



THE RIVER WEEKLY NEWS

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Vol. 17, No. 36

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 7, 2018

Music Of The Movies At Broadway Palm

by Di Saggau

Let's Go To The Movies highlights the music and stars of the movies we all know and love. It's showing now at Broadway Palm and is the brain-child of the multi-talented Victor Legarreta who has created numerous shows for the theater as well as acting in several productions. The show begins with the six talented performers dressed in usher uniforms, singing and welcoming us to Grauman's Chinese Theatre, known for its Hollywood Walk of Fame. From this point, it's all about songs and parodies of your favorite movies.

The cast consists of Sarah Cammarata, Erica Clare, Kira Galindo, Chris Duir, Chasdan Ross Mike and Chris Trimboli. They sing and dance throughout and also make us laugh. The main comic in the group is Duir who plays Doc from *Back to the Future*, *Forrest Gump*, Pee Wee Herman



From left, Erica Clare, Kira Galindo and Sarah Cammarata

photo provided

and an Annie, who is sick and tired of singing *Tomorrow*. Ross and Duir also make an appearance as Yoda and Chewbacca. Trimboli and Clare are Danny and Sandy from *Grease*. We are

treated to a wonderful duet by Galindo and Cammarata as Barbra Streisand and Judy Garland.

There are many standout performances, including Galindo singing

the theme song from *Titanic* and Duir dressed as a nun singing *Climb Every Mountain* and then segueing into a song from *The Rocky Horror Picture Show*. It's a double whammy of entertainment. You'll also enjoy the salute to *Raiders of the Lost Ark*, *Jaws*, *Aladdin*, *Guys and Dolls* and so many more. The entire cast receives huge applause for their rendition of *Rock Island* train number from *The Music Man*.

A screen on either side of the stage is used to great advantage showing clips of many of the movies old and new. A tribute to MGM for all their classic films brought back lots of memories. One of the last songs sung by the cast is *Thank You for the Music*, and I'm sure many were thinking thank you for this evening highlighting the movies we've loved over the years.

Let's Go To The Movies is clever and a lot of fun. You'll laugh and sing along, and there's some audience involvement too. It shows through September 29 at Broadway Palm Dinner Theatre, located at 1380 Colonial Boulevard in Fort Myers. Tickets are available at the box office, by visiting www.broadwaypalm.com or by calling 278-4422.*



Artwork by David Dotts images provided

Beyond The Tattoo Exhibition Opens Saturday

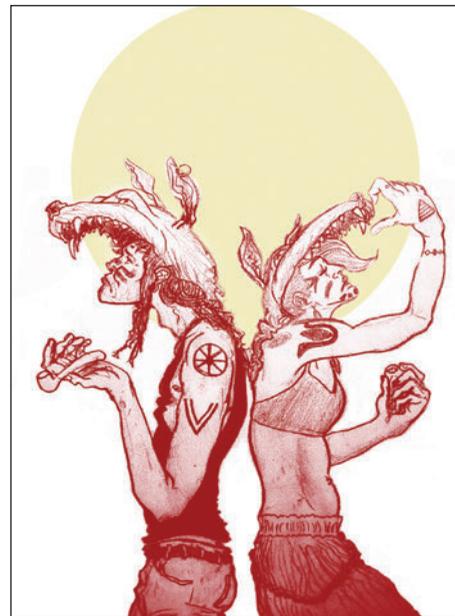
DAAS Co-op Art Gallery & Gifts is opening a collective exhibition entitled *Beyond the Tattoo*. A meet-and-greet reception is scheduled for Saturday, September 8 from 6 to 9:30 p.m. Tattoo and fine artists Ananda Warrick, David Dotts, Erin Kraepel and Spencer Elles will be presenting a series of works influenced by their professional and creative careers.

Warrick started her tattoo apprenticeship with Andy Howl from HOWL Gallery in 2011. Then, she went by the name of Mandalin, and her



Artwork by Erin Kraepel

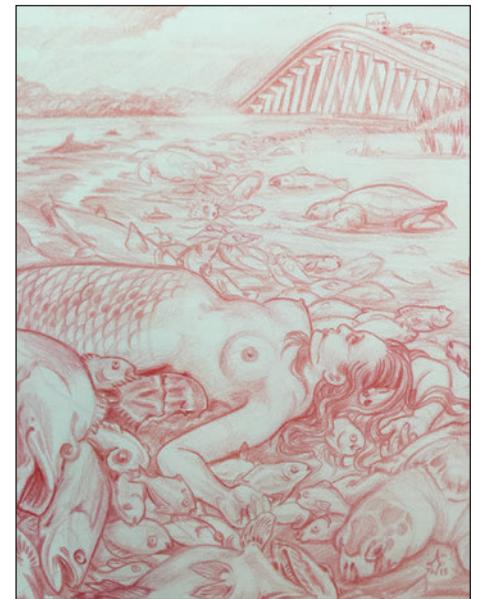
fine artwork ranged in mediums from installations to paintings portraying dreamy, surrealist subject matters. "Sometimes people would question if my work was finished because of its washy, abstract qualities," she said. "Tattooing professionally these past five years has impacted my artwork dramatically by sharpening my attention to detail and cultivating appreciation for clean line work and easy to read imagery." Warrick sees tattooing as a collaboration between client and artist to create work that is



Smokin Natives by Spencer Elles

polished, controlled and designed to last a lifetime.

Dotts began drawing at an early age. "Through my love for art, I enjoyed experimenting with different mediums, which I still do today. I believe my works exhibit qualities of expressionism, surrealism, abstract and minimalism. I enjoyed being a multi-disciplined artist and wish to embellish the art community with curious and challenging works," he said. Dotts seeks to become proficient in all tattoo styles, thus finding influences for his fine art while finding new avenues to



What Will Wash Up Next by Ananda Warrick

explore artistically.

Kraepel is a self-taught artist whose artistic focus revolves around creating narratives and statements, using elements and abstractions of the human form. He was born and raised in Detroit, Michigan where he found an interest in art at a very young age. After dropping out of Wayne State University to pursue a career in tattooing, Kraepel took an introductory oil painting class at a community college. That is where he found his focus. For this exhibition, his pieces will show transition and destruction, using alla prima oil

continued on page 16

Historic Downtown Fort Myers, Then And Now:

Second Roberts Building At First And Lee

by Gerri Reaves, PhD



The name “Roberts Building” can be a confusing one when discussing downtown history because at least four buildings have been so called. The first three were built by pioneer Carl F. Roberts and the fourth by his son, Carl C. Roberts.

(History note: Two Roberts Buildings stood on the southeast corner of Hendry and Main and were built in the 1890s and 1949. There was apparently a “Roberts Building” on East First Street in the 19-teens as well.)

The two-story structure at the left of this circa-1910 photo is the second one that Roberts constructed on the southeast corner of First and Lee. The first had been a three-story one constructed

around 1900.

It was destroyed by fire in 1907 but was quickly replaced with the building pictured here, which featured second-story exterior walkways.

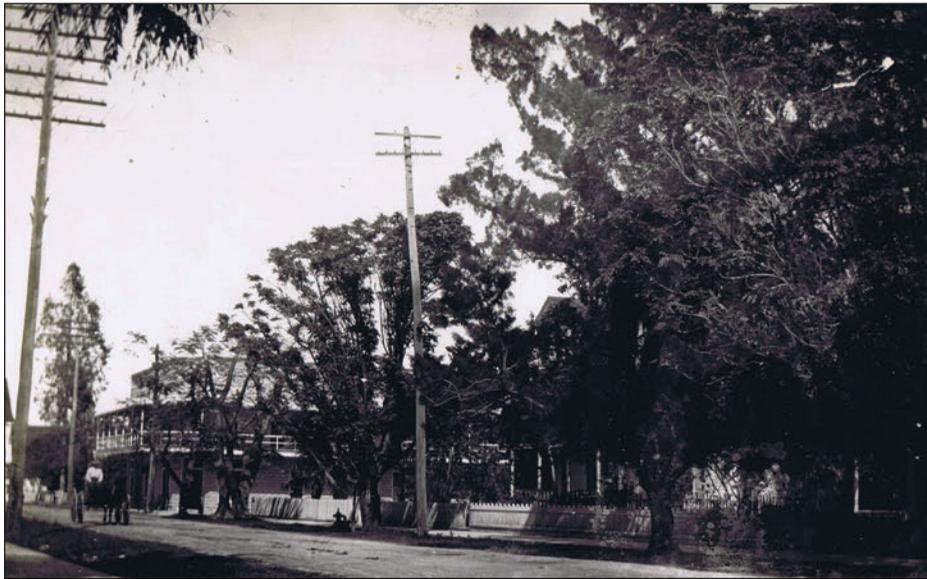
Clues in the image narrow the date to between 1906 and 1916. However, the presence of a horse-drawn wagon headed west near Lee Street suggest the earlier end of that range.

To take the photo, the photographer stood near the Jackson Street corner in front of Harvie E. and Florida Heitman’s house, a location that is today the Sidney & Berne Davis Art Center.

Note the concrete sidewalk (lower left), which most likely had been installed in 1906. Oddly enough, the town got “hard” sidewalks years before it got the first modern paved streets.

Also note the power lines, signs of the still relatively new electric and/or phone service, which had arrived downtown in 1898 and 1900, respectively.

On the far left and down at the corner of Royal Palm Avenue is the steeple of the



Circa 1910, the two-story Roberts Building (left) stands at the corner of First and Lee. In the distance (far left) is the Methodist church, and right amidst the trees is Hill House, a boardinghouse-hotel.

photo courtesy SWFL Florida Historical Society



The Florentine Building, originally the 1960 First National Bank, now stands at First and Lee (left center). The 1916 “new” Hill House (center), is now a law firm.

photo by Gerri Reaves

O’Neill Memorial Methodist Church, built in 1903 and the second sanctuary on the site.

Surrounded by shade trees in the right half of the photo is one of Fort Myers’s best-known hotel-boardinghouses, Hill House, opened in the 1880s by Mary F. Hill.

Through the decades, the Roberts Building was home to numerous businesses and offices, some of them notable names in the town’s history, such as Hunt Foto and Kate Jeffcott Realty.

Others, like Mrs. RL Mitchell’s studio for private music lessons, are lost in history. From 1909 until 1926, when the library lacked a permanent home and migrated around town, it occupied a space there.

In 1914, the building was remodeled to create seven new second-floor apartments. So in demand were modern apartments at that time that they were rented before construction.

Roberts qualifies as a significant local pioneer, but isn’t as well remembered as one might expect. He arrived in the U.S. from Sweden in 1879 and first came to Fort Myers in January 1884, just before it incorporated, and eventually settled here.

He became one of the town’s major contractors and businessmen, establishing the Carl F. Roberts Company in 1909, the Seminole Lumber and Manufacturing Company in 1921, as well as the town’s first funeral home. He developed subdivisions such as Monroe Heights.

Roberts helped to organize the first volunteer fire department and served on the Lee Board of Education and the Lee Memorial Hospital Board, among many civic contributions. The last of the downtown “Roberts Buildings,” the one built by his son, still stands at Hendry and Main.

As for the section of First Street captured in the historic photo -- it has had a complete make-over.

The Roberts Building at First and Lee was demolished in the late 1950s to make way for the new First National Bank, which opened on the corner in 1960.

That bank later became Bank of America and today is named the Florentine Building.

The Methodist white wood-frame church was destroyed in 1952 when a new sanctuary was built. That too was demolished just last year.

A “new” brick Hill House opened in late 1916 and replaced the old tree-shaded

continued on page 4

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A volunteer hands out backpacks

photos provided

Farm Hosts Backpack Giveaway

Hundreds of students received the essential supplies they needed ahead of the new school year thanks to the Lipman Family Farms Backpack Giveaway and Back to School Event. The 7th annual event drew over 2,000 attendees on August 4 at the Immokalee High School Football field.

Lipman Family Farms, America's largest open-field tomato grower, gave away over 1,500 backpacks, 200 bikes, gift cards and back-to-school haircuts to elementary and middle school students in Immokalee. Students also received free school supplies, including notebook paper, folders, crayons, glue, pencils and pens.

Attendees enjoyed music, food, face painting and games, thanks to the generosity of local business owners, sponsors and more than 40 vendors. The Collier County Sheriff's Office was on site with a rock climbing wall, and Ciclovía Immokalee got children moving with physical activities.

The free event helps students and



An Immokalee student receives a free haircut

families in need while celebrating the start of the 2018-19 school year.

Lipman Family Farms raised the money necessary to provide backpacks to every child in attendance through a successful 5K walk and run in April.✪



An Immokalee student receives his backpack at the 7th annual Lipman Family Farms Backpack Giveaway and Back to School Event



An Immokalee student admires her new bike



Children take part in a sack race during one of the event's games

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Van-Jay Haughton, a senior at Florida SouthWestern Collegiate High School and a summer student volunteer at Gulf Coast Village, poses with Palmview residents Dora Coronato and Fay Targove after a Bingo game photo provided

School Volunteers Donate Time, Make Friendships

Forty Southwest Florida teenagers spent a portion of their summer break volunteering at Gulf Coast Village in Cape Coral, offering a valuable helping hand to staff while forming intergenerational friendships with residents.

Collectively, the high school students tallied more than 1,000 volunteer hours in Gulf Coast Village's Life Enrichment activities program, helping lead interactive, enjoyable activities like arts and crafts, bingo and sing-alongs.

"It's refreshing to see today's youth take an interest in making a difference in the lives of seniors," said Diana Nicol, volunteer coordinator. "Many of our student volunteers showed exemplary leadership abilities and were very dependable."

Because Gulf Coast Village is

sponsored by Volunteers of America, a nonprofit organization, students can apply their volunteer time toward service hour requirements of Florida's Bright Futures scholarship program. Florida Medallion Scholars must complete at least 75 hours of community service, while Florida Academic Scholars need 100 service hours to qualify for financial assistance.

Adi Castillo, a junior at Cape Coral High School, was among the 40 students who spent a portion of this summer at Gulf Coast Village.

"I loved the friendly atmosphere," Castillo said. "The residents and staff are so sweet and can cheer you up in

no time. They feel like family."

"It was a great learning experience for me," added Adam Davis, a senior at Cape Coral High. "I had some great conversations with the residents and enjoyed being with them."

Gulf Coast Village welcomes student volunteers, ages 14 and above, throughout the school year, in addition to adult volunteers eager to make a difference in the lives of area seniors. School, church and community groups also are welcome.

For more information about volunteer opportunities at Gulf Coast Village, contact Diana Nicol at dianan@ gulfcoastvillage.org or 573-3334.✱

Nominations Accepted For Edison Pageant

Through September 15, the Edison Pageant of Light, a social and civic organization which encourages entrepreneurship in youth, is accepting nominations from the community for the Royal Court of Edisonia.

Nominees should display the qualities Thomas Edison embodied: an interest in the world around them, a commitment to Lee County, and a drive to succeed. Neither the young person being nominated, nor the person submitting the nomination, need to be a member of the Edison Pageant of Light.

Nominees must be between the ages 19 to 24 and have resided in Lee County one year. Participants must commit to participate for two years in the Royal Ball, hosted by the Edison Pageant of Light, and in the Edison Festival of Light Grand Parade. Both events occur in February. For a nomination form, call 671-4142 or email Royalcourtofedisonian@yahoo.com.

The Edison Pageant of Light was the inspiration of the late Robert Halgrim, newspaperman, and friend to Thomas Edison. Mr. Halgrim created a celebration that would pay homage to the great inventor and would become a living memorial to the man who gave us incandescent light. In 1938, seven years after Edison's death, The Edison Pageant of Light was launched. The Woman's Community Club and the



King and Queen 2018 photo provided

Jaycees enthusiastically helped Halgrim develop his concept of the mythological kingdom of Edisonia. The event has been held each year since, with the exception of the war years 1942-45.

The organization has a charitable arm, which raises money for other charitable endeavors such as the Children's Home Society, Calusa Water Keeper and the Edison Inventor's Fair.

For more information, membership applications or if you are interested in joining the Edison Pageant of Light, visit www.edisonpageant.com or come to the upcoming happy hour social at Society at Bell Tower Shops on Monday, September 10 from 6 to 8 p.m.✱



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From page 2

Historic Downtown

one. Today it is a law firm.

Hill sold her property to WP Franklin in 1918 and, in 1924, he opened the eight-story Franklin Arms Hotel behind it. The hotel is now condominiums.

Take a stroll downtown and contemplate downtown's many Roberts Buildings. Then visit these two research centers to discover the contributions of other pioneers.

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

Hours for the all-volunteer, non-profit

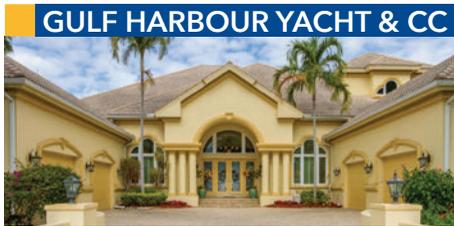
organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

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

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

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



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Fort Myers Art:

FSW Professor Pinch Hits As TGIM Judge



by Tom Hall

Part of the fun of attending the Fort Myers Film Festival's monthly TGIM screenings is the opportunity to bump into acquaintances and rekindle old friendships.

For example, artist and Florida SouthWestern State College (FSW) studio art professor Dana Roes was in attendance at the August 2018 TGIM.

