

Southwest Florida Symphony Hosts Summer Movie Screenings At Bell Tower

Tickets On Sale Now

The Southwest Florida Symphony, the only professional orchestra in Lee County and fourth oldest orchestra in the state, has announced tickets are on sale for “Cinema with the Symphony,” its summer series of music-themed movie screenings. Featuring an array of award-winning musical dramas, the series showings will take place at the symphony’s Artistic and Operations Center at Bell Tower in Fort Myers. All film screenings will begin at 6:30 p.m. and include an intermission. Each event will feature a pre-screening guest speaker at 6 p.m., as well as a meetup group opportunity to socialize before or after the show.



Tickets are \$20. Popcorn, wine, soft drinks and movie-style snacks will be available for a suggested donation. Proceeds from these fundraising events will be used to support the symphony’s programming and educational initiatives. At all showings, attendees will receive a discount code that can be used toward the purchase of concert tickets during the symphony’s 2023/24 season.

To reserve tickets, visit swflso.org or call (239) 418-1500.

Featured films include:

Aug. 11: *Green Book* – Academy Award nominee Viggo Mortensen and Academy Award winner Mahershala Ali star in *Green Book*, a film inspired by a true friendship that transcended race, class, and the 1962 Mason-Dixon line. When Tony Lip (Mortensen), a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley



(Ali), a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on the *Green Book* to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger, as well as unexpected humanity and humor – they are forced to set aside differences to survive and thrive on the journey of a lifetime. Pre-screening presentation will be provided by Orin Laursen, the Southwest Florida Symphony’s concertmaster.

Sept. 22: *Quartet* – Maggie Smith shines as a once-famous diva who creates quite a stir when she arrives at a home for retired opera singers, one of whom is her ex-husband. The star-studded cast includes Tom Courtenay, Billy Connolly, Pauline Collins and Michael Gambon. The British comedy-drama film is based on the play by Ronald Harwood and was actor Dustin Hoffman’s directional debut. Pre-screening presentation will be provided by Maestro Radu Paponiu, the Southwest Florida Symphony’s music director, the Naples Philharmonic associate conductor and the Naples Philharmonic Youth Orchestra director.



The Southwest Florida Symphony made its debut as a community orchestra on April 15, 1961, playing in schools and community centers, with a roster of only 24 volunteer musicians. Today, the symphony boasts a roster of 70 world-class musicians, and is Lee County’s only fully professional orchestra. The Southwest Florida Symphony’s Music Director Maestro Radu Paponiu, the sixth music director in the organization’s history, also serves as the associate conductor and youth orchestra director for the Naples Philharmonic in addition to guest-conducting with orchestras throughout the United States and Europe.

Town & River Business Owners

It’s time to show off your business! We are creating a “Welcome Packet” for distribution to all T&R homeowners, plus new neighbors! Please contact Renee Notes at secy@townandriverfl.com to be included and for more information.

Island Hopper Songwriter Fest

Southwest Florida
Sept. 22 To Oct. 1

Fall of 2023 will see Southwest Florida as the venue for the eighth annual Island Hopper Songwriter Fest. Conceptualized after the May songwriter festival held annually in Key West, the Southwest Florida event provides fans the opportunity to interact with the behind the scenes musicians responsible for their favorite music. Past years have seen a nationwide assemblage of over 80 singer-songwriters attending and performing.



This is a 10-day music festival that takes place on Captiva Island, downtown Fort Myers and Fort Myers Beach. Thanks to the event sponsors, most performances are free of charge, although there are a few ticketed performances.

Download the **free app** for iOS and Android from your phone. The app will provide festival schedules (which you can personalize), maps, alerts, festival discounts and more.

The Island Hopper Songwriter Fest is presented by BMI, Fort Myers – Islands, Beaches & Neighborhoods, and iHeart Radio. (Reference: <https://www.island-hopperfest.visitfortmyers.com/>)

Hope Healthcare Announces Shine, A Benefit For Hope Kids Care

Tickets, Sponsorship Opportunities Now Available For Oct. 13 Event

Hope Healthcare’s signature benefit, Shine, returns Friday, Oct. 13 at 6 p.m. at the historic Edison & Ford Winter Estates in Fort Myers.



An elegant evening to support essential programs for Hope Kids Care, the 2023 Shine event will feature



riverside cocktails, dinner and an auction. Hope Kids Care, a program of Hope Healthcare, provides comforting care and counseling for local families in need. Help is available for children of all ages and includes medical care, art and music therapy, social services, respite for parents and caregivers, volunteer support and bereavement counseling for the entire family.

