

EAST LEE COUNTY NEWS

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THE VOICES OF LEHIGH

Lehigh Acres – East Lee County Reflects On July 4th Amidst Community And National Pandemic

By Mike Welch



Photo: Mike Welch

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Contact Us At: voicesoflehigh@gmail.com

At this writing, COVID19 infections are climbing at an alarming rate in Florida and Southwest Florida including our community is a recognized hot zone. Our neighbors to the east in Eastern Collier County are showing some of the most alarming infection rates in the nation. The infections in Lehigh Acres are climbing. Learning from the experiences of some of the Northern states who were first to feel the brunt of this killer disease, such measures as distancing, masks, restricted activities have brought these communities to now low levels. Some cities and jurisdictions

in Florida now require masks while in public. No doubt locally we will have conversations regarding more measures. In the meantime, we are now in Phase 2 of reopening with most businesses now able to open with restrictions. That these opening remain in place depends on each one of us and our responsibility to not only protect ourselves but also protecting others around us. Our collective behavior will determine the course of the disease. For more information please see www.leegov.com

PRIMARY SEASON APPROACHES

Florida's August 13 Primary fast approaches and many voters will opt for a mail in ballot. Its not too late to ask for a mail in ballot. Please see www.leegov.com or call 239-533-8683. Florida is a closed primary so only declared members of either the Republican or Democratic parties are allowed to vote in the primary. Also, the first round of vot-

ing will take place for open Lee County School District Board seats. Local Board seats for the Lehigh Acres Fire District and for the Lehigh Acres Municipal Services Improvement District will be decided in November. At the Primary – a referendum will be considered for changing the Lehigh Fire District Assessment.

BEWARE!

This election cycle will no doubt see a stream of malicious and nasty communications, websites and emails emanating from a well-known criminal who operates a number of websites and fake political action committees. Libelous Face Book entries are part of the game. Smearing the reputations of others is a sport of this person and those in our community that work with him. I will not mention his name, but long time Lehigh residents know him well. Currently he is on felony probation with the Department of Corrections in Polk County after his release from jail but

continues to run his websites with an attempt to cause disruption. To date he has failed to serious make restitution to his victims per Court Order.

DAVID DEETSCREEK

Dave Deetscreek throws his hat in the ring for Lehigh Acres Municipal Services Improvement District Board Seat #2. A well thought of community leader, he offers an article on "Why Am I Running for Local Office".

FEATURE ARTICLES

Our other articles are offered by Sheriff Carmine Marcene, Commissioner Ray Sandelli as well as Mayor Kevin Ruane. These leaders are well known in Lehigh and they are no stranger to us.

Wishing you and your family a safe July 4th. Do not forget we are in Hurricane season. Be safe! 🐾

Pedestrians Are Not Always Walking

Submitted By Jody Van Cooney

A pedestrian is a person traveling on foot, whether walking or running. Pedestrians also include people riding skate boards, are on roller skates, or are in wheelchairs.

As the school year approaches, both children and adults will be waking more in both the morning and afternoon hours. Drivers and pedestrians alike share the responsibility of keeping themselves and others on the road safe. Safety is a two-way street. Often pedestrians are not where they should be or where you would expect them to be.

Thirty-two percent of pedestrian fatalities occur between 8:00 and 11:00 p.m. Unintentional pedestrian injuries are the fifth leading cause of injury-related death for children ages 5 to 19. Teenagers have a death rate twice that of younger children

Regardless of where and when children and adults are walking, the Injury Prevention Coalition of Lee County provides these simple tips to make sure you get to your destination safely.

DO'S

- Always walk on sidewalks or paths and cross at street corners using

traffic signals and crosswalks.

- If there are no sidewalks, walk facing traffic as far to the left as possible.
- Cross at the street corner and walk on the painted area (zebra lines).
- If possible, make eye contact with drivers before crossing the street.
- During school operation hours, follow the directions of the school crossing guards.
- Look left, right, and left again before crossing the street. Continue looking until safely across.
- Put phones, headphones, and devices down when crossing the street.
- Wear bright, reflective colors at night.
- Have a flashlight or other method of letting cars know you're there!

DON'TS

- Never walk or run between parked or moving cars or in a parking lots.
- Never assume that the driver sees you.