For her, it was a triumphant return to the Davis Art Center, where she had curated a show in the Capital Gallery in April. Titled *Border(less)*, the wildly popular exhibition consisted of a collection of work produced by portfolio painting and conceptual art class student Amy Boomgaard, Joshann Burdick, Martha Delacruz, Peter Engdahl, Alejandro Gomez, Holly Hagan, Alyssa Hartford, Dalton Howard, Lewesa Major, Shannon O'Regan, Grant Syllaba, Jose Vanegas and Barbara Ann Wikoff.

But for everyone else who turned out for the August TGIM, it represented a chance to learn more about one of the Southwest Florida's most accomplished and fascinating art luminaries.

It happened because celebrity judge and *News-Press* photojournalist Kinfa Moroti couldn't make it to the screenings that night because he was



Florida SouthWestern State College studio art professor Dana Roes was one of the late additions to the August TGIM celebrity judge cast

photo courtesy www.artswfl.com

covering slain officer Adam Jobbers-Miller's funeral earlier in the day. So when TGIM co-host Eric Raddatz asked for a volunteer to take his place on the judging panel, FSW colleague and celebrity judge Dr. Wendy Chase conscripted Roes, who gamely accepted the challenge. Although it was her first time as a TGIM judge, she did a good job providing her own unique insights into the films that Fort Myers Film Festival (FMff) screened for the audience on August 6.

Roes is an abstract artist who explores psychological and material space within her compositions. Her emphasis on "the notion of voids, missing pieces, inaccessible or unknowable spaces" clearly influenced her approach to dissecting

and analyzing film. "Whether it is the psychological space of a lie, the mysterious space of multiple realities, or the indescribable space I feel when I close my eyes and face the sun, it is resistance to containment and the urge towards expansion that drives my work," she said.

Dana has a master of fine arts in painting from the University of Pennsylvania and has received several notable awards including a Fulbright Fellowship and a Skowhegan School of Painting and Sculpture Residency. Her work has been included in numerous exhibitions throughout the states as well as in Sweden, Australia and China. She has been featured in solo exhibitions at the Gallery Listamistodim in Iceland, the Fay Gold Gallery in Atlanta, the Larry Siroli Gallery in Chelsea and the Bob Rauschenberg Gallery in Fort Myers.

Speaking of the Bob Rauschenberg Gallery, did you know that Dana is within six degrees of Yoko Ono? It's true. She gained that proximity to the conceptual artist and musician when she accompanied Florida SouthWestern State art students Josue' Charles, Christopher Lacoste and Leila Mesdaghi to Iceland with a box containing wishes for peace that were harvested from two Wish Trees that were included in Yoko Ono Imagine Peace exhibition in the Bob Rauschenberg Gallery between January 24 and March 29, 2014. Those wishes joined more than a million others that Ono has placed in time capsules in the base of the John Lennon Imagine Peace Tower that have been collected by the artist from her Wish Trees since the early 1990s.

Her current series, *Holding Fast*, investigates the coexistence of various modes of experience. Rather than being preoccupied with transitional states and the indecipherable, these paintings resonate with the acceptance of radical difference. The muscle in this work resides in its formal challenges of balancing chroma, hue and composition in a way that elicits acceptance and neutrality rather than the pull of emotion.

Many cineastes appreciate the chance to rub shoulders with the celebrity judges, filmmakers and fellow film lovers who turn out for TGIM on the first Monday of each month between August and February. There are always lots of local luminaries in the crowd, and sometimes there's the added benefit of getting to hear from a surprise celebrity judge like FSW Art Professor Dana Roes.

*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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Pulitzer Prize Winner Opens At Lab Theater

In celebration of Hispanic Heritage Month, the Laboratory Theater of Florida is showing the Southwest Florida premiere of *Anna in the Tropics*, a Pulitzer Prize-winning play by Nilo Cruz, from Thursday, September 13 through Sunday, September 30.

Set in a cigar factory in 1929 Ybor City, this is a steamy tale of everyday Cuban-Americans who spend their days meticulously rolling cigars while being entertained by a lector who reads to them while they work. When the new lector chooses to read Tolstoy's *Anna Karenina*, themes of love, infidelity, violence and debt reflect the lives of the cigar rollers, encouraging them to reconnect and rediscover their passions.

Director Annette Trossbach says, "This is a rich and romantic drama about passionate people in a pressure-cooker of Florida heat and stagnation within their cigar business, struggling to stay relevant

without taking the risk of changing. As the lector reads from *Anna Karenina*, the listeners fall under its spell and are fueled by its passion and immediacy. It's a sensuous piece, intimate and romantic on the one hand, and then flashing into violence."

Both English and Spanish are spoken in this play. A running translation of both the Spanish and the English language will be projected above the stage.

The cast includes Carmen Rivera, Miguel Cintron, David Pimentel, Chloë Tsai, Ronaldo Chico Guido, Isaac Osin, Grace Hernandez, Ernesto Lasso de la Vega, Abe Hernandez and Dan Hernandez.

This play is supported by The World Famous Cigar Bar in downtown Fort Myers, and Robert Schmidt.

Tickets are available to purchase on Brownpapertickets.com or by calling the box office at 218-0481.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For more information, play dates and special events surrounding the play, visit www.laboratorytheaterflorida.com.*



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Along The River

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, September 7 from 6 to 10 p.m. and Saturday, September 8 from 11 a.m. to 4 p.m.

Fourteen galleries will be open for visitors and residents to meet the artists and see live art demonstrations and exhibitions along the river district.

For more information, visit www.fortmyersriverdistrictalliance.com.

During Art Walk, the **Sidney & Berne Davis Art Center (SBDAC)** will be hosting two opening exhibits.

The **Jonathan Kane Retrospective: 1957-2017** will be on exhibit from September 7 to 28 to honor the late artist's one-of-a-kind work. The exhibit will open this Friday, September 7 from 6 to 10 p.m.

The show, curated by Heather Nigro, covers the entire range of Kane's work. The 40-year-plus time frame begins with Kane's teenage years as a precocious amateur and young staff photographer at a local Naples newspaper. It moves on to his experimentation with different styles during his years at art schools in Florida and California, and as an unhappy young urban professional. It ends with the considerable volume of experimental nudes produced upon Kane's return to Naples in the early 2000s.

Two Southwest Florida artists, known as **Syzygy**, will be featured in the Capital Gallery at Sidney & Berne Davis Art Center also this Friday, September 7 from 6 to 10 p.m. The collective art project between Danielle Branchaud and Nick



There will be an **Edible Gardens** talk at Edison & Ford Winter Estates on Saturday
photo courtesy www.edisonfordwinterestates.org

Masiello presents the sophisticated series, titled **Urban Dreamscape**.

Masiello works largely in abstraction and an urban expressionistic style. Branchaud works on canvas through the exclusive use of acrylic paints, depicting figurative dreamscapes that detail psychological states.

The paintings in the **Syzygy** series prove that opposites can combine to

develop cohesive and unique creations. These works present a complex, albeit refreshing, glimpse into a world, based on thoughtful introspection as well as social commentary. The exhibit closes on Thursday, September 27. For more information, visit www.syzygyart.wordpress.com.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com or call 333-1933.

Also during Art Walk, **Arts for ACT Gallery** will have an **opening reception** and meet the artists session for Katherine Boren, Adorable Monique and more than 25 cooperative artists during Art Walk this Friday, September 7 from 6 to 10 p.m.

Boren will have her artwork displayed in the main gallery with an exhibit titled **50/50**. She is donating 50 percent of the proceeds to the ACT shelters. Monique's artwork will be off the main gallery in the white gallery.

Boren's artwork continues and expands her exploration of multiple mediums evoking various emotions, events and places utilizing nonrepresentational techniques. She emphasizes the use of color, form and texture to evoke emotional and psychological reactions to her art. For more information on Boren's work, visit www.katherineboren.com.

Monique is an award-winning artist based in Southwest Florida, brought up in Central America. In her bold, vibrant

palette, Monique's work invites you to look for meaning beyond color. The themes are a recurring focus on identity and cultural heritage, tangible and not tangible.

These exhibits continue through Monday, October 1. Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.

There will be an **Edible Gardens presentation** at the **Edison & Ford Winter Estates** this Saturday, September 8 at 10 a.m. The garden talk will teach participants everything that is needed to start and grow edible gardens in a yard.

Participants should meet at the information booth after signing in at the ticket counter. They will receive a 20 percent off coupon toward Garden Shoppe purchases. Wear comfortable shoes and bring a hat, sunscreen and water.

Cost is \$10 for Edison Ford members and \$15 for non-members. Contact Leeanne Criswell, Edison Ford program, at 334-7419 or lcriswell@edisonfordwinterestates.org. Pre-registration requested, but not required.

Lakes Regional Library will offer a program called **Coloring for Adults** this Tuesday, September 11 at 2 p.m. Library officials call the class the latest trend in relaxation. There will be coloring pages designed especially for adults as well as colored pencils provided. Registration is required.

The Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information about a program or to register, call 533-4000.

The Academy of Lifelong Learning at **Shell Point Retirement Community** will host Florida SouthWestern State College professor Adrian Kerr in his presentation entitled **Iran: Its History and Today** for the first of a two-part series this Tuesday, September 11 at 4:30 p.m. The second part of the program will be held on Tuesday, September 18 at the same time.

Tracing some of the world's oldest settlements dating back to 4000 BC, the first session will introduce the Indo-Europeans and uncover the rise and fall of the nation of Iran. The second session will discuss how the Islamic conquest of AD 650 was a turning point in Iranian history. Kerr will conclude this two-part discussion with a look at recent times and the major shift in Iranian leadership.

Tickets to attend each session are \$10 and can be purchased by calling 489-8472.

Shell Point Retirement Community is located at 15101 Shell Point Boulevard in Fort Myers. To learn more, visit www.shellpoint.org.

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Acting Class For Minority Actors

The Alliance for the Arts is offering its next acting class for adult minorities. The class runs on Saturdays, September 22 through November 10, from 12:30 a.m. to 3 p.m.

The CHANGE Program (Communities Harnessing the Arts to Nurture and Grow Equity) engages aspiring minority actors in theatre education, provides performance

opportunities and a platform to convene dialogue on social issues that challenge our community through creative, artistic expression. Through the course, students explore the fundamentals of acting, character development and scene work.

Cost is \$25. Pre-registration is required and can be completed online at www.artinlee.org/education or by calling 939-2787.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. This project is supported by the Southwest Florida Community Foundation.



Jennifer Williams and Nola Theiss, executive director of HTAP

photo provided

Funds Raised For Prevention Of Human Trafficking

Jennifer's women's boutique raised \$570 to support Human Trafficking Awareness Partnerships (HTAP). The June 21 event included a preview of famed Florida artist Myra Roberts' *Spokeswoman* that will be auctioned to benefit HTAP. The business sold signed and numbered prints of *Spokeswoman* and raffle tickets for a variety of prizes

with 100 percent of the sales donated to HTAP. In addition a percentage of Jennifer's sales on June 21 were donated to HTAP.

"HTAP instructs youth in Lee and Collier counties in how to protect themselves against trafficking and teach their peers about the issue through presentations and its ARTREACH program," said Jennifer Williams, owner of Jennifer's. "Human trafficking is a serious problem in Florida, and HTAP is the community leader and trusted resource for human trafficking prevention in Southwest Florida."✧

Build My Future Lee County Set For October 24

The Lee Building Industry Association (Lee BIA) and School District of Lee County (LCSD) will hold Build My Future Lee County at the Lee Civic Center on October 24 from 8 a.m. to 3 p.m. The career day trade show will help address the skilled workforce shortage within the building industry, and all proceeds will aid in funding construction curriculum in Lee County schools.

This career day trade show will feature companies from all aspects of the construction industry, from foundation to roof. More than 700 district students will get a hands-on introduction to various building trades. The Lee BIA is seeking construction companies and trade contractors to exhibit in and sponsor this event. Current participating sponsors of this event include the Lee County Department of Community Development, Fallsafe Walls & Ceilings, Advance Solar & Energy, Argos RMX, B&I Contractors, MW Horticulture Recycling, Service Contracting Solutions, Grabber Construction Products and SeaBreeze Electric.

"Build My Future Lee County is so important to the future of our industry and the students of Lee County" said Phillip Ford, executive vice president of the Lee BIA. "Our goal is to ensure our students are aware of options other than college that make for great careers, all while addressing the workforce shortage in our industry."

"As a contractor, our industry currently has a shortage of qualified workers, which hinders our ability to meet the demand for housing, thereby driving up the cost of homes" said Richard F. Durling, president of Marvin Development and the Lee BIA. "I think it is essential that we change the narrative that you are only successful if you have a college degree and this event is a great way to start that conversation."

"We are very excited for our career and technical education students to have the opportunity to experience a diverse set of career options in the construction industry, said Rita Davis, director of adult and career education. "There are so many possibilities in this field, and we want our students to have direct access to them."

Anyone that is interested in participating can find event information at www.bia.net, contact the Lee BIA at buildmyfuture@bia.net or call 936-5525.✧

Cape Coral Brewery To Hold GCHS Benefits

Every first Friday of every month will be time to drink with the dogs at Scotty's Bierwerks. The Cape Coral brewery is partnering with Gulf Coast Humane Society to host Barks & Brews, which will make its debut Friday, September 7 from 6 to 8 p.m.

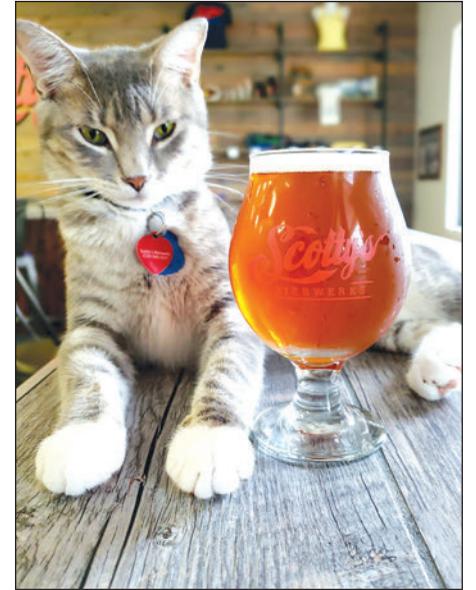
Helping shelter animals is a big draw for Scotty's Bierwerks' owner Scott Melick and hosting Barks & Brews is a perfect way to bring positive exposure to GCHS' adoptable pets.

"We have been a pet-friendly brewery since we opened in April of 2017," Melick said. "This amazing cause holds dear to our hearts as we ourselves have taken in a stray kitten that now has become a part of our brewery family. With Barks & Brews, we hope to raise awareness and funds to help Gulf Coast Humane Society to continue their mission of providing refuge, medical care, and to aid in adoptions."

Scotty's Bierwerks provides plenty of space for patrons to bring their forever friends along, as well as an opportunity to meet some of GCHS' adoptable furry ambassadors, who will be on site (although on-site adoptions will not be available).

There also will be food trucks available, as well as a raffle basket with fun prizes at every event.

"We are so happy to collaborate with Scotty's Bierwerks, because anytime we can get our shelter animals out and



The mascot at Scotty's Bierwerks poses with a craft beer

photo provided

about to be seen, is always a good thing," said GCHS executive director Jennifer Galloway. "We, as a community, are lucky businesses such as Scotty's Bierwerks are pet friendly and GCHS has the opportunity to showcase some of our adoptable pets."

Barks & Brews will be held the first Friday of every month. Bring your dog for a visit, or give your dog-loving attention to the GCHS shelter animals – it's a win-win situation every time.

Scotty's Bierwerks is located at 901 East Industrial Circle in Cape Coral, just off of Pondella Road.✧

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Block Party To Celebrate Deaf Awareness

The Sally J. Pimentel Deaf & Hard of Hearing Center will be hosting a community block party in its parking lot to celebrate National Deaf Awareness month on Saturday, September 22 from noon to 4 p.m. This event is a first of its kind in Fort Myers, and the agency is hoping to bring together the deaf, hard of hearing and hearing citizens of the community to promote deaf awareness, as Southwest Florida has over 60,000 deaf and hard of hearing residents.

The block party will offer food from Rollin' Raw Bar food truck and The Hungry Pony Food Cart. Old Soul Brewery will generously be providing its beer. The Frozen Chosen nitrogen ice cream truck will also be there. The event is family-friendly and includes activities such as a bounce house, dunk tank, obstacle course and carnival games.

"Our hope is to join the hearing and non-hearing of our community and share an exciting event together for a great cause," said Executive Director Alicia Miller. "For many who have never been exposed to American Sign Language, this is a great opportunity to see this beautiful language and learn some basic communication skills."

The agency is still looking for ven-

dors who may be interested in having a table at the event.

The Sally J. Pimentel Deaf & Hard of Hearing Center is located at 1860 Boy Scout Drive suite B208 in Fort Myers. Contact Alicia Miller at 461-0334 ext. 6 or executivedirector@dhhc.life for more information.✱

Singer-Songwriter Events To Be Held At Lee Libraries

The Lee County Library System will partner with the Americana Music Association (ACMA) to offer free singer-songwriter events for the community.

The ACMA is a Fort Myers-based nonprofit that promotes local artists who write and perform their songs. These community performances will showcase local talent and provide the audience with the stories behind the songs in an intimate songwriters showcase.

The Fort Myers Regional Library will also offer free monthly music performances on the second Tuesday of each month beginning in November.

