their hometown

parades. I was a block away from the shooting on a float with my band. We were playing and all of a sudden saw people started running towards us and beyond. We stopped playing and heard the "pop pops" of an assault weapon. Stop this madness already. We are one country who believes in life, liberty and the pursuit of happiness. Independence Day should be a celebration of the best of America. Instead, we keep experiencing the worst. I say enough. Now for sports...

On this Independence Day week, we're seeing increased independence in college sports. Front and center: The "Bigger" Ten. As an aside, these are all schools with smart people. They haven't been "Ten" for a long time. Isn't it time for a new name or number? I digress. After their expansion, first with Penn State (1990) and Nebraska (2011) Maryland and Rutgers (2014), adding UCLA and USC was a brilliant move. The Big Ten becomes the first coast to coast conference, and will now have teams in the three major media

markets – New York City (with Rutgers), Los Angeles and Chicago. The articles I read said it's all about the money. Next to the SEC where each school's football payout is near \$56M then comes the Big Ten at about \$40M. The Pac-12 only \$21M, in part because so many of their games are on so late for the rest of the country. UCLA was especially hurting after the pandemic, and with the size of the Big Ten payout only growing through a new media deal, the timing was right. The greater visibility will help in recruiting athletes to southern California and positioning graduates for the draft. These are all great attractions for these two schools.

How did some of the Big Ten coaches react? "Never saw it coming." That's how two Big Ten head coaches described news that broke about USC and UCLA joining their conference. "I had no idea. I was driving and all of a sudden my phone blew up. I don't know where it goes. I think this was the easy thing to happen. It gets really complicated and messy now moving forward." Said another Big Ten head coach: "They've talked about different teams and they talked about expansion. But I didn't think it was gonna happen right now."

What about the reality? How will scheduling work, especially for sports like basketball which has games during the week? Do they move the dates so teams can be gone within a week and maybe play Saturday, Tuesday and Thursday and then come back home? What about the non-revenue generating sports with partial scholarship athletes? The travel from coast

to coast can be brutal on student athletes. Again, the student becomes secondary to the athlete.

The biggest wild card still out there? Notre Dame. Aligned with the ACC except for football, are they ready to finally commit to one conference? If any single team is a coast-to-coast team, the Fighting Irish are, but they relish their football independence and have their own deal with NBC. So, what does the ACC do now? The ACC, Big Ten and Pac-12 had an informal agreement ("The Alliance") not to poach players. They didn't say anything about poaching each other's schools. More to come, as the ripple effect now hits the Pac-12 and whoever leaves to join them. The schools most talked about are Boise State and San Diego State.

From college to the pros: It seems like I was just writing about the NBA Finals, and now that they've held the draft, the trades are flying, especially for the two Finals teams. Golden State has lost several key pieces of their championship team: Gary Payton II and Juan Toscano-Anderson, along with Otto Porter Jr., Nemanja Bjelica and Damion Lee. Not to be left behind, the Boston Celtics traded Daniel Theis, Aaron Nesmith, Nik Stauskas, Malik Fitts, Juwan Morgan and a 2023 first-round pick to the Indiana Pacers in exchange for veteran guard Malcolm Brogdon. More to come in the days ahead, but whichever teams make it next year, I'm sure they will have made some roster moves to help make that happen.

Is it time for Serena Williams, the greatest woman tennis player who recently lost in the first round at Wimbledon, to

retire? It's always a hard decision for anyone and especially for an elite athlete who mentally feels they can still play but physically time catches up with them (except for Tom Brady). It's always nice when players know and go out with a farewell tour, but that's not the case in tennis. If she is done, Serena (and Venus) have given us a lot to admire. If you haven't seen the movie *King Richard* about how their dad raised them, it's well worth it.

Speaking of Wimbledon, the good news story of the week comes from the real champion of the grass court championships. No, I'm not talking about Novak Djokovic, I'm talking about Britain's Jodie Burrage who may have lost her first-round match at Wimbledon Monday, but pulled off the biggest of wins at Wimbledon – her humanity. During Burrage's match against Ukrainian Lesia Tsurenko, the 23-year-old noticed a ball boy looking unwell on the sidelines and stopped to offer him some help. She immediately paused her game, gave him some fluids, gels and candies, and he seemed to recover. What an amazing alertness she had. So selfless. Even though she lost her match, she won the hearts of fans at Wimbledon and those who saw the replay throughout the world. Jodie, thanks for leading with your heart.

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@islandnews.com.✳

Florida's Top Recycling Spot

Lee County Solid Waste has been named Florida's top recycling county by the Florida Department of Environmental Protection (FDEP). The amount of material Lee County residents recycled in 2021 would be enough to fill 168 football fields with material 70 feet high – as high as the highest point on the Sanibel Causeway.

Lee County received credit for recycling 1.6 million tons of the total 2.61 million tons of waste generated locally in 2021, according to numbers that FDEP recently

released. This brings the county's recycling rate to 81 percent.

This is the sixth time Lee County has led the state in recycling since Florida began tracking in 2000. Strong participation by both residents and businesses has enabled Lee County to meet and exceed the state's 75 percent recycling goal every year since 2017.

"Lee County residents are passionate about the environment and recognize that responsible recycling is part of the bigger picture," Lee County Solid Waste Director Doug Whitehead said. "Our residents also are conscientious about 'clean recycling.' That means the items are empty, clean and dry and placed loose in the recycling

cart rather than in plastic bags."

FDEP recycling credits are acquired for items such as curbside recycling by residents as well as business recycling of materials such as cardboard, yard waste, scrap metal and construction and demolition debris. Lee County also receives recycling credit for energy produced from garbage processed at the Waste-to-Energy plant in Buckingham.