In other words, be visible; stay alert and avoid distractions; follow the rules; walk in safe places; and adults should avoid alcohol consumption and not drive under the influence

The Lee County Injury Prevention

Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initia-

tives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships. 🐾



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Independence Day 2020

By Commissioner Ray Sandelli



Photo: Ray Sandelli
Lee County
Commissioner, District 3

It seems much has changed in our world since we welcomed 2020. A foreign virus has caused us to alter our everyday way of life, the closing and phased reopening of businesses has put enormous pressure on most all and simple civility seems to evade us all too often. I know in particular that Lehigh Acres and our communities in the East Lee County have experi-

enced great stress and disruption. But just think of what a difference just two letters can make. ‘Dependence’ is a word that can define the trust a child has for their parents. It can also mean the sobering basic needs that persist for many today. On an even darker side it can be witnessed in those afflicted with the deadly dependence of substance abuse. Then simply add the two letters ‘In’ and we have ‘Independence’! Now that brings a brighter picture. Independent is what our parents raised us to be. We forge

ahead developing skills and purpose. It affords us a sense of personal pride and well bring. It gives us strength to battle against all odds especially in times like these. So this weekend we celebrate our Independence as a nation. What many fought and sacrificed for. It is the collection of who we are as one. Certainly not perfect, but a country that in so many ways offers what so many seek...the precious gift of freedom! I want to also assure you that your ser-

vant leaders who represent you and your loved ones are there for you and your families during this time. No one needs to feel alone and forgotten. Together Lehigh Acres/East Lee and Lee County will remain strong as we look out for one another. Enjoy the weekend and I hope it is blessed with family, friends, and good times. Feel free to contact me or my office at 239-533-2223 or dist3@leegov.com Be safe and Happy Independence Day!

Proposed Simplified Fire Assessment – Cast an Informed Vote

By Chief Robert DiLallo



Photo: Chief Robert DiLallo, Lehigh Acres Fire Control and Rescue District

You have likely read in the news that the Lehigh Acres Fire Control and Rescue District approved a resolution to move forward on a ballot question that addresses fairly sharing the costs of emergency fire, rescue, and other services among property owners in the District. This simplified fire assessment approach works to achieve the goal of making the assessment fairer to all property owners of the District and has been tested and approved by Florida’s Supreme Court in other jurisdictions. The ballot question will be on the primary election voting ballot, which takes place on August 18, 2020.

review. An interactive comparison feature allows property owners to see what their new simplified fire assessment will be and show that approximately 11/12 homes will see a decrease. Our fire district has experienced a significant growth in population over the last decade and is now the fastest-growing community in Lee County. Since the recession in 2009, the District has continued to provide fire prevention and suppression, Advanced Life Support Emergency Medical Services (ALS/EMS), and ambulance transport services with the same five (5) fire stations. During this same timeframe, the District has experienced over a 46% increase in call volume. The combination of a higher population and higher call volume is requiring the District to build and staff a much-needed sixth fire station in the northwest part of Lehigh Acres. The addition of the new station will improve our current response times to the residential parcels in this region of the District.

Fast-moving brush fires pose a significant danger to the residents of Lehigh Acres. While we do collaborate with the Division of Forestry, our primary responsibility as your fire suppression provider is ensuring we can respond quickly to a fire and attack it with the amount of staff needed to prevent its spread. A prolonged response due to fire station distances on brush fires in our wildland/urban interface areas increases the likelihood of fire spread and property damage or even loss of life. It can also place firefighters at risk as they attempt to extinguish fires with limited staffing while waiting for mutual aid assistance. Faster response times will reduce the loss of property that is often associated with a quickly spreading wildfire. The District has already acquired the necessary property for the sixth fire station and is currently in the development order and permitting stage. We have also sought state funding through an appropriations bill from the Florida Legislature to assist with the cost of the building and have been planning and preparing for this fire station for three years in anticipation

of acquiring adequate funding. If approved by Lehigh voters during the August Primary election, the replacement simplified fire assessment methodology will raise the additional funding necessary to meet the level of service set by industry standards, other agencies, and this community. I encourage you to check out the facts of the referendum by visiting our website, www.lehighfd.com, and I hope that you will take the time to vote in the August election. By law, all registered voters in the Lehigh Acres Fire Control District may vote; there is no requirement to be a property owner to vote on this ballot question. Supervisor of Elections Tommy Doyle is encouraging voters to “vote by mail” for the August 18 primary election. Please visit our website at www.lehighfd.com, to read more about Simplified Fire. If you have any questions, I encourage you to reach out to me or a member of my team.



