Four new dining venues coming to Naples

A new restaurant finally is planned for the former Cafe Lurcat space on Fifth Avenue South in downtown Naples.

The full-service Del Mar SoCal Kitchen, which has a sister property in Columbus, Ohio, is targeted to open in fall 2020 with dishes and cocktails, inspired by the best of Southern California. Ohio-based Cameron Mitchell Restaurants, which also operates Ocean Prime on Fifth Avenue, recently leased the 9,374-square-foot Terraza Building, split equally over two floors.

When Ocean Prime launched three years ago in the former space of Avenue5 and McCabe’s Irish Pub at the Inn on Fifth, the CEO and founder of Cameron Mitchell Restaurants said Naples and Florida, in general, are good markets for his restaurants because a lot of their Ohio clientele are down here during the winter.

“So, it just makes sense for us to be here,” Cameron Mitchell said. “We think it’s a great location.”

SEE ART EN KNOWS, A10
It was with great sadness that I recently learned that George Willson, formerly with The Nature Conservancy, died of cancer on July 30. Many in the Naples area today are not aware of George’s tireless efforts 30 years ago, working to successfully preserve Keewaydin Island.

In 1990, I was serving as the new director for the Rookery Bay Reserve. We viewed Preservation 2000 as a vital opportunity to help preserve the Rookery Bay ecosystem through the purchase of lands from willing sellers. With the help of the Friends of Rookery Bay, we gathered over a thousand signatures on a petition urging support for funding Rookery Bay Reserve’s project.

We organized a public meeting in Naples for the council tasked with ranking competing land preservation projects. Pro-development supporters showed up, wearing “Rookery Bay” stickers with a red slash across it. Many more citizens, however, showed up to demonstrate their support to preserve lands such as Keewaydin Island. I remember Mark Benedict, the new CEO of the Conservancy of Southwest Florida, speaking with eloquence about the need to preserve the Island.

The council agreed, and Rookery Bay was ranked among the top ten projects out of more than 100 in Florida. Council members made it clear that continued support for funding was contingent on acquiring the crown jewel of Keewaydin Island. If we could negotiate a successful deal to purchase the island, then we could anticipate continued funding for the rest of the Rookery Bay project.

The challenge before us: The state had already tried and failed to purchase the island. The failure was due to the state’s inability to secure sufficient funds within one fiscal year; this was before Preservation 2000. The owners would have had to rely on faith that the Legislature would approve the total purchase over two consecutive years, and no one would take that deal. The original owners then sold the island to the Dracketts. Having heard the story of the failed offer from the state, the Dracketts had no faith in the government’s ability to make a reasonable offer. Add to this, the legal battle over the planned development had everyone fully entrenched in their positions. To pull this off, we would have to find a way to satisfy everyone.

Enter George Willson. George served as Florida’s Director of Land Acquisition for The Nature Conservancy, a national non-profit environmental organization. George had a well deserved reputation for successfully working with private and public interests, preserving key environmental lands. The new owners would not meet with the state, but were willing to listen to George. George was a master at listening carefully to what people wanted to achieve, and then finding a path forward that would work for everyone. He had an easy smile and a laugh that instantly put people at ease. He was always focused on the end goal.

It was not an easy task. The distance between the new owners, the organizations involved in court, and the state seemed insurmountable. But slowly, and with great perseverance, George was able to turn the corner with all parties, building the needed trust and understanding to hammer out a complex deal.

The $13.7 million agreement would preserve 2,700 acres of Keewaydin Island, compensate the Dracketts for their investment, and resolve the legal issues with the city and advocacy groups. The negotiations took three years to complete. George asked me to educate all parties to increase their understanding of the Rookery Bay Reserve, while developing a plan for managing the island. George worked with us every step of the way. I learned a great deal from him about negotiating for a successful outcome, in spite of potential disagreements.

In 1993, we celebrated the governor and Cabinet’s approval of the controversial landmark deal that George had crafted. Bolton Drackett became an enthusiastic friend of Rookery Bay, ultimately donating funds to help construct our new administrative headquarters.

In turn, following the successful Keewaydin purchase, we were able to acquire nearly $200 additional acres for Rookery Bay Reserve from willing sellers, an investment of $57 million in Preservation 2000 funds over 10 years.

And it all started with George Willson. He was a great friend and mentor. More importantly, George stepped up when we needed him, bringing many people together to accomplish something that we can all be proud of.

Thanks, George!
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It’s a good thing that President Donald Trump hasn’t spent the weekend networking with Virginia’s Gov. Ralph Northam, or his campaign manager, Bob Flaherty. Northam was anything but a good sport in the second debate of the 2019 Virginia Governor’s Race. "I’m sorry, you’re not going to win this one," he said to Flaherty. "I am Virginia’s Governor," he continued. "And I’m going to be Virginia’s Governor," he said with a chuckle. Northam then proceeded to list all the things he had done for the state and why he deserved to stay in office. Flaherty, on the other hand, remained silent during the debate and only responded to Northam’s comments with a nod of his head. The exchange was a prime example of why the Virginia Governor’s Race is one of the most closely watched in the country. The two candidates have been neck-and-neck in the polls for weeks, and the outcome of the election could determine the future of the state. So Northam and Flaherty better be prepared to debate again, because this is only the beginning of what promises to be a long and bitter campaign.
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Last chance to do the write thing

2019 Writing Challenge wraps up this week

BY CINDY PIERCE

cpierce@floridaweekly.com

This is the final week of the 2019 Florida Weekly Writing Challenge. We hope this picture here of a Rolls-Royce — parked in the crosswalk on a tony street in Naples — inspires your creative writing juices and motivates you to participate. So far we’ve received almost 200 entries from readers in all parts of Florida and as far away as Montana sending their compositions using this and three previous photos as prompts.

Here’s how the challenge works:

You have until 5 p.m. Tuesday, Sept. 24, to craft a short story — no poetry, please — inspired by this picture that was snapped late one night in a drug-store parking lot. These next points are important:

- Keep your narrative — that means no poetry, please and thank you — to no more than 750 words. Those that go over will be disqualified; shorter entries are welcome.
- Run your story through spellcheck and give it a title (not to be included in the word count).
- Put your full name, hometown and phone number at the end of your piece (also not to be included in the word count).
- Attach it as a Word document — no fancy fonts and no text files, PDFs or offbeat formats — or simply copy it into the message of an email and send to writing@floridaweekly.com.

We will do our best to acknowledge receipt of each entry within a couple of days, but please be patient (we take vacations this time of year, too).

After the final deadline on Sept. 24, we’ll divvy up all of the entries we’ve received since the challenge started among our editors and senior writers and come up with first, second and third place winners. Those three stories will be published in the paper sometime in November.

First prize for the Florida Weekly Writing Challenge has always been a ticket to the Sanibel Island Writers Conference, but the conference is on hiatus this year. We’re still thinking about how to reward our 2019 winners. You can’t be one of them if you don’t start writing, so get busy.

- ERIC STRACHAN / FLORIDA WEEKLY

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MAKING A DIFFERENCE

Parkinson Association improves quality of life, offers support

Linda Goldfield, the current executive director, reveals that she lost both of her parents to neurodegenerative diseases, so her journey with the Parkinson Association began as a personal one, as well. “I wish I had the resources and support of an organization like ours when I was a caregiver,” Ms. Goldfield said.

Today, Ms. Goldfield explains that “our association provides services to more than 1,500 members of our community. And all funds raised remain local to create a healthier community,” Ms. Goldfield added.

“While it costs us more than $400 per household per year to provide our services, we do not charge as we never want money to be a barrier to accessing important services that help people live well with the disease and often delay the progression of the disease,” Ms. Goldfield said.

The Parkinson Association services include about 150 hours of free programming and activities each month, which are open to those with the disease and their care partners.

Exercise is a key component. It’s more than just healthy for people with Parkinson’s disease. It is vital to maintaining the balance and mobility needed for daily living. There are aquatic exercises, movement classes and yoga classes.

Ms. Goldfield says that, “exercise can improve many of disease symptoms and improve gait, flexibility and posture.”

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We certainly remember watching a young, vibrant Michael J. Fox on TV playing Alex Keaton on the NBC sitcom “Family Ties” in the 1980s. And we enjoyed seeing him on the silver screen as Marty McFly in the “Back to the Future” trilogy of movies in the ‘80s.

Then in 1998, we were shocked to learn that Mr. Fox was suffering with Parkinson’s disease. He’d been diagnosed seven years earlier at the age of 29.

Now, Mr. Fox uses his stardom to broaden awareness of the disease, and his Michael J. Fox Foundation is a leading advocate for finding a cure, having raised more than $800 million for research.

With no cure in sight, the Parkinson Association of Southwest Florida Inc. is an independent nonprofit agency focused on improving the quality of life for people with the disease and their care partners as they have been for 22 years.

It was personal, from the get-go, for the group’s co-founder, Jacque Urso. She told us a few years ago that, “The association was founded so my father, and others like him, would be able to continue live with the best assistance possible.”

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market. We think Fifth Avenue is one of the great streets in the United States. So, it was a natural for us.

The privately-held restaurant group has created 15 dining concepts since its inception 25 years ago. In addition to Ocean Prime, Cameron Mitchell also was behind the former Rusty Bucket Restaurant & Tavern at Mercato in North Naples.

Built in 2000, the two-story building on the south side of Fifth Avenue has two fully equipped kitchens and two full bars. On the second level, large balconies run the length of both sides of the yellow building for outdoor dining overlooking the bustling avenue in the front and a large lake in the back.

The space has been vacant since D’Amico & Partners restaurant group closed Cafe Lurcat and Bar Lurcat in May 2018 after operating the destination for 15 years. The location also previously was Annabelle’s, another fine-dining restaurant.

Fifth Avenue bar

Across the avenue from the former Cafe Lurcat property, a bar is planned this fall in the new three-story building on the northeast corner of Fifth Avenue South and Fifth Street South in downtown Naples.

Sidebar 505 is targeted to open in mid-October or early November on the Fifth Street side of the building at 505 Fifth Ave. S. The bar will be next to Bluemercury, a beauty products retailer and spa that recently opened to anchor the modern space with two floors of residential condos above it.

Sidebar will be owned and operated by longtime local friends Marty Kenney and David Ladic.

“We both grew up here. Our families have known each other for 30-plus years,” Kenney said.

Rather than compete with the many dining options on Fifth, Sidebar will focus on craft cocktails and high-end wine to fill a hospitality niche more similar to the former Avenue Wine Cafe, a local hangout that operated nearby until it was displaced three years ago.

“Everywhere in town if you want to get a drink you have to go to a restaurant,” Mr. Kenney said. “I don’t have a kitchen. It’s small. So, it’s going to be a place to go before or after dinner.”

Patrons can have food delivered, but Sidebar doesn’t have plans to serve food.

“I just want to focus on great cocktails, a really relaxing setting,” Mr. Kenney said. “I think it’s needed down here.”

Sidebar will be a wine-forward, full-liquor bar with leather couches, chairs and banquettes and an industrial-contemporary look, Mr. Kenney said. Expect a white onyx bar, a community table, cobalt blue walls, a herringbone wooden floor and an eccentric-looking ceiling.

“It’s going to be a very cool, ‘loungey’ kind of speakeasy kind of deal,” he said. “It’s going to be real plush. Just an awesome, cool chill spot.”

‘Freaky fast’ drive-thru

Q: When is the Jimmy John’s supposed to open on 41?

— Brittany Elkins, Naples

As: Fast-food franchise Jimmy John’s, known for its “freaky fast” delivery of fresh gourmet sandwiches, launched its first drive-thru restaurant in the Naples area on Tuesday.

The drive-thru is on the northern end of the same two-story retail strip on U.S. 41 that is home to Fuse Global Cuisine and Fuse BBQ. When Plaza Walk recently received an extreme makeover by owner JCS Realty Group, the center’s name on its roadside signs was replaced by its address in huge numbers — 2500.

Jimmy John’s, a newly created restaurant space for the plaza, took over the former storefront of Swiss International Fine Watches & Jewelry. Bobby Malek’s Port St. Lucie-based company operates the two other Jimmy John’s that opened in North Naples in 2012 as well as two more on Florida’s east coast.

Jimmy John’s added two sizzling sandwiches to its permanent menu last month. The Spicy East Coast Italian has double layers of genoa salami and capicola with provolone, hot cherry peppers, onions, lettuce, tomatoes and mayo. The Jimmy Cubano features bacon, smoked ham, provolone cheese, pickles and Dijonnaise on freshly baked bread.

A Jimmy John’s loyalty program will launch in October and additional catering options are coming soon, Mr. Malek said.

“Another new restaurant is opening this fall in Plaza Walk just three units down from the Jimmy John’s drive-thru in Naples,” Mr. Malek said. “The restaurant’s name is inspired by Lou Van Van, a popular Cuban musical band for generations. Similarly, sharing the authentic flavors of Cuban cuisine has been a passion of the Pitas for generations. Executive Chef Myriel Pita Jr., born and raised in Cuba, previously worked in the kitchens of major hotels in Havana before immigrating in 2013 to the United States, where he worked as a chef at a couple of the most popular Cuban restaurants in the Naples area. His local career started at Fernandez the Bull Cuban Cafe that year, and then Rumba Cuban Cafe in 2015. His goal, of course, was to open his own local restaurant specializing in Cuban cuisine.

‘It’s going to be a family-operated restaurant.’ Myriel Pita Jr. said. “The environment we are going to have is going to be totally different.”

Van Van Cuban Cafe, 2950 Tamiami Trail N, suite III, will be open 10 a.m. to 9 p.m. Mondays through Fridays and 11 a.m. to 9 p.m. Saturdays and Sundays. For more information, call 239-228-6848 or go to vanvancubancafe.com.

— “Tim Atten Knows” is published each week in Naples Florida Weekly. Email questions and news tips to TimAttenKnows@floridaweekly.com. Follow @ TimAttenKnows on Facebook, Instagram, LinkedIn and Twitter.

When is the Jimmy John’s supposed to open on 41?

— Brittany Elkins, Naples
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Celebrate Life.

The Greater Naples Chamber will honor 13 Collier County first responders with the 17th annual Distinguished Public Service Awards. The honorees will formally accept the awards at an 8 a.m. celebration on Wednesday, Oct. 9, at the Hilton Naples.

Established in 2003, the DPSAs recognize the outstanding contribution of an individual or team to their respective public service profession and to the well-being of Collier County. This year’s awards are presented by Rick Hendrick Chevrolet Naples and Naples Daily News. The honorees categories include the following:


This team has taught more than 260 classes and have trained more than 6,800 Collier County residents as part of the “Stop the Bleed Campaign.” The two-hour class prepares individuals with the knowledge and skills needed to provide medical care for surviving a mass violent event, such as an active shooter.

Fire Safety: Lt. Robert Schank

Lt. Schank began his career in fire safety in 1997 with the North Naples Fire District. He is now a lieutenant with the North Collier Fire Control and Rescue District. Schank has been responsible for influencing more than 20 emergency responders to start their career in Collier County.

Law Enforcement: Lt. Michael O’Reilly and Sgt. Matthew Doyle

Lt. O’Reilly and Sgt. Doyle were on duty attending a Boy Scout swim test when they noticed a man having a seizure in the pool. Both men jumped into action, rendering emergency aid. Through several cycles of CPR and a shock from an available AED, they were able to bring the patient’s pulse back and save his life. Within a week, the man was fully recovered.

Telecommunications: PST-II Kristopher Murphy

PST-II Murphy received a 911 call from a panicked woman indicating her stepfather was unconscious with irregular breathing. Mr. Murphy recognized the emergency as cardiac arrest and had the man’s stepdaughter begin chest compressions within three minutes and 15 seconds of receiving the call. After 76 seconds, the man began breathing on his own, and he was alert and speaking minutes later.

Lifetime Achievement: Retired Deputy Chief Michael Nichols

Retired Deputy Chief Nichols played a key role in producing the first-ever five-year strategic plan for the City of Naples Fire-Rescue Department. He also had a vital role in forging a partnership between the Naples Fire-Rescue, Collier County Sheriff’s Office and Motorola to implement and deploy the new computer-aided dispatch system improving unit response time.

Seats at the DPSAs are $35 for chamber members and $45 for non-chamber members. Host-A-Hero tables are available for $1,000. To learn more about the DPSAs or to register for the event, visit www.napleschamber.org/dpsa.
CBD

From page 1

Only one medically proven use for CBD, a compound in cannabis plants that does not get you high. It has been shown in several clinical trials to ease the symptoms of two rare forms of epilepsy, leading to the production of Epidiolex, the first and only FDA-approved medication to use CBD. And that’s it.

In spite of the lack of rigorous scientific evidence supporting CBD’s benefits, experts point out that the drug has been used medicinally for thousands of years. It’s also hard to argue with someone who will testify that a CBD product has genuinely changed their life or that of a close family member or pet. And there is preliminary evidence suggesting that CBD has enormous potential as a medicine.

Limited studies point to a wide variety of uses, especially when combined with varying levels of THC, CBD’s more psycho-active sister. In the most comprehensive report on cannabis research in the United States, the National Academies of Sciences, Engineering, and Medicine in 2017 said that there is “conclusive or substantial evidence” that cannabis — though it did not specify the levels of CBD, THC, or other compounds found in the plant — can treat chronic pain, chemotherapy-induced nausea, and symptoms of multiple sclerosis.

Whatever the scientific evidence, the popularity of CBD-based products from tinctures to creams, candles to bath bombs, has exploded in the United States and in Florida since the state legalized cannabis for medical use in 2016. The herbal supplement has been used to treat pain, psychological conditions, and symptoms of major illnesses such as cancer and epilepsy, as well as help wean people off opioids.

After the U.S. passed the 2018 Farm Bill allowing states to cultivate hemp, a low-THC cannabis plant from which CBD is derived, Florida followed suit this year. Now the Florida Department of Agriculture hopes to turn the state into a leading hemp producer, using it to produce CBD and potentially a wide variety of other products such as clothing and paper. The legislation also opened up scientific research on industrial hemp.

As a whole, Florida’s medical marijuana industry is projected to have a $6 billion economic impact and create more jobs than manufacturing by 2020, the Ag Department says, as well as become the biggest medical marijuana market in the nation by 2021.

“The passage of the Farm Bill brings the opportunity to grow industrial hemp, which has billions in potential economic opportunity for the Florida agriculture community as an alternative crop of the future,” the Ag website reads.

With CBD’s popularity is coming dozens of new boutique stores that sell premium CBD. Here’s a look at what CBD is exactly, the ways in which it is produced and used, where to get it, and how Florida is expected to regulate its production and sales.

CBD: What it is?

CBD is one of the two most well-known compounds found in Cannabis Sativa L. plants. Unlike its psycho-active sister THC, CBD does not produce a euphoric effect or buzz. In other words, it does not get you high. That’s one of its major selling points.

CBD and THC are often blended together in varying levels to produce better medicinal effects. The blends range from CBD products with less than .3 percent THC or less — sold over the counter — to those higher than .3 and up to 90 percent or more THC, which requires a doctor’s permission. It’s important to note that products with .3 percent or less won’t get you high, even if you were to take huge doses. But if you have to take a drug test for employment or other purposes, which test for THC, the safest route is to use only products with zero THC.