The event is hosted by Shine event committee members Rebekah Barney, Lizbeth Benacquisto, Rachel Busch, Lillian Canfield, Susan Frantz, Zannon Garza, Laurie Moore, Jenna Persons-Mulicka, Amy Thibaut and Vanessa Tyler.

Hope Healthcare Announces Shine on page 2

**The Board does not meet in August.
Please contact your area director/board member.
Have a great summer!
Our next meeting is September 14th.**

**Check out our new website
www.townandriverfl.com.**

Town & River Civic Association Inc.
Balance Sheet
As of June 30, 2023

	<u>Jun 30, 23</u>	
ASSETS		
Current Assets		
Checking/Savings		
First Citizens Bank 2580		18,303.58
First Citizens Bank - MMS		76,498.39
PayPal Account		2,323.61
Total Checking/Savings		<u>97,125.58</u>
Accounts Receivable		
Accounts Receivable		2,225.16
Total Accounts Receivable		<u>2,225.16</u>
Other Current Assets		
Prepaid, Lake Expense		2,593.15
Prepaid Insurance		4,737.40
Prepaid, Other Expense		500.00
Total Other Current Assets		<u>7,830.55</u>
Total Current Assets		<u>107,181.29</u>
TOTAL ASSETS		<u>107,181.29</u>
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities		
Other Current Liabilities		
Annual Dues, Advanced		240.00
Total Other Current Liabilities		<u>240.00</u>
Total Current Liabilities		<u>240.00</u>
Total Liabilities		<u>240.00</u>
Equity		
Prior Year Fund Balance		97,337.99
Net Income		9,603.30
Total Equity		<u>106,941.29</u>
TOTAL LIABILITIES & EQUITY		<u>107,181.29</u>

From The Desk Of Sheriff Carmine Marceno

The Realities Of Distracted Driving

It's difficult to believe that there was a time that we couldn't communicate instantly, obtain immediate information, text and call from our vehicles.



We have all, to varying degrees, become dependent upon our smart devices and cell phones. Much like other addictions, we compulsively reach for our cell phones and struggle when we are unable to do so.

While many believe that they have become somewhat "proficient" at using their phones while driving, this practice has become one of society's prevailing perils.

When we consider risky and unhealthy behaviors we, as humans, have a tendency to believe that the consequences only happen to others ... until it happens to us or to a loved one.

An incident in Arizona that occurred in January reminds us of the potential catastrophes that can occur when we take our eyes off of the roadway. A collision on Interstate 10 resulted in the death of five individuals. The report, identifying the cause, was just released.

A driver of a semi-truck stated that he received a message shortly after 6 a.m. as he proceeded eastbound on the highway. As he momentarily turned his attention

away from the interstate to look at his phone, he quickly realized that he was unable to stop his vehicle without striking passenger vehicles in front of his truck. His truck crushed two passenger vehicles causing them to burst into flames.

The Department of Public Safety report concluded, following a forensic examination of his cell phone, that the driver of the truck was "actively using the TikTok application on his cell phone at the time of the collision."

In addition to killing five innocent people, the driver has been charged with 10 felony charges including five counts of manslaughter.

In retrospect, we would all agree that the decision to view TikTok videos while driving was horrific. However, many will shrug off this tragedy and continue to utilize their cellular devices while driving.

While Florida Statute 316.305 allows law enforcement officers to stop motor vehicles using wireless communication devices and issue citations for drivers who are "manually typing or entering multiple letters, numbers, symbols, or other characters into a wireless communications device or while sending or reading data on such a device for the purpose of nonvoice interpersonal communication, including, but not limited to, communication methods known as texting, emailing, and instant messaging," this means little following a catastrophic incident.

So, what will it take to convince you to put down your phone and drive?

Continental Women's Club

The Continental Women's Club will hold its monthly luncheon meeting on Thursday, Sept. 7 at 11:30 a.m. at The Hideaway Country Club.

Our September program will feature Cecilia St. Arnold, executive director, Blessings in a Backpack SWFL. The Blessings in a Backpack program steps up by feeding children on the weekend. Students return every Monday morning with an empty backpack, a full stomach, and an eager mind. Join us to hear more about this wonderful program.