Visit www.leegov.com/solidwaste for more information.✳

Airport Reports May Traffic

During May, 836,379 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was a decrease of 11.8 percent compared to May 2021. Year-to-date, passenger traffic is up 24.6 percent compared to last year.

The traffic leader in May was Delta with 196,119 total passengers. Rounding out the top five airlines were Southwest (148,142), American (125,644), United (122,902) and JetBlue (103,645).

Southwest Florida International Airport had 7,409 aircraft operations, a decrease of 19.5 percent compared to May 2021. Page Field saw 15,527 operations, a 28 percent increase compared to May 2021.

Southwest Florida International Airport served more than 10.3 million passengers in 2021 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for

airport operation or construction. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.✳

From page 1

Journey

evil witch as does Stenzel with her warmth and energy as the good witch. Legaretta is a brilliant Cowardly Lion, bringing laughs from young and old alike with his humor. Lewis and Olson are spot on in their side-kick roles. And then there's Toto, Dorothy's little dog who often steals the show. Two adorable canines named Fergus Bigelow and Leah Weaver share the role and elicit sighs every time they are on stage. The squeals of laughter from youngsters in the crowd is a joy to hear. Several young girls came dressed as Dorothy, complete with sparkling red shoes.

The word fun describes the whole show which includes a delightful score including *Follow the Yellow Brick Road*, *Somewhere Over the Rainbow* and *We're Off to See the Wizard*. The good triumphing over evil storyline is always a winner. The staging, costumes, sets and special effects are first rate. As guests enter Broadway Palm, they follow the yellow brick road into the theater for an entertaining, energetic and colorful production. *The Wizard of Oz* plays through Saturday, August 13 at Broadway Palm Dinner Theatre. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.✳

SPORTS QUIZ

1. Who holds the New York Mets' record for highest career batting average?
2. Who were the only two major-league pitchers to strike out Hall of Famer Ted Williams three times in one game?
3. The Seattle Mariners played their first major-league season in 1977. In what year did they record their first winning season?
4. What is Alabama football coach Nick Saban's record in national championship games?
5. Which of these franchises was the first to win a Stanley Cup – the Boston Bruins or the Chicago Blackhawks?
6. Who were the "Four Kings," a group of boxers who all fought each other throughout the 1980s?
7. What was the last year that a Ferrari won the 24 Hours of Le Mans endurance race?

ANSWERS

1. John Olerud, with a .315 average. 2. Bobo Newsom in 1939, and Jim Bunning in 1957. 3. It Sugar Ray Leonard, Roberto Duran, Thomas Hearns and Marvin Hagler. 4. 7. 1965. 5. The Bruins won a Stanley Cup in 1929, five seasons before the Blackhawks did it. 6. Georgia. 7. The Bruins won a Stanley Cup in 1929, five seasons before the Blackhawks did it. 6.

Doctor and Dietician

Good Food For Good Mood



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

The truth is, we have all experienced days where we have felt down in the dumps and, unfortunately, a way to fix that in today's world is to pop a pill. Studies show that antidepressants are one of the three most common prescription drugs that Americans take. We have seen at our Caring Medical office increasing numbers of people resorting to antidepressants due to the current issues

with social isolation, job insecurity and fear of getting sick. While antidepressants may help mitigate depression, they do come with their own set of side effects.

Did you know that you can boost your mood naturally? Yep, you heard that right! The food that you put into your body influences how you feel physically and mentally. More research has been done on the connection between nutrition and mental health. Many factors affect mood, including stress, environment, genetics, poor sleep, mood disorders, as well as nutritional deficiencies or imbalances.

Antidepressant medications do not just "make you feel happy." They work primarily by boosting serotonin levels in the brain which can make you feel less anxious and more energetic. We encourage you to consume foods that have been shown to improve overall brain health and avoid foods (or so-called foods) that worsen brain health and mood.

We are going to give you two scenarios. If you are looking for a quick snack to munch on during a break at work, you could... (A) eat a bag of Flaming Hot Cheetos followed by a Mountain Dew or (B) eat a cup of Greek yogurt topped with mixed berries and almonds. We know that Hot Cheetos and Mountain Dew sound like an easier, quicker option, but let us

look at the benefits your body receives from each choice.

The chemical in your brain that boosts your mood is serotonin. We are challenging you – the next time that you are feeling tired or a little low, try showing your body and your brain a little extra love by ditching junk food and reaching for a healthier choice because good food will boost your mood.

Option A: Hot Cheetos, like many other junk foods, contain artificial food coloring which is linked to aggression and mental disorders. They also contain MSG, which is a major contributor to high blood pressure, obesity and other adverse reactions, including migraines, and lastly, trans-fats, which can result in increased risk of heart disease. What this means is after eating Hot Cheetos, you will experience a high, then a crash from the excitatory chemicals found within this quick snack, leaving you feeling unsatisfied with a headache, feeling foggy and/or some gastrointestinal rumblings or worse.

Option B: Greek yogurt itself has a ton of benefits. First and foremost, it is high in protein. It will not only help promote fullness but will give you a boost in energy, leaving you feeling full, satisfied and less anxious. When topping your Greek yogurt with berries and almonds, you are

providing your body with antioxidants and magnesium – making your brain and heart happy as can be.

We can only speak for ourselves, but Option B sounds like a much better choice. Not only do you want to make healthier choices that are good for you physically, but you also want to choose foods that benefit you mentally.