How CBD is used

The World Health Organization lists several other conditions besides epilepsy for which CBD “may have therapeutic benefits.” That includes helping relieve symptoms of Alzheimer’s, Parkinson’s, multiple sclerosis, Huntington’s, pain, psychiatric, anxiety, depression, cancer, nausea, inflammatory diseases, arthritis, infection, Crohn’s disease, cardiovascular disease and diabetic complications.

But gold-standard research in the form of double-blind, placebo controlled, peer reviewed studies followed by clinical trials is lacking when it comes to claims of CBD’s efficacy in these areas. Research has been stymied by the U.S. government, which still considers nearly all cannabis products illegal and claims that they are as dangerous and addictive as heroin. Last year, the federal government legalized only hemp (.3 percent THC or less) to grow and study.

How much of CBD’s widespread popularity could be contributed to the placebo effect is unknown.

One CBD user, Washington Post contributor Steven Petrow, recounted adding a CBD tincture to his regular meds to help relieve his “lifelong struggle against depression.” He used a hemp-derived CBD with less than .3 percent THC.

“Since I’ve been using CBD, my mood has been significantly elevated and stable, although I understand my experience proves nothing,” he wrote. “The placebo effect can be strong, especially for health symptoms modulated by the brain.”

Possible adverse side-effects are also unknown, although so far are reportedly mild to nonexistent. No person is known to have ever overdosed or died from ingesting CBD or any cannabis product.

Studies led to Epidiolex being the first and still only FDA-approved drug using CBD, which the FDA describes as “an oral solution for the treatment of seizures associated with two rare and severe forms of epilepsy, Lennox-Gastaut syndrome and Dravet syndrome, in patients two years of age and older.”

Where to get it

CBD that is .3 percent or less THC can be bought everywhere from gas stations and head shops to high-end boutiques. When it comes to shopping for CBD, business owners say that you get what you pay for.

They suggest looking for products that claim they are third-party tested. And information on the label or company website should allow you to track exactly where the CBD came from.

I bought one of the little bottles of premium, high quality tincture oil, which cost $90 at Your CBD Store in Cape Coral, which has a health and wellness vibe to it. The store associate suggested I could test it out by possibly even replace the psychiatric medication Quetiapine, which was prescribed as a sleep aid as well as to treat a diagnosis of bipolar
type 2 diabetes. "The main difference in dosing to start, a half a dropper full twice a day, would last about a month. It was a mid-range price. Products at Your CBD Store ranged in price from around $40 to upwards of $250, depending on how much CBD they have in them.

After a few days its effectiveness is uncertain, but the store associate said for some people you need to stick with it for a week or more to see result. It didn't work as a sleep aid nearly as effectively as it did for the type 2 diabetes, but it was also much milder and I felt good the next day, for what it's worth.

"Another thing I did was take the CBD for the heart and I didn't have my blood pressure checks done, but it was much lower."

The tincture has a pleasant, natural flavor like how a bag of good weed smells, but milder — and if you don't know what that smells like, well, you're just not living. There are many other flavor options such as strawberry and cinnamon.

The rules for producing CBD from industrial hemp areclarified in Florida as an over-the-counter supplement, such as those at Your CBD Store and others like it. One thing that a buyer beware: businesses may source them from anywhere they want at this time. However, this store and others contacted for this article were all up front about exactly what you get and where it comes from.

Unlike over-the-counter medication, CBD-based products that you get at a licenced store are regulated by the Florida Department of Health. Those may also be blended with any hemp content, so some of them could give you a buzz.

Cannabis and CBD experts recommend that some buying CBD, one that is third-party-tested from a reputable source.

"Now the fact that your CBD is vitally important," said Dr. Martha S. Rosenenthal, a professor of physiology and neuro-science and director of the Cannabis Research, Education, and Workforce Initiative at Florida Gulf Coast University. She runs a professional certificate program that delves into the history, physiology, law, cultural evolution and other aspects of this exciting and currently regulated by the Florida Department of Health. Those may also be blended with any hemp content, so some of them could give you a buzz.

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CBD

From page 13

Now, a billion-dollar-plus cannabis industry is being created.

He doesn't sound completely sold on the benefits of CBD and other cannabis products as medicine, but he's also keeping an open mind.

“CBD sales in the U.S. alone are projected to reach $22 billion by 2022. So, it’s no surprise that Florida’s creation of a state hemp plan, coupled with its already ag-friendly climate and soil, will contribute greatly to Florida’s economy by creating an entirely nascent and regulated industry,” he said.

Serenity CBD Superstore in Key West and Marathon sells flower, oil, candy and creams with CBD, said owner Ronni Rivas.

“Hemp smokes are also a great seller and our CBD infused Cuban and Colombian coffee,” he wrote in an email.

While the rules and regulations for CBD are being developed, Mr. Haines said he is “ready to have some change—but believes the state and its rules will be friendly to businesses such as his that rely on word of mouth.”

“We believe in educating our customers and sharing testimonials from others who have similar ailments and have benefitted from our product,” he said.

“I do take CBD and I personally smoked and get the rest of my daily through our Serenity Beans that we have the founder of Jely Belly reproduce.”

Local stores selling CBD/THC products: medical card required

José Javier Hidalgo is chief executive officer of Fluent Cannabis Care, a company licensed in Florida to grow cannabis marijuana plants, process them, create their products, and sell them at Fluent stores throughout the state. Right now his company and others regulated under the Department of Health are not authorized to grow hemp.

“All the CBD products here require an official Florida medical marijuana card and are typically blended with some percentage of THC, from a tiny .8 percent and up with some north of 90 percent THC. The blend of CBD, THC, and other compounds is said to create in the ingredients working more effectively together than alone.”

Mr. Hidalgo said he was in a near fatal bicycle accident in 2011 and uses a CBD hand. He takes CBD capsules morning and other CBD and THC products to control his blood pressure. He takes a 500 mg tincture every day, a half dropper full each morning. He finds it to help me in a way I couldn’t exercise. We had tried a prescription. I got, and I saw this in Tennessee, is a dropper full each morning.

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Fluent Cannabis Care grows, produces, and sells CBD and THC products. Because Fluent is licensed to sell products with more than .3 percent THC up to nearly pure THC, it is regulated by the Health Department and requires a doctor’s approval to shop here.

Surranna Wellness is also a company licensed to produce marijuana products from seed to sale in Florida. One of its newest dispensary openings recently opened in Key West.

Like Fluent, Surranna sells its own flagship brand with exact ratios of CBD and THC including a line called Calm, which has a small ratio of THC compared to CBD (it does not get you high) and includes softgels, transdermal patches, vaporizers, tincture oils, oral concentrates and sprays.

“I can tell you the experience that our patients have had with CBD in Florida and it has been incredibly positive,” said Kim Hawkes, associate director for government and public relations. “CBD is a very powerful natural anti-inflammatory and about 80 percent of pain is induced by inflammation. To have a natural means to alleviate that inflammation is really great for many individuals.”

Companies like Surranna and Fluent could ultimately be places that caters to both recreation users and as a resource for those who will likely continue to need or want the years of training and knowledge a physician brings in recommending a combination of CBD and THC. Ms. Hawkes said that Surranna is interested in utilizing hemp as well if that’s possible after the regulations are finalized.

Industrial hemp will boom

Capital Alliance Group is a lobbying firm based in Tallahassee that represents a wide variety of interests, including Tesla, SpaceX, Quicken Loans and local governments, wrote Taylor Patrick Biehl, the firm’s legislative programs director.

The firm founded the Medical Marijuana Business Association of Florida as well as the Florida Hemp Association. Mr. Biehl wrote in an email that the firm expects CBD sales to continue to skyrocket.

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Abiding Arts

Come hear local artists share their testimony in this free concert event. Free food and drink provided.

September 21 | 6-8pm
Kids with cancer need all the friends they can get

Sarai wants what every child wants. To play with friends. Go to school. Run in the park. But cancer prevents her from doing those things. That’s why the team at Golisano Children’s Hospital makes sure every aspect of a child’s needs are met. They help kids be kids, taking every opportunity to put a smile on their faces as they provide lifesaving cancer care.
Junior Achievement celebrates 25th anniversary, record-breaking year

Junior Achievement of Southwest Florida wrapped up the 2018-19 academic year with record numbers, a fitting way to celebrate its 25th year of experiential learning programs for kindergarten-12th grade students in Collier, Lee and Charlotte counties.

During the 2018-19 school year, Junior Achievement of Southwest Florida served 12,498 students, a 7% increase in overall participation. A total of 70,196 instruction hours were completed within 520 classrooms, after-school and private programs in the tri-county region, bringing hands-on lessons on financial literacy, work readiness and entrepreneurship to area students.

In addition to the standard classroom setting, Junior Achievement also partners with organizations that provide similar services, supplementing its programming and helping to fill the gaps year-round with an emphasis on summer months when school is out of session.

This summer, volunteers delivered 66 hours of Junior Achievement programming to 282 young adults through partnerships with Boys & Girls Club of Collier County, Grace Place Community Center, Pace Center for Girls in Immokalee, and Youth Haven, as well as ESOL (English Speakers of Other Languages) programs in Bonita Springs High School and Dunbar High School. Junior Achievement also partnered with Collier Juvenile Detention Center, Lee Adolescent Mothers Program (LAMP) and Pace Center for Girls, Lee County for additional programs throughout the year.

Junior Achievement programs and job shadowing opportunities are delivered by local business leaders and community volunteers. For the 2018-19 school year, 273 volunteers participated, up 92% from the previous school year.

“Our record-breaking anniversary year demonstrates the community’s continued support of our programs, and the tremendous impact of our business and community leaders who are providing real-life instruction and serving as role models for Southwest Florida’s budding young professionals,” said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. “Junior Achievement’s valuable lessons on work readiness, entrepreneurship and financial literacy are so important to preparing young people for success, and we’re thankful for the partnership of our schools, teachers, after-school and specialty programs and volunteers that allow us to bring these programs to the region’s next generation of business leaders. We look forward to continuing to grow our impact and reaching more and more students in the years to come.”

To learn more about Junior Achievement of Southwest Florida and its programs, visit www.JASWFL.org or call the Junior Achievement office at 239-225-2590.
Keep Collier Beautiful Inc. is looking for volunteers to join in International Coastal Cleanup day from 8-11 a.m. on Sept. 21. Cleanup/signup sites: Everglades Cl, Bonita Springs Cl, Barefoot Beach, Delnor Wiggins Pass, Vanderbilt Beach, Lowdermilk Park, Naples Pier, Clam Pass, Rookery Bay NWR, Tiger Tail Beach, Golden Gate Canals, Isle of Capri, Ten Thousand Islands National Wildlife Refuge, Naples Bay (NSYC), Baldemar Creek, Immokalee, Naples Cruise Club Key Island, FSW’s Adopted Canal (additional sites can be added). For more information, visit www.keepcollierbeautiful.com, call 239-580-8319 or email jim@jimnorton798@comcast.net. Sponsors are available; groups of more than 10 need to pre-register.

The Naples Area Pi Beta Phi Alumnae Club invites Pi Phi alumnae in Naples, Bonita Springs, Estero and Marco Island to join Pi Phi club members at its Angels on the Town Mixer on Sept. 25, at Seasons 52, 8930 Tamiami Trail N., Naples. Happy Hour pricing. Contact Donna at 904-422-1217 or donna@marketthisine.com.

Solo Singles of Collier County was organized more than 25 years ago to create and promote recreation, cultural, charitable and social activities for single, divorced or widowed men and women. Meetings are held at a different restaurant at 5 p.m. every Wednesday for happy hour followed by dinner. The next event is scheduled for Sept. 25 at Sam Sneads Oak Grill & Tavern, 8004 Lely Resort Blvd. For membership information, call Carey Hughes at 239-262-0278 or email careyjh@aol.com.

Gulf Breeze Bop Club meets at 6:30 p.m. Sept. 27 at the Elks Lodge, 3231 Coconut Rd., Bonita Springs. A free dance lesson with paid admission is at 3:30 p.m. open dancing 7:15-9:30 p.m. DJ Bobby Picone and instructor Cindy Johnson. This is a nonprofit dance club with admission is $15 for singles, $25 for couples. Gulfbreezebopclub.com.

The American Association of University Women Greater Naples Branch will host its monthly meeting from 10 a.m. to noon on Saturday, Oct. 5 at the Collier County Library Association, 6701 Lone Oak Blvd., Naples with refreshments and registration at 9:30 a.m. There is no cost to attend. The speaker is Jacky Terzito, the chair of the Branch WorkSmart committee, who will discuss the AAUW WorkSmart program. The chairs of the Committee and Interest Groups will share upcoming plans for the year. The AAUW advances equity for women and girls through research, advocacy and education. For additional information, visit www.aauwn.org.
GET OUT FOR A GOOD CAUSE

First Baptist Academy will host a Salute to Service event on Friday, Sept. 20, at the First Baptist Academy vs. Community School Naples football game, held at FKA, 3000 Orange Blossom Drive. To honor local law enforcement, firefighters, EMT as well as veterans, free admission and parking are granted to all first responders, active and retired military. Festivities honoring veterans and all first responders start at 6:45 p.m. and game kick-off is 7:30 p.m. The Collier County Sheriff’s Office will provide a helicopter flyover and an honor guard and Gold Star Family will perform the national anthem. A decorated WWII veteran will provide game coin toss honors.

Captains for Clean Water hosts a fundraising event from 4-8 p.m. on Sunday, Sept. 22, at The Bay House restaurant, 799 Walkerbilt Road, Naples, overlooking the Cocomar Beach. Enjoy live music, a silent auction, open bar and an exquisite selection of heavy hors d’oeuvres provided by The Bay House Restaurant. Catch up on the latest news from the organization’s founders and learn what you can do to help advance lasting solutions to our water crisis. Captains for Clean Water advances education, awareness and scientifically-supported solutions to restore and protect marine ecosystems for future generations. Attire is coastal cocktail. Tickets are $100. To purchase tickets and for more information, visit captainsforcleanwater.org.

The Neighborhood Health Clinic, a volunteer-driven nonprofit organization providing Collier County’s working, uninsured residents affordable medical and dental care, will be the recipient of funds raised during a Neighborhood Health Clinic Evening from 5:30-7:30 p.m. Thursday, Sept. 26, at Woodhouse Day Spa, 2097 9th Street N., Naples. All proceeds of the $20 ticket fee will be donated directly to the clinic. Activities include chances for spa services and merchandise; complimentary wine and hors d’oeuvres; and specials on all services booked during the event. For more information on the Neighborhood Health Clinic’s programs and services, as well as funding opportunities, call 239-264-6600 or visit www.NeighborhoodHealthClinic.org.

Foundation of Collier County Medical Society invites golfers to the Foundation of Collier County's “Docs and Duffers” charity golf tournament and raffle at Bonita Bay Club on Sept. 28. Registration opens at 7:30 a.m. with a continental breakfast and golfers are encouraged to be present as the draw for tee times begins at 9 a.m. Prizes will be awarded for 1st place honors in each division, 2nd place honors and for the highest gross score. In addition to the 18 holes, the Foundation of Collier County’s “Docs and Duffers” Charity Golf Tournament will also include a raffle. Raffle tickets cost $20 per ticket or $100 for five tickets. Ticket holders need not be present to win. The suggested donation for the raffle, which has an exciting variety of prizes, is $25 per ticket or $100 for five tickets. Interested golfers, raffle participants, sponsors, supporters and volunteers may call 239-435-7722 or visit www.ccmsfoundation.org.

The STARability Foundation will hold its second annual 3K Fun Run, Walk & Roll on Saturday, Oct. 12, at Cambier Park, 755 8th Avenue South in Naples. The Fun Run is for all ages and starts at 8 a.m. with registration beginning at 7:15 a.m. After the race, attendees may enjoy music, sponsor booths/exhibits, and healthy food and refreshments provided compliments of First Watch. Proceeds will benefit STARability programs for individuals with disabilities and their families. Registration for this "all abilities" event is open to the public; fees are $25 for adults and $15 for children 10 and under. To register, visit www.starability.org/3k-run-registration. Sponsors include: Gulf Coast Runners, Naples Polo Club, Naples Choppers, and Paragon Theaters. Pavilion Naples. Sponsorship opportunities are still available; for more information, email info@STARability.org or call 239-594-9007.

Emmanuel Communities Inc., a nonprofit organization, will be hosting its first annual Fall Fest on Saturday, Oct. 19. The family-friendly day of fun will be held from 10 a.m. to 3 p.m. at Emmanuel Community Park, located at 2770 Oil Well Road in Naples. The fall-themed festival is free and open to the public and will be filled with games, music, a pumpkin patch, bounce house, contests, and fun activities for all. Signs and space are available. The booth space is free of charge and in return, participating organizations will be asked to have candy and/or a small toy to distribute to guests; or, create a game or activity for children to enjoy. For more information about sponsorships or booth space, call 239-264-0894, ext. 315, or visit www.EmmanuelPark.org to register.

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Yesterday I went to see “The Peanut Butter Falcon,” a film about Zak, a young man with Down Syndrome who bolts from his caregiving facility on a quest to visit his favorite professional wrestler, The Salt Water Redneck. He joins up with Tyler, a small-time outlaw on the run who looks after Zak on his quest — and throughout the movie my mind kept drifting to memories of my grandmother Nani, who was usually the one who looked after me when I was a kid and Mom and Dad went out.

You can learn a lot from a babysitter, if you pay attention — lessons that will leave you remembering them more than a half-century later as you sit in a movie theater.

But it was a good thing that nobody had yet invented those little cameras that allow parents to spy on the babysitter while they are gone. If they had been available back then, my education at that allow parents to spy on the babysitter when they were gone. If they had been available back then, my education at

You don’t mention the beer and I won’t mention that you stayed up until midnight.”

“Deal,” we would say, and just like that, we learned that not all clandestine deals involved politicians and cigars. Some featured grandmothers and beer.

“Have Gun, Will Travel” was a treat, since it stretched our normal bedtime. "Gunsyke" was even better.

But the cherry on the sundae came much later. At least a quart of beer later. "Gunsmoke" was a treat, since it stretched our normal bedtime. "Gunsyke" was even better.

Because when “Professional Wrestling" came on and Nani pulled her chair up close to the TV set, we knew that class was in session.

Even at our young age, we knew that professional wrestling was a farce, but there was no way to explain that to Nani, who would holler and shake her fist at the tiny screen, using words we never heard in the daytime.

The tiny house thundered with her passion as she shouted to warn Verne Gagne to wake up before Dick the Bruiser used his patented Top Rope Knee Drop on him.

Or when The Crusher got his bear grip around Mad Dog Vachon. Or when Sweet Daddy Siki tried in vain to lift all 601 pounds of Haystacks Calhoun.

And then, when Gorgeous George entered the ring to the strains of “Pompeii and Circumstance,” his wavy blond hair perfectly coiffed, his embroidered robe flowing, his handlers spraying perfume in his corner before he would climb through the ropes, we thought he looked a lot like Liberace — without the candleabras, of course. Or a shirt. Nani agreed, muttering a few choice names for folks who would later be called “alternate lifestyle,” long before we had any idea what it was that made their lifestyle “alternate” in the first place.