Continental Women's Club is a social, cultural, and philanthropic organization established in 1975, and membership is open to women living in Lee County. Meetings are held on the first Thursday of each month at 11:30 a.m. at The Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers 33907. The cost to attend the luncheon is \$25. Reservation deadline for September is Tuesday, Aug. 29. Please call Liz Paul at (239) 691-7561 for additional information or to make a reservation.

Hope Healthcare Announces Shine from page 1

Sponsors of the 2023 event include Busey Bank, DeAngelis Diamond, Edison National Bank/Bank of the Islands, John E. and Aliese Price Foundation, Lee County Sheriff's Office, LSI Companies, Priority Marketing, Sanibel Captiva Community Bank and TWC Services. Additional

sponsorship opportunities are available and range from \$3,000 to \$25,000, all of which offer a variety of benefits including recognition, VIP or reserved seating, inclusion in promotional materials and more. All sponsorship commitments must be completed by Aug. 1 for maximum benefit.

Tickets for 2023 Shine are now available at \$250 per person. To purchase tickets or learn more about the event and sponsorship opportunities, visit ShineForHope.org.

About Hope Healthcare

Hope Healthcare, which includes Hope Hospice and Hope Kids Care programs, is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call (239) 482-4673 or visit www.HopeHCS.org.

Town & River Civic Association Inc.
Profit And Loss
June 2023

	<u>Jun 23</u>	<u>Jan-Jun 23</u>
Ordinary Income/Expense		
Income		
Income		
Income - Mandatory	0.00	10,680.00
Income - Voluntary	120.00	21,840.00
Total Income	<u>120.00</u>	<u>32,520.00</u>
Estoppel Preparation Income	250.00	3,500.00
Interest Income	9.43	56.88
Total Income	<u>379.43</u>	<u>36,076.88</u>
Expense		
Accounting Fees	315.00	2,000.00
Bank Fees	35.00	210.00
Corp Insurance	526.40	2825.28
Email Service	0.00	486.00
General Repairs & Maintenance		
Canal Dredging	0.00	15,000.00
Total General Repairs & Maintenance	<u>0.00</u>	<u>15,000.00</u>
Legal Expense	145.00	488.00
Mailing	0.00	749.23
Meeting Rooms	0.00	275.00
Newspaper Postage	156.43	934.74
Office Expense	0.00	17.94
PayPal Fees	18.72	263.88
Postage & Delivery	0.00	331.20
Printing & Reproduction	0.00	841.07
Secretary Expense	0.00	1,032.50
Storage Expense	119.79	718.74
Website Maintenance	50.00	300.00
Total Expense	<u>1,366.34</u>	<u>26,473.58</u>
Net Ordinary Income	<u>-986.91</u>	<u>9,603.30</u>
Net Income	<u>-986.91</u>	<u>9,603.30</u>

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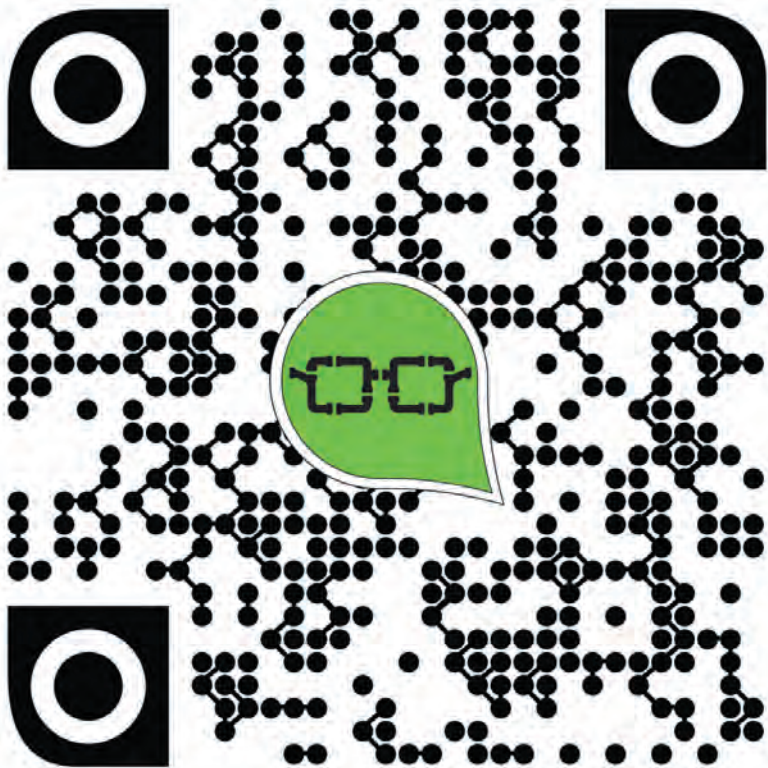
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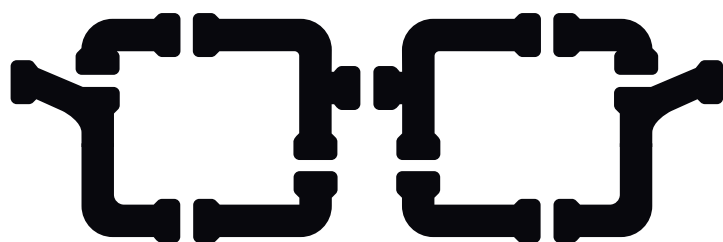
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Catch The Action