A referendum that addresses fairly sharing the costs of emergency fire, rescue, and other services among property owners in the Lehigh Acres Fire Control and Rescue District will be on the primary election voting ballot, which takes place on August 18, 2020.

What Will Approval of the Proposed Simplified Fire District Assessment Mean?

Approximately 11 out of 12 homes will pay less for fire protection

- **Faster emergency response times with the immediate addition of a sixth fire station, and 3-4 more stations in the next 12 years**
- **Allows exemptions for churches and non-profit institutions**
- **Stabilized rates for assisted living facilities, including exemptions for homes for the aged**
- **Allows exemptions for disabled veterans, surviving spouses of first responders killed in the line of duty, deployed service members, and certain disabled individuals**
- **Better funding of services and equipment for fire protection and emergency medical services, including ambulance services**

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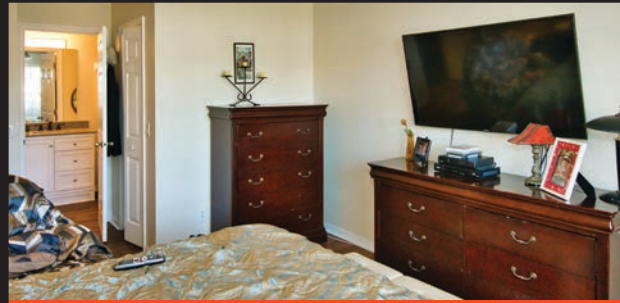
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The Lake Okeechobee System Operating Manual - Near-term Relief for the Coastal Estuaries

By Mayor Kevin Ruane



Photo: Mayor Kevin Ruane

The relationship between water quality and Florida's economy has never been more apparent than it is today.

The lost summers during the flood cycle of 2013-2018 were beyond challenging for the coastal communities along the St. Lucie and Caloosa-hatchee Rivers. Countless images on social media of guacamole-like algae in our rivers and canals and piles of dead marine life scattered along beaches do not begin to capture the impacts poor water quality is having on our communities.

On Sanibel Island, we removed more than 850,000 pounds of dead marine life from our beaches. Our Chamber of Commerce reported lost revenue from July-December of more than \$46.8 million, with lodging cancellation rates at 78%. Cape Coral endured months of

toxic blue-green algae blooms that clogged up canals and incited public health concerns. The most common question is: How could our state and federal government allow so much water from Lake Okeechobee to be discharged to our estuaries? The response I received too often from water managers is: This is how the system was designed and nothing can be done until projects outlined in the Comprehensive Everglades Restoration Plan (CERP) are completed.

That answer is no longer acceptable! Our communities cannot wait another 20+ years. Thankfully, there is an opportunity for near-term relief to the plight of our estuaries. The U.S. Army Corps conducted a series of public meetings to gather input on a new Lake Okeechobee Regulation Schedule (LORS), now referred to as the Lake Okeechobee System Operating Manual (LOSOM). LOSOM will provide guidance for managing lake levels for multiple purposes, including protection of the lake's ecology,

water supply for agricultural, urban and environmental uses, and discharges to the estuaries.

Lake Okeechobee discharges have the single greatest impact on water quality in our estuaries during wet periods. Changes to the way the lake is managed could provide relief to our communities. The reality is, there is no single CERP project that will provide total relief from the harmful discharges. A lake schedule that maintains healthy water levels for the Lake and provides beneficial water releases to the Caloosa-hatchee and other natural systems could reduce the water that must be discharged during the wet season. What we cannot support are schedules that permanently damage the Lake's ecology and eliminate beneficial flows to the estuaries when conditions are dry. If we fall back into a flood cycle like 2013-2018, these could allow for another round of damaging releases to the estuaries.

Lastly, the LOSOM is scheduled to be completed in 2022, but the

health of our communities cannot wait until then! The process must be accelerated and should not be held back by the completion timeline of the Herbert Hoover Dike repairs. The new schedule must be equitable for all affected communities and stakeholders.