And then, when Gorgeous George pulled a string from the waistband of his too-tight shorts and wrapped it around the neck of his dazed opponent while the referee clumsily tried to peer over his gorgeous tanned shoulders to see what was going on, we felt pretty sure that we would have to miss the Rootie Kazootie show in the morning, fearing that Nani was going to shatter the tiny TV screen with an empty bottle of Blatz. Or Schlitz. Something with a Z.

And then, suddenly, it would be morning, and I would realize that I had dozed off to the sounds of crowds cheering and bells clanging and Nani cursing, and the TV set was fine after all. Somehow I had been carried to my bed, the empty quart bottles with a Z had been returned to the tavern and cashed in for a nickel each, the slender beer glass had been washed and returned to its high hidden shelf, and now it was morning and Nani was helping Mom make breakfast.

“Yes,” we would say with only the smallest conspiratorial glance at Nani. “Yes, we did. A very nice night.”

Anyway, I think “The Peanut Butter Falcon” was probably a pretty good movie. I’m not sure, because my mind drifted a bit as I watched it, out of the present and back to a time and place more than a half-century distant.

But I went home with a smile on my face, because I know someone who would have loved to have been there watching it with me.

— TR Kerth is the author of the book “Revenge of the Sardines.” Contact him at trkerth@yahoo.com.

THE VIEW FROM PLANET KERTH

Adventures in through-the-ropes babysitting
Healthy Living

University of Florida Study: Suicide rates among adolescent females higher than previously reported

By Jill Pease

The gender gap in youth suicide is smaller than previous estimates, while rates among males have been overestimated. The findings appear in JAMA Network Open Psychiatry.

“The reduced gender gap in suicide is a surprise,” said the study’s lead author Bin Yu, M.D., M.P.H., a doctoral student in epidemiology at UF’s College of Public Health and Health Professions and College of Medicine. “It is really important that we not underestimate the risk of suicide among girls.”

Based on the UF findings, the male-to-female gender gap in suicide among adolescents has been reduced from 3-to-1 to 2-to-1.

Previous studies reported the suicide mortality rate for young males as 7.4 per 100,000 males in 1999 and 8.7 in 2007. The UF researchers’ analysis found the adjusted suicide mortality rate among males was 4.9 in 1999 and 8.7 in 2017. Among female youth, prior studies estimated the suicide mortality rate at 1.6 per 100,000 in 1999 and 3.5 in 2017.

The UF team found the female youth adjusted suicide mortality rate was 1.7 in 1999 and 4.2 in 2017.

“The persistent suicide increase we see without a tendency to slow down underscores the need for increased effort at all levels for youth suicide prevention, with a further strengthening of suicide prevention interventions aimed at girls,” Dr. Yu said.

Dr. H. Kurtis Biggs, founder of the Joint Replacement Institute in Naples, said the UF study did not examine possible reasons why suicide rates increased over time among adolescents, although possible factors may include increases in substance abuse and social media exposure among youth, the researchers said.

“We will continue our efforts to examine the means by which young people commit suicide and investigate social factors that may explain the persistent increase in suicide,” Dr. Yu said.

Local orthopaedic surgeon is region’s first to offer OMNIBotics robotic-assisted knee replacements

Dr. H. Kurtis Biggs, founder of the Joint Replacement Institute in Naples, has become the first orthopaedic surgeon from Tampa to Miami to offer OMNIBotics, an advanced robotic-assisted treatment option for total knee replacements. He is also one of the first surgeons in the country to perform this innovative total knee solution, designed to relieve the pain caused by joint degeneration due to osteoarthritis. Dr. Biggs has exclusive rights in this region to perform the procedure.

The OMNIBotics technology utilizes advanced software and instrumentation to tailor each procedure to the patient’s unique anatomy in order to optimize the implant fit and alignment. Patented OMNIBotics Bone Morphing™ technology eliminates the need for costly pre-operative CT scans or MRIs, and allows Dr. Biggs to perform “virtual” surgery on a digital model before any bone is cut. He uses a robotic cutting guide to make the planned bone resections, helping to ensure accuracy. This has not been possible with previous robotic assisted knee replacement surgeries.

Dr. Biggs maintains control and decision-making regarding the total knee replacement while providing customized, patient-specific surgery. OMNIBotics allows for a less invasive surgical technique than traditional knee replacement surgery, which promotes a quicker recovery.

“I am thrilled to be the first surgeon in the region utilizing OMNIBotics, and bringing this cutting edge technology to my patients,” said Dr. Biggs. “As a surgeon, my goal is to provide them with the best treatment options available to help resolve pain, restore mobility from knee osteoarthritis and help them return to their active lifestyles. The new OMNIBotics technology allows me to achieve the best possible outcome for them through its unparalleled level of precision and accuracy compared to other traditional methods. The customized approach enables optimal leg alignment for improved joint function and a more natural feel.”

Dr. Biggs is performing OMNIBotics total knee replacement procedures at Physician’s Regional Medical Center – Pine Ridge, and Seaside Surgery Center, where he is one of the founding surgeons. Dr. Biggs will be offering lectures on this new technology at Physician’s Regional Medical Center – Pine Ridge at 9 a.m. on the following dates: Saturday, Sept. 21; Saturday, Oct. 12; Saturday, Nov. 16; Saturday, Dec. 14.

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Holistic approaches for common hot-weather ailments

Naples is known for its fabulous beaches. However spending more time at the beach sometimes results in ladies shaving their legs more often. This in turn leads to a common summer office complaint of a patient with her thighs covered with itchy pus-filled bumps.

For many women, this can be so embarrassing that they avoid even wearing a bathing suit. Most of these annoying bumps are due to folliculitis, a common infection of hair follicles that spurs tiny, itchy white-headed pimples at the base of the hair shafts. This can occur when irritation from shaving, friction from tight clothing or perspiration damages the follicles making them susceptible to staphylococcus bacteria or fungus invasion.

Mild cases of folliculitis clear within a week or so, but a few simple steps can speed the process.

First, soothe inflammation by applying a washcloth soaked in warm water to the affected area for 10 minutes, three times a day. This can be alternated with apple cider vinegar packs. For the vinegar pack, mix one tablespoon of vinegar and ½ cup of water together. Dip cotton gauze into the mixture. Apply to affected areas for 10 minutes, twice a day.

In the morning and before going to bed, gently wash the area (do not scrub) with a hypoallergenic cleanser made for sensitive skin. If skin does not look better within 2-4 days, see your doctor. To prevent future bouts of folliculitis, consider shaving with a less traumatic double bladed pivoting razor, and wear loose cotton and linen clothes. Also, make sure to remove wet clothing after the beach or the workout and replace it with the dry clothing.

Another common hot weather complaint is a headache while playing outdoor sports. After ruling out dehydration, trauma and high blood pressure, I always assess for the presence of chronic exertional headaches, which can occur after exercise, sex, coughing, or even straining with bowel movements. These headaches are more common during exercise in hot, humid weather or at high altitudes. The theory is that abrupt, intense activity can dilate blood vessels in the head, triggering pain.

To prevent these headaches, try to play early in the morning or after sunset, to avoid the heat and the sunlight as both provoke headaches. Start off with a little warm-up where you stretch while performing the sport specific motion, such as swinging your tennis racquet for example. Supplement with 400 mg of magnesium citrate daily and use 15 drops of feverfew standardized liquid herbal extract twice/day dissolved in a glass of water. Avoid acidic, pungent, sour and salty foods, as they tend to provoke headaches in predisposed people. If your headaches get worse within a week despite this regimen, see your doctor. ■

— Svetlana Kogan is a board certified medical doctor with more than 20 years of experience. For more information about her practice, visit www.customlongevity.com.

Faith. A powerful element in fighting cancer.

Joyce Dean has more energy than most 70-year-olds. She’s full of stories about love, family and her days as the first African American professor at Edison Community College. 25 years ago, Joyce went for a routine annual physical. She was diagnosed with advanced multiple myeloma—a cancer with a grim prognosis at the time. She was referred to Florida Cancer Specialists, and she’s been a patient ever since.

Living with cancer hasn’t been easy, but with over two decades of compassionate, cutting-edge care, and a little faith, Florida Cancer Specialists has shown Joyce that when hope and science join forces, great outcomes can happen.

“Without Florida Cancer Specialists, I wouldn’t be here.”

—Joyce Dean, Patient & Cancer Fighter

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Florida Cancer Specialists & Research Institute

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Million cat march

BY KIM CAMPBELL THORNTON
Andrews McMeel Syndication

Being in a shelter is stressful — at best — for cats. Stress plus crowding leads to illness. And when there are too many cats and too few homes, euthanasia is often the outcome. But two veterinarians, in partnership with shelters, are working to change that equation.

Five years ago, Dr. Kate Hurley and Dr. Julie Levy challenged themselves — and shelters — to save a million cats over a five-year period. By 2018, more than a year early, a million cats had found new lives outside of shelters. Since then, more than a million additional cats have followed in their pawprints.

The secret? Providing cats with more freedom, tail wags and sloppy kisses. Photo by HD Photography/SMP.

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A22

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NEWS OF THE WEIRD

BY THE EDITORS AT ANDREW MCMEELE

What's in a name?

Rep. Raul Ruiz, 47, a California Demo-
crat representing the 36th Congressional
District, may face an unusual opponent
in the November 2020 election: GOP can-
didate Raul Ruiz, 57, a construction con-
tractor. “I want to give the citizens anoth-
er option,” challenger Ruiz told Politico.
“I’ll say this. I had the name first.”

Redneck chronicles

Melinda Frye Toney, 44, of Oak Hill,
Wva., was charged with wanton endan-
germent on Aug. 22 for brandishing a
pistol in the parking lot of the New Life
Apostolic Church on May 11. It seems
Melinda, wife of Pastor Earl Toney, and
Lori Haywood, 29, wife of Youth Pas-
tor David Haywood, had an ongoing
conflict, according to a police spokes-
man. Fayette County Sheriff’s Detective
Kevon Willis told the Register-Herald of
Beckley, Wva., that the “straw that
did not cover the entire county — including Sha-
ronville —” The officers who confiscat-
ed the weed were arresting the man’s wife,
whom he identified as Marilyn Manson
during the call, when they found the con-
traband in her purse. In a second call to
police, the caller also complained that the
officers had taken his carryout order from
Red Lobster. “It was a fresh meal of Cajun
f—ing pasta!” he ranted. Fox19 reported
that a police supervisor later met with the
man to clarify the laws about marijuana
and explain what had happened to his
dinner.

Serving the public

The Sharonville, Ohio, police depart-
ment found a way to turn a resident’s
misconceptions about marijuana laws in
Hamilton County into a teaching moment
on Sept. 3. The department posted on
its Facebook page a recording of a call
received on Aug. 25 from “Mr. Mari-
lyn Manson,” who complained that “two
Sharonville cops ... stole my f—ing weed
last night.” The angry man insisted that
anything “under 100 grams is cool, right?”
but was, in fact, wrong. (It is legal to pos-
sess up to 100 grams of marijuana in the
city of Cincinnati, but that law does not

Neither or not you realize it, brand is tremendously important to every aspect of your business. A well-crafted and well-executed brand strategy can cut through the noise of a million messages, articulate your promise to the customer, set you apart from the competition, help you establish your brand and establish you as a leader in the space.

You can't claim your brand position at all; instead, you let the brand can either unleash your competitive advantage or thwart it. "Don't be an accidental brand," Ms. Pedersen says. "You don't claim your brand position at all; instead, you let the market do it for you — Position happens whether or not you are driving it. If you don't know where you are, you aren't in control of your own direction.

Forging what she calls an ironclad brand lets you occupy the best position in the hearts and minds of your customers. When you pinpoint the optimal position, you'll be able to create value, maximize scale and lead with purpose.

On the other hand, a poorly crafted and executed brand position can seriously cost you. Read on for a list of mistakes that too many companies regularly make:

**Mistake No. 1:** You don't claim your brand position at all, instead, you let the market do it for you — Position happens whether or not you are driving it. If you don't know where you are, you aren't in control of your own direction.

**Mistake No. 2:** You delay on brand strategy — Ironclad brand strategy is not just for established businesses with traction. It's also for start-ups. The sooner you have a brand strategy, the sooner you'll have both your North Star and your rudder. Know your purpose now; you can always revisit it later as your product gains market fit and momentum.

**Mistake No. 3:** You don't recognize the vastness of brand — Many people misunderstand brand because a lot of different components and tactics make up brand. Logos, advertising, TV and social media, the product itself, customer experience, tagline, SEO, font, your business's personal- ity, even the color of your employees' uniform are all part of your brand. But none of these are, by themselves, brand. Brand is the interconnected web of factors that make up your business meaning and how you deliver that meaning, all made possible by your special position in your customer's universe.

"To conflate brand with one of its many manifestations is to miss its power," Ms. Pedersen says.

**Mistake No. 4:** You don't choose a focus — Brand strategy includes choosing what you're NOT going to focus on. By choosing what falls inside your brand pur- pose, you are also choosing what falls out of it. Focus is how you win. This is the heavy- lifting strategic work. Ms. Pedersen says, "Choose to stand for something — one thing," she says, adding that in choosing your "yes," you necessarily choose many "noes."

**Mistake No. 5:** You fail to get the customer's attention — A customer can engage with your business only when she knows it exists. That means you must make it easy for her to notice you. The solution isn't to shout loudly; the solution is to spend time with clear identity that businesses fail to do. Be crystal clear about what your business is and why that matters to your customers.

Ms. Pedersen offers the example of a Pilates studio near her office: "Its windows featured women clad in lacey tunics, and the signage was vague and New Age-y with an obscure tagline. It assumed it was a place that sold crystals and incense … I practice Pilates and am in the middle of this busi- ness's target customer profile. "But this studio failed to make itself easy for me to see, so I did not see it. I didn't become a customer because they didn't make it easy for me to do so."

**Mistake No. 6:** You forget to con- sider the customer's frame of reference — A frame of reference is that thing your customer would be using if your product or service didn't exist. It's what they would buy instead of your offering.

Businesses tend to think about their frame of reference from the business perspective, instead of from the customer's perspective. This is a huge missed opportunity for your customer's universe.

"Your target is evaluating your offer- ing in the context of other competitive options, both direct competitors and more elusive 'substitutes,'" Ms. Pedersen says. "Therefore, it's important to consider how you're positioned with respect to all other options your customer might choose, including direct competitors, indirect competitors and options completely outside of your space."

For example, when it came out in 1975, Atari sold zero units at a toy industry trade show because it was priced at $79, an astronomical price point for the frame of reference of "toys." It wasn't until Atari entered the second stage of the business's market, "with the benefit ladder spells out the layers of your brand from benefits product features and specificities to emotional benefits. The higher you go up the benefit ladder, the more emotional benefits you are in. If you are too high on the benefit ladder, the more you are asking of your customers when you do not have the capital to do so."

**Mistake No. 7:** Your brand doesn't have teeth — Your brand strategy must be demonstrably true. It must have the power to make people believe it, trust it and follow it because it offers compelling proof that it will live up to its promise. In other words, it has teeth. Those teeth can be an attribute, a feature, a fact, a guarantee, an ingredient — any special thing the brand offers and follows through with that provides its promise. The less debatable, the better.

Ms. Pedersen suggests looking at Zap- pos, a brand that represents best-in-class customer service. That is no squishy prom- ise, because specifics back it up. For exam- ple, Zappos displays its phone number on every page of its website. And when you call it, a live person answers and seems genuinely glad you called. The Zappos promise of customer service has teeth.

**Mistake No. 8:** You fail to narrow down your target customer. "Your target customers are the people you are most able to delight because of your distinctive strengths. You want more of them. But most businesses characterize them in a superficial way and end up describing little of their inner world."

"Picture your customers as sprinkled across a dartboard," Ms. Pedersen says. "You sell to the whole dartboard. The bullseye is your target. Customers you must aim to please the most. The target customers in the middle will ideally influ- ence the customers on the outer circles of the dartboard."

**Mistake No. 9:** You wind up too low or too high on the benefit ladder — A benefit ladder spells out the layers of your brand from benefits product features and specificities to emotional benefits. The higher you go up the benefit ladder, the more emotional benefits you are in. If you are too high on the benefit ladder, the more you are asking of your customers when you do not have the capital to do so."

**Mistake No. 10:** You try to reach all customers with one-size-fits-all messaging — Ms. Pedersen describes five stages of a customer's journey with your brand: Unaware, Aware, Consider, Purchase and Loyal. Your goal should be to craft a mes- saging hierarchy for customers at every stage of the journey. Unfortunately, many people are tempted to develop a sentence or paragraph so great that it will serve all stages of the journey:

"Take your fences one at a time, Ms. Ped-ersen says. "It's never too late to brush up on brand and start making better choices for your offering. When you set your sights too high on the benefit ladder, you are not providing accessible scaffolding for the customer to build your brand. The lincup of a ladder is its middle, low enough to be acces- sible to the customer. It's where you can deliver substantial value, gain a sizeable and defensible position and appeal to emotions."

"It's time too late to brush up on brand and start making better choices for your offering. When you set your sights too high on the benefit ladder, you are not providing accessible scaffolding for the customer to build your brand. The lincup of a ladder is its middle, low enough to be acces- sible to the customer. It's where you can deliver substantial value, gain a sizeable and defensible position and appeal to emotions."

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... it's important to consider your brand positioning with respect to all other options your customer might choose, including direct competitors, indirect competitors and options completely outside of your space."

— Lindsay Pedersen, author of "Forging an Ironclad Brand: A Leader's Guide" (Lioncrest Publishing, April 2019)

Eleven notable brand mistakes regularly make
Cannabis stocks look attractive, but it’s buyer beware

Eric Bretan
Ereticric@gmail.com

2018 proved to be a watershed year for the cannabis industry with the legalization of recreational marijuana use in Canada as well as medical marijuana use in several U.S. states. One of the biggest beneficiaries of this environment was Canopy Growth Corp., based in Canada. This cannabis company soared to a market capitalization of almost $15 billion in the first half of this year as investors rushed to buy into this fast-growing industry. But since that time, Canopy Growth and many of its peers have struggled, with many of these company’s stock prices falling 50 percent or more. So, is now the time to buy into Canopy Growth or is there more pain ahead for this fallen angel of the marijuana world?

Canopy Growth was founded in 2013 in Ontario, Canada, to produce cannabis for medical use. The next year, it faces both internal and external headwinds which has resulted in a plummeting stock price. First, the company’s long-time CEO was ousted from the company in July. Second, investors are becoming impatient with the dramatic losses that Canopy Growth has experienced over the last couple of quarters. In the latest quarter, the company posted $90.5 million (Canadian dollars) in sales but its earnings before interest, taxes, and depreciation was a staggering negative $92 million. And the company continues to expand its workforce and make acquisitions, dramatically increasing its expenses going forward with the goal of increasing its sales and market share.

But what is most worrisome to Canopy Growth investors is that as the company is rapidly expanding, the demand for marijuana is not increasing along with it. After the explosive growth of recreational marijuana use in Canada after its legalization, 2019 has seen cannabis demand level out and even decline in some areas. This lack of demand could not have come at a worse time for companies like Canopy Growth who dramatically expanded their production facilities over the past year in anticipation of a greater demand for marijuana. As a result, selling prices for cannabis products have fallen by around 12 percent this year and are anticipated to fall further heading into 2020 as more producers enter the market and existing producers expand.