August On The Water

By Capt. Bill Russell

On the water around Southwest Florida in August means dealing with steamy hot weather and the possibility of daily thunderstorms. Fishing can be good for the month if you don't mind working around the weather.

Summer days give us flat calm seas over the morning hours, perfect for running offshore. Our coastline is dotted with man-made artificial reefs; many well within sight of land with GPS coordinates available to the public. If you are an inshore angler, it's a nice change of pace to make a short run offshore, especially during the heat of summer when the inshore water temperatures are so high.

Fishing around the reefs, you never know what you might hook into; everything from tasty snapper to huge goliath grouper who call the reefs their home. To get the most out of the day you want an assortment of tackle that can manage the fish you target and any surprise guest. Obviously with snapper you do not need super heavy tackle, the lighter the better for the best action. But, if you want to attempt to pull a big goliath grouper from his home you will need a rig extra heavy, we're talking 200- to 400-pound line. And many times, that's not heavy enough.



In between snapper and goliaths is the possibility of Spanish and king mackerel, cobia, permit, barracuda, snook, grouper, sharks of all sizes, plus many other species. A common method is to anchor up, deploy a chum bag, and fish several different line class rods and baits for a variety of fish.

Inshore sea trout fishing is good through the summer. Look for larger trout over areas of open water where shallow sandbars transition to deeper grass flats from 3 to 6 feet deep with good water movement. Schools of small baitfish concentrate in these areas. Trout, plus Spanish mackerel, bluefish, ladyfish, and sharks are located around the bait. Diving pelicans, terns and gulls often give up the location of schooling bait.

Mangrove snapper fishing is a good choice throughout the inshore and nearshore waters. They gather around structure with good water movement; this could include any of the Gulf passes, docks and jetties, bridges, piers, and natural or man-made reefs. For bait, live shrimp, pilchards, and small pinfish is the ticket, plus small pieces of cut bait. Snapper have excellent vision; a small circle

hook with 3 to 4 feet of 10- to 20-pound fluorocarbon leader will put the odds in your favor. Snapper are hard fighting for their size and are one of the absolute best tasting fish in our waters. If you have visitors over the summer, snapper can make a great target and reward you with a fine dinner.

Good numbers of snook are roaming the surf along the Gulf beaches throughout the summer and are a sight fishermen's dream. Most snook are under 26 inches, but there are much bigger fish mixed in. Pilchards, herring, small pinfish, one-eighth or one-quarter ounce white bucktail jigs, and a variety of small white flies are top baits. Look for the fish right off the edge of the beach in the surf or near any type of submerged structure. Remember snook are catch and release only; quickly return them to the water. Snook, like most fish are most active early and late in the day over the summer months.

Whatever type of fishing or water activity you choose, be smart, drink plenty of water, and watch those thunderstorms.

For charter information, please contact us at Gulf Coast Guide Service and "Catch the Action" with Capt. Bill Russell, call or text (239) 410-8576, website: www.fishpineisland.com, email: gcl2fish@live.com.

Capt. Bill Russell is a native and lifelong resident of Pine Island who has spent his entire life fishing the waters surrounding Pine Island and Southwest Florida. For the past 27 years Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."



Lee County Solid Waste Reminds Residents To Secure Properties For Hurricane Season

The hurricane season calls for proactive measures to safeguard homes and properties.