Other good mood food options: banana and cottage cheese; nuts/seeds, particularly almonds, walnuts, chia, or pumpkin seeds; edamame; berries; citrus fruits; eggs; cheese; hummus with veggies; dark leafy greens; fatty fish, such as salmon or sardines; turkey slices; and avocado.

We encourage you to rid your household of products such as the items we describe in Option A. They have no place in a healthy lifestyle and can cause serious health problems, especially related to mental health, that you want to avoid. The choice is yours – make it a healthy one.

*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.**

dearPharmacist

Natural Hot Flash Relief



by Suzy Cohen, RPh

Dear Readers: Many people get through their whole life without a hot flash, and that's great. But for others, the problem is disabling, so today's article is about

natural relief for hot flashes. I tend to hear more complaints about hot flashes in the summertime and that's because the added hot weather makes it even harder for your body to compensate and thermoregulate itself properly.

A hot flash feels slightly differently to all those who experience it, but it's a sensation of warmth throughout your body. It could feel really hot, where you start to flush. If you've ever taken a good brand of niacin, you may have felt something akin to a hot flash because it would have made you flush. Sometimes, the hot flashes are so frequent or intense that they are painful or disabling.

Triggers include some of the following: chili or spicy foods; caffeinated drinks; lots of stress; some medications; genetics; your estrogen levels; your cortisol levels; and levels of thyroid hormone.

Here are three natural ways to reduce hot flashes:

1. Black Cohosh – Generations of women have relied on the gnarled root of black cohosh (*Cimicifuga racemosa*) to relieve various hormonal issues such as premenstrual syndrome (PMS) and

menstrual cramps as well as hot flashes. Many holistic doctors like black cohosh because their patients cannot tolerate HRT due to side effects. And it's hard to dose correctly unless you know how your patient is metabolizing their hormones. That's why a DUTCH test can help (it's available at my website, or through your own doctor). It can evaluate your urine hormone metabolites because blood tests cannot.

2. St. John's Wort – The most famous herb used for melancholy helps with hot flashes too. Studies have shown that St. John's wort is effective in treating menopause symptoms and mood dysphoria. It also has some sedative properties, making it useful for people with insomnia.

A meta-analysis found that the herb had minimal side effects and could help reduce the number of hot flashes, as well as severity of them. But it takes about eight weeks to work.

The combination of St. John's wort and Black Cohosh could be really helpful since there is synergy. Just be careful not to combine St. John's wort with prescribed medications.

3. Thyroid Supplements or medications – Ensuring healthy thyroid hormone status is critical. You shouldn't have too much or too little thyroid hormone. Your physician can test you to see what your levels are. Having hyperthyroidism means you will run hot. It's not something that you can fix with estrogen; you fix it by reducing your thyroid hormone levels so don't take supplements to increase levels. My book called *Thyroid Healthy* can help you address all kinds of thyroid imbalances.

Likewise, low thyroid hormone levels, as in hypothyroidism, will cause you to have poor thermoregulation as well, which can raise your risk for thermostat problems too. Supplements could work very well here to raise levels, as could medications.

But please do not start or stop any medications without consulting a qualified medical doctor who can supervise your regimen. If you'd like to read the more detailed version of my article, visit 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.**

GET YOUR LOVED ONES THE HELP THEY NEED



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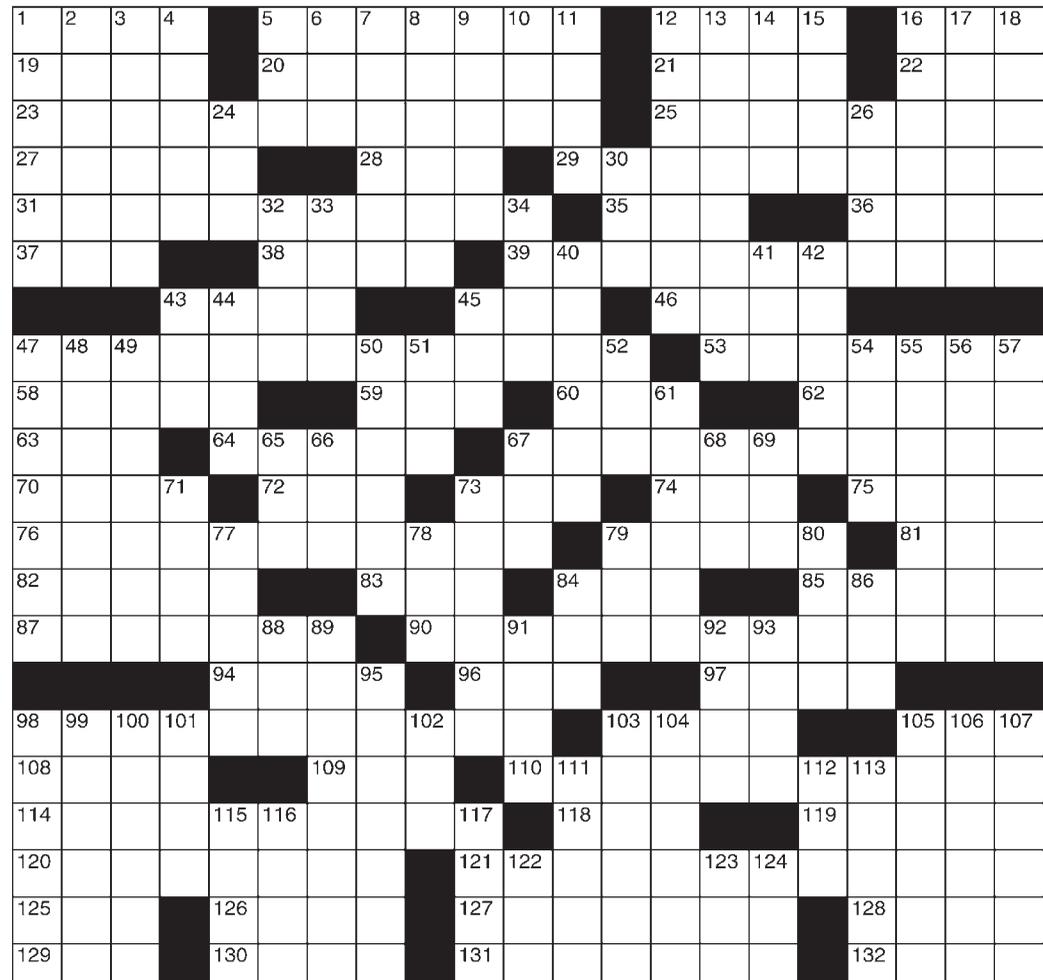
PUZZLES