But despite the near term negative outlook for Canopy Growth, many analysts are recommending buying this stock. First, they point to Canopy Growth’s position as market leader in this expanding space. This company has the greatest economy of scale, financial solvency, and expertise in the industry and is poised to be the beneficiary as lesser competitors are forced out of the sector. Second, many analysts believe that it is just a matter of time until more countries legalize recreational marijuana and the demand skyrockets. This would be especially true if the U.S. legalizes the product. And finally, Canopy Growth has spent a large amount of capital in R&D developing “Cannabis 2.0” products including chocolates, beverages, and vaping products containing cannabis. The launch of these products could dramatically increase sales and profitability.

For me, I would recommend continuing to stay away from Canopy Growth and its peers until the sector can control its expenses and grow revenues. Even after the fall in stock prices, cannabis companies still have very expensive valuations which are not justified in today’s low growth environment. However, I do believe that marijuana is here to stay and will become more popular in the years to come. Canopy Growth is the best positioned company to capitalize on this trend so there should be a time in the next couple of years to buy into this company. Just not today.

― Eric Bretan, the co-owner of Rick’s Estate & Jewelry Buyers in Punta Gorda, was a senior derivatives marketer and investment banker for more than 15 years at several global banks.
Ask the Fool

What are derivatives?

Q: Y.S., Dalton, Georgia

A: Derivatives are financial contracts whose value is based on (“derived”) from something else, such as a stock, commodity, bond, or index. Derivatives include options, futures, swaps, and forwards. An option gives you the right, but not the obligation, to buy or sell the underlying asset at a specified price. Futures are contracts based on short-term prices, with delivery at a future date. Swaps involve the exchange of interest payments or other cash flows. forwards are similar to futures, but are not traded on an exchange. Derivatives can be used for hedging or speculation, or to manage price risk.

What’s the “triple-witching” hour?

Q: — G.G., Tucson, Arizona

A: Four times a year — in March, June, September and December — the closing time on major U.S. stock and option exchanges changes. The last trading day of that day is known as the triple-witching hour. The market can be volatile during this time, as many people cut their losses or pad their gains before leaving out of time to take any actions related to the expiring investments. Regular futures and options and futures are contracts based on short-term pricing rather than long-term business growth. The best way to build long-term wealth is via long-term growth. — See more at: fool.com.

Want more information about stocks? Send us an email to foolnews@fool.com.

The Motley Fool Goes Mobile!

Get investing advice on the go, now free on Android and iPhone.

Name That Company

I trace my roots back to 1972 when a young engineer launched me to distribute catalogs. I am the first company to handle shipments for more than 8,000 pickup and delivery locations. I am a leading vendor of industrial and safety products. My annual sales top $3 billion, and I employ almost 24,000 people. Who am I?

Answer? We’ll announce it in next week’s edition.

An Odd Place to Invest

If you leave your retirement up to chance, you’re likely to regret it one day. With the average Social Security benefit providing less than $16,000 per year, most of us need to rely on ourselves for much of our retirement financial security. Here are some tips:

1. Consider socking away as much as you can in tax-sheltered accounts, such as 401(k)s or IRAs. (Max out employer matching funds in your 401(k), at least.) Saving and investing 10% of your income may not be enough, either — many of us need to be saving 15% or 20% each year.

2. Don’t put too much money in your employer’s stock. You’re already financially dependent on the company if it provides much or all of your income. If it gets into trouble, you don’t want both your income and your retirement account threatened.

3. Be a savvy investor. Bonds, certificates of deposit (CDs) and savings accounts may offer less volatility, but they’re not the fastest growers. They offer good options if you choose to retire-

ment, or for money you may need to access within a few years. For money that can stay invested for five, if not 10 or more, years, the stock market offers the chance of greater returns, in exchange for a greater risk. You have to be a bit of a stock-picker, either. Just opt for a low-fee broad-market index fund, such as one that holds an S&P 500 index.

4. Don’t cash out of your 401(k) when you change jobs. Doing so can trigger a tax hit, and possibly some early withdrawal penalties, too — but worse than that, you’ll lose out on what that money would have grown to. Talk to your new and old employers’ human resources departments about rolling your 401(k) into a new one, or transferring it to IRA.

5. Read up on retirement. Learn more about whether traditional or Roth IRAs and 401(k)s will serve you best, about when you should start collecting Social Security and more. You’ll find helpful information at sites such as Fool.com/reirement and Money. USNews.com.

Want a Better Retirement?

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Why Don’t We All Buy the Same Thing?

I’m a leading vendor of industrial and safety products. My annual sales top $3 billion, and I employ almost 24,000 people. Who am I?

Answer? We’ll announce it in next week’s edition.

My Dumbest Investment

My dumbest investment was the Canadian telecom company Nortel. The stock had been around $80 Canadian per share, and then started heading south. I thought it must be a bargain at $4 or so, so I bought 16,000 shares at that price. As soon as the company went bankrupt, I realized how stupid I had been in not getting the loss to offset gains.

The Fool Responds: Nortel was once one of Canada’s largest companies, valued near $250 billion, but it was damaged by accounting scandals and wasn’t able to turn itself around since the credit crisis hit in 2008.

Regarding financial advisers, there are certainly some great ones. But many won’t be any better at investing than you can be, if you put some effort into studying companies well before investing in them — and then keep up with their progress, to minimize the chance that you’ll be surprised by bad news.

Last week’s trivia answer

I trace my roots back to 1972 when a young engineer launched me to distribute catalogs. I am the first company to handle shipments for more than 8,000 pickup and delivery locations. I am a leading vendor of industrial and safety products. My annual sales top $3 billion, and I employ almost 24,000 people. Who am I?

Answer? We’ll announce it in next week’s edition.

The Motley Fool Take A Stock That Can Deliver Shares of FedEx (NYSE: FDX) were recently trading 13% below their 52-week high, amid fears of a global slowdown in the economy and the threat of potential conflicts with China. It’s been building its own shipping service. That sounds bad, but Amazon made up only 1.3% of FedEx’s revenues last year. FedEx has long dominated the air, but it has been gaining ground in ground shipping speed. FedEx’s ground market share has steadily climbed over the years, so from less than 20% to more than 30%.

Right now, the company is focused on gaining more efficient handling of residential e-commerce deliveries, particularly in rural areas. It just announced a deal to handle shipments for more than 8,000 pickup and delivery locations and delivery centers. FedEx is also expanding agreements with other major retailers such as Walgreens, Bed Bath & Beyond and Walmart (which also has its own shipping fleet).

Management is cautious about business activity in the short term, but there’s plenty of opportunity for growth in the long term. FedEx will start delivering seven days a week in 2020. Plus, the company is testing the use of robots for deliveries. With a forward-looking price-to-earnings (P/E) ratio recently around 10 and a dividend yield of 1.6%, the stock is worth considering. (The Motley Fool owns shares of and has recommended FedEx.)
NETWORKING

Take A Soldier Fishing Tournament at Hamilton Harbor

1. Joe Andreasen and Aaron App
2. Rod Tumin and Wandy Tumin
3. Miranda Landry, Sophia Keinstler, Madison Fettke and Marina Venella
4. Tom Purcell and Becky Purcell
5. James Giff and Daniel Tanner
6. Kaylee Easley, Jessica Blair and Renee Easley
7. James Conklin and Alyson Edgemon
8. Kara Lackore and Vinessa Ensor
9. John Casciano and David Shreve
10. Jaimee Marshall, Kyle Giampoli, Andy Almonte and Doug Hiner
11. Mike Pappas, Capt. Ben Gentry and Eric Henne

Florida Weekly welcomes submissions for the Networking photo pages from business events, grand openings, professional association meetings, etc. We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email editor Eric Strachan at eric.strachan@floridaweekly.com.

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Tony, Sr.
Founder & Owner

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House Hunting

615 Harbour Drive

In the sought-after neighborhood of Moorings, just blocks from the Gulf of Mexico beach, this brand-new, four-bedroom-plus-den home exhibits superior quality throughout its 3,725 square feet of living area. Everything is carefully planned for the utmost in convenience, efficiency and high-end living in a contemporary open design that allows for easy flow between the well-planned kitchen, living and dining areas and the outdoors.

Architectural enhancements include a glass and metal Cathedral entry door, exposed wood beams, custom built-ins and a 30-foot folding glass wall.

Outdoors, the pool with state-of-the-art Pentair equipment and lighting, tiled lanai and summer kitchen are ideal for enjoying the Southwest Florida lifestyle. Other highlights include a three-car garage, impact resistant doors and windows, tankless water heaters, motorized roll-down screens and shutters, Lutron LED lighting, all-wall insulation throughout, a centralized systems control room, security systems, lighting systems and dual-zone air.

Michelle Thomas of Premier Sotheby’s International Realty has the listing for $3,549,000. For more information or to arrange a showing, call 239-860-7176 or email michelle.thomas@premiersir.com.
Rarely Available! Ideal southern exposure vacant lot fronting on gorgeous Mahogany tree canopied street with preferred rear alley. Ready for your forever home, 3 blocks to beach, quiet interior lot, magnificent. $2,395,000

Price Adjustment: Completed June 1st ready for occupancy! State of the art, fully furnished, 4+den with 5 full baths. Planked oak floors, 3-car garage, amazing lanai / pool area and summer kitchen. $4,745,000

Brand new to market. Over 1.5 acres of land is yours with this gorgeous interior lot . . . well established mature trees surround the property boundaries . . . truly as pretty as a picture. Older residence with detached garage work shop area. $1,350,000

Gorgeous Golf Course & Lake Views, thoughtul design, Quiet Location in Portofino community, Furnishings Negotiable, 3+Den/ 3.5 Bath, 2 car garage. $1,295,000

Brand new market, full sized lot, close to everything, A++ location. Fantastic beach proximity and priced to sell! 3+den, roof and air conditioning replaced. Site configuration allows for many exciting designs for those looking to build. $997,500

Gorgeous long Water views, 3/2 fully furnished, amenities, garage parking, gated, walk to beach. Move-in ready, high ceilings, open kitchen, sunset horizons to the west from the lanai. $779,000

Stunning gated waterfront estate home with its own “Field of Dreams”. Double waterfront lot in the Moorings creating one particularly spectacular and incredibly rare waterfront offering in the Moorings. 1 acre of manisured grounds, over 225’ of waterfront, southwest exposure, every amenity, tremendous family home built in 2007 with 7 bedrooms +Den, 50’+ lap pool with spa, tremendous dockage for boats, watercraft and paddleboards. Close to Doctors Pass and Moorings Resident Beach access. Unsurpassed waterfront value from Park Shore to Port Royal. $10,750,000

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Borelli Construction releases plans for new model home in Park Shore

Borelli Construction, a leading local custom homebuilder celebrating its 40th anniversary, has broken ground on its newest model home in the Park Shore neighborhood of Naples.

Located at 605 Parkview Lane, this soft contemporary southern coastal-style residence will feature three bedrooms, three and one-half baths and a study, offering 3,113 square feet of air-conditioned living space and 4,623 total square feet all on one floor. Construction began this summer with completion and availability anticipated by the end of season next year.

Designed by WDG Architecture, this new model home will boast a great room floor plan with a large open area in the center that will be the ideal setting for entertaining family and friends. The great room will include a built-in wet bar and will flow seamlessly into the luxurious kitchen.

The kitchen will provide open space and be enhanced with an oversized island bar, quartz countertops, gas range and cooktop, and upgraded European-style cabinets. Located just steps off the kitchen will be a casual dining area and a corner walk-in pantry.

The master suite will emphasize enhanced privacy as it will be tucked away on one side of the residence and will provide direct access to a private outdoor spa. Design features of the master suite will include vaulted ceilings and dual oversized closets with custom storage systems.

The interior design of this new model home will exhibit the cool transitional style for which Borelli has become recognized. All floors in the main areas will be completed with Legno Bastone wide plank French white oak flooring and extra-large crown moldings will be provided in every room.

Owners of residential property within the platted Park Shore subdivision also are eligible for annual membership in the Park Shore Association, which grants exclusive access to the Raymond Lutgert Park at Park Shore. This private, members-only beach park located just off Gulf Shore Boulevard North provides convenient parking, showers and restroom facilities for beachgoers.

The model home is currently priced from $2.8 million. For information, contact Parker Borelli at 239-263-7900 or visit www.borelliconstructionofnaples.com.

333 GULF SHORE BLVD SOUTH - $8,975,000

1104 Moraya Bay - $6,700,000

2422 Indian Pipe Way - $6,350,000

4867 West Blvd Ct - $1,499,000

Dante DiSabato
Broker Associate

William Raveis Real Estate
720 5th Ave., Naples, FL 34102
239.880.8181
DanteDiSabato.com
One homesite remains in Residences at Mercato

Available incentives for a limited time with the purchase of a furnished model — only one homesite remains

Only one homesite remains in Residences at Mercato, The Lutgert Companies’ exclusive enclave with easy pedestrian access to the amenities of Mercato. Enjoy fine restaurants, shops and special events just steps from a private enclave of 45 contemporary homes. Explore three new designer models, open daily. Incentives off the current sales prices are available with the purchase of a furnished model home for a limited time.

Tour Le Jardin, honored with the 2019 Silver Aurora Award by the Southeast Building Conference for Best Single Family Detached Model Home — 3,500 to 3,999 sq. ft. Featuring three bedrooms plus a cabana and four-and-a-half baths, Le Jardin is designed with master suites on both levels. The cabana in the 3,516-square-foot residence is crafted so that it is accessible from the home’s interior. Le Jardin is priced at $2,290,000; a $50,000 decorator credit is being offered for a limited time.

Preview Le Ciel, which features 3,037 square feet of luxury living, with three bedrooms, three-and-a-half baths and an expansive loft. A special feature is the flexible cabana space – also accessible from inside the home – which is ideal for an office or guest room. Le Ciel is priced at $2,050,000; a $50,000 decorator credit is being offered for a limited time.

Step inside the exquisite Le Rivage model, which includes a Clive Daniel Home furnishings package at no additional cost. The five-bedroom, five-and-a-half-bath residence is designed with sophisticated finishes of oak, marble and glass throughout its 3,558 square feet of living space. Le Rivage is priced at $2,270,000. For a limited time, the $100,000 lot premium is waived and a $91,870 decorator credit is offered.

Situated on 11 acres, Residences at Mercato is accentuated by custom living spaces designed to emphasize year-round outdoor leisure. With the very best shopping, dining and entertainment right outside your door, the private community is also just 1.7 miles from the beach. Exclusively marketed and sold by Premier Sotheby’s International Realty, only one homesite remains for your selection and personalization.

About The Lutgert Companies

A prominent member of Southwest Florida’s business community since 1964, The Lutgert Companies has set the standard for creative, progressive and environmentally responsible development. The company’s projects include a portfolio of residential and commercial properties in Florida and North Carolina, each bearing the original trademark of its commitment to excellence. Holdings include Premier Sotheby’s International Realty, Lutgert Construction, Lutgert Custom Homes, Premier Commercial and Lutgert Title.

For more information, visit lutgert.com.

Premier Sotheby’s International Realty
239.594.9400 | ResidencesAtMercato.com

INCENTIVES AVAILABLE ON FURNISHED MODELS

ONLY 1 HOMESITE REMAINS

Le Ciel $50,000 decorating incentive
Le Jardin $50,000 decorating incentive
Le Rivage $91,870 decorating incentive
$100,000 lot premium waived

Models Open Daily

45 Unique Residences | From $1.695 Million
239.594.9400 | ResidencesAtMercato.com

THE LUTGERT COMPANIES
Imagine spending every day indulging in your favorite activities just steps away from home. Play a round of tennis or pickleball. Take a dip in the resort-style swimming pool. Enjoy a scenic hike along nature trails or kayak down the Cypress Waterway. Have dinner and cocktails at The Overlook Bar & Grill or fire up the grill in your outdoor kitchen. These are just a few ways residents spend their time at The Isles of Collier Preserve. How would you spend yours?

Villas, coach and single-family homes from mid-$300s to over $1.5 million.

(239) 217-9506 | MintoUSA.com  5445 Caribe Avenue, Naples, FL 34113
As the second tower at Kalea Bay continues to rise, so too, do sales.

According to Inga Lodge, Vice President of Sales & Marketing for Kalea Bay, the gated, luxury residential high-rise community being developed on Vanderbilt Drive in North Naples, sales of Tower 300 have topped the 85% mark.

“We’re fortunate in that not only do we have a wonderful community but we have a fully operational clubhouse and amenity package that our residents and prospective residents can touch and feel,” she said.

“It truly is the social and recreational centerpiece of the community,” she said, “but it’s also the envy of every community in the Naples area.”

Kalea Bay’s 88,000-square-foot main amenity area is located on the north side of the large lake at the community’s entrance. The 25,000-square-foot clubhouse features three individual pools, including a resort pool, an adults-only pool and a children’s pool, plus an expansive pool deck, an open-air bar, an indoor/outdoor restaurant, a fitness center, the café Bistro, a lakeside fire pit, kid’s game room and event lawn.

All three pools overlook the lake and provide a multitude of recreation- al options. Expansive sun decks with lounge chairs and native, tropical plants separate each of the three pools for the ultimate in privacy. If basking in the sun or taking a refreshing dip in the pool isn’t on your schedule, perhaps meeting friends for lunch, dinner or drinks is.

“We have the perfect place for all three,” said Lodge. “The indoor/outdoor restaurant serves incredible meals throughout the day. And what better way to celebrate the good life in Florida than meeting family and friends for drinks while watching the sun set over the Gulf of Mexico. This is what living in Florida is supposed to be.”

In fact, the clubhouse at Kalea Bay has two restaurants, the Driftwood Café and the Salt and Oak Restaurant. The Driftwood Café is open for breakfast and lunch. The Salt and Oak Restaurant is designed for an elegant dining experience and includes such features as a private dining room, a banquet room and amenity package that our residents

“We take our outdoor living as seriously as our indoor living with oversized lanais on every residence,” said Lodge.

Prices in Tower 300 begin at $1.4 million. For more information visit Kalea Bay’s onsite sales center. It is located on Vanderbilt Drive, two-thirds of a mile north of Wiggins Pass Road. Call (239) 793-0110 or visit KaleaBay.com.
Because families are defined in many different ways

At Moorings Park Grande Lake, we take the notion of “family” very seriously, which is why we welcome furry, four-legged friends. Where you and your family will help redefine retirement living in luxurious lakefront residences by award-winning developer London Bay Homes. All wrapped within an exclusive community where concierge healthcare is included.