ABOUT KEVIN RUANE

Kevin Ruane is the Mayor of the City of Sanibel, President of the Florida League of Mayors, and a local business owner. Kevin Ruane is running for Lee County Commission, District 1. Mayor Ruane was the recipient of the prestigious Everglades Coalition James D. Webb public service award in 2016. In 2017, 2019 and 2020 he was awarded the Florida League of Cities Home Rule Hero award for his efforts on water quality and home rule advocacy. 🐾

Political advertisement paid for and approved by Kevin Ruane, Rep. for Lee Co. Commission, Dist. 1

Why Am I Running For Local Office

By David Deetscreek



Photo: David Deetscreek

In 2010 I ran for the position of Commissioner, Seat #2, of the East County Water Control District, now named the Lehigh Acres

Municipal Services Improvement District (LAMSID). I held that seat for 8 years before being defeated in 2018. I will be running again for Seat #3, in November 2020. Often, I am asked why are you running again, and for that matter, why do you participate in various civic organizations in Lehigh Acres? Well here's my story.

In 2010 I chose to give back to the community I have resided in since 1979. I realized then, that in order to be a part of the community, you have

to give back to it. So I ran for office and won. I worked hard to serve the residents of Lehigh Acres. Since then, and despite my election loss in 2018, I have continued to give back by being part of the East Lee County Chamber of Commerce, Lehigh Acres Community Services, and Healthy Harvest Community Farms, where we provide produce to those in need in our community. I am also employed by, or owner of, four businesses in Lehigh Acres, all of which, in total, focus on providing recreation, education, health & fitness, and business consultation to our residents.

It is thru these ventures, and through the commission seat I hope to win at the LAMSID, I commit to provide sound leadership and help promote, plan, and build for the future of Lehigh Acres. I have contributed much time, effort, and money to this community, and want to

continue doing so. I want to share my ideas that could someday become actionable, all for the benefit of Lehigh Acres.

I have extensive previous experience at LAMSID, understand its operations, and parted with a good, honest reputation. Protecting our water resources, environment, supporting education thru this organization, and providing direction for responsible fiscal management, not "tax and go," is something I have missed. And thru this organization, understanding that there is a bigger picture for all of Lehigh Acres, I hope to represent the community as a whole wherever possible, to help provide a better future for our children, and our children's children. I owe this community so much, and I love this community.

Should you elect me this coming November, I promise to act with a non-ending passion that best serves you, and the Lehigh Acres Community, with a commitment to do the right thing no matter what. Winning the election would be nice, but unlike many others, this promise, commitment, and action, does not depend on it. 🐾

Political Advertisement paid for and approved by David Deetscreek for Lehigh Acres Municipal Services Imp. Dist. Seat 2

Disclaimer: The newspaper does not necessarily agree with the opinions, ideas, beliefs or viewpoints expressed in the letters and op-ed pieces the magazine publishes. The newspaper does not endorse the pieces, nor do they reflect the newspaper's viewpoints or official policies. The newspaper publishes the pieces as a public service to further public commentary and debate.



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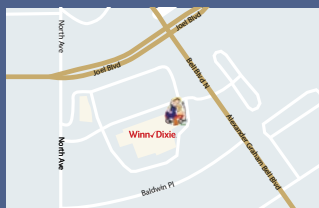
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Operation: "Educate, Redirect and Enforce" Illegal ATV Activity in Lehigh Acres

By Sheriff Carmine Marceno



Photo: Sheriff Carmine Marceno

The Lee County Sheriff's Office, in conjunction with the Lehigh Acres Municipal Services Improvement District, gas stations, repair shops and ATV dealerships are taking a proactive approach to protect and preserve our residents, waterways and public lands through operation "Educate, Redirect and Enforce". As your sheriff, my first goal is to educate riders on the laws of riding ATV's, and take enforcement action only when required.

All-terrain Vehicles (ATVs) can be very dangerous because they have an inherent flaw in their design. These vehicles lack lateral stability and crush protection, resulting in the ATV rolling over on its rider. When this happens, the rider can have significant, life-changing injuries or even lose their life.

According to crash statistics, over 600 Floridians have died in ATV accidents from 1982 to 2017 – the sixth-highest in the country. Nationally, approximately 135,000 people are injured every year due to ATV accidents. Over 700 people are killed in these accidents every year. The driver involved in an ATV crash, resulting in injury or death, may be held liable under Florida State law.

An ATV is designated as any motorized off-highway vehicle, that is 50 inches or less in width and under 1,500 pounds in weight, travels on three or more non-highway tires, and is designed for recreational use by a single operator and no passenger. There is also a side-by-side ATV manufactured, which is an ATV specifically designed by the manufacturer to carry a passenger.

ATV's may not be legally operated upon Lee County public roads, streets or highways, except as otherwise permitted.