The musical events offered by the library system compliment the upcoming Island Hopper Songwriter Fest. The festival returns September 21 to 30 to fill The Beaches of Fort Myers & Sanibel with music and fun at a number of tropical venues. The festival

takes place over 10 days on Southwest Florida's barrier islands. It's also a chance for fans to hear popular songs they've heard on country radio performed by the actual songwriters. For more information, visit www.islandhopperfest.com.

Below is a list of dates and performances taking place throughout Lee County:

Friday, September 21 at 2 p.m.
Captiva Memorial Library will host the Island Hopper Songwriter Showcase with featured musicians Bill Metts, Bruce Gallant and David Hintz. Metts has been influenced by the music of Taj Mahall, Mississippi John Hurt, Doc Watson and others. Bill's original songs are down home finger-picking style.

Gallant has written songs for more than 30 years. His songs are a reflection of his life experiences.

Hintz writes from his heart. His performance is sure to be a direct line to yours.

For more information, contact the Captiva Memorial Library at 533-4890. Thursday, September 27 at 5 p.m.

Fort Myers Regional Library's Outdoor Amphitheater on Cornog Plaza will host the Island Hopper Songwriter Showcase with featured musicians Robert Bidney, Carlene Thissen and Mike McMillan.

Bidney is a strong, new voice on the indie album scene. His messages are as strong as his melodies with an appealing pop/soul sensibility.

Thissen performed early on as a

folk singer and then branched out into country. She is heavily involved with Immokalee, a farming community that inspired many of her original songs.

McMillan got his first guitar as a teenager and has been pursuing his musical dreams ever since (in between jobs, four kids and several dogs).

Songwriters on the Plaza at Fort Myers Regional Library's Outdoor Amphitheater will be held 6 to 7:30 p.m. on November 13, December 11, January 8, February 12, March 12 and April 9.

November 13 – Ray Cerbone, with Nancy Koener, Robert Bidney, Annie Wenz

December 11 – Andy Getch, Bob Williams, Kim Mayfield

January 8 – Mike McMillan, Millie Van Horn, David Clayton

February 12 – Joe Virga, Bill Metts, Bruce Gallant

March 12 – Carolyn and David Stanley, Mary Dahl, Pete & Silvia Popravak

April 9 – Chuck Williams, David Hintz, Ross Jordon

Registration is not required. Bring a blanket or chairs to enjoy the free, musical performances.

Captiva Memorial Library is located at 11560 Chapin Lane in Captiva. Fort Myers Regional Library's Outdoor Amphitheater on Cornog Plaza is located at 1651 Lee Street in Fort Myers. For more information, visit www.americana.org or www.leelibrary.net, or call 479-4636 to speak with library staff.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, allfaiths-uc.org, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

ANNUNCIATION GREEK ORTHODOX

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

BAT YAM-TEMPLE OF THE ISLANDS

Friday Shabbat at 7 p.m. 2050 Periwinkle Way. www.batyam.org 579-0296.

BETH SHILOH MESSIANIC SYNAGOGUE

Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

Sunday 9:45 and 11 a.m., 7 p.m.;

Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m. 6111 South Pointe Boulevard, 278-3638.

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

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

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, nbcministry@embarqmail.com, facebook.com/nbcministry, 656-0416.

NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

Sunday 8 and 10 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peaceftmyers.com, 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. 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. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

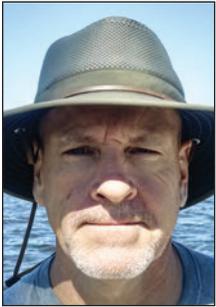
Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m. 7401 Winkler Road, zionfm.org, 481-4040.✱

CROW Case Of The Week:

If You Care, Leave It There



by Bob Petcher

Animal lovers with good intentions should be praised for their caring ways. But sometimes, people who believe they are rescuing animals that have appeared to go

astray can be doing more harm than good.

This theory especially applies to baby animals. CROW officials admit that one of the busiest places in the clinic is the baby room. During spring months, the room is filled with baby mockingbirds, baby mourning doves and other baby bird species. This time of year, the room is filled with baby eastern gray squirrels.

Unfortunately, most of these young squirrels have reportedly fallen from their nest or been dislodged during strong storms. In many of these cases, the immature mammals are in good health and are brought to CROW unnecessarily.

CROW officials are currently very busy with the intake of baby squirrels and would like the public to know about the If You Care, Leave It There program.

“Currently, there are 45 baby squirrels in hospital, with more being admitted each day during the height of baby season,” said Dr. Robin Bast, CROW’s staff veterinarian. “Squirrel moms are very devoted. They often have “back-up” nests made so that if something happens to one, they can just move their babies immediately to a new safe place. If babies fall from the nest, mom will usually retrieve them and put them back in the nest.”

Caring for a high number of baby squirrels is time-consuming due to the necessity of numerous feedings and incubator cleanings throughout the day. As squirrels get bigger, they are transitioned from a specialized milk diet onto a diet of solid food such as fruits, nuts and vegetables. Once old enough, they are moved to an outdoor enclosure until they are ready for release.

“Baby care is very time intensive. In addition to the staff and students, CROW has trained, dedicated volunteers that care for the babies every day. Some babies are so young that they need feedings very late in the evening or early in the morning – almost around the clock,” noted Dr. Bast. “It is important to keep their incubators and enclosures clean to prevent incidence and spread of disease. Babies can be very messy, especially when learning to eat food on their own. If left unattended, that mess would be a great place for bacteria to grow and infection could occur.”

Before calling a rehabilitation clinic, finders are asked to leave these little animals alone unless there appears to be



A baby squirrel is fed at the clinic

photo by Brian Bohman

a clear injury or a fallen nest.

“If the original nest was destroyed and/or you cannot reach it if it is too high up in the tree, you can put the babies in a faux nest as close to the original nest as possible, and mom will retrieve the babies and continue to care for them,” said Dr. Bast. “To make a simple temporary nest, take a small plastic container, poke small holes in the bottom to allow for drainage if it rains, place some nesting material (like) pine straw, leaves, or grass inside, and secure this to the tree trunk or nearby bush, then place the babies inside. Putting the nest as high as you can reach may help

prevent certain predators, such as feral cats, from discovering and disturbing the temporary nest until mom moves the babies.

“‘If you care, leave it there’ is the best rule to go by when it comes to baby animals. Most babies that are found outside of the nest are still receiving care from the parents, and may be going through normal development phases of exploration. These babies are often inadvertently ‘abducted by a concerned person who does not realize that the parents are still providing care for the babies. Although our nursery is staffed

continued on page 19

“Top 5 Breakfast in Florida” - Southern Living

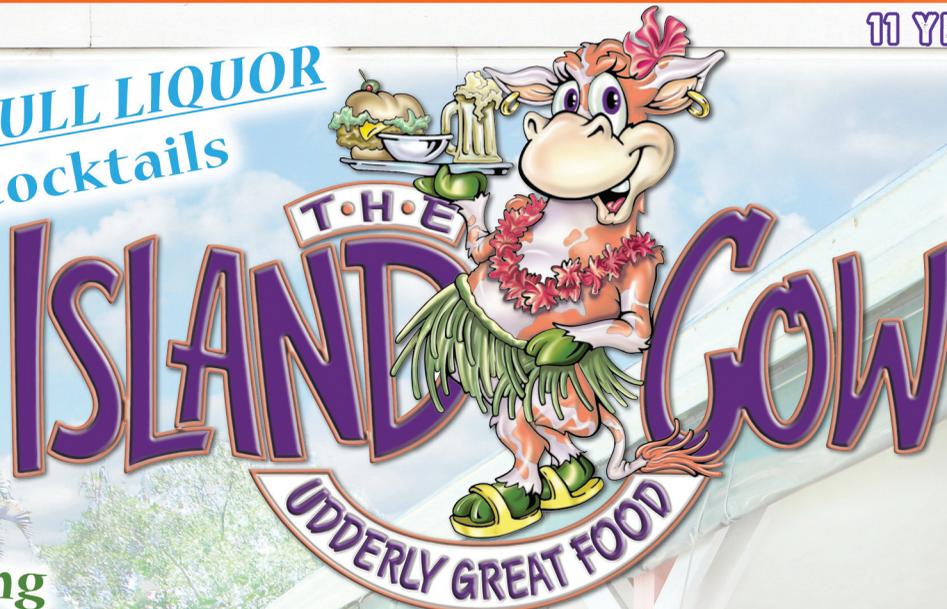
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Snook And Redfish Still Closed To Harvest



by Capt. Matt Mitchell

Usually during the first week of September I would be writing about the opening of snook season but, on August 30, the FWC temporarily made both snook

and redfish catch and release only from Manatee county to Collier County. This executive order is in response to the red tide we have experienced and is in effect until at least the next FWC meeting Sept 26.

The fact that these fisheries are closed to harvest is a good thing. Both snook and redfish fisheries have taken a hit by this never-ending red tide. These iconic species of fish need protection and are way too valuable to be seen as just a plate of food. On the down side though, this news-making closure will only bring another wave of negative press and more miss information, further grinding our tourism to even more of a halt than we have already experienced.

While getting out on the water this week, I'm finally seeing a few more boats out than in the past several weeks. Conditions have rebounded and, although there is little to no work for any

of our area fishing guides or basically any water-based business, fishing was good. After catching shiners in the middle sound, we easily caught limits of large mangrove snapper and also released a dozen or so snook while just out playing around. Jacks and grouper also bent the rods while bouncing spot to spot.

Bait and bird life is slowly getting back to normal with certain places just alive with life. In the northern sound, once you make the turn north past the powerlines, the sound was free of dead fish. Areas around the Sanibel Lighthouse are still a little littered with a few floating fish. I think it is more due to the east winds and strong tides pushing floating fish in and out. With 140 miles of our coastline experiencing effects of this supercharged red tide, it's just going to take time to clear out.

Cancellations have affected both hotels and every fishing guide as northern and european clients who normally book us throughout the summer have been lead to believe the red tide is of Biblical proportions and will make them sick. Misinformation is all over with people believing there is no sea life left. When I have boated clients out on the water, they are amazed how good our fishing and ecosystem is after reading and watching the shocking news reports. After the slowest August and Labor Day weekend for business anyone can remember, September bookings are thankfully up.

Government, along with the FWC, need to come to the realization that a red tide bloom of this size is not naturally occurring and that making the levies round Lake O stronger to hold more



Still catching a few redfish, though now they are all catch and release photo provided

water iis not the solution as it will only allow them to hold more water for farm interests and increase the nutrient rich water releases. Something really drastic needs to happen before all the sea life in our beloved estuary is destroyed for future generations.

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. ✨

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This native wildflower blooms year-round and is a host plant for the checkered white and the great southern white butterflies

photos by Gerri Reaves

Plant Smart

Virginia Pepperweed

by Gerri Reaves

Virginia pepperweed (*Lepidium virginicum*) is a native wildflower of the mustard family that grows throughout the state.

Commonly considered a weed, this useful pretty plant grows up to three feet tall. It's found along sidewalks and roads, in undeveloped lots and yards, and in disturbed areas and fields.

It prefers dry conditions and full sun.

Also called peppergrass and poor man's pepper, it is a veritable salad unto itself and is highly nutritious.

The rosette of leaves on the ground can be eaten as salad greens or cooked greens. They taste a bit peppery or watercress-like, thus another common name, Virginia cress.

Once a plant has bloomed, the leaves up the stalk are tough and bitter, however.

The pungent seeds can be sprinkled on greens, and the white root can substitute for horseradish when ground up and vinegar is added.

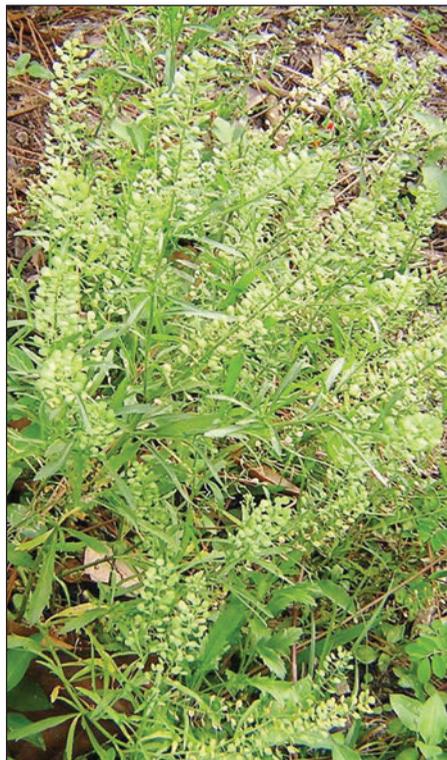
Dense spikes of tiny white flowers bloom year-round. Clusters measure about four inches long, and each four-petaled cross-shaped flower has two stamens.

The lobed leaves are linear, lance-like, or elliptical and narrower on the upper stalk.

The rounded flattened seed pods are about one-eighth of an inch wide.

This herb is a host, or larval, plant for the checkered white and the great southern white butterflies.

It is used as a diuretic and as a treatment for scurvy, coughs and asthma.



Virginia pepper is common throughout the state. The leaves, roots and seeds are said to be edible.

The seed stems can be dried and used in flower arrangements.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Florida's Incredible Wild Edibles* by Richard J. Deuerling and Peggy S. Lantz, *National Audubon Society Field Guide to Florida, Wild Plants for Survival in South Florida* by Julia F. Morton, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiel, <http://floridawildflowerfoundation.blogspot.com>, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida. ✨

'Ding' Darling Days Amateur Photo Contest Deadline Nears

September 15 marks the deadline for the 26th annual "Ding" Darling Days Amateur Nature Photography Contest. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days from October 12 to 14.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 13 during "Ding" Darling Days.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by Saturday, September 15. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

There is a \$25 per person entry fee that provides you with a membership to the refuge and is used to defray the cost of the contest. Each person may enter up to two photos but is eligible to win only one award. One \$25 fee covers two entries per person.

Only amateur photographers of all ages are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each photo must be a jpeg file of at least 3,000 by 2,400 or four megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria includes:

- 1) Technical excellence (sharpness, lighting, composition, exposure)
- 2) Originality/creativity
- 3) Interest
- 4) Ability to be reproduced for publication

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded; first place \$250, second place \$150, third place \$100, honorable mentions \$25.

There are three judges: a refuge staff person, a professional photographer and a member of the Sanibel community. ✨



Linda Kruleski from Beverly Hills, Florida took third place in 2017 with her portrait *Hawk with Snake* photo provided



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FSW Presents Critical Thinking In The Digital Age

Wil Schmidt, global director of New Client Engagement for Gartner, Inc., will present Critical Thinking in the Digital Age during the Critical Thinking Lecture Series in Building AA-177 at Florida SouthWestern State College's (FSW) Thomas Edison Campus on Wednesday, September 12 at 6 p.m. Additionally, the presentation can be viewed digitally at the FSW Charlotte Campus, Building E, Room 105; the FSW Collier Campus, Building G, Room 109; and the FSW Hendry/Glades Curtis Center, Building A, Room 106.

Gartner, Inc. is the world's leading information technology research and advisory company. Gartner delivers the technology-related insight necessary for clients to make the right decisions, every day. Schmidt's Strategic Accounts Team supports IT professionals employed at organizations with annual revenues of over \$10 billion within the banking, finance, insurance, healthcare, and life sciences verticals.

Prior to his role at Gartner, Schmidt held sales and management roles within the finance, retail and advertising industries, including founding and selling a mortgage brokerage in Nevada. His prior experience as both an entrepreneur and as an employee of a global firm offers a distinct perspective on critical thinking competencies required for a successful business career. Schmidt has also had two



Wil Schmidt photo provided

articles published by Gartner, the latest titled "Fostering an Innovative Culture That Meets Business Requirements." In addition to his Gartner leadership role, Schmidt is a disciple of the Dale Carnegie teachings; an avid residential real estate investor; a basketball coach within a co-ed youth league; and a boater.

The FSW Critical Thinking Lecture Series features college and community leaders who discuss how they use critical thinking skills in their profession or focus on critical topics from their area of career or academic interest. The series is free and open to the public. Presentations take place weekly, and the fall series runs September through November.

For more information, contact Whitney Rhyme, director of strategic initiatives, at 433-6943 or whitney.rhyme@fsw.edu.*

Innovative School Initiative Created

The School District of Lee County and Florida Gulf Coast University (FGCU) are joining forces to create Southwest Florida's first Joint PreK-12 Innovative School Initiative. This school will be designed to offer a high quality education for students, a research center for faculty and a training ground and pipeline for teachers.

"This kind of initiative is so important to the people of Lee County and really all of Southwest Florida," said Superintendent Dr. Greg Adkins. "We want to create a school that serves our students academically, prepares teachers to stay here and teach, and conducts world class research that is directly applicable to today's classrooms."

According to the agreement between the Lee County School Board and FGCU, the PreK-12 Innovative School will be a contemporary model to develop, demonstrate and cultivate new and different ways of learning. The framework will be through learner-centered Experiential, Exploratory and Expeditionary (Triple E) experiences.

The School District and FGCU are committed to working together to find a location for the school, securing state funding, hiring the staff and forming a joint advisory board.

Dr. Adkins, School Board Chairman Cathleen Morgan, FGCU President Mike Martin and Vice Chair of the FGCU Board of Trustees Robbie Roepstorff held a

ceremonial signing of the Memorandum of Understanding at in the Lee County Public Education Center Board Room on August 29.*

All-American Scholar Named

Fort Myers native Blake O'Neill was recently named an American Hockey Coaches Association (AHCA) All-American Scholar as a member of the Elmira College men's ice hockey program.