Entrance Fees from $1.5 million and 70% refundable
Sales Gallery open Monday - Friday | 7330 Premier Drive, Naples
Call 239-778-9837 | Visit MooringsParkGL.org
Spectacular Lake & Golf Course Views
17921 BONITA NATIONAL BLVD. #225, BONITA
• 3 BR, 2.5 BA, 2 Car GA, 2,000+ S.F.
$13,245,000 MLS 217020067
Call for Details! 239.313.9100

Open 9/22: 1:00PM - 4:00PM

16774 BRIGHTLING WAY, NAPLES
• Custom 3 BR, 3.5 BA + Den, Pool/Spa
• Stunning Golf Course & Lake Views
$7,999,000 MLS 218075202
Elizabeth Lodge 239.682.5615

Open 9/22: 1:00PM - 4:00PM

BONITA BAY - HIDDEN HARBOR
27450 HARBOR COVE CT., BONITA
• The Most Talked About Home on the River
• 7 BR, 7 Full BA, 3 Half BA, 3 Car Garage
$9,950,000 MLS 219012541
Corrie Lumetta, The Lumetta Team 239.289.3543

Open 9/22: 1:00PM - 4:00PM

351 NEAPOLLUS WAY, NAPLES
• Furnished 3 BR, 3 BA + Den, 3 Car Garage
• Waterfall Swimming Pool & Spa
$4,200,000 MLS 218018897
Doddie & Cindi, The Doddie Team 239.776.8123

Open Sundays: 1:00PM - 4:00PM

BONITA BAY - OAK KNOLL
4731 BONITA BAY BLVD. #703, BONITA
• Best View & Ultimate Opportunity
• Tons of Upgrades
$439,900 MLS 219033446
Connie Lummis, The Lummis Team 239.289.3543

Open 9/22: 12:00PM - 3:00PM

BONITA BAY - WATERFORD
2701 OAK KNOLL DR., BONITA
• Beautiful Lakeside W/attach Kitchen
• 4 BR, 4.5 BA + Den, 3 CG, Circle Driveway
$1,675,000 MLS 219021785
Connie Lumetta, The Lumetta Team 239.289.3543

New Listings

PORT ROYAL
1201 GALEON DR., NAPLES
• http://royalshell.me/galleondrive
• 5 BR, 6 BA Estate, Over 9,700 S.F.
$214,900 MLS 21903108
Joe Epifanio, Epifanio Team 239.825.6161

Deb Adams-Bateman 239.273.4824

17921 BONITA NATIONAL BLVD, #225, BONITA
• Spectacular Lake & Golf Course Views
$214,900 MLS 219031080
Deb Adams-Bateman 239.273.4824

Open 9/22: 1:00PM - 4:00PM

23283 FOXKERRY LN., ESTERO
• 3 Bedrooms + Den or 4 Bedrooms
• Unbeatable Price!
$364,888 MLS 218042985
Corye Reiter, The Lummis Team 239.273.3722

Open 9/22: 1:00PM - 4:00PM

10311 FOXTAIL CREEK, ESTERO
• Best View & Ultimate Opportunity
• Pool, 3 BR, 2 BA, 2 Car Garage
$629,000 MLS 218027029
Gary Ryan 239.273.6796

Open 9/22: 1:00PM - 4:00PM

23307 FOXKERRY LN., ESTERO
• 1st Floor End Unit, Lake View
• Nicely Appointed Upgrades, Freshly Painted
$274,900 MLS 218054083
Carol Jones 239.250.4310

Open 9/22: 1:00PM - 4:00PM

20921 WILDCAT RUN DR., ESTERO
• Wood Cabinetry & Granite
• Unbeatable Price!
$269,000 MLS 219008037
Deb Adams-Bateman 239.273.4824

Open 9/22: 1:00PM - 4:00PM

696 SANDPIPER ST. #110, NAPLES
• Unbeatable Price!
$199,000 MLS 219057342
Deb Adams-Bateman 239.273.4824

Open 9/22: 1:00PM - 4:00PM

4520 RIVERWATCH DR. #101, BONITA
• 1st Floor End Unit, Lake View
• Lake & Golf Course Views
$359,000 MLS 218019387
Linda Ramsey 239.405.3054

Open 9/22: 1:00PM - 4:00PM

23730 COPPERLEAF BLVD., ESTERO
• Pool, 3 BR, 2 BA, 2 Car Garage
• Gated Community in Prime Location
$439,000 MLS 219029642
Veronica Meyers & Deb Adams-Bateman 239.776.8123

Open 9/22: 1:00PM - 4:00PM

10131 FOXTAIL CREEK, ESTERO
• Low Density Bundled Golf
• All New Hurricane Windows & Doors
$439,900 MLS 219033466
Betta Hose 239.560.3627

Open 9/22: 1:00PM - 4:00PM

5575 LAGO VILLAGGIO WAY, NAPLES
• Best View & Ultimate Opportunity
• Lakefront, 4 BR, 3 BA w/pool & Spa
$439,000 MLS 218027677
Mike & Lauren Teran 239.573.0066

Open 9/22: 1:00PM - 4:00PM

5301 BAYHEAD DR. #106, BONITA
• 2 BR, 2 BA + Den, 1 Car Garage
$319,900 MLS 218097287
Cathy Lieberman & Cindy Reiff 239.777.2441

Open 9/22: 1:00PM - 4:00PM

3965 BISHOPWOOD CT. E. #202, NAPLES
• Wood Cabinetry & Granite
• 3 BR, 2 BA + Den, 2 Car Garage
$274,900 MLS 218054083
Carol Jones 239.250.4310

Open 9/22: 1:00PM - 4:00PM
Moorings Park Grande Lake Takes Shape
A few residences remain for Spring 2020 Occupancy

The skyline alongside Golden Gate Parkway has an exciting, new look to it these days as Moorings Park Grande Lake begins to take shape.

A topping-off celebration was recently held on the community’s first phase of construction. Consisting of 47 residences, Phase I is slated for a Spring 2020 completion. Just a few select residences in this phase remain.

Moorings Park and London Bay Development Group have formed a partnership to create this new, outstanding Life Plan (CCRC) community in Naples, bringing an active, fun-filled lifestyle, with concierge healthcare that’s included and residences offering spectacular lake and golf course views, Moorings Park Grande Lake is truly the most anticipated residential community in Southwest Florida.

With nearly 40 years of excellence, Moorings Park has become the premier provider of active retirement living in Southwest Florida. London Bay brings nearly 30 years of custom home building experience, having crafted an outstanding reputation for luxurious homes with award-winning architectural design and attention to detail.

“Our mission is to ensure our residents live a longer, healthier and happier life,” said Dan Lavender, CEO of Moorings Park, Institute, Inc. Moorings Park Grande Lake, does just that.”

Mark Wilson, President of London Bay Development Group, said when the property became available, his company saw it as the last best piece close to downtown Naples and purchased it immediately.

“The idea of taking the property and creating a new Moorings Park community was something special,” he said. Moorings Park Grande Lake will feature a beautiful clubhouse which is the setting for a variety of casual and fine dining venues including a poolside bistro. A state-of-the-art fitness center with gorgeous lakefront views is the perfect place to start your active day. Love the outdoors? Then be sure to check out the lakeside yoga pavilion or the boardwalk that surrounds the 28-acre lake. A best-in-its-class golf simulator, a theatre, and a salon and spa are all planned for the clubhouse.

With an eye toward today’s active retiree, a few of the additional planned outdoor activities and amenities will include lakeside parklettes, gardens, fire pits, overlooking, and several bird-watching posts, as well as bocce and pickleball courts.

“Our residents love being outside so we designed as many outdoor amenities as possible,” said Lavender. “Whether it’s classes in the yoga pavilion, strolls through the gardens or walking paths, or even watching the native birds take flight, there are many activities in which our residents can participate in and enjoy.”

Ensuring good health for all is The Center for Healthy Living, also located in the clubhouse, which is home to the community’s rehabilitation services, as well as the Care 360 concierge healthcare program, which was developed in partnership with NCH Healthcare System.

The Care 360 program offers a higher level of personalized primary care. Services are available to residents of Moorings Park with no additional fees, other than typical co-pays. The Care 360 concierge physicians are accessible by appointment, plus 24/7 access via phone, text or email.

Located on the south side of Golden Gate Parkway, between Airport-Pulling and Livingston roads, Moorings Park Grande Lake is a pet-friendly community. The first two phases have been released for sale. Those who purchase in the first phase will receive a social membership to Naples Grande Golf Club, located within walking distance of Moorings Park Grande Lake. The membership takes effect the moment residents take occupancy of their home and until such time as the Moorings Park Grande Lake Clubhouse is completed.

The membership includes golfing privileges on Naples Grande Golf Club’s 18-hole championship golf course, as well as dining options in Naples Grande’s elegant clubhouse.

In addition, residents have access to Naples Grande Beach Resort and its Har-Tru tennis courts, fitness center and spa, resort-style pool and beach, and preferred pricing on hotel rooms and dining.

The 23 residences in Phase 2 were released for sale earlier this year. The majority of the floor plans in Phase 2 are the popular Brook model, which features a magnificent great room, master bedroom and bath separated from the guest suites, as well as private elevators that lead into residents’ private vestibules.

One penthouse in Phase 2 remains available with four bedrooms and four and a half bathrooms, plus an amazing 7,863 sq. ft. of living area.

Entrance fees at Moorings Park Grande Lake start at $1.5 million and are 70 percent refundable. Residents receive additional peace of mind knowing that their future is secure through Assisted Living and Memory Care services included with residency.

“We believe Moorings Park Grande Lake is a tremendous value,” concluded Steve Brinkert, Vice President of Residential Services for Moorings Park. “It’s going to be one-of-a-kind, with fantastic dining, wonderful wellness and fitness activities, onsite concierge physicians—a lot more.”

Additional details regarding Moorings Park Grande Lake will be unveiled at an informational luncheon, Friday, September 27th, at 11:30 a.m. at the Moorings Park Grande Lake Sales Gallery. Those wishing to attend need to RSVP by 5:00 p.m. on Wednesday, September 25th, by calling 239-778-9837.

The Moorings Park Grande Lake Sales Gallery is located at 7330 Premier Drive in Naples, inside the entrance to Naples Grande Golf Club.
Naples Lakes Country Club was recently named a top winner of Audubon International’s Fifth annual BioBlitz, sponsored by the United States Golf Association. Competing with other Florida golf course communities, Naples Lakes earned close second-place honors for sighting 508 species on its Arnold Palmer signature golf course.

According to Monica D. Higgins, an assistant superintendent of Naples Lakes, “Volunteers at this year’s event spotted, identified and listed 48 different bird species, 13 mammals, 77 insects, 19 reptiles and fish, nine amphibians, five other animals, including wild hog, wood duck and Florida black bear, plus 377 plants, fungi and lichens. The bird tour revealed purple martins and killdeer. On the Plant Identification Tour, members found native orchids blooming near the 14th tee. During their Critics of the Night Tour, the members found two bears sitting on the cartpath.”

The community has participated in Audubon International’s BioBlitz each year since the program’s inception in 2005 and Ms. Higgins has guided the event since the program began.

“Although we didn’t get first place this year, this is the fifth year we have been one of the top two finalists,” Ms. Higgins said. The BioBlitz provides a unique opportunity for golf courses to engage their community members in activities designed to showcase and record the abundance of wildlife found on their course landscapes. Nearly 1,000 volunteers visited golf courses worldwide to participate in the event.

“Naples Lakes Country Club is extremely honored to win the biodiversity award for the 2019 BioBlitz,” said Bryan Roe, general manager of Naples Lakes Country Club. “Our residents truly look forward to participating in the annual event and coming together to enjoy the natural habitat that surrounds our community.”

With more than 200 acres of protected nature preserves and lakes, NLCC has been certified as an Audubon Cooperative Sanctuary since 2001 and is one of only 114 in Florida. BioBlitz is a species counting competition by Audubon International designed to create awareness among golfers and the community about the environmental value of the habitats supported by golf courses. Event participants count and document the wildlife on their property. The tracking process lays the groundwork for Audubon’s recertification of the property, a process that must be completed every three years.

Located at 4784 Naples Lakes Blvd., Naples Lakes Country Club is a private 490-acre gated golf course and country club community where full membership is included with every residence.
Step from your private elevator directly into the foyer of your Grand Penthouse atop building #3. Immediately, the expansive floor plan unfolds before you, your eyes grasp bay water views and multiple covered terraces that span out in all directions inviting you in for more. Step through the full-length hallway taking in the massive living room, formal dining room, library, kitchen and walk-in pantry. Reverse your steps and the monstrous master en-suite with terrace, awaits you as does 3 additional en-suites, each with their own section of terrace overlooking your private boat slip and the Florida lifestyle activity along Gulf Shore Blvd N. Complete with 2 deeded under-building parking spaces adjacent to the elevator, deeded beach access across the street, common pool/spa area, additional storage within the buildings, gated entrance and all that Venetian Village has to offer, just a short stroll away, this is a unique Park Shore location. Ardissone is also pet-friendly with some limitations. Make your appointment to today, let me welcome you home.

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Stop from your private elevator directly into the foyer of your Grand Penthouse atop building #3. Immediately, the expansive floor plan unfolds before you, your eyes grasp bay water views and multiple covered terraces that span out in all directions inviting you in for more. Step through the full-length hallway taking in the massive living room, formal dining room, library and walk-in pantry. Reverse your steps and the monstrous master en-suite with terrace, awaits you as does 3 additional en-suites, each with their own section of terrace overlooking your private boat slip and the Florida lifestyle activity along Gulf Shore Blvd N. Complete with 2 deeded under-building parking spaces adjacent to the elevator, deeded beach access across the street, common pool/spa area, additional storage within the buildings, gated entrance and all that Venetian Village has to offer, just a short stroll away, this is a unique Park Shore location. Ardissone is also pet-friendly with some limitations. Make your appointment to today, let me welcome you home. 4BD + Den/4.5BA Offered at $3,850,000
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<td>GLEN EAGLE</td>
<td>5575 Lagos Villaggio Way</td>
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<td>VERANDA WALK</td>
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<td>VANDERBILT TOWERS</td>
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<td>LELLY RESORT - MYSTIC GREENS</td>
<td>8355 Mystic Greens Way #1903</td>
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<td>PELICAN MARSH</td>
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<td>LELLY RESORT - MYSTIC GREENS</td>
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<td>FIDDLER'S CREEK - PEPPER TREE</td>
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<td>HUNTINGTON LAKES</td>
<td>6825 Huntington Lakes Circle #101</td>
<td>$259,000</td>
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## Marco Island

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<th>AGENT &amp; PHONE NUMBER</th>
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<tr>
<td>MARCO ISLAND</td>
<td>159 South Sea Court</td>
<td>$2,290,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Elizabeth H. Summers 239.269.4230</td>
<td>Sunday 1-4pm</td>
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<tr>
<td>MARCO ISLAND</td>
<td>681 Pelican Court</td>
<td>$2,249,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Michelle Thomas 239.880.7176</td>
<td>Sunday 1-4pm</td>
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<tr>
<td>MARCO ISLAND</td>
<td>1610 Winterberry Street</td>
<td>$1,439,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Scott Summers 239.784.6705</td>
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## Bonita Springs

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<td>BONITA BAY - OAK KNOLL</td>
<td>27201 Oak Knoll Drive</td>
<td>$1,575,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Connie Luminis, The Luminis Team 239.885.3543 Sunday 1-4pm</td>
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<tr>
<td>BONITA LAKE</td>
<td>23056 Sanabia Loop</td>
<td>$699,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Janine Manhart 239.641.0990</td>
<td>Sunday 1-4pm</td>
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<tr>
<td>BONITA BAY - WATERFORD</td>
<td>26270 Devonshire Court #101</td>
<td>$599,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Dott Fagan, The Fagan Team 239.272.4946</td>
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<tr>
<td>SPANISH WELLS - CORDOVA</td>
<td>28539 San Amaro Drive</td>
<td>$525,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Anthony J. Gatliff, PA 239.913.9722</td>
<td>Sunday 1-4pm</td>
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<td>SPANISH WELLS - MARIELLA</td>
<td>9140 Spanish Moss Way</td>
<td>$499,900</td>
<td>Premier Sotheby’s International Realty</td>
<td>Fred Cabot, The Boeglin Team 239.786.9035 Sunday 1-4pm</td>
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<tr>
<td>HAWTHORNE</td>
<td>10328 Cobble Hill Road</td>
<td>$348,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Veronika Meyers 239.567.9080</td>
<td>Sunday 1-4pm</td>
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<td>BONITA SPRINGS</td>
<td>27330 Matheson Avenue</td>
<td>$239,000</td>
<td>Premier Sotheby’s International Realty</td>
<td>Jim Gibbons 239.825.2234</td>
<td>Sunday 1-4pm</td>
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<tr>
<td>SPANISH WELLS</td>
<td>9070 Palmas Grandelle Boulevard #104</td>
<td>$212,000</td>
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## Estero

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<td>COPPERLEAF AT THE BROOKS</td>
<td>10301 Footl Creek</td>
<td>$439,900</td>
<td>Premier Sotheby’s International Realty</td>
<td>Bette Pitzer 239.560.2627</td>
<td>Sunday 1-4pm</td>
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<tr>
<td>PRESERVES AT CORSICREEL</td>
<td>20838 Black Tree Lane</td>
<td>$418,900</td>
<td>Premier Sotheby’s International Realty</td>
<td>Danita Lewis 239.325.3533</td>
<td>Sunday 1-4pm</td>
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<tr>
<td>WILDCAT RUN</td>
<td>20921 Wildcat Run Drive</td>
<td>$274,900</td>
<td>Premier Sotheby’s International Realty</td>
<td>Carol Jones 239.250.4310</td>
<td>Sunday 1-4pm</td>
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Stock Custom Homes available in Quail West Golf & Country Club

Stock Custom Homes, the luxury homebuilding division of Stock Development, has four custom estates available for immediate purchase in Quail West Golf & Country Club. Quail West is surrounded by picturesque lakes and lush, private grounds, with a distinctive design that offers elegant living and the amenities of a 5-star resort. A blend of California casual and European charm, the Casa Bordolino estate is a four-bedroom, four and two-half bath, 6,064-square-foot under air abode. With interior design by Sam Baker of Beasley & Henley Interior Design, the grand estate features a library, great room, formal dining room, and a study. Furnished by Beasley & Henley, the estate boasts an expansive great room, formal dining room, outdoor living area, and a four-car garage. The home also boasts a stately master suite with separate his and hers closets and baths.

Stock’s 4,560-square-foot under air Atherton model exudes easy living in its open floorplan, featuring interior design by Marc-Michaels. In addition to its gracious four bedrooms, five and one-half bathrooms, and four-car garage, the Atherton boasts an expansive great room, formal dining, tasteful island kitchen, study, three-sided glass wine room, air-conditioned storage area and an exercise room nestled beside the master suite. The Glendale, a 4,173-square-foot under air estate, boasts four bedrooms, four bathrooms and two half-baths, a study, formal dining room and double two-car garages. The fully furnished home, designed by Soco Interiors, has two-car garages. The home also boasts a stately master suite with separate his and hers closets and baths.

Stock’s grand Sophia III model is a refined residence with exceptional outdoor living and golf course views from within its 4,892 square feet under air. With a fresh and welcoming feel, the Sophia III model has four custom estates available in Quail West Golf & Country Club. Quail West is surrounded by picturesque lakes and lush, private grounds, with a distinctive design that offers elegant living and the amenities of a 5-star resort. A blend of California casual and European charm, the Casa Bordolino estate is a four-bedroom, four and two-half bath, 6,064-square-foot under air abode. With interior design by Sam Baker of Beasley & Henley Interior Design, the grand estate features a library, great room, formal dining room, and a study. Furnished by Beasley & Henley, the estate boasts an expansive great room, formal dining room, outdoor living area, and a four-car garage. The home also boasts a stately master suite with separate his and hers closets and baths.