Any person who operates a motor vehicle on lands owned by the state or its agency shall be civilly liable for the actual damage to the lands by reason of his or her wrongful act, which damages may be recovered by suit and when collected, shall go to the state or its agency to be used to restore or replace the damaged property.

Florida State Statute 375.314 states that any person who operates a motor vehicle on land owned by Lee County, the state or its agencies, shall be civilly liable for damages and is guilty of a second degree misdemeanor punishable by up to 60 days in jail and/or six months probation and a \$500 fine.

No person under 16 years of age may operate or ride an all-terrain vehicle unless the person wears a safety helmet, eye protection and also must be under the supervision of an adult.

In an effort to provide riders an alternative to operating on public roadways, the Lee County Sheriff's Office is referring riders to local ATV parks to utilize areas of legal operation:

- Florida Cycle Park- Okeechobee
- Florida Tracks and Trails- Punta Gorda
- 74 MX & Off road- Punta Gorda
- Lazy Springs- Felda
- Redneck Mud Park- Punta Gorda

We're asking for your assistance! If you see someone unlawfully riding an ATV, please call the Lee County Sheriff's Office non-emergency number at 239-477-1000 for or 911 for emergencies.



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On The Rebound: Southwest Florida Businesses Are Writing Their Comeback Stories

By Michael Wynn



Photo: Michael Wynn

After facing the recent challenging months that resulted from COVID-19, Southwest Florida is ready to rebound.

While it is still early, there are clear signs we're moving in the right direction. Businesses were dealt a sudden blow, but their comeback stories all feature common elements – the ability to listen, learn and adapt.

I recently had an opportunity to share my thoughts with business and community leaders through Restart SWFL, FGCU's Economic Recovery Initiative. Like every business, Sunshine Ace has been impacted by the coronavirus, yet our company and team remain strong. Below are six factors that can help businesses continue their recovery in the weeks and months ahead:

STAY TRUE TO YOUR VALUES

A leader's character is revealed when they find themselves under pressure. Your business is a reflection of your leadership. Will you put profits over people? Will you cut too deeply, and thus lose key talent or diminish the value and service your customers patronize you for? Leading in times of crisis is difficult. You are trying to balance protecting lives and protecting livelihoods. If you are honest and transparent with your team, they will trust you as you make the difficult decisions. Not only do we need to support other local businesses, but even in hard times, we need to find ways to give back and support those community organizations that provide for the most vulnerable among us. Making ethics a priority and caring for your neighbors has never been more important.

SAFETY FIRST

Employees and customers are hyper-focused on their personal safety, and they will support businesses that do the same. Sunshine Ace requires our team to wear protective face masks. We have also installed sanitizing stations as well as plastic shields around cash registers and service counters, all visible signs that safety is paramount. Many retail stores and restaurants are dedicating extra hours to wear protective face masks. We have also installed sanitizing stations as well as plastic shields around cash registers and service counters, all visible signs that safety is paramount. Many retail stores and restaurants are dedicating extra hours to wear protective face masks. We have also installed sanitizing stations as well as plastic shields around cash registers and service counters, all visible signs that safety is paramount.

LISTEN TO EMPLOYEES AND CUSTOMERS

With decreased sales and increased tasks, time has never been a more precious commodity. However, we all have time to slow down and listen. To be relevant in a business environment with rapidly shifting consumer behaviors and demands, we have to be receptive to new ideas and input. Listen to your team. Listen to your customers. Often the best ideas come from them! What requests are your team saying "no" to? What new services or conveniences are your customers willing to pay for? Listening to your two most important stakeholders is critical to rapidly reshape your post-COVID offerings and ensure your business's sustainability.

ADJUST STRATEGIC PLAN

When 2020 began, we carefully laid out our goals and annual business plan. Insert a global pandemic, though, and many of those goals are no longer relevant. We can't change the challenges thrust upon us by COVID-19 or an economic recession. However, we can leverage the talent

of our team, and be relentless in tackling each and every issue thrown at us through continuous innovation and embracing change. Whether that necessary change involves new products, services, partnerships, suppliers, curbside delivery or cleaning protocols, I have immense confidence in the entrepreneurs of Southwest Florida to make those tough calls and evolve into a stronger company.