Answers on page 23

Super Crossword

THREE-TO-FIVE
FIRST NAMES

- | | |
|--|--------------------------------------|
| ACROSS | DOWN |
| 1 Jason's ship | 1 Something super-fun |
| 5 Categorized | 2 Software instruction file, often |
| 12 Schoolboys | 3 Like houses with pitched roofs |
| 16 Actor Ayres | 4 Hoops' Shaq |
| 19 Coffee bit | 5 Roman 950 |
| 20 Sea cow | 6 Chou En- — |
| 21 "Orinoco Flow" singer | 7 Yearly records |
| 22 Yes, to Yvette | 8 Hit resulting in an out and an RBI |
| 23 Pigeonhole the 16th president? | 9 Absolut rival, for short |
| 25 Toy-package span | 10 Sushi roll fish |
| 27 1950s politico Stevenson | 11 Forest lairs |
| 28 — -CIO | 12 Do not disturb |
| 29 Cut all ties with the star of "Our Miss Brooks"? | 13 Resident of "la-la land" |
| 31 Sniff the singer of "Coca Cola Cowboy"? | 14 Batik worker |
| 35 Barber's stuff | 15 Gilbert of "The Conners" |
| 36 Color shade | 16 Soho setting |
| 37 Senator Cruz | 17 Actor Levy |
| 38 — -bitsy | 18 Hot dog |
| 39 Investigate the director of "Stand by Me"? | 24 Mae West's "Diamond —" |
| 43 Barber's stuff | 26 Intro painting course, say |
| 45 Positive vote | 30 Self-love |
| 46 Writer Blyton | 32 Be inclined |
| 47 Bathe the star of "Caroline in the City"? | 33 Tingly feeling |
| 53 Didn't include | 34 1974 CIA spoof flick |
| 58 Gate joint | 40 Lubes again |
| 59 Light hit | 89 Pickle or cure |
| 60 Berg material | 91 Acorn sources |
| 62 Bride in "My Big Fat Greek Wedding" | 92 Be inclined |
| 63 Hank in the Basketball Hall of Fame | 93 Finished |
| 64 Floats in the breeze | 95 Levied, as a tax |
| 67 Make a genetic replica of the star of "The Wolf Man"? | 98 Droopy-eared hound |
| 70 Jules Verne captain | 99 Diminutive |
| 72 According to Dawn goddess | 100 Channel swimmer Gertrude |
| 74 Boxer Frazier | 101 Morales of film and TV |
| 75 Muscle jerks | 102 McKellen of movies |
| 76 Mistreat the director of "Splash"? | 103 "On Language" columnist William |
| 79 In districts | 104 Even though |
| 81 Holy Fr. woman | 105 A lot like |
| 82 Broadcaster | 106 Wood overlay |
| 83 Rumpus | 107 Composed and ready for printing |
| 84 Stable feed | 111 "The Alienist" novelist Carr |
| 85 Pungent pizza topping | 112 "As — care!" |
| 87 Quaint street lighter | 113 Crooner Cline |
| 90 Trample the playwright of "Travesties"? | 115 Women's Open org. |
| 94 "Me neither" | 116 Hurdle |
| | 117 "Yeah, right" |
| | 122 Tall bird |
| | 123 164-nation commerce gp. |
| | 124 Au courrant |



King Crossword

- | | | | |
|---------------------------|---------------------------|--|----------------------|
| ACROSS | | | |
| 1 Chantilly, e.g. | 13 Sparkling Italian wine | 29 Maja painter | 31 Delta follower |
| 5 Chicken — | 14 Have bills | 30 '60s footwear | 34 Typing speed stat |
| 9 Leg, in slang | 15 Bouncing toy | 31 Citi Field team | 35 Nymph pursuers |
| 12 Mr. Stravinsky | 17 Retrieve | 32 Stitch | 37 Tool set |
| 13 Sparkling Italian wine | 18 Ruby and Sandra | 33 Yuletide tune | 38 Dossier |
| 14 Have bills | 19 Apple products | 34 Faction | 39 Stretches (out) |
| 15 Bouncing toy | 21 Buy more Time? | 35 Remain | 40 Baseball's Tommie |
| 17 Retrieve | 22 Handle | 36 Church area | 41 Weevil's target |
| 18 Ruby and Sandra | 23 New Mexico resort | 37 Buckwheat porridge | 44 Music's Yoko |
| 19 Apple products | 24 Monotonous | 38 Physicist Enrico | 45 "Ulalume" writer |
| 21 Buy more Time? | 25 Work unit | 39 "The Alienist" novelist Carr | 46 Computer key |
| 22 Handle | 26 Chair designer Charles | 40 "As — care!" | 47 Filming site |
| 23 New Mexico resort | 27 Odometer start | 41 Crooner Cline | |
| 24 Monotonous | 28 Winter road clearer | 42 Women's Open org. | |
| 25 Work unit | 29 Remain | 43 Hurdle | |
| 26 Chair designer Charles | 30 Church area | 44 "Let's see ..." | |
| 27 Odometer start | 31 Buckwheat porridge | 45 "Says You!" broadcaster | |
| 28 Winter road clearer | 32 Physicist Enrico | 46 "Eat — Chikin" (Chick-Fil-A slogan) | |
| 29 Remain | 33 Slightly | | |
| 30 Church area | 34 White House nickname | | |
| 31 Buckwheat porridge | 35 Company emblems | | |
| 32 Physicist Enrico | 36 Grazing land | | |
| 33 Slightly | 37 Scott Turow | | |
| 34 White House nickname | | | |
| 35 Company emblems | | | |
| 36 Grazing land | | | |
| 37 Scott Turow | | | |