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Invigorate your life. Without ever leaving home.

Whether enjoying a drink poolside or meeting friends for dinner at the club, this is the perfect place to celebrate each and every day of a quintessential life. Kalea Bay offers coastal living. Pure and simple. Where thoughtful designs blend seamlessly into a carefree resort lifestyle and sun-drenched days give way to glorious gulf sunsets. Forever views that are forever yours. Tower 200 from $1.4 million.

Tower 200 occupancy Summer 2020. Ask about Tower 300 pre-construction pricing.

13910 Old Coast Road, Naples, FL 34110  KaleaBay.com  239-793-0110

1. Oral representations cannot be accepted as verbally expressed representations of the developer. This advertisement is for information only and is subject to change without notice. For information, contact KALEA BAY. 2. Written representations and agreements may be required to bind this project and cannot be changed or modified by oral statements. 3. All information contained herein is subject to change without notice.
Imagine receiving private tennis lessons from a tennis champion during Wimbledon, being one of the first to own a 2020 Bentley Flying Spur sedan, sipping on some of the finest and rarest wines from the prestigious Domaines Barons de Rothschild (Lafite), or taking a private tour through Cambodia and Vietnam where you’ll visit the world’s most coveted historical landmarks.

In honor of the Naples Winter Wine Festival’s 20th Anniversary, guests will have a chance to bid on and win these highly coveted wines and experiences at the 2020 Festival, scheduled for Jan. 24-26, 2020 at The Ritz-Carlton Golf Resort, Naples. This year’s auction lots will offer bidders an opportunity to commemorate and be a part of the festival’s dazzling 20-year legacy. Every dollar raised under the tent for the Naples Children & Education Foundation will be allocated through grants to strategic initiatives and programs that support the Collier County community.

This year’s coveted auction items include:

■ Own one of the first Bentley Flying Spurs in the U.S. and take an exclusive tour of Bentley Motors in Crewe - Discover what it’s like to ride in style with a new 2020 Bentley Flying Spur sedan and visit the world-famous production facility at Bentley Motors in Crewe, Cheshire, to see one on the production line. One couple will receive a round-trip business-class ticket to London in February and spend three nights at the chic Connaught Hotel. Located in London’s stylish Mayfair village, the hotel is known for its winning combination of elegance and world-famous service. Ground transportation throughout the stay will be included.

■ One-Week, 158-foot private yacht cruise for four couples — Enjoy a one-week cruise in the Western Mediterranean Sea (for late spring or summer 2020) or the Caribbean (for early spring or winter 2020) with a luxurious experience. Four couples will travel on the 158-foot Feadship M/Y Gitana, featuring VIP amenities including a private chef to prepare gourmet meals, 10 crew members, five cabins for accommodations, kayaks for water activities, as well as a plunge pool. The yacht will also feature Bodega 202 wines on-board. Airfare to be provided for the four winning couples from any major city in the U.S. to the closest port of embarkation of their choosing. All fuel charges, dockage fees and guest provisioning, including food and beverages, are included. Roundtrip, private airfare will also be included.

■ Time traveling tasting with Château Lafite Rothschild — Three lucky couples

The surf and turf at Ziggie & Mad Dog’s is the perfect way to cap off your road trip.

Try this FOOD CRAWL up the Keys

BY LAURA RICHARDSON
laura.richardson@floridaweekly.com

LIVING IN PARADISE FULL TIME IS A dream come true 364 days out of the year, but sometimes it feels necessary to change up the usual routine in favor of something less … Key West-y. And while it’s practically vulgar to complain about the particular strain of bourgeois malaise that comes from having too much access to the finer things in life — caviar at The Roost, briny oysters at Thirsty Mermaid, small-batch ice cream from Flamingo

SEE FOOD CRAWL, C4

You should plan on arriving ready to gorge yourself at Bobalu’s, a down-home favorite.
COLLECTOR’S CORNER

With friends like these, who needs, uh, enemas?

King Louis XIV may have been known as the Sun King. But the French monarch had a penchant for putting things where the sun doesn’t shine. In other words, he liked his enemas. His court at Versailles set the standards for fashion.

The aristocracy did as the king did, so it became the fashion to ply the princely posteriors of Europe with purgatives laced with scented and colored water.

And it became enough of a joke that the great playwright Molliere penned “The Imaginary Invalid,” a work inspired by the practice.

Hence the buttons on my cufflinks. But it didn’t begin with Louis. The practice of infusing one’s innards with water and other substances began in ancient times — the Egyptians even did it.

And more than a century before King Louis’s regular lavements, Britain’s King Henry VIII also required the treatments.

His groom of the stool — that’s Tudor English for the royal heinie washer — related “when His Grace rose to go upon his stool which, with the working of the pills and the enema, His Highness had taken before, had a very fair siege.”

Bless his poor plugged-up heart. I’m sure he felt better after that, but what did he expect from a diet that consisted of nothing but meat and sweets? That was the reality of a world in which vegetables were viewed as the food of the poor.

The buttons mounted on my cufflinks also are of that world. Some experts actually believe the buttons, made of silver-plated brass sometime after 1700, depict Louis XIV himself, receiving an enema from a gigantic syringe, then relieving himself on the pot as the physician stands by. The detail in the medals is gorgeous, right down to the fleur de lis on the walls.

This disproves the notion that people were prudes back in the day. The physician smiles and so do we.

— Note: This column first appeared in some editions in February 2017.

THE FIND:

A pair of cufflinks made from 18th century buttons.


The skinny: My antiques dealer friends gave these cufflinks to me when I chuckled at the images depicted on them. They were part of an estate from northern Florida.

My friend, food journalist Jan Norris, an expert on antique buttons, knew these scenes well, and said she’s seen the metal in a variety of finishes. The patent date for the sterling cufflink attachments is 1949, so these buttons probably were made into jewelry in the ’50s or ’60s.

Love them or hate them, there’s nothing buttoned down about their humor.

... — Note: This column first appeared in some editions in February 2017.

Scott Simmons / Florida Weekly

The 18th century buttons that form these cufflinks measure just over 1 inch in diameter.

Recognized Amongst American Top Podiatrists 2010-2019

Dr. Kevin Lam, FACFAS, DABLP, DABPS
Dr. Glenn Woodley, DPM, ACFAS
730 Goodlette Road, Ste #102, Naples

Dr. W. Drew Chapman, ACFAS
12250 Tamiami Trail East, Ste #101, Naples

Dr. Rikhil Patel, DPM, ACFAS
840 111 Avenue North, Ste #3, Naples

Moving Forward

LONGEST TRACK RECORD OF FOOT & ANKLE SURGERY SUCCESS IN COLLIER COUNTY

4 New Facts About Your Feet & Ankles

1. Heel pain in the morning can be easily resolved.
2. Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
3. Ingrown toenails can lead to bone infection; we treat them fast.
4. Top pickleball injuries seen include foot fractures from ankle sprains.
THURSDAY, SEPT. 19, 10 P.M.
Miss Fisher
Season 1, Part 3
The Green Mill Murder
Phryne goes out for a night of dancing but the fun ends when a patron is stabbed to death.

FRIDAY, SEPT. 20, 9 P.M.
Great Performances - Now Hear This!
Vivaldi: Something Completely Different
Explore northern Italy with host Scott Yo and discover how Vivaldi's masterwork “The Four Seasons” merged religious melodies, opera and virtuosic violin-playing to create a new era of music.

SATURDAY, SEPT. 21, MIDNIGHT
Austin City Limits: Chris Stapleton/ Turnpike Troubadours
Enjoy an hour of contemporary country music. The rock and soul-influenced Stapleton highlights his acclaimed second album, “From a Room Vol. 1.” The jamming Troubadours draw from their latest record, “A Long Way From Your Heart.”

SUNDAY, SEPT. 22, 8 P.M.
Country Music, Part 5
The Sons and Daughters of America (1964-1968)
See how new country artists like Loretta Lynn and Charley Pride reflect a changing America.

MONDAY, SEPT. 23, 8 P.M.
Country Music, Part 6
Will the Circle Be Unbroken? (1968-1972)
Learn what draws artists like Bob Dylan to Nashville as the Vietnam War rages.

TUESDAY, SEPT. 24, 8 P.M.
Country Music, Part 7
Are You Sure Hank Done It This Way? (1973-1983)
Witness a vibrant era in country music, thanks to mainstream crossovers and a new “Outlaw” sound.

WEDNESDAY, SEPT. 25, 8 P.M.
Country Music, Part 8
Don’t Get Above Your Raisin (1984-1996)
Learn how country music works to stay true to its roots as the genre skyrockets to new heights.

Sunday, Sept. 22.

Will the Circle Be Unbroken? (1968-1972)
Learn what draws artists like Bob Dylan to Nashville as the Vietnam War rages.

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Sunday, Sept. 22.
Crossing or a Nutella-smothered crepe from La Creperie hidden on Petronia Street — those of us lucky enough to call Key West home, or those in town looking to simply change it up for a day, needn't look too far for a good meal off the beaten path. The Cow Key Bridge. So fill up the gas tank and buckle up; we're heading up U.S. 1 for the day on a Florida Keys foodie road trip — hope you brought your appetite.

**Stock Island**

» Roostica Wood-Fire Pizzeria
   5620 McDonald Ave.
   Roostica.com

You don't have to venture far from “the rock” to hit your first must-eatery, home of what some would argue is the best pizza in the Keys. Eating at Roostica, owned by husband and wife duo and restaurant rainmakers Bobby and Michelle Mongelli, is like having Sunday supper with your big fat Italian family. The pizzas are a study in textural perfection, crunchiness on the outside and soft and pillowy on the inside and bubbly in all the right places. Roostica is a Florida Keys’ Wood-oven burning oven, and the ingredients are of the highest quality — only San Marzano tomatoes. The only sauce that will do will be a true Neapolitan pie. If you’re not much of a pizza eater (do those people even exist?), the rest of the menu reads like a hit list of Italian favorites. You can’t go wrong with the eggplant parmesan or the veal marsala … or anything else, really.

**Big Coppitt**

» Bobalu’s
   301 US-1
   Bobalurestaurantandbar.com

You should plan on arriving ready to gorge yourself at this down-home favorite, where owners Tina and Steve DiGiovanni serve up family-style (read: enormous) New York pizzas with names like Garlic Pie (sausage, pepperoni, ham, bacon, mushrooms, onions and bell peppers), Key West (Flare-Glazed pineapple, bell peppers and onions), or New Haven Classic (clams, bacon and garlic, served red or white). The vibe is decidedly chill, the décor modest and the parking plentiful. Homemade desserts and reasonable prices make this an excellent choice for families, or those who simply enjoy a bargain.

**Big Pine Key**

» Good Food Conspiracy
   30150 US-1
   Goodfoodconspiracy.com

Just down the road from Big Pine Rooster is local hippie haven Good Food Conspiracy. Immediately recognizable from the road by its rainbow flag and Technicolor murals. Good Food Conspiracy has been in the business of serving fresh organic produce, juices, dry goods, amenities and raw and cooked vegetarian and vegan cuisine for over 35 years. It's the kind of place that makes Whole Foods look like an Olive Garden. The walls are lined from floor to ceiling with all manner of wellness-focused pills, potions, exotic herbs and tinctures — not to mention a zillion gluten-free products. It's famous for its fresh homemade soups, which change daily, and its made-to-order smoothies. Order one of the vegetarian sandwiches, paired with a Carrot Colada (carrots blended with fresh coconut nectar), and your body will thank you. Namaste.

**Java Queen**

3490 Gulfview Avenue
Javaqueen.com

For years, legendary Cudjoe Key res- taurant Square Grouper Bar and Grill has drawn huge crowds (and correspondingly huge wait times) thanks to its consistently incredible menu of excellent food, arti- sanal beer and wine and friendly, funky atmosphere. Those who often found themselves twiddling their thumbs in the line were understandably thrilled when the restaurant announced it was opening a sister in the same spot as its first. Plunked directly on top of the Square Grouper itself, the groovy My New Joint is easily accessible, although its popularity has (predictably) reached the same stratospheric levels as its downtown neighbor. That said, the innovative menu of sharable small plates, creative cocktails and not one, but two fondue offerings, is absolutely worth the wait.

**Marathon**

» Keys Fisheries Market & Marina
   3190 Gulfview Avenue
   Keysfisheries.com

On the north side of the Seven Mile Bridge (make sure you wave at Fred the Con- cierge as you zoom past!), Keys Fisheries is the kind of shack-chic, authentically rustic roadside eatery that screams “insider secret.” Casual, dockside fried fish and fritters, beautiful sunsets and a catchy little slogan — Good Fish Isn’t Cheap, and Cheap Fish Isn’t Good — make this a great place to grab a quick no-frills bite, enjoy the view and then order some fresh fish to take home with you. (It also offers a comprehensive online seafood mar- ket for those who prefer ordering their mahi-mahi fillets from the privacy of their own home, but it’s the unfussy, in-person experience that sets this place apart from its imitators.) The much-lauded Lobster Reuben, loaded with sauerkraut and served via a walk-up, to-go window, is by far the most popular dish. Eat it while throwing a few fries to the tarpon who patiently wait beside the docks, hoping for a free meal.

**Islamorada**

» Bad Boy Burrito
   3180 US-1
   Badboyburrito.com

If you’re looking for some down home, stick-to-your-ribs, comfort food cookin’, Big Boy Burrito, formerly Bucktooth Burrito, is the spot for you (and we hope you brought an arm). The menu is a smorgasbord of scrumptiousness from the Key West (pulled pork, roasted chicken, veggies and cheese stuffed into an egg roll wrapper and fried until golden) to the World’s Ultimate Lobster Roll (served on a home-baked hoagie roll) to the six variations on a Reuben — and that’s not even a fraction of the options available. Come hungry and find out why the Big Boy Burrito is serving “food worth crowing about.”
Three simple ways to reduce plastic waste and pollution when boating

BOATUS FOUNDATION FOR BOATING SAFETY AND CLEAN WATER

Each year, an estimated 18 billion pounds of plastic is dumped into our oceans from coastal regions. According to a study by the World Economic Forum, at that rate of pollution, there will be more plastics than fish, by weight, in the ocean by 2050. To help reverse this trend, here are three tips from the nonprofit BoatUS Foundation for Boating Safety and Clean Water to help boaters reduce plastic waste and pollution while on the water.

1. Pack for the boat trip: Microplastics are very small pieces of plastic, less than 5mm in size, that are the result of larger plastic products partially decomposing from sunlight, heat and wave action. While we haven’t seen the full effects on humans consuming fish and other marine species contaminated with microplastics, studies show that ingested microplastics can seriously damage marine organisms. One of the simplest ways to reduce plastics aboard your boat is to fill up and carry aboard (or stash in a cooler) an insulated container that can hold enough cold water for the day instead of buying individual bottles. Invest in a set of non-breakable plates, cutlery, and food and drink containers to limit single-use plastics aboard. These efforts won’t break the bank, don’t take a lot of extra effort and can pay big dividends for boaters and the environment in the long-term.

2. Get your crew involved: Before heading out, provide your crew with a pre-departure briefing and remind them not to put anything overboard. Boats are notoriously windy places, and popular, crowded summer anchorages are particularly prone to wind-driven pollution. When underway, secure possessions as well as any trash below deck or in a storage container. If anything is lost overboard, or if you come across plastic pollution such as a deflated birthday balloon, and conditions permit, it may be a good opportunity — and good practice — for the captain and crew to safely conduct a man-overboard drill to retrieve the item.

3. Recycle: If your family gets you a fishfinder, a pair of shiny, new boat fenders, or a new boat doodad for your birthday, thank them profusely but unwrap the gift at home and recycle the gift’s packaging if possible. If your marina or boat club doesn’t have a recycling program for plastics and other recyclables, ask about starting one. Ensure all your boating guests know where recyclables go. When fishing, do your best to retrieve fishing line snags, and when respooling, recycle the old line instead of throwing it in the trash.

Boaters can do their fair share to reduce plastic pollution, which degrades into small pieces like these and are easily ingested by marine organisms.

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WHAT TO DO, WHERE TO GO

THEATER


Dames at Sea – By Off Broadway Palm Theatre Sept. 19-Nov. 2. 239-278-4422 or www.offbroadwaypalm.com.


Always... Patsy Cline – By Florida Repertory Theatre Sept. 27-Nov. 24 at the ArtStage Studio Theatre, 2268 Bay St. 239-332-4488 or www.flordarep.com.

SATURDAY 9.21

History Talk – South Regional Library hosts a talk about Florida “cowboy” cowboys at 10 a.m. Free. 8066 Lely Central Blvd. 239-252-7542 or www.collierlibrary.org.

In This Moment – Naples Grande Beach Resort hosts a free yoga session on the beach at 9 a.m. All levels welcome, please bring your own mat. 844-533-4633 or www.naplesgrande.com.

Jazz Concert – Naples Jazz Society performs at 1 p.m. at The Norris Center. 750 Eighth St. 239-9203 or www.naplesjazz-society.org.

Flashback Cinema – Silverspot at Mercato screening of the movie “The Maltese Falcon” (1941) at 1 p.m. at 6:30 p.m. A private detective takes on a case that involves him with three eccentric criminals, a gorgeous woman, a priceless statue and a ruthless gang. 842-316, 922-0300 or www.silverspot.net.

MONDAY 9.23

Trivia – Naples Beach Brewery hosts a trivia contest at 7 p.m. Free. 410 Enterpris Drive. 239-262-5409 or www.naplesbeachbrewery.com.

Films for Film Lovers – Centers for the Arts Bonita Springs screening of the movie “Lost in Paris” (2026) starring French actress Marion Cotillard and her aunt in Paris and catastrophe ensues, mostly thanks to an opinionated homeless man who doesn’t hold back. $10. 10150 Bonita Beach Road. 239-495-8989 or www.centersforthearts.com.

TUESDAY 9.24

Panther Encounter – Naples Zoo hosts an encounter with its 1-year-old Florida panther, Athena, from 9-10:30 a.m. each Tuesday. $40 for members, $50 for others, 239-262-5409 or www.napleszoo.com.

Geography – South Regional Library hosts a presentation on Buenos Aires, Argentina with a quiz to test your trivia knowledge. 7 p.m. Free. 8066 Lely Central Blvd. 239-252-7542 or www.collierlibrary.org.

Concert Series – Marijambon Jazz Band performs at 7 p.m. at FGCU’s U-L-3400 University Ave. 842-3411 or www.fgcu.edu/concerts.

WEDNESDAY 9.25

Kids Crafts – Miromar Outlets offers free kids crafts from 10 a.m. to noon each Wednesday in WINK Playland. 239-948-3766 or www.miromaroutlets.com.

THURSDAY 9.22

Fresh Produce – Take your grocery list to the Naples Farmers Market from 9 a.m. to 2 p.m. at the corner of Pine Ridge and Livingston roads.