Lee County Solid Waste encourages residents to follow these simple tips to minimize the risk of damage from high winds and flying debris during storms:

- Trim trees and branches: Cut back any trees or branches that make contact with your house, pool cage, shed or other buildings. This creates a safe distance, preventing potential damage during severe weather.
- Thin foliage: Improve wind flow and reduce the chances of plants becoming uprooted by thinning the foliage in your yard. This step allows wind to freely pass through branches, minimizing the risk of damage to your property and nearby structures.
- Properly dispose of yard waste: Place trimmings at the curb on your regular collection day. Containerize or securely tie bundles of yard waste, ensuring they weigh no more than 50 pounds and do not exceed 6 feet in length. Up to 50 pounds of unbundled palm fronds may be placed at the curb.
- Remove potential projectiles: Prioritize safety by thoroughly cleaning your property and removing any items that could become projectiles in high winds. Place these objects at the curb on your regular waste collection day for proper disposal or storage.

Professional property managers and residential homeowners' association (HOA) presidents can take steps now to protect their community in the event of a hurricane or other declared major disaster in Lee County. FEMA regulations require that private or gated communities have

a current Right of Entry and Indemnification form on file with Lee County before any disaster debris recovery crews are allowed to enter the community.

Lee County has an easy, online process for submitting the necessary paperwork. Forms are available at <https://leegis.leegov.com/ROE> for communities located within unincorporated Lee County. Filling out the form is quick, easy and only has to be done once a year. Lee County Solid Waste encourages all HOAs to take time to complete the form prior to the start of hurricane season.

The Right of Entry would only be used as necessary during the recovery period following a declared state of local emergency.

It is important to note that waste generated by contractors is not eligible for disaster debris collection. Waste and debris generated by contractors and left on public property creates safety hazards for pedestrians, motorists and emergency responders. Any waste left behind by contractors on public property will be considered illegal dumping, and the contractors will be held liable for any associated fines or penalties. All contractors are strongly urged to dispose of their waste in a responsible and lawful manner.

For more information and additional hurricane preparedness tips, please visit www.leegov.com/solidwaste. Further questions can be directed to Lee County Solid Waste at (239) 533-8000.

To receive updates from Lee County Government, sign up for the newsletter at www.leegov.com/resources/newsletters. Follow Lee County Government on Facebook, www.facebook.com/leecountyflbocc.

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Boat Type and Size: _____

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Initiation Fee \$50 / household
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Fort Myers, FL 33919

Make checks payable to: Cecilia Bourdon

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Please contact the Director responsible for your street regarding any issues related to Town & River.

NEW OWNER CONTACT INFORMATION REQUEST

Town & River Civic Association Inc.
 P.O. Box 07073
 Fort Myers, FL 33919

For improved communications,

Please update your contact information and go on-line to add to T&R Directory

Name(s): _____

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Mailing or other address, including zip: _____

Attention members in good standing, who have submitted their contact information, and have agreed to have their contact information published in the online directory, please go to our Town & River website @ www.townandriverfl.com and "sign up for members only directory".

Otherwise, the information submitted is for board use only.

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What's Blooming At Edison And Ford Winter Estates?

By Karen M. Maxwell, Horticultural Specialist

When the temperature heats up, nature opens her jewel box in Southwest Florida. Among the extraordinary collection of flowering shrubs, orchids and perennials, the flowering trees are the showstoppers. Watch out for the royal poinciana (*Delonix regia*), jacaranda (*Jacaranda mimosifolia*), golden shower (*Cassia Fistula*), and yellow poinciana (*Peltophorum pterocarpum*) during a summer visit to the Edison and Ford Winter Estates.

The royal poinciana or flame tree is perhaps the most celebrated of this elite collection and it has a special place in Florida's art history. The oldest festival in Miami is the Poinciana Fiesta in proximity to where the oldest royal poinciana, located at the Kampong in Coral Gables, was planted by Mrs. David Fairchild in 1917. The royal poinciana was first documented at the Estates in the 1880s, but it is unclear where the tree came from. Since then, there have been several at the Estates, including in the parking lot, along the river, on the Ford property, and in Edison's research gardens. Several were destroyed or badly damaged last September.



Peltophorum or yellow copperpod tree



Delonix regia heavy branching



Golden shower tree



Jacaranda



Delonix regia on the riverside



Delonix regia flower petal

These trees are native to Madagascar, but do well in growing Zones 10a and 10b, which is the northern range for this species. They are easily grown from seed extracted from the long, hard brown seed pods, but young plants cannot tolerate temperatures below 50 degrees. Once mature, these drought-tolerant beauties can withstand short temperature dips; however, most of the royal poincianas in Lee County are deciduous due to cooler temperatures during the winter months. In warmer tropical areas, where temperatures rarely drop below 60 degrees, they are evergreen.