MAGIC MAZE

WORDS WITH ACHES AND PAINS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **Five-Letter European Country**

- | | | | |
|------------|-----------|------------|----------|
| Acheson | Bachelor | Face paint | Painless |
| Apache | Beaches | Paine | Paints |
| Approached | Bellyache | Pained | Papain |
| Attached | Bleached | Painful | |



Blue Crab Cake Benedict

photo courtesy Fresh From Florida



Blue Crab Cake Benedict

1 pound crabmeat, drained, shell pieces removed

- 1 large tomato, sliced
- 4 eggs, pan fried
- ¼ cup red onion, finely chopped
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons light mayonnaise
- 2 tablespoons Dijon mustard
- ¾ teaspoon seafood seasoning
- ½ teaspoon Worcestershire sauce
- 2 egg whites, lightly beaten
- 1 ½ cups panko (Japanese breadcrumbs), divided
- 2 tablespoons olive oil
- Hollandaise Sauce
- 3 eggs, yolks separated
- ¼ teaspoon Dijon mustard
- ½ lemon, juiced
- Hot pepper sauce, to taste
- 1 stick unsalted butter, melted
- Sea salt, to taste
- Blue Crab Cake Benedict

Combine the red onions, parsley, mayonnaise, mustard, seafood seasoning, worcestershire sauce, and egg whites a medium bowl. Gently fold in crabmeat and ¾ cup panko. Cover and chill 30 minutes. Shape the crab mixture into 8 patties about ¾-inch thick. In a shallow dish, roll patties in remaining ¾ cup panko, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden brown on each side.

Hollandaise Sauce

In a blender or food processor, add mustard, lemon juice, egg yolks and a few dashes of hot pepper sauce. Blend ingredients and slowly add the melted butter until the ingredients thicken. Taste hollandaise and adjust seasoning with salt and hot pepper sauce. Serve sauce immediately.

To assemble Blue Crab Cake Benedict, place one or two slices of tomato on each plate. Season the tomato lightly with salt and pepper. Place a pan-fried egg over each tomato slice. Add a crab cake to the top of each pan fried egg. Evenly distribute the hollandaise sauce over the top of each crab cake and serve immediately.✱

PETS OF THE WEEK



Buddy ID# A928138

photos provided

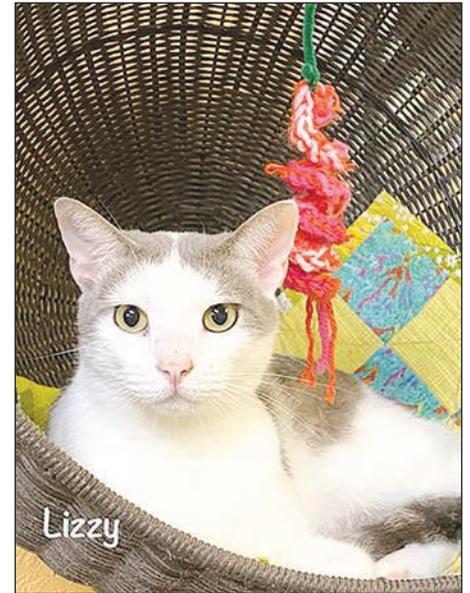
Lee County Domestic Animal Services

Buddy And Lizzy

Hello, my name is Buddy. I am a black 5-year-old male terrier mix. I am just as my name implies – the perfect ‘buddy’ if you are looking for a pup to have as your trusted and faithful companion. I am a mid-sized guy that is great for apartment or condo living, weighing in at just under 30 pounds. I am also at a nice age where I have matured into my personality and calmed down just enough to still have lots of fun playing around.

My adoption fee is \$25.

Hi, I’m Lizzy. I am gray and white tabby 4-year-old female domestic shorthair. I am a sweet cat that was named after the character Lizzie



Lizzy ID# A923020

McGuire. I remind the volunteers of the shy girl in the comedy television series who is determined to get through any obstacle in my way. I am definitely one of a kind and, if you take the time to stop by and meet me, everyone at Lee County Domestic Animal Services has no doubt you will fall in love.

My adoption fee is \$25.

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

**My Stars ★★★★★
FOR WEEK OF JULY 4, 2022**

Aries (March 21 to April 19) You clever Ewes and Rams love nothing more than to rise to a challenge. So, by all means, if you feel sure about your facts, step right up and defend your side of the issue.

Taurus (April 20 to May 20) You’ve done some great work recently. Now it’s time to reward yourself with something wonderful, perhaps a day at a spa or a night out with someone very special.

Gemini (May 21 to June 20) You love to talk, but don’t forget to make time to do a little more listening, otherwise you could miss out on an important message someone might be trying to send you.