In order to be eligible for the award, varsity student-athletes must have attained a 3.6 GPA in each academic semester and participated in 40 percent of their team's contests during the 2017-18 season. A total of 1,310 NCAA student-athletes received the honor with 821 coming from Division II and III.

Elmira College was well represented, as six skaters from the men's team and five from the women's earned the honor.*

College Graduates

Two Fort Myers natives recently received master's degrees from Clemson University.

Kenleigh G. Clark graduated with a master of business administration degree in business administration

Kristen D'Von Goodson graduated with a master of professional accounting degree in accounting.*



Judge Mary Evans photo provided

Judge To Present At Lecture Series September 18

Judge Mary Evans will present Applied Critical Thinking: A View from the Bench during Florida SouthWestern State College's (FSW) Critical Thinking Lecture Series at the FSW Thomas Edison Campus, Building U-102 on Tuesday, September 18 at 6 p.m. Additionally, the presentation can be viewed digitally at the FSW Charlotte Campus, Building O, Room 117; the FSW Collier Campus, Building A, Room 103; and the FSW Hendry/Glades Curtis Center, Building A, Room 114.

Judge Evans was elected to the Circuit Court bench by the voters of the 20th Judicial Circuit in 2014. She graduated from Edison State College, summa cum laude, with her associate degree; Florida Gulf Coast University, summa cum laude, with a bachelor's degree; and Stetson

University College of Law with a juris doctor degree. She was admitted to the Florida Bar in 2003, was a Florida Supreme Court certified mediator, and was admitted to practice in U.S. District Court, Middle District of Florida.

Judge Evans was a practicing attorney with two different prominent Southwest Florida family law firms before starting her own private family law practice in 2011 and continuing until her election to the bench. She is the 2013 past president of the Lee County Bar Association, member of the Lee County Bar Association Executive Committee for five years, past chairperson of the 20th Judicial Circuit Court Mock Trial program and is past chairperson of the LCBA Family Law Section. She has served the Florida bar as a state member of the Family Law Section Continuing Education Committee and as a member of the Florida Bar Speakers Bureau on the subject of merit retention. Judge Evans' service to the community includes serving as a pro bono attorney with the Florida Attorney ad Litem program, a mentor for the PACE Center for Girls, volunteering with the Quality of Life Center Free Legal Clinic and serving on the Lee County Affordable Housing Advisory Committee. Judge Evans has been involved with numerous other charitable organizations during the past 30 years.

The FSW Critical Thinking Lecture Series features college and community leaders who discuss how they use critical thinking skills in their profession or focus on critical topics from their area of career or academic interest. The series is free and open to the public. Presentations take place weekly, and the fall series runs September through November.

For more information on the FSW Critical Thinking Lecture Series, contact Whitney Rhyne, director, strategic initiatives, at 433-6943 or whitney.rhyne@fsw.edu.

Gulf Coast Writers To Meet

The Gulf Coast Writers will hold a meeting at Zion Lutheran Church on Saturday, September 15 from 10 a.m. to noon.

The guest speaker will be national award-winning writer M.A. Appleby. Learn how she turned her tragedy into triumph. First time guests are admitted free.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, visit www.gulfwriters.org or call 770-906-7885.

Public Relations Distinction Awards

Pushing the Envelope, Inc. (PTE), a local marketing communication firm, was recently honored with two Awards of Distinction from the Florida Public Relations Association at the organization's 80th annual Golden Image Awards.

The Awards of Distinction were given for PTE's Hurricane Irma crisis communication work on behalf of The Dock at Crayton Cove, a staple Naples restaurant, and its mobile campaign work

for Sloan's Motorcycle & ATV. The firm has won nearly 20 Golden Image Awards since its inception 12 years ago.

The Golden Image Awards competition is conducted annually by the Florida Public Relations Association to recognize outstanding public relations programs throughout Florida and to encourage and promote the development of public relations professionalism in the state. They represent the standard of public relations excellence in the state of Florida. For more information about the local chapter, visit www.fprswfl.org.

Bonsai Society To Meet

The Bonsai Society of Southwest Florida will meet at the Berne Davis Botanical Garden on Saturday, September 15. Coffee and greetings begin at 9 a.m.

Phil Krieg and Martha Goff will demonstrate how to construct a display using accent plants in preparation for the November show. The public is invited; information and help with bonsai trees is available. Parking is free.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers.



Lee Chapter of FRLA presents a scholarship check to Dr. Upchurch of FGCU photo provided

FRLA Chapter Donates \$5,000 For Scholarships

Representatives from the Florida Restaurant and Lodging Association Lee Chapter (FRLA) recently presented a check for \$5,000 to Florida Gulf Coast University (FGCU) to be used for scholarships to the school's Resort and Hospitality Management Program. This donation underscores the long-standing relationship between FRLA and FGCU's Resort and Hospitality Management Program and marks FRLA's commitment to educating hospitality leaders of the future.

"One in four Floridians works in hospitality, and the industry continues to show steady growth each year," said Jeff Webb, president of the Lee Chapter of the

FRLA. "Programs like FGCU's are critical to the success of hospitality as hotels and restaurants alike continue to seek skilled staff to fill more positions every year. The Resort and Hospitality Management Program consistently graduates men and women who are ready to make a lasting impact on our state's largest industry, and we are proud to support FGCU in this endeavor."

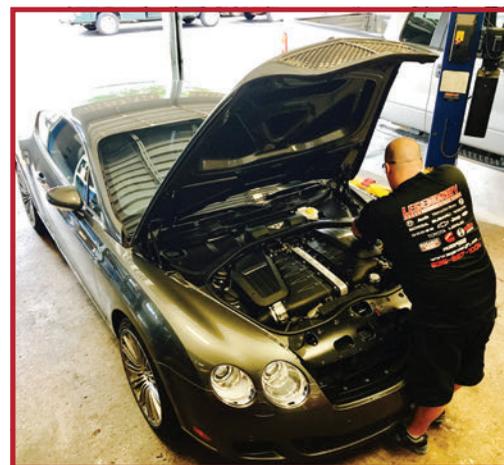
Funds for the scholarship were raised at a golf tournament held in May, and proceeds will benefit both the FGCU program as well as ProStart programs at area high schools. According to a report by the Florida Bureau of Labor Market Statistics, more leisure and hospitality jobs were created than any other industry over the last year. As tourism numbers continue to climb, members of the FRLA expect this trend of hospitality job growth to continue.

For more information on the Florida Restaurant and Lodging Association, visit www.frla.org.

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Book Review

The Other Woman

by Di Saggau

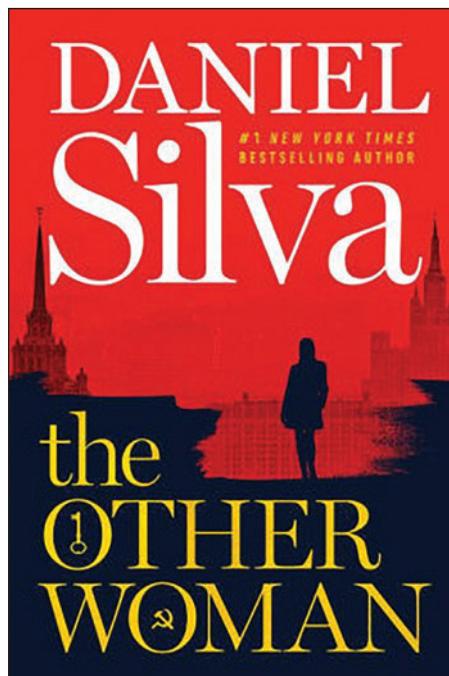


I've read that Daniel Silva publishes one book a year. I race to read it when it comes out because he is one of my favorite authors. He delivers again in *The Other Woman*, his 18th

novel featuring Israeli art restorer and spy Gabriel Allon. Israel's intelligence division is running an operation to save Konstantin Kirov, a blown Russian agent and one of Israeli's most valuable resources. They want to bring him to sanctuary in the U.K.

Gabriel and his team are drawn into a carefully planned mission when the operation goes bad. Both MI6 and the CIA are involved, to unearth one of the Kremlin's highest-placed moles, code named Heathcliff. Silva depicts a world in which communist true believers are dying out, while far-right populists around the world look to the New Russia as a triumph of hard-line nationalism.

Meanwhile, in Andalusia, a French journalist starts writing a memoir called *The Other Woman*, which contains the key to the mystery that Gabriel must solve. Kim Philby, British intelligence agent who defected to the Soviet Union



in 1963 and died in Moscow in 1988, turns out to be at the bottom of the mystery. Silva's depiction of him is fascinating. Readers will be enthralled by both the history and the up-to-the-minute plot that he spins.

Midway in the book we learn about files of the Middle East from 1956 to 1963. Silva describes it as "a time when Britain was fading, America was rising, the Russians were encroaching, the youthful State of Israel was flexing its newfound muscle, and the Arabs were flirting with all the failed isms,

Pan-Arabism, Arab Nationalism, and Arab Socialism that would eventually lead to the rise of Islamism and jihadism and the mess of the present."

It's spy versus spy in *The Other Woman*, a heart-pounding thriller, which some call his most enthralling

novel to date. Twists and turns and nonstop action fill every page and Silva, one of the finest writers working today, creates the kind of conundrum where readers are dying to know what happens but don't want the story to end.✪

School Smart



by Shelley M. Greggs, NCSF

Dear Shelley, School has been in session for only a few weeks, and my kids are already disorganized. We need to fix this as soon as possible.

Suggestions, please!!

Lexi Z, Cape Coral

Lexi,

With our busy lives, it is difficult to stay organized but there are strategies that both you and your kids can use to keep track of things from classwork to sports gear. One easy way to keep track of things is through the use of color-coding. Here are some suggestions.

Color-code the family calendar – Consider investing in a giant wall calendar. You can use a different color for each family member as you write in events. For example, one child's lessons and appointments could be marked in green and another child's in purple. Your own meetings and classes might be red, and so forth. This can make it easier for your child to focus on what their own commitments are and to learn to keep their schedules straight. If your family uses a joint digital calendar (like Cozi or Google Calendar), you can also assign colors to events. Check under "settings."

Use different-colored supplies for each school subject.

When each class has its own color, it can make it easier for your children to see if they have everything they need in their backpack. Use red, for example, for reading folders, textbook cover and notebook. Blue could be for math, and so on. Older kids can also use color-coding on digital folders on their computers.

Encourage your children to take notes in "home" and "school" colors.

Some kids find it helpful to distinguish what they learned in class

from the teacher from what they learned studying at home. Whether your children take notes by hand or on the computer, suggest that they use different colors. For example, they could use a black pen or font for class notes and blue for notes she takes at home. That way if they have a question about something in their notes, they know where they learned it.

Create a highlighter or color-coded underlining system for note-taking.

When each color has a specific purpose, your children can scan a page and know where to look for what they need. For example, they can mark all new terms or vocabulary words in yellow, the main topic in green and each subtopic in pink. This works whether they're studying textbooks, handwritten notes or printed-out notes. This approach tends to work best for shorter assignments. It could be visually overwhelming to do this throughout big chunks of text. Most word-processing software has highlighter functions, so they can use this technique on the computer, too.

Use different-colored bags for different kinds of gear.

Try organizing your kids' activities by color. Use large washable sacks in different colors. For example, you can keep all soccer supplies in a yellow bag, the ballet gear in a red one, and so on. To make the contents even more recognizable, you can customize each bag with the name of its sport or activity. This makes it even easier for your child to know she's grabbing the right one on her way to practice.

All this color coding will take some time to set up, but the results will be worth it.

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

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Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [*Female Pioneers of Fort Myers*] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

From page 1

Tattoo Exhibition

painting techniques, textures and muted colors.

Elles is a visual artist and illustrator. He also goes by the name moniker Duke Stamina, as a musician, writer, activist and aspiring animator. As an artist, Elles has worked as a freelance graphic designer for print and web, as well as a commissioned artist of homoerotic art. He is also an amateur music producer and videographer. Elles

is currently working towards a career in the field of tattooing. "I find myself being very intellectually attracted to tattooing by the interesting competitive culture surrounding it that relies on a heavy drive to seek individual stylistic personality," he said. Elles is currently an apprentice of tattooist Andy Howl.

The exhibition will be on display through October 6.

DAAS Co-op Art Gallery is located in Royal Palm Square at 1400 Colonial Boulevard, Suite 84, in Fort Myers. For more information, visit www.daascoop.com or call 590-8645.✪



Jarrett Eady photos provided

Foundation Adds Four New Board Members

The Uncommon Friends Foundation recently added four prominent, community business leaders to its board of directors – Jarrett Eady, Gary Eskin, Susan Minaya and Brian Rist.

Eady is currently chairman of the Lee County Black History Society and a director of Diversity and Inclusion and AVID district director of Lee County schools. He is a 2004 political science graduate of Florida State University and has served on various Southwest Florida boards and leadership positions, including the Fort Myers Community



Gary Eskin

Redevelopment Agency Advisory Board. He was selected as Lee County School District's Social Studies Teacher of the Year for the 2008-09 school year.

Eskin, CEO of Eskin Business Solutions, has 40 years of experience as an entrepreneur, trainer and business consultant. Eskin Business Solutions helps companies create, drive and maintain high performing corporate cultures with a proven, easy-to-use system that gets good results. He is also on the board of directors for the March of Dimes and has served on other boards of directors over the years.

Minaya, MEd, CPLP, SHRM-CSP, is COO and chief learning strategist at Minaya Learning Global Solutions LLC, a company she founded with her husband, Dr. Guido Minaya. She has more than 25 years of learning and



Susan Minaya

development experience as a corporate learning executive, strategic consultant, learning strategist, instructional designer, instructor and technical writer. She has experience in the fields of education, telecommunications, manufacturing, media and entertainment, technology, financial services, insurance and nonprofits. She is also on the board of directors for the Calusa Nature Center and Planetarium.

Rist is executive chairman of The Smart Companies. Its largest subsidiary, Storm Smart, is the largest manufacturer and installer of hurricane protection and lifestyle products. Rist has held top community leadership posts in the Cape Coral Construction Industry Association, Southwest Regional Manufacturer's Association, Lee County's Horizon Foundation, Cape Coral Council for



Brian Rist

Progress and the International Hurricane Protection Association. Past awards and honors include the Governor's Business Ambassador Award (2015), Horizon Foundation's Industry Appreciation Award for Corporate Expansion (2007), Inc. 500's Fastest Growing Companies (2006-09), and Cape Coral Community Foundation's Nonprofit Business Partner of the Year (2017).

Celebrating its 25th anniversary in 2018, the Uncommon Friends Foundation is a 501(c)(3) not-for-profit organization established in 1993 and dedicated to lifelong character building among today's youth and business leaders.

For more information, visit www.uncommonfriends.org or contact UFF Executive Director Jennifer Nelson at 337-9503.✪

Chamber Names APEX Award Recipient

Teri Hansen, APR, is the recipient of this year's APEX Awards, according to the Greater Fort Myers Chamber of Commerce.

The 13th annual APEX Awards, presented by Vector & Ink, took place on August 25 at the Hyatt Regency Coconut Point Resort & Spa. The awards ceremony is designed to honor a local individual who demonstrates career excellence and ingenuity, gives back to the community and supports others in attaining their professional goals.

Hansen is the owner and president of Priority Marketing. The Fort Myers native has grown her business to become one of the region's largest full-service marketing, advertising, and public relations firms with 35 employees.

In 2001, Hansen faced the greatest challenge of her life when she was diagnosed with breast cancer. Throughout her 15-month cancer treatment, Teri continued to work full-time in a hands-on leadership role at her company. The company was awarded the Southwest Florida Blue Chip Community Business Award in 2003 in recognition of its ability to overcome adversity to achieve success. A cancer survivor for nearly 17 years



Teri Hansen photo provided

now, she has provided countless hours of heartfelt support and encouragement to more than 20 women who have faced the same diagnosis. She also continues to serve as a role model for the way she balances her priorities, even as the family and business continue to grow.

Hansen is one of the founding members of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA) and a member of FPRA's Counselor's Network. Recently, Teri was awarded the Lifetime Achievement Award from the

SWFL FPRA and is one of four recipients to have received this award. This award is reserved for public relations professionals who have dedicated their career to the profession and the advancement of it.

Previous APEX Awards recipients include Sandra Stilwell-Youngquist of Stilwell Enterprises; Samira Beckwith of Hope Healthcare Services; Gail Markham of Markham, Norton, Mosteller, Wright & Company, PA; Sarah Owen of SWFL Community Foundation; Dr. Mary Kay Peterson of Radiology Regional Center; Rose Bernal-Tchekmeian; Christin Collins of Lee Health; Mei-Mei Chan; Kathryn Kelly of The Heights Foundation; Sonya Sawyer of Home-Tech; Connie Ramos-Williams of CONRIC PR & Marketing; Diana Willis of Jason's Deli; Cyndi Doragh of Molloy Financial Group; Tessa LeSage of SWFL Community Foundation; Barbara Dell, founder of Dress For Success; and Samantha Scott of Pushing the Envelope, Inc.

Besides Hansen, this year's APEX Awards finalists included Susan Bennett of Susan Bennett Marketing and Media LC, Kelly L. Fayer of Kelly L. Fayer, PA, Christina Harris Schwinn of Pavese Law Firm and Judy Williams of SPADA Salon and Day Spa.