Cruisin’ – Miromar Outlets hosts a car show featuring classic, custom and exotics rides from 11 a.m. to 3 p.m. Sunday, Oct. 6. 239-948-3766 or www.miromaroutlets.com.

MUSICAL EVENTS

Musical Moments – Centers for the Arts Bonita Springs hosts a Spanish-themed musical presentation at 3 p.m. Sunday, Oct. 6. 239-948-3766 or www.miromaroutlets.com.

NATURE Hike – Naturals a Koreshan State Park lead a walk along the Estero River at 10 a.m. Tuesday, Oct. 8. Free with park entry fee. 3800 Corkscrew Road, 239-992-0311 or www.floridaestatet park.org.

Sip & Shop – Home & Salvage and The Market invite guests to shop while enjoying complimentary bubbles, snacks and giveaways from 5-7 p.m. Thursday, Oct. 10. Free. 5400 Taylor Road, 239-663-9410 or www.homeandsalvage.com.

Just for Laughs – Centers for the Arts Bonita Springs hosts a comedy variety show at 7:30 p.m. Friday, Oct. 11. $18-$20. 10150 Bonita Beach Road. 239-495-8989 or www.centersforthearts.com.


Shock Treatment – Centers for the Arts Bonita Springs hosts an interactive screening of the cult classic “The Rocky Horror Picture Show” at 8 p.m. Saturday, Oct. 12. 10150 Bonita Beach Road. 239-495-8989 or www.centersforthearts.com.

HAPPY HOUR – MiH2O hosts a networking happy hour from 6-8 p.m. Thursday, Oct. 17. Reservations required. 661 Tamiami Trail N. 239-776-7776 or rsvp@ mh2o.com.

Great Pumpkins – Naples Botanical Gardens celebrates fall with a nightly fall walk, which features light displays, music and games and pumpkins from 6-9 p.m. Thursday, Oct. 17, and continuing nightly through Oct. 31. 5855 Blue Heron Boulevard, 239-645-3727 or www.naplesbotanical.org.

Masterworks – Pianist Euan Amex plays works by Pianist Euan Amex and ‘Tchaikovsky with the Naples Philharmonic at 8 p.m. Thursday and Friday, Oct. 17&18. 239-597-1900 or www.artisnaples.org.

Stayin’ Alive – “The Australian Bee Gees’ Show” starts at 7 p.m. Friday, Oct. 18, at Southwest Florida Event Center. 1155 Bonita Beach Road. 239-254-9910 or www.sfeventcenter.com.
Legs – ZZ Top performs with Cheap Trick at 7:30 p.m. Friday, Oct. 18, at Hertz Arena. 239-948-7825 or www.hertzarena.com.

Art Show – Naples Artcrafters hosts an arts-and-crafts show from 10 a.m. to 4 p.m. Saturday, Oct. 19, at Cambier Park. Dusty.Beck@gmail.com or www.naplesartcrafters.com.

Brews for You – Mercato hosts its 2019 Brew-Ha-Ha beer tasting, where guests will enjoy generous samples of craft beers and lots of activities, from 5-8 p.m. Saturday, Oct. 19. 239-254-1080 or www.mercatoshops.com.

Early Birds – Corkscrew Swamp Sanctuary hosts a birding walk from 8-11 a.m. Tuesday, Oct. 22. $10-$25. 239-348-9151 or www.corkscrew.audubon.org.

Beethoven – Artists from the Colburn Music Conservatory perform pieces from Beethoven’s “Grand Sonata” at 7 p.m. Tuesday, Oct. 22, at Vanderbilt Presbyterian Church. $42-$45. 1225 Piper Blvd. 646-734-8179 or www.grandpianoseries.org.

Musical Interludes – Chloe Agnew, a former Celtic Woman, performs from 5:30-7 p.m. Thursday, Oct. 24, at Marco Island Center for the Arts. $25 for members, $30 for others. 1010 Winterberry Dr. 239-394-4221 or www.marcoislandart.org.

Film Fest – Artis—Naples hosts Naples International Film Festival’s opening night film at party at 6 p.m. Thursday, Oct. 24, which features a red carpet, film screening, cocktails and the opportunity to talk with filmmakers. The festival continues through Sunday, Oct. 27, with screenings at Silverspot at Mercato. 239-597-1900 or www.artisnaples.org.

Boo! – Naples Zoo hosts its annual Boo at the Zoo, where kids in costume enjoy free admissions and lots of Halloween fun, from 10 a.m. to 3 p.m. Friday through Sunday, Oct. 25-27. 239-262-5409 or www.napleszoo.org.

Fall in the ‘Glades – Clyde Butcher's Big Cypress Gallery celebrates fall with book signings and guided swamp walks Saturday and Sunday, Oct. 26-27. Walks start at 9 a.m. $50, space is limited. 52888 Tamiami Trail. 239-695-2428 or www.clydebutcher.com.

Hoots ‘n’ Hisses – The Conservancy of Southwest Florida hosts a day of family activities, live animal demonstrations and more to celebrate Halloween from 10 a.m. to 4 p.m. Saturday, Oct. 26. Free with admission. 1495 Smith Preserve Way. 239-262-0304 or www.conservancy.org.


Closing Ceremony – The Naples International Film Festival hosts a closing night awards ceremony and wrap party at 5:30 p.m. Sunday, Oct. 27, that also includes a performance by the Naples Philharmonic playing the score to a live screening of “Raiders of the Lost Ark.” 239-597-9000 or www.artisnaples.org.

Spiritual Celebration – Celebrate a bicentenary celebration of the Baha’i faith with videos, discussion and more at 7 p.m. Monday, Oct. 28, at FSW College. Free. 7505 Grand Lely Dr. 239-597-4729 or www.bahai.org.

Flutterby – Koreshan State Park hosts a talk on the park’s butterflies at 10 a.m. Tuesday, Oct. 29. Free with park entry fee. 3800 Corkscrew Road. 239-992-0311 or www.floridastateparks.org.
WHAT TO DO

Spooky — Fifth Avenue South hosts its annual Spooktacular celebration with live music and a wide variety of family-friendly activities from 4-7 p.m. Thursday, Oct. 31. 239-692-8456 or www.fifthavenuesouth.com.

Native Arts — The Seminole Tribe of Florida hosts its American Indian Arts Celebration with arts, crafts, activities, musical and dance demonstrations on Friday and Saturday, Nov. 1-2, at Ah-Tah-Tikla Museum. 759-581. 17 miles north of I-75 exit 49. 863-902-1113 or www.ahthahhtiiki.com.

Bounty — Everglades Wonder Gardens celebrates fall with Harvest in the Gardens, a farm-to-table dinner prepared by local chefs, from 6-9 p.m. Friday, Nov. 1, under the garden’s banyan tree. $150, proceeds will benefit the garden’s educational programs. 27180 Old 41 Road. 239-997-2291 or www.evergladeswondergardens.com.

Flossy, Flossy — Naples Art Association hosts scene to be scene, and art-as-fashion runway show that also includes a pre-show cocktail hour and after party, from 6:30-10:30 p.m. Friday, Nov. 1. $150; proceeds benefit the organization’s children’s programs. 300 Freedom Way. 239-362-6515 or www.naplesart.org.

Corkscrew Swamp — Corkscrew Swamp Sanctuary hosts a swamp meditation in the preserve’s amphitheater at 9:30 a.m. Saturday, Nov. 2, with spiritual guide Bethany Gonzalez. 375 Sanctuary Road. 239-348-9151 or www.corkscrew.org.

Art in the Park — Members of Naples Art Association showcase and sell their works from 10 a.m. to 4 p.m. Saturday, Nov. 2, at Cambier Park. 239-262-6515 or www.naplesart.org.

Space Between — Sammy Hagar & The Circle perform at 8 p.m. Saturday, Nov. 2, at Hertz Arena. 239-948-7825 or www.hertzarenarena.com.

Tribute Concert — Artis—Naples hosts a tribute concert titled “Neil Berg’s 51 Years of Rock and Roll” that honors the work of artists like Elvis, Chuck Berry, Fleetwood Mac and more at 7 p.m. Sunday, Nov. 3. 239-997-1900 or www.artisnaples.org.

Cirque at the Movies — The Naples Philharmonic plays some of cinema’s favorite music while cirque-style artists perform on stage. 8 p.m. Tuesday through Friday, Nov. 5-8, and at 2 p.m. and 8 p.m. Saturday, Nov. 9, at Artis—Naples. 239-997-1900 or www.artisnaples.org.


Bye Bye Love — The Everly Brothers experience, featuring The Zmed Brothers, performs from 7:30-9 p.m. Thursday, Nov. 7, at Center for Performing Arts Bonita Springs. 821-846. 10501 Bonita Beach Road. 239-495-8989 or www.artcenterbonita.org.

Male Revue — Australia’s Thunder from Down Under performs on Thurs- day, Nov. 7, at Southwest Florida Event Center. 11515 Bonita Beach Road. 239-245-9910 or www.showlevelcenter.com.

Out Loud — Centers for the Arts Bonita Springs hosts a performance of staged readings of “GOOD BYE, BW” and “The Book Club Thief” at 7:30 Friday, Nov. 8. $18-$20. 10501 Bonita Beach Road. 239-495-8989 or www.artcenterbonita.org.

Art Show — Naples Artcrafters hosts an arts-and-crafts show from 10 a.m. to 4 p.m. Saturday, Nov. 9, at Cambier Park. Dusty.Beck@gmail.com or www.naplesartcrafters.com.

Guitar Concert — Guitar virtuoso Adrian Legg performs at 8 p.m. Saturday, Nov. 9, at Center for Performing Arts Bonita Springs. 489-8500. 10501 Bonita Beach Road. 239-495-8989 or www.artcenterbonita.org.

Throwing Voices — Artis—Naples hosts a performance by ventriloquist and “America’s Got Talent” winner Terry Fator at 7 p.m. Sunday, Nov. 10. 239-997-1900 or www.floridastateparks.org.

Photo Hike — Koreshan State Park hosts a nature hike for photographers at 10 a.m. Tuesday, Nov. 12. Free with park entry fee. 3800 Corkscrew Road. 239-992-0311 or www.floridastateparks.org.

Beethoven Sonatas — Artists from the Colburn Music Conservatory perform pieces from Beethoven’s “Pathetique” at 7 p.m. Tuesday, Nov. 12, at Vanderbilt Presbyterian Church. $42-$45. 1525 Piper Blvd. 646-734-8797 or www.grandpianoseries.org.

The Elders — Corkscrew Swamp Sanctuary hosts a boardwalk tour of its stand of bald cypress trees from noon to noon Thursday, Nov. 14. $10-$25. 239-348-9151 or www.corkscrew.org.

Sip & Shop — Home & Salvage and The Market invite guests to shop while enjoying complimentary bubbles, snacks and giveaways from 5-7 p.m. Thursday, Nov. 14, Free. 5400 Taylor Road. 239-283-9218 or www.homeandsalvage.com.

Musical Interludes — Brian Dubrow Trio performs from 5:30-7 p.m. Thursday, Nov. 14, at Marco Island Center for the Arts. $25 for members, $30 for others. 1010 Winterberry Dr. 239-894-4221 or www.operanaples.com.

Opera Star — Soprano Jennifer Rolly- ley performs at 7:30 p.m. Friday, Nov. 15, at Wang Opera Center. $35-$95. 2408 Linwood Ave. 239-963-9050 or www.operanaples.com.

Masterworks — Harpist Hannah Lash and pianist Jeremy Denk perform with the Naples Philharmonic at 8 p.m. Thursday, Nov. 14, and Saturday, Nov. 16. 239-397-1900 or www.artisnaples.org.

In-A-Gadda-Da-Vida — Rock band Iron Butterfly performs at 8 p.m. Friday, Nov. 15, at Center for Performing Arts Bonita Springs. $19-$35. 10501 Bonita Beach Road. 239-495-8989 or www.artcenterbonita.org.

Turtle Talk — Koreshan State Park hosts a talk about gopher tortoises at 10 a.m. Tuesday, Nov. 19. Free with park entry fee. 3800 Corkscrew Road. 239-992-0311 or www.floridastateparks.org.

Arkansas — John Oates and The Good Road Band perform at 7 p.m. Wednesday, Nov. 20, at Southwest Florida Event Center. 11515 Bonita Beach Road. 239-245-9910 or www.showlevelcenter.com.

—— Email calendar listings and high-resolution photos to Lindsey Nemeth at lne- smith@floridaweekly.com. Please send Word or text documents and jpeg with times, dates, location, cost, contact information. No pdfs or photos of fliers. Deadline for calendar submissions is noon Monday. No phone calls, please.
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<th>SAIL DATES</th>
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I was so dismayed when I read the news, I found it difficult to sleep that night.

A little earlier, I’d finally sat down with the paper. I’d turned over the A section of the New York Times and there was the obituary. And Dorothea Benton Frank’s name. The Sept. 9 paper was announcing the best-selling author’s death of Sept. 2. The cause listed was myelodysplastic syndrome. Her publisher’s website said it was leukemia.

Her age: 67.

That’s young.

She’d written 20 books, and surely she had 20 more in her, yet to be written.

Ms. Frank’s New York Times best-selling novels took place in South Carolina, in the Lowcountry where she was born and raised.

I had the pleasure of interviewing her in 2013 because she was the keynote speaker at the annual Southwest Florida Reading Festival in Fort Myers that year. (She was also recognized with the festival’s Distinguished Author Award that weekend.)

Back then her most recent novel, “Porch Lights,” was about to be re-released in paperback, and she was working on the final chapter of “The Last Original Wife.”

At the end of season, I gave her a Nancy’s Award for “Author I Wouldn’t Mind Being Stuck on a Desert Island With,” calling her “Southern, charming, smart-mouthed, quick-witted and eternally entertaining.”

She’d had a career in fashion and the apparel industry but wrote her first novel because of a bet with her husband.

Her mother had died, and Ms. Frank tried to book a few times for our author series, but we knew she was so popular she was going to be huge. We knew she was huge. She was huge.

“She’s someone we love her descriptions of the Lowcountry. They made me want to go there — the wonderful little island, with people who have been there for generations and generations and know each other’s families. I love the description of the houses they all grew up in. It left me with a good feeling when I read her books, and they always had a good ending.”

“And there was always some humor in there. It seems like there’s always a mother who’s hard to deal with.”

Ms. Lambrix often recommends Ms. Frank’s books to patrons.

“They always come back and say they enjoy them,” she says. “They’re always a good recommendation.”

I have no clue what heaven is like, but here’s what I picture for Ms. Frank: sitting on the porch of her childhood home on Sullivan’s Island, a drink in one hand. She’s had a great day writing; perhaps she’s just finished the last chapter of a new book. She’s happy, she’s satisfied. She can smell the salt air. Above the crash of waves she hears the voices of friends and family inside the house, those who have gone on ahead of her. She especially makes out the sound of her mother’s voice, talking and laughing.

She puts down her empty glass and opens the screen door to join the best dinner party she’s ever attended.
PUZZLE ANSWERS

5 4 6 3 1 9 2 7 8
1 7 9 2 8 6 3 4 5
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NAPLES FLORIDA WEEKLY
WEEK OF SEPTEMBER 19-25, 2019

C11
PUZZLES

SETTING OUT TO SIEGE

By Linda Thistle

HOROSCOPES

VIRGO (August 23 to September 22) Money matters are dominant this week. Recheck your accounts and make sure they’re up-to-date. Be on guard against unscrupulous people who may try to take advantage of your good intentions.

LIBRA (September 23 to October 22) Employ the same tactics as your adversary, but that could backfire. Better to use the same balanced approach that has worked for you before and could again.

SCORPIO (October 23 to November 21) A changing work environment could stir up confusion as well as apprehension. Best to ignore the rumors and get the facts. You could find that the changes bring positive elements.

SAGITTARIUS (November 22 to December 21) Communication is easier this week with people ready and eager to hear what you have to say. Also, check for possible technical problems before you start your new project.

CAPRICORN (December 22 to January 19) Aspects favor change for the usually traditional Goat. Opening your mind to possibilities you had ignored could lead you to make decisions you once considered improbable.

AQUARIUS (January 20 to February 18) Making personal as well as professional adjustments to changing conditions might be easier with more information explaining the “hows” and “whys” of the situations in question.

PISCES (February 19 to March 20) With a growing tide of positive reactions to buoy your confidence, this could be the right time to put the finishing touches to your new project and get it well and truly launched.

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PISCES (February 19 to March 20) With a growing tide of positive reactions to buoy your confidence, this could be the right time to put the finishing touches to your new project and get it well and truly launched.

ARIES (March 21 to April 19) Travel plans could be interrupted by the re-emergence of a workplace problem that was never quite fully resolved. Deal with it at once, and then take off on that well-deserved trip.

TAURUS (April 20 to May 20) Aspects favor cultural activities for sensuous Bovines. Attend a concert or an art show. Better yet, create something yourself (a poem, perhaps?), and dedicate it to someone special.

GEMINI (May 21 to June 20) Place a number in the empty squares in such a way that each row, each column and each small 9-box square contains all of the numbers from one to nine.

CANCER (June 21 to July 22) Aspects favor personal as well as professional adjustments to changing conditions might be easier with more information explaining the “hows” and “whys” of the situations in question.

LEO (July 23 to August 22) Aspects favor personal as well as professional adjustments to changing conditions might be easier with more information explaining the “hows” and “whys” of the situations in question.

BORN THIS WEEK: You have a gift for setting an example of quiet, calm reasoning in the midst of chaotic conditions.

SUDOKU

Difficulty level:★★

Place a number in the empty squares in such a way that each row, each column and each small 9-box square contains all of the numbers from one to nine.

By Linda Thistle

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When your journey from a dream to a great story includes us, you travel better.

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Lee McCarthy, President

TRAVEL LEADERS

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One of the pitfalls a player must learn to avoid is to become overly committed to a particular line of play. The successful declarer is always prepared to alter his plan whenever developments indicate that a better approach is available.

Take this case where West led the K-A and another heart against four spades, East ruffing the third round. After overruffing, South drew three rounds of trump, on which East discarded two clubs. A club finesse then lost to the queen, and East returned the jack of diamonds.

Declarer won with dummy’s ace and cashed the K-Q. When the suit failed to divide 3-3, South tried a second club finesse. But when East won and returned a diamond, South should have taken the trick in his hand and carefully reviewed his options.

In order to retain his diamonds, East had been forced to discard two clubs when the trumps were drawn. So when West ruffed the third heart, or had West held a club honor, East would have gotten home safely. If East had started with six hearts and three spades, the declarer would have lost.

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Seared pieces of fresh salmon sautéed with artichokes, olives, onions and tomatoes, mustard-dill sauce

Regular menu items available all a cart. This menu cannot be combined with any other discounts or promotions.

Saturday Mornings from 7:30 to 11:30 a.m.

Fifth Avenue’s

DESSERT: Persian baklava with saffron pistachio ice cream.