Cancer (June 21 to July 22) Your aspect indicates some uncertainty about one of your goals. Use this period of shifting attitudes to reassess what you really want and what you’re ready to do to get it.

Leo (July 23 to August 22) Your social life is picking up, and you’ll soon be mingling with old friends and making new ones. But ‘twixt the fun times, stay on top of changing

workplace conditions.

Virgo (August 23 September 22) A trusted friend offers understanding as you vent some long-pent-up feelings. Now, move on from there and start making the changes you’ve put off all this time.

Libra (September 23 to October 22) You might well feel uneasy as you face a difficult situation involving someone close to you. But you know you’re doing the right thing, so stick with your decision.

Scorpio (October 23 to November 21) You’re a good friend to others. Now is the time to allow them to be good friends to you. Rely on their trusted advice to help you get through an uncertain period.

Sagittarius (November 22 to December 21) Family and friends are always important, but especially so at this time. Despite your hectic workplace schedule, make a real effort to include them in your life.

Capricorn (December 22 to January 19) That project you’ve been working on is almost ready for presentation. But you still need some information from a colleague before you can consider it done.

Aquarius (January 20 to February 18) Don’t let those negative attitudes that have sprung up around you drain your energies. Shrug them off, and move ahead with the confidence that you can get the job done.

Pisces (February 19 to March 20) Aspects favor some dedicated fun time for the hardworking Piscean. A nice, refreshing plunge into the social swim can recharge your physical and emotional batteries.

Born This Week: You love to travel and be with people. You probably would be happy as a social director on a cruise ship.

MOMENTS IN TIME

• On July 15, 1606, the great Dutch master Rembrandt van Rijn is born in Leiden. Rembrandt completed more than 600 paintings, many of them portraits or self-portraits. By the age of 22, he was accomplished enough to take on his own students.

• On July 14, 1789, Parisian revolutionaries and mutinous troops storm and dismantle the Bastille, a royal fortress built in 1370 that had come to symbolize the tyranny of the Bourbon monarchs. This dramatic action signaled

the beginning of the French Revolution.

• On July 11, 1922, the Hollywood Bowl, one of the world’s largest natural amphitheatres, opens. Its stage was a wooden platform with a canvas top, and audiences sat on moveable benches set on the hillsides of the surrounding canyon. In 1926, a group of Los Angeles architects built the Hollywood Bowl’s first shell.

• On July 16, 1935, the world’s first parking meter, known as Park-O-Meter No. 1, is installed in Oklahoma City, Oklahoma. Indignant opponents of the meters considered paying for parking un-American, as it forced drivers to pay what amounted to a tax on their cars without due process of law.

• On July 12, 1957, Dwight D. Eisenhower becomes the first president to ride in the newest advance in aviation technology: the *HMX-1 Nighthawk* helicopter, administered jointly by the Army and the Marine Corps.

• On July 13, 1960, Senator John F. Kennedy of Massachusetts is nominated for the presidency by the Democratic Party Convention. Four months later, on November 8, Kennedy won 49.7

continued on page 22

 FRIDAY Partly Cloudy High: 89 Low: 79	 SATURDAY Cloudy High: 87 Low: 80	 SUNDAY Few Showers High: 86 Low: 76	 MONDAY Few Showers High: 82 Low: 74	 TUESDAY Few Showers High: 83 Low: 73	 WEDNESDAY Cloudy High: 86 Low: 78	 THURSDAY Mostly Cloudy High: 89 Low: 79
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	8:31 am	1:45 am	10:24 pm	3:40 pm
Sat	9:10 am	2:20 am	None	4:48 pm
Sun	12:17 am	2:53 am	9:54 am	5:51 pm
Mon	10:42 am	6:50 pm	None	None
Tue	11:35 am	7:45 pm	None	None
Wed	12:29 pm	8:37 pm	None	None
Thu	1:25 pm	9:25 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	7:36 am	1:47 am	9:29 pm	3:42 pm
Sat	8:15 am	2:22 am	11:22 pm	4:50 pm
Sun	8:59 am	2:55 am	None	5:53 pm
Mon	9:47 am	6:52 pm	None	None
Tue	10:40 am	7:47 pm	None	None
Wed	11:34 am	8:39 pm	None	None
Thu	12:30 pm	9:27 pm	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	7:43 am	1:49 am	9:09 pm	3:07 pm
Sat	8:10 am	2:21 am	10:26 pm	4:05 pm
Sun	8:47 am	2:48 am	11:59 pm	5:13 pm
Mon	9:37 am	3:11 am	None	6:27 pm
Tue	1:12 am	3:33 am	10:55 am	7:36 pm
Wed	12:32 pm	8:39 pm	None	None
Thu	3:56 am	7:43 am	1:43 pm	9:34 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	10:41 am	5:01 am	None	6:56 pm
Sat	12:34 am	5:36 am	11:20 am	8:04 pm
Sun	2:27 am	6:09 am	12:04 pm	9:07 pm
Mon	12:52 pm	10:06 pm	None	None
Tue	1:45 pm	11:01 pm	None	None
Wed	2:39 pm	11:53 pm	None	None
Thu	3:35 pm	None	None	None

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WEEKLY NEWS
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Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion.

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.

From page 20

Moments In Time

percent of the popular vote, edging the 49.6 percent received by Richard M. Nixon, a Republican.

On July 17, 1975, as part of a mission aimed at developing space rescue capability, the U.S. spacecraft *Apollo 18* and the Soviet spacecraft *Soyuz 19* rendezvous and dock in space. During the 44-hour Apollo-Soyuz embrace, the astronauts and cosmonauts conducted experiments, shared meals and held a joint news conference.