Like giant, red umbrellas, one cannot miss a royal poinciana in bloom. Generally red, their color ranges from a true yellow through orange to fire red (Arbol de fuego in Spanish speaking countries). The brilliance of the flowers is complemented by a backdrop of complex bi-pinnate leaflets of bright green which fold up at dusk. The yellow "poinciana" is not a *Delonix regia*, but rather a *Peltophorum pterocarpum*, so it is often called a copperpod to avoid confusion.

The royal poincianas of all colors are distinguished by their unique five-petal flowers, with one petal always significantly larger than the remaining four; it is theorized that this is nature's design to attract butterfly pollinators. The claw-like shape of the petal gives rise to its botanical name *Delonix regia* after the Greek "delos" meaning visible and "onyx" meaning claw and the Latin "regia" meaning royal or magnificent. This larger petal is called a standard or a banner. Like all plants in the Legume family, the royal poinciana is useful in soil restoration due to its capacity to convert airborne nitrogen (such as from lightning) to a soil-sourced nitrogen for growth.

The easily distinguished shape of the royal poinciana makes it an excellent candidate for bonsai enthusiasts – the short but large main trunk quickly articulates into heaving branching, creating a tree wider than it is tall. This structure accounts for its vulnerability during heavy wind events and the reaching, extensive, sometimes buttress-like roots can wreak havoc with sidewalks and driveways.

When I picture a royal poinciana, I cannot help but imagine some of the landscape artworks created by the Florida Highwaymen – a group of itinerant African American artists based out of the Indian River area and so named in the 1990s by a Florida museum curator, Jim Fitch. Their artwork was primarily of native Florida landscapes that featured cabbage palms and cypress domes, often with sunsets along the river to provide a dramatic focal point in an otherwise heavy canopy of plantings. Reading the history of the Highwaymen is encouraged as I will just be scratching the surface of their legacy here to relate their story to the royal poinciana.

During the 1950s through to the 1980s, it is believed that about 200,000 pieces were sold; the original and so-called most valuable pieces were created on Upson (a roofing product) or Masonite and only those are considered by experts as works of the original highwaymen genre.

Among the most easily recognized Florida Highwaymen pieces of art, are those that include a royal poinciana and the most desired images were created by one of the original six artists – and she was the only woman in the group of 26 inducted into the Florida Hall of Fame in 2004.

Because she was not allowed into white art galleries, this mother of seven, an accomplished painter and musician, joined with the other five and took to the road to sell their art door-to-door, thereby providing an income above that of sharecroppers. Mary Ann Carroll passed away on Dec. 4, 2019 and her work is now among the most highly sought after of the Florida Highwaymen. For more information, read the series of books written by Gary Munroe, including *Mary Ann Carroll, First Lady of the Highwaymen*.



Mary Ann Carroll framed artwork

Photos courtesy of K.M. Maxwell



Use Of The FDIC Logo

Nationwide, law enforcement agencies are receiving reports and complaints regarding fraudulent financial/banking "opportunities."

In 1933, Congress created the Federal Deposit Insurance Corporation (FDIC) for purposes of securing public confidence in our country's financial system. The FDIC scrutinizes financial institutions and insures deposits within those approved banking organizations.

Since the founding of the FDIC, not a single depositor has lost any insured funds due to bank failure. This guarantee is the backbone of American banking.

The FDIC logo was intended to notify depositors that their deposits were safe and secure. Regrettably, logos such as the FDIC logo are used illegally and fraudulently to scam consumers.

Reports of illegal activity depict numerous examples of banking and savings options advertised on social media and through email messaging. They appear similar in that the Federal Deposit Insurance Corporation logo is affixed to these advertisements indicating that deposits are insured by the federal government.

Consumers must be diligent when receiving any solicitations as scammers easily copy and paste logos from government entities and credible corporations. By investing a few moments of your time prior to investing your hard-earned money, you can be spared from significant financial loss.

To ensure that a savings corporation is indeed FDIC-insured, the government has set up a website that makes verification quick and easy. Please visit <https://banks.data.fdic.gov/bankfind-suite/bankfind> to verify FDIC backing.