For more information, contact the Greater Fort Myers Chamber of Commerce President & CEO Colleen DePasquale at 332-3624 ext. 210 or via email at colleen@fortmyers.org.✪

Real Estate Symposium Expanded

Developers, government leaders and real estate experts will address the trends and impacts of shifting growth patterns at the 2018 Real Estate Symposium to be held at Florida Gulf Coast University (FGCU) on Thursday, September 13. The program will include past, present and future accounts of rural land development, and examine projects in Collier, Lee and Hendry counties. The annual event is presented by the Real Estate Investment Society (REIS) in partnership with the Lutgert College of Business at FGCU and the Calusa Chapter of the Florida Planning & Zoning Association (FPZA).

Featured presentations include: Ave Maria – Successes and Lessons Learned by Brian Goguen, COO of Barron Collier Companies; Trends in Rural Land Development in Lee County by Tony Cameratta, PE, with Cameratta Companies; and Rural Land Development as an Economic Engine by Hendry County Commissioner Michael Swindle. The impacts of rural land development will be discussed by a panel of experts on development,

continued on page 18

Financial Focus

Consider Financial Gifts For Your Grandchildren



by Jennifer Basey

National Grandparents Day is observed on September 9. If you're a grandparent, you may get some gifts or cards – or maybe even a phone call. But

you might feel that it's better to give than to receive, especially when it comes to your grandchildren. And you can make a real difference in their lives by making a financial gift for their future.

For starters, think about your grandchildren's education. If college or some type of vocational school is in their future, you may want to help them meet some of the costs, which can be considerable. One common education-savings vehicle is a 529 savings plan. With this plan, earnings on withdrawals are tax free, provided they are used for qualified education expenses. (Keep in mind that 529 savings plan distributions not used for qualified expenses may be subject to ordinary income tax and a 10 percent IRS penalty on the earnings.) You also may be eligible for a state income tax incentive for contributing to a 529 savings plan. Check with your tax advisor about these incentives, as well as all tax-related issues pertaining to 529 savings plans.

A 529 savings plan's contribution limits are quite generous. And, as the owner of a 529 plan, you have flexibility in choosing where the money goes – if your grandchild decides against college or another type of advanced education, you can transfer the plan to another beneficiary. And due

to recent tax law changes, the scope of 529 plans has been expanded to include qualified withdrawals of up to \$10,000 for tuition expenses per year per beneficiary at public, private or religious elementary or secondary schools. Be aware, though, that a 529 savings plan could affect any financial assistance your grandchild might receive. Although a 529 plan owned by a grandparent won't be reported as an asset on the Free Application For Federal Student Aid (FAFSA), withdrawals from the plan are treated as untaxed income to the beneficiary (i.e., your grandchild) — and that has a big impact on financial aid. So, you may want to contact a financial aid professional about the potential effects of any gifts you're considering.

A 529 savings plan isn't the only financial gift you could give to your grandchildren. You also might consider giving them shares of stock, possibly held in a custodial account, usually known as an UTMA or UGMA account. However, you only control a custodial account until your grandchildren reach the age of majority as defined by state law, at which time they take it over. They then can use the money for whatever they want – and their plans may not have anything to do with books or classes.

Still, your grandchildren might be particularly interested in owning the stocks contained in the custodial account – many young people enjoy owning shares of companies that make familiar products. And your gift may even get your grandchildren interested in long-term investing.

No matter what type of financial gifts you give to your grandchildren, make sure you keep enough money to pay for your own needs. It's important to balance your personal savings needs with your desire to be generous.

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

Superior Interiors

Printed Paradises



by Barb Cacchione

Prints can undoubtedly be a challenging field to navigate through, but when done correctly the results are beyond satisfying. Watching a room come together as the complementary

styles and patterns merge to create a cohesive space is something special.

A dull room begging for a new look is something everyone can relate to. We all need to change it up every once and a while... why should our homes be any different? Oftentimes, patterns and prints are the perfect solution.

Mixing patterns adds ample interesting dynamics of character that can make or break a room. When choosing prints to make your paradise complete, one must consider scale, space, proportion and color. Some go-to print-partnerships

include solids and soft patterns, which create a calm and inviting space, but when going about selections on your own, it is important to stick to the staple process.

Because using patterns that have the potential to clash with each other is a dicey scene, one point should be the leader. This print will guide the others in terms of color coordination and scale.

The first pattern should be the boldest. From there, select a pattern that is considerably smaller or larger than the primary piece. Now would also be the time to switch it up, so if a floral was already chosen, opt for a geometric print with a similar color scheme this time around. The next patterns should pull from the colors and styles of the ones that have already been selected, like a smaller floral or geometric print with a complementary pattern.

From pinstripes and chevron to solid colors and textures, the perfect combination of prints transforms a dull room into a dream room.

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



From left, Lee County School District Superintendent Dr. Greg Adkins and Lee County NAACP President James Muwakkil

photo provided

District/NCAAP Civil Rights Complaint Settled

The School District of Lee County and the Lee County, Florida Branch of the National Association for the Advancement of Colored People (NAACP) signed an agreement today to settle a civil rights complaint the NAACP filed in 2017.

"I am extremely pleased to have signed this agreement," said Superintendent Dr. Greg Adkins. "The district is committed to every student reaching their potential. We have worked hard to demonstrate our commitment to diversity, fair discipline and educational success. It has been a truly positive experience to work with the NAACP on this agreement and we look forward to seeing our students succeed."

The agreement calls on the district to continue six current practices:

- Fund the Office of Diversity and Inclusion

- Use restorative practices and alternatives to suspension

- Provide ongoing training about structural racism, implicit bias and disparities

- Review student disciplinary processes and gather community input

- Allocate resources in a manner that allows schools that are in the most need to receive additional funding

- Data already collected on referrals for

discipline, referrals to law enforcement and expulsions will now be shared with other schools

The agreement calls on the district to add to new practices:

- Convey quarterly community forums and public conversations

- Provide training on the appropriate use and engagement of School Resource Officers

In return for continuing or adopting these practices, the NAACP will drop the civil rights complaint filed with the US Department of Education in September 2017. The complaint alleged black students were disciplined disproportionately to white students and disproportionately held back, dropping out or not graduating.

"Today's agreement is not the end of the story, but rather the beginning of a new chapter," said James Muwakkil, President of the Lee County NAACP. "We believe the steps outlined in this resolution will set a much needed foundation as we build towards racial equity in our schools. There is much work to be done. We are pleased now to have the school system as an ally in the effort to make sure students of color do not get left behind."

Information about the community forums required under the agreement will be released as those quarterly events are scheduled. Protocols and training for staff use of the SRO will also now be developed and implemented. The practices already in place will continue to be used and updated as necessary.✪

From page 17

Symposium

agriculture, transportation and regulatory issues, moderated by Sean Ellis, Esq., of Roetzel & Andress.

The symposium will begin with registration and continental breakfast at the Cohen Center Ballroom at FGCU at 8 a.m., and the program will be held from 8:30 a.m. to noon. Admission is \$35 for members of REIS or FPZA and \$45 for all other interested persons, with the exception of FGCU students who may attend at no charge.

Admission includes a campus parking pass and refreshments. Seating is limited and reservations are required by September 11. AICP credits are pending approval. Reservations may be made online at www.reis-swfl.org.

Roetzel is the Title Sponsor of the Symposium. Morris-Depew Associates and Busey are the Gold Sponsors, with d3 creative studio, LandQwest Property Management, Grandbridge Real Estate Capital, and VIP Commercial being Silver Sponsors.

REIS information and program schedule are available at www.reis-swfl.org.✪

UFF Scholarships Announced

Uncommon Friends Foundation (UFF) recently announced the winners of its 2018 student scholarships. Scholarships are awarded to deserving students, veterans, challenged adults, and single parents who are pursuing degrees in education, technology and other studies. Nominees came from Lee, Charlotte, Collier, Glades, and Hendry counties, need financial assistance, excel in school and in their personal lives and possess high character qualities. Winners from Fort Myers were:

Berne Davis Future Teacher Scholarship – Jessica Groll-Whipple.
James D. Newton Student Chair in Leadership at FSW – Skylar Zamniak.
Veteran's Scholarship – Bryan Whitworth.

2018 Special Recognition Scholarship – Reginald St. Fort.
Winners will be honored at the UFF's Uncommon Evening at the historic Burroughs Home & Gardens on Thursday, November 8 from 6 to 9 pm. Event tickets and sponsorships can be purchased by emailing jennifer@uncommonfriends.org.



Jessica Groll-Whipple photos provided

The annual scholarship committee is chaired by UFF board member Susan Minaya and other volunteers. Working together with many community service organizations serving challenged, nontraditional and underserved populations, the committee identifies deserving individuals who will benefit through its needs- and character-based scholarships. Over the past 23 years



Skylar Zamniak

under the direction of UFF board member Brenda Stewart, the foundation has awarded \$580,000 in educational scholarships to 475 deserving students.

Celebrating its 25th anniversary in 2018, the Uncommon Friends Foundation is a nonprofit 501(c)(3) organization dedicated to lifelong character building among today's youth and business leaders. It is located at the



Bryan Whitworth

historic Burroughs Home & Gardens at 2505 First Street in downtown Fort Myers, Florida. Its waterfront Gale McBride Pavilion is available for public and private weddings and events. Public tours of the historic home are available by reservation. For more information, visit www.uncommonfriends.org or call 337-9503.✪

Lifesaving Equipment Now At All Lee Schools

Fort Myers High School Freshman Zac Syska nearly died just two days before last Christmas. The 14-year old had a heart attack while out running. An Automated External Defibrillator (AED) brought him back to life.

"I felt dizzy and lightheaded after my workout. I sat down by a tree and passed out," Syska explained. "My coach resuscitated me, and I woke up at Golisano Children's Hospital."

Since June, Syska has been helping The School District of Lee County's elementary and middle schools become Project Adam Heart Safe. Lee Health donated \$150,000 to the School District so at least one AED could be placed in the 45 elementary schools, 16 middle schools and our special centers.

"The immediate use of an AED can be lifesaving if needed during an emergency cardiac response," said Sue Grohs, assistant director of health services. "To date, only high schools were equipped with an AED. Now, working with Armando Llechu, chief administrative officer of Golisano Children's Services, all elementary schools, middle schools, and special centers will also have an AED in a quickly accessible location. The district is very grateful to Golisano Children's Hospital for this very generous gift."

Working in partnership with Lee Health, Project Adam and Lee County's Department of Public Safety, each school now has a trained cardiac response team of three to five members and an emergency plan. Each school is also

considered Project Adam Heart Safe, a designation earned by implementing the awareness, training and response program.

"More often than not, sudden cardiac arrest in children and adolescents occurs without prior symptoms or warning," said Armando Llechu, chief administrative officer for Golisano Children's Services. "Thankfully an AED and trained operator saved Zac's life. He is our inspiration. The devices being donated today will make the schools in our region safer and the training provided by our EMS partners will help staff be better prepared for potential life-threatening emergencies. A heartfelt thank you to the Golisano Children's Hospital donors and all of our community partners who made today possible."

The School District of Lee County has more than 96,000 students, 11,000 teachers and staff, and thousands more parents and guests on its campuses every day. This kind of focused effort on cardiac arrest preparedness is critical to their safety.✪

Scholarships Awarded

Two Fort Myers natives were awarded scholarships at Valdosta State University for the 2018-2019 academic year.

Marcus Colon earned the Student Scholarship, while Mark Sheme earned the License Plate Scholarship.

These scholarships were established by private donors and are awarded each year by the university's foundation to students with excellent academic achievement and/or students with financial need.✪

School District Gets Positive Review In Audit

The School District of Lee County is being recognized for its "economical, effective and efficient" operations in a just released state audit. The Performance Audit of the Lee County School District prepared for the Florida Legislature's Office of Program Policy Analysis and Government Accountability (OPPAGA) praised the district for having "unique internal control mechanisms and methods for monitoring performance."

"This audit is a very positive review of the work we are doing at the School District of Lee County," said Chief Financial Officer Greg Blurton. "We worked with the auditors over four months, were completely transparent in how we operate, and appreciate they recognized our business practices and procedures as economical, effective and efficient."

The audit was required as part of a state law because the district is asking voters to decide on a half-cent sales tax to fund capital projects. It included a review of program areas related to the construction of new schools, reconstruction and renovation of existing schools, acquisition of equipment, including safety and security equipment, and technology. These are all areas where any sales tax revenue would be spent.

"The district is effectively using various internal and external audits and studies to make continual improvements to the program areas under review" the auditors from Evergreen Solutions write. "The Internal Auditor is also providing valuable oversight of construction projects." The report calls the district's organizational structure "strong" and planned used of

revenue raised by the sales tax as "in compliance with applicable state laws, rules and regulations."

The law required the audit to be completed and posted on the district's website 60 days before the November general election. It is currently available at www.leeschools.net/2018/8/school-district-gets-positive-review-in-state-required-audit.

"I hope people will take the time to read what the audit says about the school district," Blurton said. "We are proud of the work we do supporting our students, teachers and schools and the findings of this audit validates all of our efforts."✪

From page 11

CROW Case

with trained caregivers, there is no substitute for the real parents – in addition to providing feeds, the real parents 'teach' natural species behaviors which are important for survival and which we cannot fully mimic in a nursery environment. If you find a baby animal, do not assume it is orphaned. Please call CROW and we will work with you to determine if re-nesting is possible or if medical care is warranted based on the individual situation."

If a finder ever needs advice on what to do if you find a baby squirrel or how to construct a faux nest, call CROW at 472-3644 ext. 222.

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.✪

The Country Lost An American Hero And Arizona Lost Its No. 1 Sports Fan



by Ed Frank

Sometimes lost in the millions of words that have been written and spoken in reverence to Senator John McCain was his love for sports – particularly Arizona sports.

Yes, we lost a true American hero with his passing, but the sports world also lost one of its greatest fans. McCain was a huge Arizona Diamondbacks baseball fan from the very first day in 1998 when the team began play. The sight of him sitting in the stands became so commonplace that few fans seemed to even notice.

He would shake hands with fans, pose for pictures, but mostly he was there just to be a loyal fan.

“John McCain has always been a member of the D-backs’ family and one of our biggest fans from day one,” said team President and CEO Derrick Hall. “He was in attendance at the expansion draft, the World Series and countless other games, remaining a fan through thick and thin.”

When the announcement of his passing on August 25 was shown on the video board during the Diamondbacks-Mariners game, the crowd rose to give a standing ovation.

He also loved his Arizona Cardinals football team and became a close friend of Cardinals receiver Larry Fitzgerald, who spoke so eloquently at the Senator’s funeral service.

“Rest in peace to an American hero, statesman, servant of the people and dear friend,” the football star said.

His love for sports wasn’t limited to the Diamondbacks and Cardinals. When the former owner of the Arizona Coyotes hockey team was threatened with bankruptcy, the senator worked to keep the team in the Valley of the Sun.

And when the Arizona Suns basketball team celebrated its 50th anniversary, McCain and his wife, Cindy, donned orange shirts to celebrate with the rest of the fans.

The state’s No. 1 sports fan extended that love for sports to his support to Arizona State and the University of Arizona athletics as well.

Now here’s an item that few of us knew or remembered.

McCain was an undersized boxer at the Naval Academy in the 1950s and understood how pugilists are often exploited financially.

He helped create and pass in Congress the Muhammad Ali Boxing Reform Act to protect boxers from unscrupulous individuals and to provide medical protection. The law was enacted in 2000.

His humor and sharp questioning during Congressional hearings were legendary.

In June 2017, just before he announced that he had been diagnosed with brain cancer, McCain’s questioning of former FBI director James Comey during a Senate Intelligence Committee hearing appeared inconsistent and confusing at times.

“Maybe I shouldn’t stay up late watching the Diamondbacks night games,” he said afterwards.

Senator McCain will be missed worldwide, but none more than his sports faithful in his home state of Arizona.

Miracle Win Second-Half Divisional Title

On the last day of the regular season last Sunday, the Fort Myers Miracle baseball team won the Florida State League’s South Division title for the season’s second-half by defeating the Clearwater Threshers in a thrilling 2-1 victory.

It marked the second straight year that the Miracle won the second-half title.

Fort Myers and Charlotte finished the second-half with identical 40-29 records, but the Miracle owned the tiebreaker due to the head-to-head record in the second-half. Charlotte lost to the Florida Fire Frogs on the last day of the season.

The Miracle opened the post-season divisional series against the Palm Beach Cardinals Tuesday night at Hammond Stadium, winners of the division’s first half. The best-of-three series then moves to Palm Beach for Game Two and Game Three if necessary.

The Miracle went 4-11 against Palm Beach during the regular season.*

Bag Restrictions Now at District Athletic Events

The School District of Lee County is no longer going to allow backpacks and other large bags into athletic stadiums, gymnasiums and theaters.

“In light of recent events, we feel it is important to take this proactive step to make sure our students, staff and guests feel safe at athletic, arts and other events,” said Superintendent Dr. Greg Adkins.

All guests attending an event will be subject to a search. Prohibited items inside stadiums, gymnasiums and theaters include, but are not limited to:

- Book bags, backpacks, duffel bags or large purses
- Any type of weapon
- Any item that could be used as a missile
- Cans/bottles
- Coolers
- Fireworks
- Horns/lasers

These changes implement a policy similar to what the NCAA, professional sports teams, large arenas and theaters require of their guests. Principals have

been notified so they can immediately implement the policy, and messages are being sent to parents.