NOW HERE'S A TIP

- To halve a lot of cherry tomatoes,

try sandwiching them between two plastic lids. Press down lightly and slice through the opening to make short work of them.

- "To remove paint or stain from hands (even oil-based), use an old dry washcloth with liquid hand soap – no water. After the paint is loose, rinse with warm water." – HP in Washington

- Quinoa is becoming really popular as a grain alternative. It's very small and requires rinsing before cooking to remove potentially bitter residue. Here's a great trick to rinse your quinoa without losing half of it to the holes in your colander: Use a French press coffeemaker. The fine mesh and pouring spout make rinsing a breeze. – JoAnn

- "Candle nubs, that little bit left when the candle has burned down all the way, can be removed from a candleholder by setting the whole thing in the freezer for 10-15 minutes. The wax surface hardens and shrinks, making it easier to chip out. The same goes for linens that have wax drips: freeze and chip away, then use a degreasing spot cleaner." – YG in Arkansas

- Fun get-together project for kids: Have everyone doodle on a large posterboard. At the end of the night, trace a puzzle pattern and cut it up, making a large floor puzzle. You can bring it out at the next play date. The smaller the children, the larger the

pieces.

– AL in Florida

- Easily thread a needle with hairspray. Spritz the end of the thread with a little high-hold hairspray and pull taut. It will be much easier to thread.

STRANGE BUT TRUE

- Dragonflies can control all four of their wings independently.

- The first person in the U.S. to use the "temporary insanity" defense was Daniel Sickles – a Union general, senator and congressman – after murdering the son of Francis Scott Key, composer of *The Star-Spangled Banner*, who was having an affair with Sickles' wife. Sickles was acquitted.

- According to the U.S. Department of Agriculture, Super Bowl Sunday is the second-highest day of food consumption in America, second only to Thanksgiving.

- Art was an official Olympic event from 1912 to 1948. Submissions had to be in the categories of architecture, literature, music, painting or sculpture, and inspired by sports. The event was removed after a report showed that almost all of the submitting contestants were professionals.

- The forward slashes in Web addresses serve no real purpose, according to Tim Berners-Lee, creator of the World Wide Web.

- A 45-year-old Bosnian man named Amir Vehabovic faked his death in 2007

because he wanted to see who would attend his funeral and what they would say about him. After his mother was the only mourner to show up, he wrote dozens of angry letters to his (so-called) friends and what he thought about their relationship going forward.

- During World War II, it was illegal in Britain to give cats a saucer of milk, dogs a biscuit or bread to pigeons.

- The percontation point, a reversed question mark, was used at the end of a question that does not require an answer. Sadly, its use died out in the 17th century.

THOUGHT FOR THE DAY

"Yet I had rather be remembered as those brave beginners are, though many of them missed the triumph, than as the late comers will be, who only beat the drums and wave the banners when the victory is won." – Louisa May Alcott

TRIVIA TEST

- Geography:** What is the capital of Sweden?
- History:** What was the whole name of the nation once called USSR?
- General Knowledge:** When did July 4 become a federal holiday?
- Food & Drink:** Which fruit is used to make the cocktail mixer grenadine?
- U.S. States:** In which state is Niagara Falls located?

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6/10 * TFN

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1/4 * TFN

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Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

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1/21 * TFN

6. **Animal Kingdom:** Which is the only mammal that can fly?
7. **U.S. Presidents:** Which two presidents died within hours of each other on July fourth – the 50th anniversary of the Declaration of Independence?
8. **Television:** What was Beaver's real first name on the *Leave It to Beaver* sitcom?
9. **Literature:** Which 1977 horror novel features a hotel called The Overlook?
10. **Movies:** Which 1967 movie tagline is, "They're young... they're in love... and they kill people"?