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BROADWAYPALM PRESENTS
July 7 - August 12
 This Disney classic comes to life on the Broadway Palm stage! Take a dive into a magical kingdom where the beautiful mermaid, Ariel, longs to leave her ocean home to live in the world above. When Ariel falls in love with the human Prince Eric, she makes a bargain with the evil sea witch, but the bargain isn't what it seems. You'll see all your favorite characters and hear the irresistible songs including *Under The Sea*, *Kiss The Girl*, *Part Of Your World* and more!

August 18 - September 16
 This clever adaptation of the Agatha Christie classic boasts glamour, intrigue, suspense and humor. The luxurious Orient Express is surprisingly full for the time of the year, but by morning the train is one passenger fewer. An American tycoon lies stabbed to death, his door locked from the inside. Isolated and with a killer among them, the passengers rely on detective Hercule Poirot to find the murderer before he or she strikes again.

Dates may be subject to change.

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Sidney & Berne Davis Art Center

Art Exhibition

Each month SBDAC features new art exhibitions from local to world-renowned artists.

Exhibits open 6 to 10 p.m. during Art Walk, the first Friday of every month. Gallery hours are Monday through Friday, 10 a.m. to 4 p.m. Please call ahead for gallery hours. \$1 donation entry fee.

A New Beginning
Opens: Aug. 4, 6 p.m.
Closes: Aug. 24, 5 p.m. – Grand Atrium, donations encouraged.

Brian Weaver has traveled through many roads collecting many different memories and stories. These are some of the snapshots of those travels, the heartbreaks, triumphs, and other love stories of the life of Brian.



Starting with glow-in-the-dark face and body painting, followed by a guided ecstatic dance session to liberate the body and free your soul through immersive sound beats and conscious movement, guided by yoga instructor Lorena Ribero, and finishing with a sound bath healing session with singing bowls and gongs led by Come to Life Yoga facilitators.

Come be yourself, allow your creativity to flow and your senses to be awakened on a night of Luminance magical energy in a lit up immersive projection experience with visuals by Israel Alpizar (Aye Eye Creative).

Singer/Songwriter Competition
Friday, Aug. 18 – 6:30 p.m. cocktails; 7:30 p.m. concert
\$10 general admission (first-come, first-served seating), \$15 week of concert

Experience an evening of original music from local and national competitors. See performers play for a chance to win amazing prizes including the grand prize, who will receive recording time at Six Fingers Studios and a spot at the Island Hopper Songwriter Festival! The competition focuses on original musicians in the singer songwriter genre. Each year, the Sidney & Berne Davis Art Center offers singers/songwriters the opportunity to perform an original song live, and win great prizes!



Competitors submit a video of themselves performing an original song. Then, selected artists are invited to perform live in front of a judge's panel and a live audience. The deadline to enter the competition is Aug. 9. Judges will determine the grand prize winner, while the audience has a chance to vote for the people's choice winner.

Join the Sidney & Berne Davis Art Center for the Sounds of Summer series, and support local, original music! Tickets to each concert are just \$10 if you get them early and \$15 the week of each performance.

Join us for the final performance of the summer series, and support local, original music!

Rooftop Fun

The rooftop bar, open from 6 p.m. to 12 a.m. Wednesday and Friday nights atop Sidney's, is fun for everyone with a panoramic 360-degree view of the city and the sunset over the Caloosahatchee River! The Sidney & Berne Davis Art Center invites the public to come learn, sip, create, celebrate, listen to music and dance the night away! Sidney's sculpture garden and reception area are now open to the public on Wednesday and Friday nights from 6 p.m. till midnight.

Note: Some nights will carry a nominal cover charge. Enjoy painting, dance, yoga or live music on the rooftop. All ages welcome.

- Friday, Aug. 4 – Friday nights at Sidney's present: Chris Bepko
- Wednesday, Aug. 9, 8 to 11 p.m. – Own The Platform. Ticketed event, \$10 early bird, \$15 general admission.
- Thursday, Aug. 10 – Latin night with DJ JC. \$10 general admission, 21-plus only.
- Friday, Aug. 11 – Friday nights at Sidney's present: DJ Selecta AJ
- Wednesday, Aug. 16 – Wine and Paint, 6:30 to 8:30 p.m. Tickets \$45. Karaoke directly following. (Karaoke free to the public)
- Wednesday, Aug. 16 and 23 – Karaoke, 8:30 to 11 p.m.
- Friday, Aug. 18 – Friday nights at Sidney's present: DJ Dream Jay
- Friday, Aug. 25 – Friday nights at Sidney's present: Briz and Lady
- Wednesday, Aug. 30 – Wine and Charcuterie. Tickets, \$45.