At this time, the new policy applies to high schools. After a meeting next week with law enforcement, it will be determined if the policy will also apply to middle and elementary schools.*

Golf Tournament Benefits Heights Foundation

The Heights Foundation 3rd annual benefit golf tournament will take place at Heritage Palms Golf and Country Club on Friday, September 28. Registration begins at 11:30 a.m. There will be a shotgun start at 1 p.m., while the dinner, auction and awards ceremony will be at 6 p.m.

Proceeds of the event support The Heights Center’s programs that work to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers.

“The poverty rate for children in Harlem Heights is more than twice the county average,” said Jim Sanger,

chief operating officer of The Heights Foundation. “This tournament will help support programs at The Heights Center including School Success and our enriching summer camp.”

Sponsors include Owen Ames Kimball, Five County Insurance and Jul Andre Fragrances. Additional sponsorships that include golf packages and recognition

are available. Sponsorship deadline is September 14.

Tournament registration is now available. A foursome is \$600 and two golfers are \$300. Golfer registration deadline is September 21. For more information, visit www.heightsfoundation.org/golf or contact Jim Sanger at 482-7706 or jim@heightsfoundation.org.

SPORTS QUIZ

1. In 2017, the University of Florida became the fourth Division I school since 1954 to win championships in men’s basketball, football and baseball. Name two of the other three to do it.
2. Who held the New York Yankees record for most home runs by a rookie (29) before Aaron Judge hit 52 home runs in 2017?
3. Name the first player in the Super Bowl era to score on a run, a catch and a kickoff return in an NFL postseason game.
4. How many times has the University of Cincinnati’s men’s basketball team won 30 or more games in a season?
5. How many games did Chicago Blackhawks play to start the 2012-13 NHL season before they suffered a loss in regulation?
6. Who is the only female skier to win three alpine gold medals in a single Olympics?
7. Name the last male golfer to win the U.S. Open in consecutive years before Brooks Koepka did it in 2017-18.

ANSWERS

1. Michigan, Ohio State and UCLA.
2. Joe DiMaggio, in 1936.
3. New England’s Dion Lewis, in 2017.
4. Three times (2001-02, 2016-17, 2007-18).
5. Twenty-four.
6. Croatia’s Janica Kostelic, in 2002.
7. Curtis Strange, in 1988-89.

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Commitment To Excellence Award Winners

Lee Health recently announced this year's recipients of the annual Board of Directors Commitment to Excellence Award. Twelve award winners were selected from the health system's hospitals, outpatient centers, physician offices and ancillary and support services. Employees are chosen based on their demonstrated commitment to Lee Health's pillars of patient experience/customer service, teamwork and continuous performance improvement.

The prestigious award, formerly known as the "Doc Coggins Commitment to Excellence Award," was created by the board of directors in 2003 to honor exceptional employees and is the highest formal award given to non-management staff.

"More than 260 employees were

nominated for the Commitment to Excellence Award this year," said Stephen R. Brown, MD, Lee Health Board of Directors chairman. "We are extremely proud of the winners as well as those who were nominated. They truly exemplify everything Lee Health stands for and, on behalf of the entire Board, I congratulate them."

This year's winners are:

Robert Atchison, RN, resource nurse critical care, nurse staffing, Lee Memorial Hospital

Nicole Bazinet, occupational therapist, rehabilitation services, Golisano Children's Hospital of Southwest Florida

Richard Billian, RN, emergency services, Lee Memorial Hospital

Carly Fifer, speech language pathologist, rehabilitation hospital, Lee Memorial Hospital

Emil Frankinburger, medical social worker, care management, Gulf Coast Medical Center

Joann Gallant, certified nursing



Cheryl McConnell



Dorene McCoy



Lauren Rivera



Nicole Stone

assistant advanced, medical progressive care unit, Gulf Coast Medical Center

James Hammond, PRN lead transport paramedic, transport/vascular access nursing, Golisano Children's Hospital of Southwest Florida

Islande Joseph, RN, critical care, medical intensive care unit-7N, Lee Memorial Hospital

Cheryl McConnell, RN, denial specialist/lead utilization management case manager II, utilization management corp., Cape Coral Hospital

Dorene McCoy, advanced provider II, Lee Physician Group Cardiothoracic Surgery, outpatient office

Lauren Rivera, certified nursing assistant advanced, medical progressive care unit, Gulf Coast Medical Center

Nicole Stone, RN, critical care, oncology outpatient

Commitment to Excellence Award winners will be recognized at a special recognition ceremony in the fall with the board of directors and senior Lee Health leaders. ✨



From left, Donna Ginn, AARP Florida president; Mary Bartoshuk; Jeff Johnson, AARP Florida state director; and Donna Polite, AARP Florida manager of state operations photo provided

Volunteer Earns Statewide Awards In Health Field

Mary Bartoshuk has been known for years for her tireless volunteer work across Hendry County and Southwest Florida. Now, Bartoshuk has earned statewide recognition from two powerhouse organizations in Florida's aging community. At the annual Florida Conference on Aging, held this August in

Tampa, Bartoshuk earned awards from the Florida Council on Aging and AARP.

She was nominated for both awards by the Area Agency on Aging for Southwest Florida (AAASWFL), where Bartoshuk serves on the agency's volunteer advisory council.

On August 14, Bartoshuk was honored with a Quality Senior Living Award in the area of public service. The award, presented annually by the Florida Council on Aging and FPL, is one of the most prestigious awards in Florida's professional aging network. It honors an individual

continued on page 24

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More than 450 fashionistas shopped the 10th annual Love That Dress! event in support of PACE Center for Girls, Lee County
photos courtesy Red Door Photography

Love That Dress! Fundraiser Brings In \$157,000

More than 450 fashionistas and community supporters recently came together for the 10th annual Love That Dress! fundraising event, raising at least \$157,000 in support of PACE Center for Girls, Lee County.

The ultimate feel-good shopping spree of the year featured shopping, music, silent auctions and cocktails at Embassy Suites by Hilton in Estero, with more than 2,000 dresses available for purchase at deeply discounted prices. All proceeds from the event benefit PACE's programs and services, which assist girls ages 11 to 18 who have multiple risk factors impacting their academic achievement, including family income, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member and physical, emotional or sexual abuse.

"Over the past 10 years, Love That Dress! has played a monumental role in supporting PACE's efforts to bring education, counseling, training and advocacy to hundreds of local girls and young women," said Meg M. Geltner, executive director at PACE Center for Girls of Lee County. "Thanks to the many giving hearts within our community, we are able to help these girls become strong, productive young women living a life defined by responsibility, dignity, serenity and grace."

Celebrating 10 years of the community's obsession with fashion and giving, the annual Love That Dress! fundraiser solicits donations of new and gently loved dresses, handbags, shoes and accessories. Thanks to a series of dress collection events and the generosity of local businesses and community donors, the event offered an expansive inventory of fashion-forward apparel, further supplemented by hundreds of brand new products from



Nicole Nunez and Diana Willis joined the fashion and fun

Love That Dress! title sponsor White House Black Market.

This year's event also offered the chance to win a two-year lease for a 2018 INFINITI Q50 2.0t Pure, which was awarded to Michelle Ciufetelli.

"The 10th annual Love That Dress! event was a resounding success, and we are humbled by the community's overwhelming generosity in support of our PACE girls," said Event Chair Deanna Hansen. "We are so thankful for the many volunteers, sponsors, supporters and shoppers who played a fundamental role in the success of this event's milestone year, and we look forward to another decade of fun, fashion and honoring the female spirit."

Presenting sponsors for Love That Dress! include White House Black Market as the Title Sponsor. Additional sponsors include Priority Marketing, Stilwell Enterprises, St. Charles Yacht Club, Iberiabank, Goodwill Industries of Southwest Florida, ABC-7, *Gulfshore Life*, Fort Myers Infronty, Miromar Outlets, Embassy Suites by Hilton, California Closets, Suncoast Credit Union Foundation, Dr. Garramone Plastic Surgery, Arias Law Firm, Get Efficient, LLC., Seminole Casino Hotel, Markham Norton Mosteller Wright and Co. PA, Florida Marina Clubs and Noelle Melanson, Deanna Hansen and Cheryl Komnick, Anne Wittenborn, Alexandra Bremner, The News-Press



From left, ToniRae Hurley, Mark Blust, Meg Geltner, Gail Markham and Donna Caruso



From left, Colleen Quenzel, Sandy Heinrich, Sandy Stilwell-Youngquist, Darlene Grossman, Heather Decker and Nancy Finch



From left, PACE board chair Mark Blust, Fort Myers INFINITI's Tom Heit, Michelle Ciufetelli, PACE executive director Meg Geltner and Love That Dress! emcee Gina Birch. Ciufetelli was awarded a two-year lease for a 2018 INFINITI Q50 2.0t Pure during the Love That Dress! event.

Media Group, 96.9 WINK-FM, House of Wu, Image Matters, New Beginnings Events, Nu Image Dry Cleaners, Atilus, LLC, Jason's Deli, Living Local, Naples Flatbread Kitchen & Bar, Prawnbroker Restaurant Group, Famous Dave's, Priority Payments of South Florida,

Caloosa Tent & Rental, A. Jaron Fine Jewelry, Signs Now, Lightning Wireless Solutions, Inc., and Rachel Allan.

To learn more about PACE Center for Girls, Lee County and its programs, visit www.pacecenter.org/locations/lee or call 425-2366.*

Beautifulife:

What Makes You Feel Beautiful?



by Kay Casperson

Is it a product that promises a more youthful look, a new hairstyle or maybe, the perfect outfit? Or, is it something less tangible, like a positive state of mind, an uplifting emotion or a great mood?

If you're like me, it's probably a delicate balance of many different things. My work and life experiences have taught me important lessons, but one thing I know for sure is that the best way to feel beautiful is to explore new ways to appreciate beauty – within myself, in the people around me and in the world.

Here are three affirmations that have always helped inspire me to feel beautiful – mind, body, and soul:

I Discover More Of My Natural Beauty Every Day

Explore the ideas and activities that enhance what makes you naturally beautiful, inside and out. Whether it's taking good care of your skin, exercising and eating healthful foods, focusing on

positive affirmations, or trying new looks and trends, find your favorite ways to feel balanced and beautiful and make them a part of your life every single day.

I Think Beautiful Thoughts And Radiate Beautiful Energy

No matter what you look like or what you're wearing, no matter where you are or who you're with, no matter the environment or circumstances you're in, always try to keep your thoughts and feelings focused within a beautiful, positive mindset. It can be challenging, especially in a sometimes seemingly ugly world, but when you think beautifully and feel beautiful, it will inspire beautiful thoughts and feelings in those around you.

I Choose To See Beauty First

Always look for the beauty in everything you see and experience, and stop paying so much attention to what you perceive as imperfections. When you look at your reflection in the mirror, focus on your uniquely beautiful features instead of wasting energy fretting about flaws. The same goes for your life – find the beauty in your everyday life and stop worrying about how your unique journey compares to the lives of other people.

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

Lee County Tax Collector Gives Gifts Of HOPE

It doesn't take much to inspire hope. Manager Toya Felston and her staff in the downtown Fort Myers office of the Lee County Tax Collector have taken that to heart with their Gifts of HOPE service project, which helps those less fortunate with some of life's necessities.

Homeless people who have visited the 2480 Thompson St. location to receive state-issued ID cards have been given bags full of items to help them take care of basic hygiene. Staff members collect and bag the items, and they've distributed 49 bags since the project began in June.

"It would be easy to forget about people in need, but our Lee County Tax Collector staff won't stand idly by when there's a call for help," Lee County Tax Collector Larry Hart said. "I'm so proud of the way they've used their creativity and compassion to make a difference."

The "HOPE" in Gifts of HOPE is an acronym for Helping Our People Everyday, and the bags generally include these everyday items: toothbrushes, toothpaste, mouthwash, lotion, shampoo, conditioner, soap or body wash, floss and hand sanitizer. Lee County Tax Collector staff are seeking donations of the following items they'd like to add to the bags:

- Feminine products
- Travel-size first-aid kits
- Bandages
- Antibiotic ointment and wipes
- Socks
- Mosquito repellent



Lee County Tax Collector Downtown Fort Myers Service Center employees LaKisha Streeter and Kelly Gunn sort items for the office's Gifts of HOPE project photo provided

- Rain ponchos
- Travel-size tissue packs
- Deodorant
- Combs
- Wet wipes
- Sunscreen
- Lip balm

Call 533-6000 to learn how to donate those items.

ID card fees are waived for the homeless by state law, as long as they have a statement from a shelter verifying their status as homeless.

To learn more about the resources the Lee County Tax Collector provides, visit www.leetc.com.✧✧



Beth Prather

photos provided

Discussion On Ethical Fundraising With Older Adults

The Planned Giving Council of Lee County, Inc. will present Ethical Fundraising with Older Adults during its monthly meeting at Blue Coyote Business & Social Club on Thursday, September 27 from 11:30 a.m. to 1:30 p.m. Networking begins at 11:30 a.m., lunch and program begin at noon. Speakers will be Beth Prather, elder law attorney and Dotty St. Amand, MSW.

Development professionals may find themselves faced with an ethical dilemma when a donor exhibits warning signs of cognitive impairment. While dementia is not a normal part of aging, the risk of Alzheimer's disease and related dementia increases with age. Older adults may experience subtle changes in their cognition while still able to participate in legal and financial decision-making. At what point is it unethical to accept a gift from a donor who has signs of cognitive impairment? This presentation will explore the legal and ethical considerations of executing planned gifts and charitable giving options with donors who may have diminished capacity.

After receiving her master's degree in business administration from Nova University in 1988 and her juris doctorate, cum laude, from the University of Maine in 1992, Prather returned to her hometown of Fort Myers to practice law. In 2006, she earned her certification as an elder law attorney by the Florida Bar. She was accredited with the Veterans Administration in 2008. Prather's practice



Dotty St. Amand

concentrates in the areas of estate planning, probate and trust administration, guardianship and Medicaid and VA Benefits. She was named as a Super Lawyer by *Super Lawyers* magazine in 2008-18 and a Top 50 Women Super Lawyer for 2018.

Since 1987, St. Amand has focused her career on the field of aging. She has a master of social work degree from Western Michigan University and a bachelor of arts degree from Hope College. She is a licensed nursing home administrator in Michigan and Florida and currently serves as the executive director of Arden Courts Memory Care Community in Fort Myers. She is co-chair and was instrumental in establishing Lee Elder Abuse Prevention Partnership (LEAPP) elder justice coalition in 2010 to bring together a diverse group of professionals and community leaders to work collaboratively on initiatives to honor and protect older adults. Prior to joining Arden Courts, St. Amand was the executive director of the Alvin A. Dubin Alzheimer's Resource Center and was a weekly columnist on the topic of aging for *The News-Press*. St. Amand has presented seminars to hundreds of professionals, family caregivers, and consumers on the topic of aging, dementia, elder abuse, and caregiving locally, regionally, and nationally.

The meeting is sponsored by Cypress Cove. It is free to members while cost for non-members is \$30 and includes lunch. Reservation deadline is Monday, September 24 at noon.

Blue Coyote Business & Social Club is located at 9854 Caloosa Yacht and Racquet Club Drive in Fort Myers. For more information or to register, visit www.plannedgivinglee.org or call 850-0040.✧✧

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You, a research-based Chronic Disease Self-Management program developed by Dr. Kate Lorig of Stanford University. The next workshop

will be offered at Barkley Place on Tuesday, September 11 from 1 to 3:30 p.m.

The program is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is 2.5 hours long once a week for six weeks.

Barkley Place is located at 36 Barkley Circle in Fort Myers. For more information or to register, call 343-9264.✧✧

dearRPharmacist

Cayenne Pepper Stopped My Bleeding



by Suzy Cohen, RPh

Dear Readers: You read all kinds of things on Dr. Google, eh? For sure I do while I'm researching what I'm going to write for you each week. I read some interesting articles last year that I made a

mental note of. One was about cayenne pepper and how it could stop bleeding. I stored this fascinating detail in the back of my mind should I ever cut myself again in the kitchen... which tends to happen more frequently than I care to admit.

It came to pass one night when I was in a hurry again. I cut myself on an onion. The month before it was from cutting bread with a serrated knife that slipped. As a writer, you'd think I'd wear gloves or slow down. I did my usual things:

Held my arm above my head
Put an ice cube on it
Took a Tylenol to dull the aftermath pain
Squeezed my finger
Wrapped it in a cold, wet towel
Ran around the house yelling, "I'm bleeding!"
Prayed
Found Sam and whined that I was in a hurry again
Promised myself I would slow down in the kitchen
Swore like a trucker
Nothing worked this time, the bleeding was pretty ugly. But then I remembered

the cayenne pepper stories that I read on Dr. Google (lol!) and found a bottle of cayenne liquid extract in my supplement cabinet. It's sold with a dropper. I drew up a dropperful of this, closed my eyes and waited for the burn, then squeezed it onto my bleeding finger. Nothing happened. I tried again. It was an epic fail.

Then I thought of using the actual cayenne pepper and rummaged around my spice cabinet to find my cayenne pepper (powdered). Mind you, I'm doing this all left-handed because my husband Sam was too freaked out and more in favor of driving me to an urgent care center. But I'm a little doctor-phobic, so instead, I dumped a generous amount of cayenne pepper onto a paper towel.