TRIVIA ANSWERS

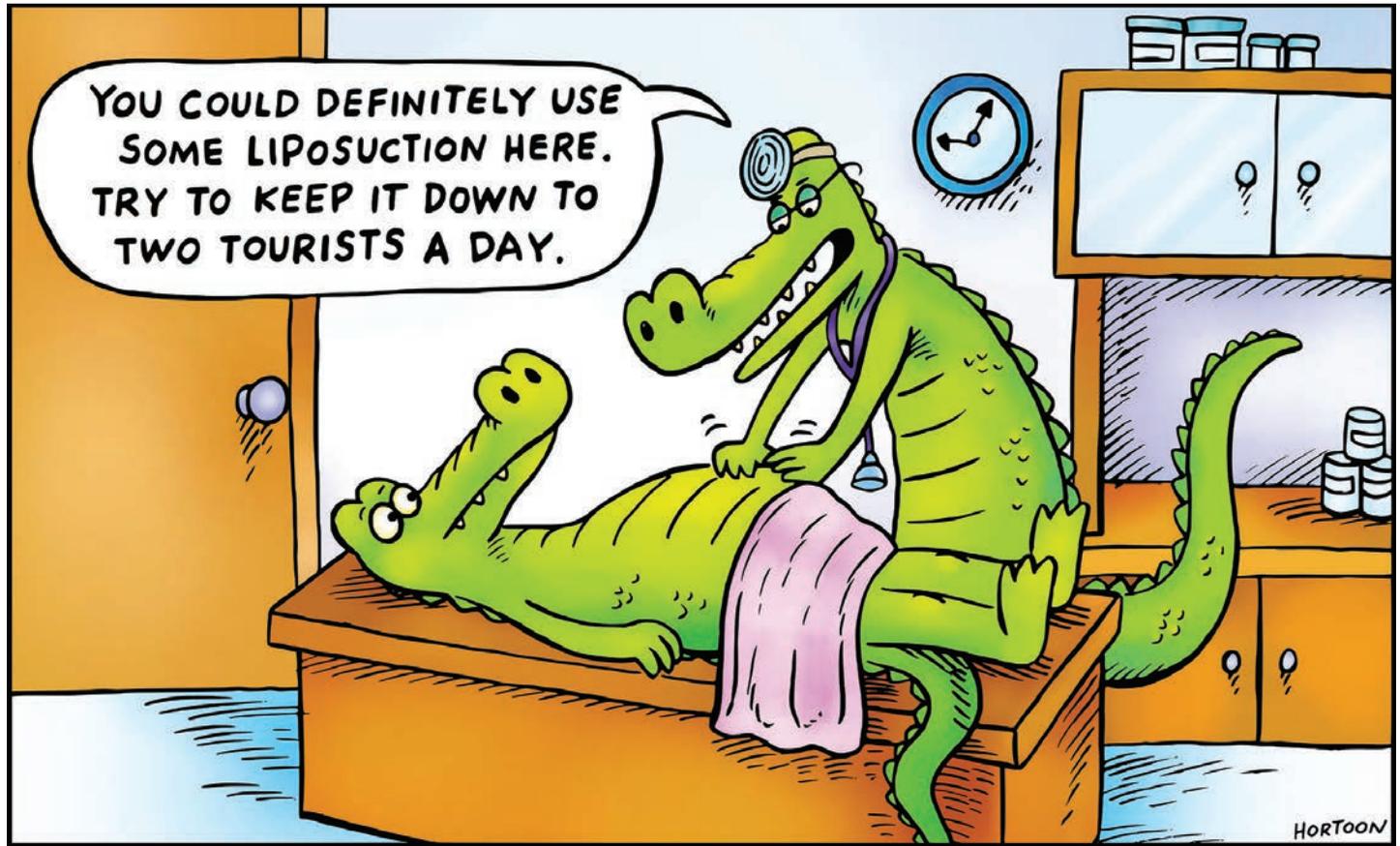
1. Stockholm 2. Union of Soviet Socialist Republics 3. 1870 4. Pomegranate 5. New York 6. Bats 7. Thomas Jefferson and John Adams 8. Theodore 9. *The Shining* 10. *Bonnie and Clyde*

SCRAMBLERS ANSWER

1. Kindle 2. Scrape
3. Loosed; 4. Shore

Today's Word
CHOKED

HORTOONS



PUZZLE ANSWERS

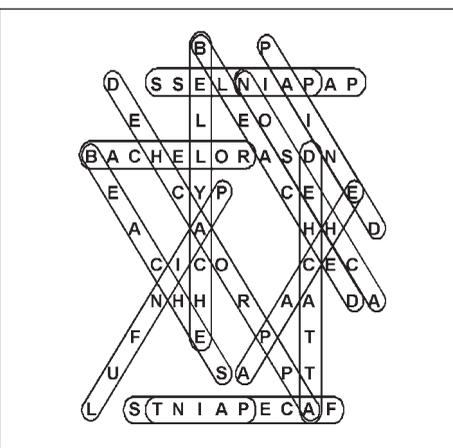
SUPER CROSSWORD

ARGO	CLASSED	LADS	LEW
BEAN	MANATEE	ENYA	OUI
LABELL	INCORN	AGER	RANGE
ADLAI	AFL	SEVER	RARDEN
SMELL	TILLIS	GEL	STONE
TED	ITSY	PROBERE	INER
TALC	AYE	ENID	
CLEAN	THOMPSON	OMIT	TED
HINGE	TAP	ICE	TOULA
IBA	WAFTS	CLONE	CHANEY
NEMO	ALA	EOS	JOE
WRONG	HOWARD	ZONED	STE
AIRER	ADO	HAY	ONION
GAS	LAMP	STOMP	STOPPARD
NORI	IAM	EVER	
BLEED	DREMI	CK	SANE
AVI			
AIDS	SPA	SCAL	DRIPKEN
STEAL	LEONI	AFB	FAINT
STRIPERS	BELIE	WHITNEY	
ELL	GAVE	EMERITI	STEP
TEE	APED	TUBETOP	YORE

KING CROSSWORD

LACE	KIEV	GAM
IGOR	ASTI	OWE
POGOSTI	CK	GET
DEES	IPODS	
RENEW	KNOB	
TAOS	SINGS	SONG
ERG	EAMES	OOO
SNOW	PLOW	STAY
APSE	KASHA	
FERMI	ABIT	
LIKE	LOGO	TYPES
LEA	ONEL	ROSE
ESS	NOEL	SECT

MAGIC MAZE



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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2018	4,851	\$11,500,000	\$10,500,000	27
Riverside	Fort Myers	2007	7,000	\$5,600,000	\$5,300,000	84
Southport On The Bay	Bonita Springs	1989	3,665	\$3,999,000	\$3,675,000	51
Sanctuary At Wulfert	Sanibel	2015	5,804	\$3,495,000	\$3,300,000	0
Orchid Ridge	Estero	2002	4,299	\$2,950,000	\$2,950,000	7
Edgewater	Fort Myers	1998	3,672	\$2,389,000	\$2,425,000	5
Cape Coral	Cape Coral	1992	2,545	\$2,600,000	\$2,350,000	52
Hammock Creek	Fort Myers	2006	5,218	\$2,250,000	\$1,850,276	8
Laguna Shores	Fort Myers Beach	1972	2,011	\$1,949,000	\$1,830,000	17
Wildblue	Fort Myers	2022	3,054	\$1,716,198	\$1,716,198	0

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