STARTERS: (Choice of)
- Duo of Manto-Khbiar and Mirza Eggplant
  Homemade yogurt, cucumbers mix, pair with smoked eggplant
- Beet Salad
  Golden and red beets on a bed of arugula with pears and toasted pine nuts, Bulgarian feta

ENTRÉES:
- Yogurt Mushroom Lamb
  Braised with sautéed shiitake mushrooms in a cumin-curry yogurt sauce
- Apricot Tamarind Lamb
  Sautéed breast folded with eggplant in a silky garlic curry sauce, dollop of sour cream
- Garlic Eggplant Chicken
  Sauteed breast folded with eggplant in a silky garlic curry sauce, dollop of sour cream
- Grilled Koobideh Kabob
  One skewer of our signature blend of seasoned ground lamb and beef, served over Adas Polo
- Spicy Asparagus Beef
  Sautéed piece of filet with onions and garlic scallions
- Salmon Rashi
  Seasoned pieces of fresh salmon seasoned with arugula, lemon, onion and tomatoes, mustard-dill sauce
- Stuffed Eggplant with Lamb on Persian Lavash

RESERVATIONS: 239-594-5557

TICKET PACKAGES: NWWF start at $12,500 per couple. A $30,000 package that includes reserved seating for a party of four at a Vintner Dinner and under the auction tent is also available. For more information or to inquire about tickets, contact Barrett Farmer at barrett@napleswinefestival.com or 239-514-2239.
‘Official Secrets’

Dan HUDAK

Is it worth $10? Yes

The question in “Official Secrets” is not whether British intelligence agent Katherine Gun (Keira Knightley) broke the law. She did. We see her do it, and she confesses to it. Rather, the question is whether she was right to do it. The British government says no. Gun, and thousands of anti-war protesters, vehemently disagree. What follows is a fascinating look at government malfeasance, journalistic integrity and professional ethics.

Based on actual events, the film is set in London in 2003. Gun works for an arm of British intelligence called the Government Communications Headquarter (GCHQ). She’s a translator. She receives an email from the National Security Agency in the U.S. asking for assistance in blackmailing smaller countries into supporting a United Nations resolution that would allow the U.S. to invade Iraq. We know from history that this war happened, and Saddam Hussein’s regime was toppled.

According to “Official Secrets,” there was zero justification for it. “Just because you’re the prime minister doesn’t mean you get to make up your own facts,” Gun says to her Muslim husband (Adam Bate) early in the film, as Tony Blair insists Iraq has the materials to make nuclear weapons. Watching this in the United States, it’s natural to draw a parallel between that quote and the left-wing media’s frequent attacks on President Trump. Director Gavin Hood’s film, however, isn’t overtly political. In fact, it’s insistently moralistic.

Gun copies the incriminating e-mail, leaks it to a friend (MyAnna Buring), and it finds its way to a reporter at The Spectator newspaper in London named Martin Bright (Matt Smith). Bright and his colleagues (played by Matthew Goode, Rhys Ifans and Cordell Hild) investigate to see if it’s fake, ultimately publish it, and chaos ensues. Soon Gun needs civil liberties attorney Aiden Emerson (Ralph Fiennes) in her corner as she waits to be charged with treason.

的真实 actions are clear — she wanted the shady actions of the British and American governments exposed — but her conviction waivers. At one point she says she never thought anything would come of it. At another, she insists she’s not guilty, even though she knows she technically is. She considers herself right because her actions could have saved thousands of lives. Morally that may be correct. Legally, not so much.

Certainly, it sets a dangerous precedent for someone with access to top secret government information to independently decide that it’s in the best interest of the people for that information to be made public.

In the end, one wonders if it was truly all worth it for Gun. She failed to prevent the war in Iraq, nearly got her husband deported, and endured a year of anxiety with no positive results to show for it. The real Gun appears in the credits, and says she would do it again. Would she still be this virtuous about breaking her professional vow and leaking top secret documents if she were in prison? It’s one of the many questions “Official Secrets” poses, which makes it an intelligent, thought-provoking drama to see with friends and discuss over dinner afterward.

Did you KNOW

Daniel Ellsberg, who exposed truths about the Vietnam War when he leaked the Pentagon Papers in 1971, publicly urged the British government to drop the case against Gun in late 2003.
How to buy wine

Jerry Greenfield

Since we’re confronted with massive wine selections at supermarkets, big box stores and neighborhood wine shops, it’s often a bit tricky for novice wine lovers to find reasonably priced bottles that will be to their taste.

Not long ago the advent of enormous assortments of wine at big box stores just about drove smaller wine merchants to extinction. That trend, thankfully, has just about reversed, but the staff is specifically there to help you find what you’re looking for.”

A wine shop can be a daunting experience if you’re new to the appreciation. There are tons of varietals and regions, so many ways the store can arrange the selection… and the fear of saying something dumb to a snooty salesperson. But that’s starting to change. In fact, just a simple understanding of the way a wine store displays its inventory can go a long way toward helping you shop (and buy and enjoy) with more confidence.

Two types of wine shops: those with a license that allows sampling and those with a license that produces Sauvignon Blanc, browsing the French wine section might bring that to your attention. Some shops are laid out according to geographic organization, with other reds to enhance body and structure. As a single varietal it offers fresh aromas of citrus and grapefruit followed by flavors of apple, apricot and yellow fruit make for a lively combination. WW 85.

Some shops are laid out according to the wine’s body, or flavors and aromas: sweet wines in one area, full-bodied reds in another. That’s OK if you already know something about the characteristics of various wines. Hope this helps. Please visit your local wine shop, or the wine department in your natural foods market. Now, here are our latest discoveries.

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VINO

Ryder Estate Sauvignon Blanc 2016 Central Coast CA (SST) California’s Central Coast climate offers a combination of cool mornings and warm afternoons perfect for this particular varietal. Fresh aromas of citrus and grapefruit followed by flavors of apple, apricot and yellow fruit make for a lively combination. WW 85.

Monfre Fumé Blanc Napa 2017 (SST) Robert Mondavi put California Sauvignon Blanc on the map by calling it something else. Today, this French-style blend of 85% Sauvignon Blanc and 15% Semilion is barrel fermented to enhance the flavors of Meyer lemon, peaches and tangerine. A bargain. WW 89.

Castoro Cellars Tannat Blind Faith Vineyard Paso Robles 2016 (SST) The Tannat grape is, as its name suggests, typically tannic, and often blended with other reds to enhance body and structure. As a single varietal it offers intense, concentrated, well-balanced flavors of blackberry and black cherry with a persistent finish. WW 90.

Ask the Wine Whisperer
Q: Is there really that much difference between a wine that costs $25 and one that costs $250?
— Eileen W., Fort Myers

A: Not really, as long as you like what you’re drinking. Wine prices are affected by the maker, the type of grape, how long it’s aged, how many bottles are produced, and by marketing.

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SOCIETY

Celebrity STARtender event benefiting Naples Children & Education Foundation at Dorona

Guest “Star” bartenders for the evening, Maria Jimenez-Lara, CEO of the NCEF, and Bob Edwards of Edwards Asset Management. Naples Children & Education Foundation - Naples Winter Wine Festival benefitted from 50% of the bar sales and all of the “Star”tender cash tips during the two-hour event.

Florida Weekly welcomes submissions for the Society pages from charity galas and fundraising events, club meetings and other to-dos around town. We need 300-dpi photographs of groups of two or more people, facing the camera and identified by first and last names. Questions? Email editor Eric Strachan at eric.strachan@floridaweekly.com.

VICKI BAKER PHOTOGRAPHY

1. Diane Pineiro and Juan Pineiro
2. Maria Jimenez-Lara and Bob Edwards
3. Karen Garrett, Ray Marasco and Savannah Perry
4. Isis LaRose, Beatriz Curiel and Jessica Perez
5. Teresa Slots and Brad Heiges
6. Miriam Periera, Angela Merken, Paula DiGorgi
7. Shannon Morgan
8. Denise Cobb and Brian Cobb
9. Maria Bustamante and Noemi Perez

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**CUISINE NEWS**

Good news! Naples Originals’ Foodie Camp 2019 kicks off Monday, Oct. 21, with chef-led cooking classes at member restaurants and continues until Wednesday, Oct. 30. With more classes and new teachers, this year is sure to sell out, so be sure to secure your spot at one or several courses before they’re all gone.

“We have many repeat campers who’ve shared that the real treat for them every year is getting up-close and personal with the celebrity chefs and restaurateurs driving Naples’ hot culinary scene. Gleaning secrets to their signature dishes—all while benefitting local charities—is the icing on the cake,” said Beth Preddy, spokesperson for Naples Originals.

This year’s benefitting organizations are Florida Gulf Coast University and St. Matthew’s House. If you’re looking to sharpen your kitchen skills while contributing to the community, check out the below schedule to see which classes pique your interest:

**Monday, Oct. 21**
Alexander Bernard at Alexander’s, 11:30 a.m.; Jesse Housman at Bistro 821, 1:30 p.m.

**Tuesday, Oct. 22**
Brian Roland at Crave Culinaire, 11:30 a.m.

**Wednesday, Oct. 23**
Abel Gonzalez at Bayside Seafood Grill & Bar, 1:30 p.m.

**Thursday, Oct. 24**
Perez at Lamorga, 11:30 p.m.

**Friday, Oct. 25**
Lina Boet at Chez Boet, 11:30 a.m.

**Saturday, Oct. 26**
Monika Czechowska at FUSE Global Cuisine, 11:30 a.m.

**Monday, Oct. 28**
Adam Nardis at M Waterfront Grille, 11:30 a.m.

**Tuesday, Oct. 29**
Keith Casey at KC American Bistro, 11:30 p.m.

**Wednesday, Oct. 30**
Jason Goddard at Barbatella, 11:30 a.m.

Each class is about 90 minutes and includes a demonstration, tasting of two or three courses, a glass of wine, a takeaway folder, entry in a raffle, an apron and a $50 gift certificate that can be redeemed at a Naples Original restaurant. Classes are $60 and tickets can be purchased by calling 239-404-5014 or www.foodiecampnaples.com.

**Take Note:**
Sails Restaurant hosts a Bahamian-themed, four-course Wagy u and champagne dinner that starts with a cocktail reception at 6 p.m. Thursday, Sept. 19. $500 minimum suggested donation per guest that will benefit the Community Foundation of Collier County Hurricane Dorian Relief Fund. All proceeds will be donated to the organization.

Limited seating, reservations required. 239-360-2000 or www.foodiecampnaples.org. For philanthropically minded diners, 21 Spices, La Moraga, Zaza Kitchen Zen Asian BBQ have set aside Saturday, Sept. 21, as a day where they will donate proceeds from the day’s sales to Harry Chapin Food Bank. Guests can simply dine at any of these restaurants in order to benefit the organization.

**The Wine Store** hosts a tasting of six French wines from lesser-known regions with expert Timur Koulev from 4-6 p.m. Saturday, Sept. 21, 1200 Central Ave. 239-234-6625 or www.thewinestorenaples.com.

**Dorona** hosts a cooking demonstration with Chef Fabio Bermudez at 2:15 p.m. Saturday, Sept. 28. Guests will learn to prepare a salad, beef Wellington and a caramel and vanilla profiterole sandwich. $52. 2110 Tamiami Trail N. 239-529-2889 or www.doronanaples.com.

**Dorona** continues its Celebrity Star-tender series with four local luminaries (Kayleigh Boiling Groover of Naples illustrated, Claudine Leger-Wetzel of Stock Development, Erin Oterbeck of Thomas Riley Artisans Guild and Jackie Scialdo Nelson of Clive Daniel Home) serving bar from 5:30-7:30 p.m. Wednes-day, Sept. 25. Fifty percent of bar sales and 100 percent of all cash tips will benefit PACE Center for Girls, Collier County. Reservations requested. 2110 Tamiami Trail N. 239-529-2889 or www.doronanaples.com.

**Dorona** hosts a wine dinner featuring a tasting of six French wines from lesser-known regions with basil and vanilla ice cream. $95. 1186 Third St. S. 239-434-7258 or www.seasaltnaples.com.

**Sea Salt** hosts a cooking class with Chef Josh Zeman on noon on Saturday, Sept. 28. Guests will learn to prepare manchego and white cheddar pierogi and chicken roulade. $65, includes a glass of prosecco and lunch. 1886 Third St. S. 239-434-7258 or www.seasaltnaples.com.

Want to work on your skills in the kitchen? Here are some cooking classes on the front burner: Sur La Table, 951 Strada Place, Mercato; 239-398-1463 or www.surlatable.com – Risotto Classic Autumn Flavors: Thursday, Sept. 19 ($47); Tour of Tuscany: Thursday, Sept. 19 ($69); America’s Test Kitchen Steak Dinner for a Crowd: Friday, Sept. 20 ($69); Tuscan Harvest Feast: Friday, Sept. 20 ($69); Date Night New York Steakhouse: Friday, Sept. 20 ($69); French Baking Cuisinants: Saturday, Sept. 21 ($59); Cast Iron Comfort Foods: Saturday, Sept. 21 ($69); Family Fun Pizza Night: Saturday, Sept. 21 ($49); Date Night Sushi for Two: Saturday, Sept. 21 ($69); Autumn Comfort Foods: Sunday, Sept. 22 ($69); Coastal Italian Flavors: Sunday, Sept. 22 ($69); Date Night A Taste of Spain: Sunday, Sept. 22 ($69); Basque Country Cooking: Monday, Sept. 23 ($59); Italian Steakhouse: Monday, Sept. 23 ($69); Knife Skills: Tuesday, Sept. 24 ($49); Italian Feast: Wednesday, Sept. 25 ($69); Tour of Tus-cany: Wednesday, Sept. 25 ($69); Tuscan Harvest Feast: Wednesday, Sept. 25 ($69).
One of the early pioneers of ethnic cuisine in Naples, Chef Michael Mir of Bha! Bha! Persian Bistro might be the man to thank for paving the way toward our now diverse dining options. In 1997, it was Chef Mir who took the leap into a Persian deli called The Bistro in 1997. It was a style of cooking that emphasized the use of fresh ingredients, unusual combinations of foods, light sauces and the artful presentation of food. I pushed the envelope to create beautiful plates.

What inspired you to become a chef?
I was heavily influenced by the memories of my mother's elaborate dinner parties in the mid-1960s when we lived in a small town in Iran. I always wanted my own business. I have a bachelor's degree in architecture and just when I was finishing my degree, I was working at a fabulous restaurant. I envisioned owning my own restaurant and becoming my own chef. So, I chose to open my first gourmet deli rather than go into architecture in 1986.

After leaving the Marriott Corp. in the 1980s, your first independent venture was a Persian deli called The Orchard Market & Café. What is it about this cuisine that inspired you to pursue it in the first place? Why have you stuck with it?
I chose Persian cuisine because of my mother and her lavish dinner parties. Dinner was always a family gathering of at least 4-5 people and she made a good meal out of basically nothing. One of the nicest things she made was a cucumber yogurt soup embellished with chamomile grapes and fresh herbs.

It's the Iran/Iraq border lines, but when you go to Turkey, you see it includes Israel, Syria, Palestine and part of Turkey, but just at the edge of Iran/Turkey, the coloring stops. That’s where Persian cuisine takes over. It’s a delicate border with no abrupt lines, but when you go to Turkey, you arrive and it’s familiar, but it’s not Persian food anymore. It’s the Iran/Iraq border all the way to Afghanistan.

Chef Q&A with Bha! Bha! Persian Bistro Chef Michael Mir

What is your culinary background?
A certain state law and geographic change. I was serving fantastic dishes but I couldn't serve a bottle of wine in Mary-land. It's very difficult to obtain license to serve wine and beer in Maryland, not so in Florida! I got my license within 48 hours.

What was the local ethnic dining scene when you opened Bha! Bistro in 1997?
Ethnic dining was really sparse. A couple of Asian restaurants (Chinese) and Café Margaux (French). Annabelle's on Fifth Avenue South. That's it.

What brought you to Naples?
I keep relevant by watching what people are eating differently. They are almost cautious, merely because they may have had a Lebanese, Greek or Italian dish, but the minute they cross a geographical border, these names and same ingredients become something else in Farsi.

The key Persian influence is aroma. The use of saffron, rose water, cardamom and my youth. It’s a dish I learned from my grandmother’s cookbooks. Her first book, “The ABC of Persian Cooking,” is an amazing resource (books, blogs, etc.)? How do you keep your dishes relevant?

The misconception that if you're providing ethnic cuisine the food must be spicy. It’s a very delicate, thin line to get people out of their shell and educate them on Persian cuisine. And today, people are eating differently. They are choosing fresh Florida fish with tiny, tiny splashes of salt and pepper and fresh herbs like mint and basil with pieces of tiny tomatoes. No butter.

What has been one of your favorite culinary experiences?
I fell in love with the “Food of Life” offered by chef Najmieh Batmanglij. She’s the Julia Child of Persian cooking. I worked with her and we cooked together at the Culinary Institute of America in Napa Valley. I’m also influenced by chefs Julia Child, Jacques Pepin and Emeril Lagasse.

What do you find challenging?
A certain state law and geographic change. I was serving fantastic dishes but I couldn't serve a bottle of wine in Maryland. It's very difficult to obtain license to serve wine and beer in Maryland, not so in Florida! I got my license within 48 hours.

What is your favorite culinary influence?
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It's the Iran/Iraq border lines, but when you go to Turkey, you see it includes Israel, Syria, Palestine and part of Turkey, but just at the edge of Iran/Turkey, the coloring stops. That’s where Persian cuisine takes over. It’s a delicate border with no abrupt lines, but when you go to Turkey, you arrive and it’s familiar, but it’s not Persian food anymore. It’s the Iran/Iraq border all the way to Afghanistan.

Chef Q&A with Bha! Bha! Persian Bistro Chef Michael Mir

What is your culinary background?
A certain state law and geographic change. I was serving fantastic dishes but I couldn't serve a bottle of wine in Maryland. It's very difficult to obtain license to serve wine and beer in Maryland, not so in Florida! I got my license within 48 hours.

What was the local ethnic dining scene when you opened Bha! Bistro in 1997?
Ethnic dining was really sparse. A couple of Asian restaurants (Chinese) and Café Margaux (French). Annabelle's on Fifth Avenue South. That's it.

What brought you to Naples?
I keep relevant by watching what people are eating differently. They are almost cautious, merely because they may have had a Lebanese, Greek or Italian dish, but the minute they cross a geographical border, these names and same ingredients become something else in Farsi.

The key Persian influence is aroma. The use of saffron, rose water, cardamom and my youth. It’s a dish I learned from my grandmother’s cookbooks. Her first book, “The ABC of Persian Cooking,” is an amazing resource (books, blogs, etc.)? How do you keep your dishes relevant?

The misconception that if you're providing ethnic cuisine the food must be spicy. It’s a very delicate, thin line to get people out of their shell and educate them on Persian cuisine. And today, people are eating differently. They are choosing fresh Florida fish with tiny, tiny splashes of salt and pepper and fresh herbs like mint and basil with pieces of tiny tomatoes. No butter.

What has been one of your favorite culinary experiences?
A certain state law and geographic change. I was serving fantastic dishes but I couldn't serve a bottle of wine in Maryland. It's very difficult to obtain license to serve wine and beer in Maryland, not so in Florida! I got my license within 48 hours.

What do you find challenging?
A certain state law and geographic change. I was serving fantastic dishes but I couldn't serve a bottle of wine in Maryland. It's very difficult to obtain license to serve wine and beer in Maryland, not so in Florida! I got my license within 48 hours.
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