Here's where I found my bravery SNP, because as this is happening, I'm noodling this thought, "Who in their right mind would literally pour cayenne pepper onto a painful, oozing cut?" After 30 minutes of fussing with it, feeling like I have nothing to lose at this point, I went ahead and did the unthinkable. I dipped it!

It stung, no lie. So for the first 15 seconds, I continued ONLY with the last two usual things listed beforehand. By second 30, the bleeding had almost completely stopped. I couldn't believe it. Cayenne pepper has been studied for its medicinal actions on prostate or breast cancer, multiple myeloma, migraines, psoriasis, neuropathy and more. I'll share more details if you sign up for my free newsletter. Peppers are a nightshade so if you're allergic to those, please avoid. In the meantime, you should start sprinkling cayenne pepper onto your eggs and avocado toast. Keep it in a safe place in case you need it for a minor finger cut.

*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.**

Family Health Center is located at 316 Del Prado Boulevard in Cape Coral. To schedule a screening, call 343-6838.*

EMS Internship Program Extended

The Lee Board of County Commissioners recently approved an agreement with Hodges University and Lee County Emergency Medical Services to offer field internship experience for students pursuing paramedic training.

The new program would begin this fall. A similar agreement exists with Florida SouthWestern State College and the Lee County School District, on behalf of the Southwest Florida Public Service Academy.

The completion of a field internship is a requirement for certification by the Florida Department of Health. The field provides opportunities for students to observe and perform appropriate emergency medical technician and/or paramedic skills under supervision.

The agreement with Hodges University also anticipates that Lee County EMS employees will be entering into department-sponsored paramedic training this fall at the university.*

Doctor and Dietician

Prolonged Sitting



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

Sitting is a difficult position to avoid. We sit while driving, in front of our desk at work, while traveling on planes and buses, and at home in front of the TV. But sitting for long, uninterrupted stretches can cause early death. Excess sitting has been linked to health conditions such as obesity, high blood pressure, heart disease, varicose veins, weakened bones, diabetes, cancer, dementia and depression.

Our bodies are designed to move and be active. Being sedentary immobilizes muscles and slows down circulation. Inactivity is a problem in itself. But the health conditions from prolonged sitting are also due to the actual act of prolonged sitting, which appears to change the

way insulin and hormones work. When we stand, the muscular and cellular systems are activated by carrying our own bodyweight.

Will working out counteract the effects? Nope. Even if you work out seven hours a week, the cumulative ill effects of prolonged sitting for seven hours at a time can't be reversed. Those glued to a seat still die earlier than those who aren't, even if they exercise. That's not an excuse to skip the gym though. Prolonged sitting is like smoking. It's always bad for you.

Move throughout the day to lower your risk of health problems and an early death due to prolonged sitting. During long drives, make regular stops to walk around and stretch. If you frequently game or work at a computer, use a standing desk unit. If you binge watch TV, move around between episodes, or try watching an entire one while using an indoor bike or standing. Take a brief walk in the sunshine during your work breaks. Reduce sitting, little by little, each week. As you get used to sitting less, moving becomes more natural and promotes a healthier you.

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

From page 21

Statewide Awards

or organization that makes outstanding contributions to improve the quality of life for Florida's older adults.

"We nominated Mary because of her boundless energy and enthusiasm for serving our region's elders," said Marianne Lorini, president and CEO of AAASWFL. "Every day she improves the quality of life for seniors in Southwest Florida. If ever there was a real life superwoman, it is most definitely Mary."

The following day, Bartoshuk earned the Dr. Ethel Percy Andrus Community Trailblazer Award, presented by AARP. This one-time award in recognition of AARP's 60th anniversary was presented to six recipients from AARP's six regions in the state. Bartoshuk was selected as winner for Florida's Coast to Coast region, which represents 14 counties.

"This award will never be given again," so this is an esteemed group of honorees," said Donna Ginn, state president of AARP Florida and award presenter. "This award celebrates and recognizes individuals... who demonstrate real vision. They are respected by their peers, are dedicated to their communities, do extraordinary work and have found innovative and sustainable solutions to the issues in the areas where they volunteer."

Bartoshuk resides in LaBelle. She has been a member of the AAASWFL advisory council for eight years and also trained as a volunteer for the agency's health and wellness programs.

The Quality Senior Living Awards also recognized another group of honorees from Southwest Florida. Glades County Public Schools earned an award for service to seniors by an organization. The school district was nominated by Hope

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 on Friday, September 14 from 9:30 a.m. to 2 p.m. at the Family Health Center.

It is estimated that one in every 68 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

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

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



Mary Bartoshuk and Marianne Lorini, CEO Agency on Aging for SWFL president/area photo provided

Connections, which partners with Glades County students to distribute food to low-income seniors.

The Area Agency on Aging for Southwest Florida is a nonprofit organization serving Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota counties. The agency is committed to connecting older adults and adults with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.

For more information about the Area Agency on Aging for Southwest Florida, visit www.aaaswfl.org or call the toll-free Helpline at 866-413-5337 (866-41-ELDER).*

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Charlie Brown And Paige

Hi! I'm Charlie Brown. I am a handsome, 4-year-old male tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$75.

Hello, I'm Paige. I



Charlie Brown

am a beautiful, calico female kitty, not even 2 years old. I am very affectionate, and I even get along with friendly dogs. I have been fully vetted and brought up to date on all vaccines. I tested positive for FIV, but I'm told that I can still live a long, happy life once I find my forever home. I am currently staying with a foster mom and am not real crazy about the other cats in the house, so I would like to be an only cat. My adoption fee is \$75.



Paige

*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.**

PAWS Of Sanibel

Matilda And Sasha

Hi, my name is Matilda. My foster mom calls me Tilly for short. I'm about a year old and was found in the area of East Lake Road, off Casa Ybel. Some kind people took me in. The lady from PAWS took me over to Coral Veterinary Clinic in Fort Myers to have them look me over. I have been combo-tested (negative), had FVRCP and rabies immunizations, was treated for fleas and will be spayed the first week in September. I did not have a microchip. PAWS was not able to find my people, and I am now available for adoption. My foster mom loves cuddling with me. She says I'm such a sweet girl and someone will be very lucky to have me. If you are able to give me love and a new forever home, call Pam at PAWS at 472-4823.



Matilda photos provided

Hello, I'm Sasha. I was picked up on Airport Road off Casa Ybel by the Sanibel Police after a call from a local resident. I am approximately 1 to 2 years old, have no microchip and am a tan/black tabby. It appears I am not yet spayed. I am very sweet and gentle. I just found out that I am going to a foster home. I will be so happy to get out of the cage at Coral Veterinary Clinic.



Sasha

I am such a sweetheart that the staff at Coral Vet moved me into the surgical area where they spent a lot of time. They loved holding me and loving me in their free time. My combo test for FIV/FeLV/Heartworms was negative. I have been given immunizations for FVRCP, FeLV, rabies, and given a heartworm and flea preventive. I will likely be spayed the first week in September. Please consider giving me a forever home. If you're interested in adopting me, call Pam at PAWS at 472-4823.*

Lee County Domestic Animal Services

T-Bone And Pooh Bear

Lee County Domestic Animal Services is rocking the "oldies but goodies" and the youngest at heart. There are several senior dogs on the floor that were recently taken on a field trip to the Jamaica Bay Community to see what they would like in their retirement home.



T-Bone ID# A749899

Hello, my name is T-Bone. I am a 10-year-old male Jack Russell terrier who is a fun-loving little guy that likes to check everything out on my daily walks. I was a fan of Jamaica Bay's tennis courts to run around on and especially enjoyed walking around the community's lake and taking in the view. Sitting next to my person at the end of the day would be my idea of living the high life.

My adoption fee is \$25 - free to anyone age 65 and older - and includes a year supply of heartworm and flea prevention.

Hi, I'm Pooh Bear. I'm a 5-year-old male

domestic medium hair who is stunning in black and white. I have the perfect in-between-length coat that you just can't resist. My adorable freckled face and golden eyes will pull you in as soon as you meet me. Within minutes, you will fall for my irresistible personality. I am definitely a charmer. I like to play and cuddle - what more could you ask for in a companion?



Pooh Bear ID# A751028

My adoption fee is \$50, and cats and kittens are 2-for-1, which means adopt one and you can take home a feline friend at no additional charge.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. The LCDAS team of volunteers and staff are waiting to introduce your new family member to you. Check the website to be sure pets are still available.

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

THE RIVER WEEKLY NEWS

FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

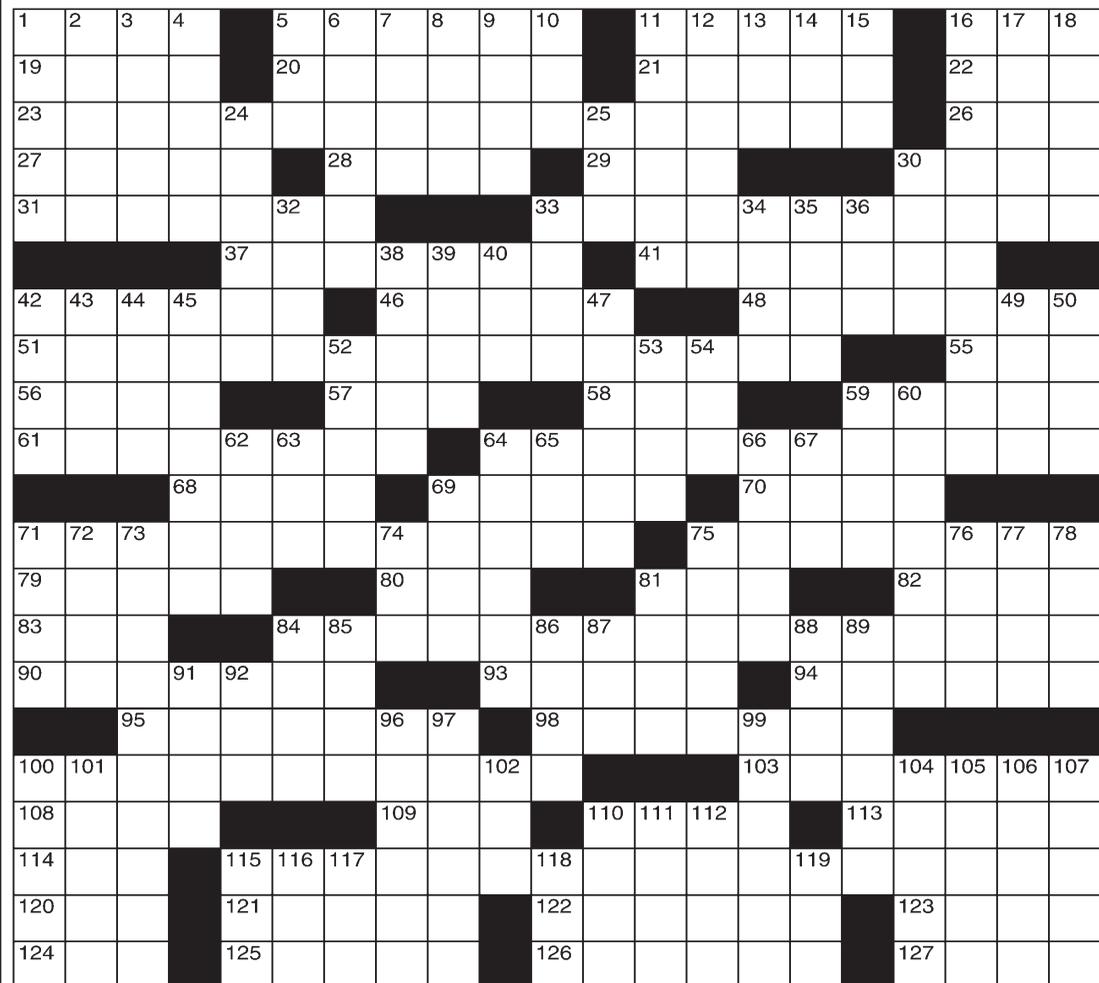
PUZZLES

Answers on page 29

Super Crossword

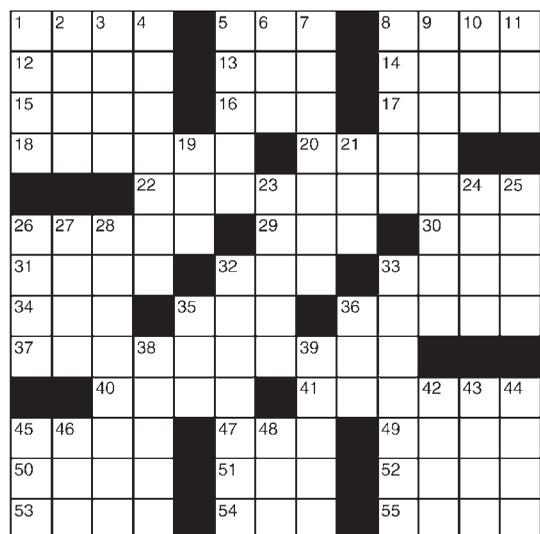
GRAIN SUBSTITUTES

- ACROSS**
- 1 Back muscles, informally
 - 5 Future doc's program
 - 11 Edison rival Nikola
 - 16 Flat-fixing gp.
 - 19 "Out of Africa" writer Dinesen
 - 20 French playwright Jean
 - 21 Made from a certain wood
 - 22 Coffeehouse dispenser
 - 23 Cereal grain for a special event?
 - 26 Found groovy
 - 27 "Goodbye, mon ami"
 - 28 Forever, seemingly
 - 29 Canonized woman of Fr.
 - 30 Little tales
 - 31 Paid up
 - 33 Sleep with a cereal grain on one's blanket?
 - 37 Augustus' son-in-law
 - 41 Shoulder decoration
 - 42 Performing in a film
 - 46 "Unh-unh!"
 - 48 Fierce fire
 - 51 Easily seen cereal grain?
 - 55 Skill in darts
 - 56 Plaster the roof of
 - 57 See 85-Down
 - 58 — -fi
 - 59 Pagan religion
 - 61 Car roller in winter
 - 64 Person threshing a cereal grain?
 - 68 "Good for life" pet food
 - 69 "Spanglish" actress Téa
 - 70 Plenteous
 - 71 Using a cereal grain as fuel?
 - 75 Final chance to order a drink
 - 79 Newspaper sections
 - 80 Pro in first aid
 - 81 Body design, briefly
 - 82 Silks solo
 - 83 "— in Black"
 - 84 Have a boxing match in an arena covered with a cereal grain?
 - 90 Carroll of "All in the Family"
 - 93 Puzzle cube inventor
 - 94 Old TV dog
 - 95 — oxide (laughing gas)
 - 98 Word-for-word
 - 100 Response after being gifted with a cereal grain?
 - 103 Charms
 - 108 Roof feature
 - 109 — rule
 - 110 See 5-Down
 - 113 Wild fight
 - 114 Dream Team's land
 - 115 Useful material for processing a cereal grain?
 - 120 Rocker Vicious
 - 121 Pop/rock singer Mann
 - 122 Layered eye part
 - 123 DVR option
 - 124 Timeline segment
 - 125 Muscle woe
 - 126 Starts using
 - 127 Glimpsed
 - 34 Toe feature
 - 35 Desert sight
 - 36 Polar drudge
 - 38 Combined
 - 39 Pan relatives
 - 40 Letter before omega
 - 42 Basic lesson
 - 43 French city
 - 44 Nirvana, e.g.
 - 45 It "blows no good"
 - 47 Ship again
 - 49 Friendly
 - 50 Epps of films
 - 52 Like Vikings
 - 53 Brazilian palm berry
 - 54 Short while
 - 59 Float easily
 - 60 Thick polar coverings
 - 62 New Mexico resort
 - 63 Unruly tyke
 - 64 Less dry
 - 65 Clod buster
 - 66 Great anger
 - 67 — and hers
 - 69 Gyro meat
 - 71 Singer Perry
 - 72 Gp. for Iran
 - 73 City near Lake Tahoe
 - 74 Eligible for Soc. Sec.
 - 75 Hanukkah pancake
 - 76 Olympic god
 - 77 Leslie Caron musical film
 - 78 Behind
 - 81 Razz
 - 84 Israeli dance
 - 85 With 57-Across, easily attached patches
 - 86 Whopper
 - 87 Kimono sash
 - 88 Gusto
 - 89 Sub meat
 - 91 Evening, in some ads
 - 92 To the — degree
 - 96 Arbitrary decrees
 - 97 Methodology
 - 99 Soften
 - 100 Employ anew
 - 101 PLO's Arafat
 - 102 Clodhopper
 - 104 Goes soft
 - 105 Iran-Contra figure North
 - 106 Superman portrayer
 - 107 Determined to do
 - 110 Born and —
 - 111 Quarterback Graham
 - 112 Thrash
 - 115 Ford fluid
 - 116 Put tears in
 - 117 "— believer!"
 - 118 "— pro nobis"
 - 119 Pas' mates



King Crossword

- ACROSS**
- 1 Edinburgh resident
 - 5 Letterman's network
 - 8 Tibetan priest
 - 12 Unaccompanied
 - 13 Illustrations
 - 14 Acknowledge
 - 15 Feedbag contents
 - 16 Neither partner
 - 17 Transaction
 - 18 Sloshed
 - 20 Portent
 - 22 What Sedaka said was "hard to do"
 - 26 Side road
 - 29 Tex- — cuisine
 - 30 Historic time
 - 31 "So be it"
 - 32 Dr.'s study
 - 33 Work units
 - 34 Hockey venue
 - 35 Author Fleming
 - 36 Beginning
 - 37 Recording
 - 40 Sea eagle
 - 41 Humans
 - 45 Short skirt
 - 47 Trawler need
 - 49 Sailor's jail
 - 50 Probability
 - 7 Caressed
 - 8 Burdened
 - 9 Comic-book team, with "The"
 - 10 Extinct bird
 - 11 Piercing tool
 - 19 Attempt
 - 21 Blend
 - 23 Alter a text
 - 24 Incite
 - 25 History
 - 26 Fisherman's supply
 - 27 Village People hit
 - 28 Saturdays and Sundays
 - 32 Purplish-red shade
 - 33 Dignify
 - 35 Hostel
 - 36 Have bills
 - 38 Hibernian
 - 39 Eye-related
 - 42 Front of a ship
 - 43 Profession
 - 44 Omelet basis
 - 45 Swab
 - 46 Altar affirmative
 - 48 Corn spike
- DOWN**
- 1 No neatnik
 - 2 Furnace fuel
 - 3 Aware of
 - 4 "No nukes" agreement
 - 5 Hiawatha's transport
 - 6 Buddy



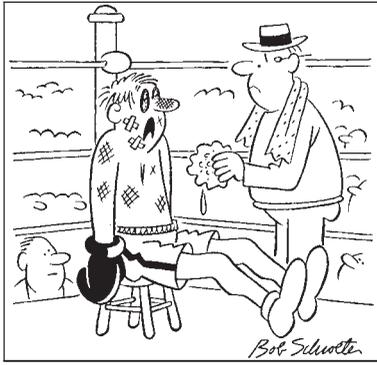
MAGIC MAZE

SPRING AHEAD

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

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

- Bounce
- Leap
- Scurry
- Streak
- Bound
- Race
- Skip
- Stride
- Dash
- Rush
- Spring
- Vault
- Hurdle
- Scamper
- Spring



"Boy, his _____ must
be hurting like crazy"
answer on page 30

SCRAMBLERS

Unscramble the CAPITAL letters below to form four ordinary words. Then rearrange the boxed letters to form the mystery word to complete the gag!