In months where there is a fifth Wednesday, gather and graze with some friends while designing and assembling a charcuterie board paired with two free glasses of wine and light live music or a DJ. Led by The Grazed Table owner Rachel Braun, all ingredients are included to enjoy there or to carry home to share. Wine tasting and charcuterie tickets are \$45 each, the rooftop will be open 6 to 11 p.m. with charcuterie making class from 6:30 to 7:30 p.m. followed by live music or DJ until 11 p.m.

Please visit our website www.sbdac.com for more information.

Sidney & Berne Davis Art Center (SBDAC), 2301 First St., Fort Myers, FL 33901, (239) 333-1933, www.sbdac.com.



Entertainment

Luminance

Saturday, Aug. 5, 6 to 9 p.m. – First Floor, Grand Atrium
\$35 at the door, \$30 in advance, two for \$50

Join us for a night of dancing, art, and healing sound immersion with projection mapping and lighting at the historical Sidney & Berne Art center in Downtown Fort Myers.

One Size Doesn't Fit All

There are three main reasons why a "one size fits all" strategy does not work for solving chronic health problems. The first reason is that two people could be experiencing the same exact symptoms for completely different reasons. For example, numbness, tingling or burning of the feet can be caused by nerve damage in the lumbar spine at the L5 vertebrae. However, it can also be caused by Type 2 diabetes or anemia. All three disorders can cause the exact same symptom for totally different reasons.

To make the tangled web of dysfunction even more complicated, many of my patients have more than one root cause of their symptoms. The bottom line is that a person's health issues must be treated uniquely.

The second reason why a "one size fits all" approach doesn't work is because a doctor with preconceived notions tends to miss important clues that reveal what's really going on beneath the surface. For someone with chronic health problems, there are multiple mechanisms that can go awry and cause dysfunction, yet show up as the same kind of symptom. These mechanisms include elements like blood sugar, anemia, or destruction of the neurological pathways.

If the root cause is never addressed, the correct mechanism that needs restoration and healing will never be found. Each person is a custom case. As a functional neuro-metabolic doctor, it's my job to be smart enough to look below the surface and examine the 90% that's beneath the surface.

The third reason why a "one size fits all approach" does not work for solving chronic health problems is because it tends to produce doctors that are symptom-reduction oriented rather than results oriented. As a functional neuro-medicine doctor, I want my patients to actually get better. Every time I walk into a room with a patient, I check my ego at the door because I want to solve their problems, not mask them. I am result oriented, and I am solution oriented. I'm committed to getting results for my patients, and I will exhaust all of my resources to do it. I treat each patient like a custom, one-of-a-kind 10,000 piece puzzle. When I accept a patient for care, we sit down together and start working on that puzzle until we uncover the root cause(s) and form a plan to heal them. To truly heal, we need to target and solve the core problem. We must untangle the neuro-metabolic web of dysfunction and start a journey to regeneration and wellness.

With the first three chapters as our foundation, let's go deeper by defining and then explaining the Seven Keys to healing your chronic health problems.

Dr. Robert Davis, DC is the Best Selling Author of *Breaking the Cycle, How to take control of your health when traditional medicine has failed*, An Amazon #1 New Release in Preventive Medicine and Fibromyalgia & Chronic Fatigue Syndrome. Call 239-482-8686 to schedule an appointment.

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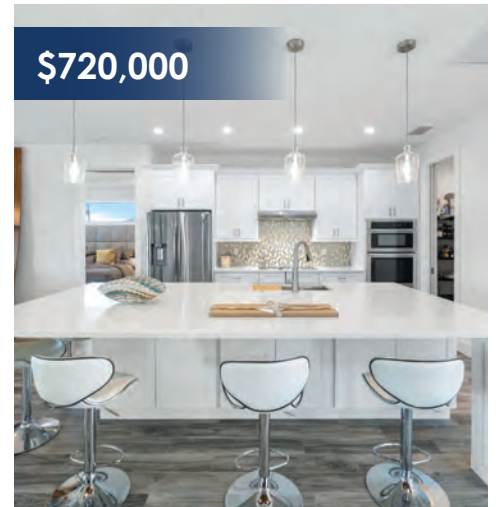
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