Parcel
DUBLEN _____

Bent
WEAKS _____

Chide
CLODS _____

Peep
QUEKES _____

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Shirt is different. 2. Firewood is missing. 3. Arm is moved. 4. Hot dogs are missing. 5. Trash can is missing. 6. Strap is shorter.

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

SUDOKU

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

answer on page 29



Lobster Bites with Avocado-Lime Puree

2 nine-ounce spiny lobster tails, removed from shell and cut into 1-ounce bites

20 three-inch bamboo skewers

Canola or olive oil for cooking

Sea salt to taste

Fresh ground pepper to taste

1/2 avocado

2 limes, juiced

1/2 red bell pepper, diced fine

Preheat a medium-sized sauté pan over medium-high heat. Skewer each lobster bite onto the bamboo skewers and lightly season with salt and pepper.

In a blender or food processor, add avocado, lime juice and season lightly with salt and pepper. Puree the avocado mixture until smooth, adding 1 tablespoon of water at a time until the desired thickness of avocado puree

is reached. The avocado puree should be smooth and creamy and should be thin enough to pour into a small bowl or shot glasses.

Add 1 tablespoon of the cooking oil to the hot pan. Carefully add the skewered lobster bites to the hot pan being careful not to over crowd the pan. Cook lobster bites for just 30 seconds on each side. The lobster bites will cook quickly so it is important to keep a close eye on them. Once the lobster bites are cooked, remove them from pan, and let drain on a paper towel. Repeat the cooking process until all the lobster bites are cooked. This cooking process can be done ahead of time and the lobster can be served cold if desired.

To serve, arrange the lobster bites on a plate with a bowl of avocado puree, or add a small amount of avocado puree into the bottom of several shot glasses and top each glass with the cooked lobster bites. Garnish the lobster bites with the fine diced red pepper.

Yields four to six servings.*



Lobster Bites with Avocado-Lime Puree

photo courtesy Fresh From Florida

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THE RIVER
WEEKLY NEWS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

 FRIDAY Mostly Cloudy High: 90 Low: 82	 SATURDAY Mostly Cloudy High: 89 Low: 81	 SUNDAY Sunny High: 88 Low: 80	 MONDAY Sunny High: 91 Low: 82	 TUESDAY Sunny High: 89 Low: 81	 WEDNESDAY Mostly Sunny High: 88 Low: 80	 THURSDAY Partly Cloudy High: 89 Low: 81
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:17 am	4:48 am	11:32 am	6:45 pm
Sat	1:43 am	5:49 am	12:32 pm	7:27 pm
Sun	2:06 am	6:42 am	1:26 pm	8:03 pm
Mon	2:27 am	7:33 am	2:17 pm	8:34 pm
Tue	2:48 am	8:23 am	3:07 pm	9:03 pm
Wed	3:11 am	9:13 am	3:58 pm	9:30 pm
Thu	3:37 am	10:05 am	4:53 pm	9:56 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:22 am	4:50 am	10:37 am	6:47 pm
Sat	12:48 am	5:51 am	11:37 am	7:29 pm
Sun	1:11 am	6:44 am	12:31 pm	8:05 pm
Mon	1:32 am	7:35 am	1:22 pm	8:36 pm
Tue	1:53 am	8:25 am	2:12 pm	9:05 pm
Wed	2:16 am	9:15 am	3:03 pm	9:32 pm
Thu	2:42 am	10:07 am	3:58 pm	9:58 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:10 am	4:41 am	11:29 am	6:41 pm
Sat	1:03 am	6:26 am	12:48 pm	7:37 pm
Sun	1:42 am	7:32 am	1:46 pm	8:25 pm
Mon	2:19 am	8:28 am	2:41 pm	9:08 pm
Tue	2:57 am	9:18 am	3:37 pm	9:46 pm
Wed	3:36 am	10:03 am	4:26 pm	10:21 pm
Thu	4:13 am	10:44 am	5:10 pm	10:53 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:27 am	8:04 am	1:42 pm	10:01 pm
Sat	3:53 am	9:05 am	2:42 pm	10:43 pm
Sun	4:16 am	9:58 am	3:36 pm	11:19 pm
Mon	4:37 am	10:49 am	4:27 pm	11:50 pm
Tue	4:58 am	11:39 am	5:17 pm	None
Wed	5:21 am	12:19 am	6:08 pm	12:29 pm
Thu	5:47 am	12:46 am	7:03 pm	1:21 pm

PUZZLE ANSWERS

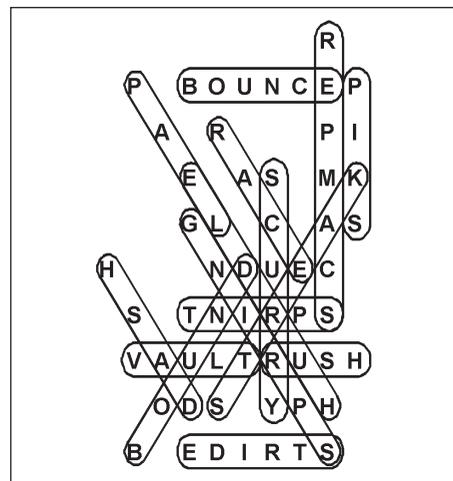
SUPER CROSSWORD

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B	A	R	L	E	Y	N	O	T	I	C	E	A	B	L	E	A	I	M	
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 10, 2018

Aries (March 21 to April 19) With your Arian charm quotient at an almost all-time high this week, plus all the facts to back you up, you just might win over the last doubters to your proposal.

Taurus (April 20 to May 20) You might be in line for that job change you applied for. But be advised that you could be called on to defend your qualifications against supporters of other applicants.

Gemini (May 21 to June 20) Creating a new approach to an old idea is one way to get beyond that workplace impasse. No such problems in your personal life, where things continue to flow smoothly.

Cancer (June 21 to July 22) Be more forthcoming about your feelings concerning a proposed change either in your workplace or in your personal life. Your opinions are valuable. Don't keep them hidden.

Leo (July 23 to August 22) A changing situation in your life needs more patience than you appear to be willing to offer. Allowing it to develop at its own pace is the wisest course you can take at this time.

Virgo (August 23 to September 22) With more stability in your life – on both personal and professional levels – this could be a good time to strengthen relationships with both friends and colleagues.

Libra (September 23 to October 22) People have always relied on your integrity not only to get the job done, but to get it done right. So don't be pressured by anyone into cutting corners to save time.

Scorpio (October 23 to November 21) While others might get rattled over unexpected changes, your ability to adapt calmly and competently helps you make a positive impression during a crucial period.

Sagittarius (November 22 to December 21) A changing environment might be daunting for some, but the adventurous Sagittarian takes it all in stride. A friend from the past could awaken some meaningful memories.

Capricorn (December 22 to January 19) With your self-assurance rising to full strength, the bold Goat should feel confident about opening up to new ventures as well as new relationships.

Aquarius (January 20 to February 18) Reaching out to someone who has been unkind to you might not be easy. But in the long run it will prove to have been the right thing to do. A friend offers moral support.

Pisces (February 19 to March 20) Your keen insight once again helps you work through a seemingly insoluble problem in your workplace. The weekend offers a good chance to develop new relationships.

Born This Week: You have a knack for finding details that others would overlook. You would make a fine research scientist.

STRANGE BUT TRUE

• It was Scott Adams, best known as the creator of the *Dilbert* comic strip, who made the following observation: "Give a man a fish, and you'll feed him for a day. Teach a man to fish, and he'll buy a funny hat. Talk to a hungry man about fish, and

you're a consultant."

• According to the Oxford English Dictionary, the word that has the largest number of different meanings is "set"; it takes 26 pages to detail them all.

• As fall approaches, here's some good news: Except for the queens, all wasps die in the autumn.

• There are those who feel that we should adopt the metric system of measurement, claiming that our current system is outdated and archaic. To go truly archaic, though, we could start measuring things in flags, baronies, falls, roods, townships and hides. Yes, those are actual terms of measurement. They equal, respectively, 25 square feet, 4,000 acres, 342 square feet, a quarter of an acre, 36 square miles and 10 acres.

• Do you suffer from misoneism? Quite a few people these days seem to; it's a hatred or fear of change or innovation.

• Between Memorial Day and Labor Day, it's estimated that Americans eat a whopping 818 hot dogs every second.

• In 1938, *Fortune* magazine published a prediction that, in hindsight, turns out to have been rather egregiously off the mark: "Few scientists foresee any serious or practical use for atomic energy. They regard the atom-splitting experiments as useful steps in the attempt to describe the atom more accurately, not as the key to the unlocking of any new power."

THOUGHT FOR THE DAY

"Should you shield the canyons from the windstorms, you would never see the true beauty of their carvings." – Elisabeth Kubler-Ross

TRIVIA TEST

- Anatomy:** What is the normal human body temperature in Celsius?
- Literature:** The monster Grendel appears in what literary work?
- Math:** What is the least common multiple of 3 and 7?
- Television:** Who was the first guest of the television news show *Face the Nation* when it debuted in 1954?
- Food & Drink:** What is "tafelwein" in German?
- General Knowledge:** What does the name of the martial art taekwondo mean in Korean?
- U.S. Presidents:** Who was the first graduate of West Point to serve as president?
- Geography:** What is the capital of Morocco?
- Explorers:** Who was the first European explorer credited with discovering the Grand Canyon?
- Movies:** Who voiced the character of John Smith in Disney's animated *Pocahontas*?

TRIVIA ANSWERS

- 37 C
- Beowulf
- 21
- Sen. Joe Lopez de Cardenas
10. Mel Gibson.
- May 7. Ulysses Grant
8. Rabat
9. Garcia McCarthy
5. Table wine
6. The Foot Fist
1. 37 C
2. Beowulf
3. 21
4. Sen. Joe Lopez de Cardenas
10. Mel Gibson.

★ ★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★ ★

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2. Askew;
3. Scold;
4. Squeek

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Shore Fishing:



Don't Harm The Fish
 by Capt. Matt Mitchell

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

Retirement Approachers Will Return To Work

Providing insight into the changing post-retirement landscape, a new survey[i] by Home Instead, Inc. revealed that more than half (53 percent) of workers approaching retirement in the next five years believe they will likely return to work.

In terms of their next move, the majority of those approaching retirement said they will change industries (68 percent) and of those who already “unretired” and returned to work, 65 percent changed industries. What’s more, nearly 80 percent of both groups said they want to make a meaningful impact in their communities in their post-retirement years, such as through volunteerism or a role involving caregiving, teaching or giving back.

“Finding a fulfilling post-retirement career is a driving factor for many older adults,” said Johnny Long, owner of the Home Instead Senior Care office in Cape Coral. “We see many who find that fulfillment as a professional caregiver. Others find new career or volunteer opportunities that fit their skills and passions, allowing them to do something they love or challenging them in a way their previous career might not have.”

According to the Home Instead, Inc. survey, important motivators for returning to work for those who have retired were fighting boredom (44 percent) or keeping their minds sharp (22 percent), while finding new challenges and fulfillment were the most common motivators for those approaching retirement.

Catherine Collinson, CEO of Transamerica Center for Retirement Studies, reaffirmed that with people living longer than ever, it’s important to focus more on maintaining a sense of purpose than holding on to the outdated benchmark of retiring at age 65.

“With Boomers blazing the way, full retirement is no longer a point in time. The transition could be a decade or more, and involve shifting gears and working in a different capacity or finding

a flexible arrangement, all with more time for family,” Collinson said.

To help workers start thinking about how to make the most of their post-retirement years, the Home Instead Senior Care network is introducing tips and resources including an online career assessment tool that asks users questions about their interests, skills and ideal work environment before recommending categories of jobs that might suit them.

“We hope the career assessment quiz will help spark ideas for people looking for their next chapter,” said Sue Bidwell, owner of the Home Instead offices serving Fort Myers and surrounding communities. “Whether you want to make a difference in the lives of others, share your expertise, create something new or just keep busy, we hope this helps you find a great job fit.”

So what are the some of the hottest post-retirement jobs? According to Tim Driver, CEO of www.retirementjobs.com, today’s older workers are considering a wide array of flexible options, including at organizations that meet the criteria for age-friendly workplaces.

“Retail sales clerks and bank tellers are among the most popular options, as are jobs that allow you to work from home, such as online tutoring. And caregiving is often a job where creativity is rewarded – giving you the ability to create activities for older adults and get a peek into what older life looks like,” Driver said.

Families can find free program resources and information at www.unretireyourself.com. Or, contact your local Home Instead Senior Care office for additional resources and to learn

about professional CAREGiversSM opportunities. Find an office near you by visiting www.homeinstead.com/state.



HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Salerno	Miromar Lakes	2015	3,934	\$2,174,000	\$1,990,000	326
Captiva Beach	Captiva	1981	1,879	\$2,050,000	\$1,800,000	223
Laurel Oaks At West Bay Club	Estero	2010	4,250	\$1,749,000	\$1,687,500	167
Costa Amalfi	Miromar Lakes	2013	2,586	\$1,599,000	\$1,550,000	3
Yachtsmans Cove	Sanibel	1981	3,121	\$1,195,000	\$1,030,000	231
Vittoria	Fort Myers	2006	3,449	\$949,900	\$920,000	42
Buttonwood Harbor	North Fort Myers	2003	4,452	\$899,000	\$850,000	120
Ascot	Bonita Springs	1995	3,059	\$889,800	\$850,000	114
Grande Estates	Estero	2006	2,860	\$874,500	\$850,000	27
Sanibel River	Sanibel	1985	2,094	\$799,000	\$774,000	57

Courtesy of Royal Shell Real Estate

TERRA NOSTRA

ITALIAN RISTORANTE

EST. 2008

Steaks • Seafood • Pastas • Veals • International Wine List!



Mondays & Tuesdays

Pasta for Two \$39

- 1 Appetizer to Share**
- 2 Pasta Selections**
- 1 Dessert to Share**



Wednesdays & Thursdays

1/2 Off

- On All Our Wines**
- Bottle Selections**
- Domestic & International**
- Two Entrées Required**

PROUDLY OWNED AND MANAGED BY THE CACCIATORE FAMILY!

HAPPY HOUR AT TERRA'S MONDAY - FRIDAY 4PM TO 7PM

COLD DRINKS

- HOUSE WINES & COLD BEERS 4\$**
- WELL DRINKS 5\$**
- BUBBLY PROSECCOS, SPRITZ & ROSÉ 6\$**
- MARTINIS & COCKTAILS 8\$**

BAR BITES (SMALL PLATES)

\$8 EACH

- COLD SEAFOOD MEDLEY SALAD**
- SHRIMP COCKTAIL ICE COLD COCKTAIL SAUCE**
- CAPRESE SALAD FRESH MOZZ, TOMATO & FRESH BASIL, BALSAMIC REDUCTION**
- OYSTERS ROCKEFELLER**
- SEARED AHI TUNA + TERRA CHIPS**
- MUSSELS ANY STYLE**
- CLAMS IN BRODO STEAMED IN WHITE WINE**
- CRISPY CALAMARI SPICY MAYO & MARINARA**
- SALUMI PROSCIUTTO, SOPPRESSATA CALABRESE, OLIVES**
- MEATBALLS PICCOLINI MARINARA**
- PICCOLA EGGPLANT PARMIGIANA**
- ITALIAN SAUSAGE PEPPERS & ONION BITES**
- CHICKEN CACCIATORE BITES**



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