SUPPORT LOCAL

Local and independent businesses understand the critical role they play in the local economy. A dollar spent with a local business will see roughly 67 cents stay in the local community. That's almost 60% more than a dollar spent at a national chain. Local and independent businesses are the lifeblood of our community. However, while we often make a practice of encouraging our customers to shop local, we also need to be diligent in ensuring our spending is supporting local companies as well. When is the last time you reviewed your business purchases to ensure you were patronizing your fellow independents? That is something our company is sensitive to, whether it's making sure the meals we are purchasing for our team are directed to local, independent restaurants or verifying that

we source from local companies for our day-to-day supplies. If all of us were united in that commitment, we would have a significant impact on our collective economic recovery.

FREE RESOURCES

There is no pandemic playbook or business plan outlining a road map to success. However, our region is blessed with collective expertise. FGCU's Restart SWFL is offering free resources and webinars, and chambers of commerce also are providing information about government stimulus programs, safety protocols, employee benefits and back-to-business toolkits. Don't forget your peers as a resource, either. I have personally joined Zoom calls with local business leaders to share best practices and success stories.

Business is coming back in Southwest Florida, and it will be stronger than ever.

ABOUT THE AUTHOR

Michael Wynn is president of Sunshine Ace Hardware, a locally owned company with nine locations in Collier, Lee, Charlotte and Pinellas counties, as well as two Crowder Bros. stores in Manatee County. 🐾

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SWFL Heroes Foundation Honors The Memory of Julian Keen

By Jacqueline Wilson



Photo: Officer Julian Keen Florida Fish & Wildlife Conservation Commission (FWC)

Julian Keen Jr., “Man”, Batman, LaBelle’s son. A superhero. Larger than life. An athlete. An angel. He was one of a kind. An old soul. Full of life. A contagious smile. A mentor to the youth and adults alike. A pillar to the community. He knew no color, no race, no age, just that he wanted to help those in need and to make a difference in the community.

Florida Fish & Wildlife Conservation Commission (FWC) Officer Julian Keen Jr., 30, was fatally shot on Sunday, June 14, 2020, in LaBelle, Florida when he attempted to stop a hit-and-run suspect while off duty.

To honor his life and sacrifice,

friends and community leaders have established the Julian Keen Memorial Scholarship, a fund for Hendry County youth committed to pursuing a criminal justice degree or a career in law enforcement. Keen’s family have started the hashtag #BeLikeJulian to uplift the community.

“Since the day of his death, the public outpouring of support has been tremendous,” Stated Tom Super, Vice President of SWFL Heroes Foundation. Pizza restaurant Sal-Cal Pizza donated a full day’s earnings to the scholarship fund. Tim Bullock of No Bull Custom Calls has donated several generous lots of turkey calls for auction. Cheerleaders from LaBelle High School hosted a bake sale to donate funds for the scholarship. A flag football fundraiser, LaBelle’s Son, was held at Hendry LaBelle Civic Park to honor Officer Keen. The wife of a fellow FWC officer has established www.belikejulian.com where family and friends can share memories, make donations,

purchase BeLikeJulian merchandise, and participate in digital auctions and fundraisers for the cause.

On June 17, an emotional candlelit vigil was held at Barron Park. Hundreds gathered to celebrate Officer Keen and share his legacy, prayers, memories and encouraging words.

“Family and friends asked us if there was any way we could have a big flag in the air, so we reached out to Lehigh Acres Fire Control and Rescue Chief DiLallo who provided us with an 85-foot ladder truck with a large flag,” said Michael Thompson, President of SWFL Heroes Foundation, a local non-profit that acts to provide support to first responders and their immediate families, widows, and orphans in Lee, Collier & Hendry counties.

SWFL Heroes encourages the public to get involved and continue to donate and support the scholarship fund to support the next generation of crimi-

nal justice experts and law enforcement officers.

“We’ve received donations from across the world,” said Thompson.

“Alaska, Canada, the United Kingdom, and beyond-- the show of global support for Officer Keen has been remarkable, the community is really feeling the love.”

To contribute to Julian Keen Scholarship Fund, visit www.swflheroes.org. Donations can also be made payable to SW Florida Heroes Foundation, INC., or at any First Bank of Clewiston location with the memo: Julian Keen Memorial Scholarship. To mail in a donation, please address your payment to First Bank of Clewiston, P.O. Box 697, LaBelle, FL, 33975.



Photo: Michael Thompson, President of SWFL Heroes Foundation



Protect Your Pets: Everything You Need To Know About Heartworms

By Dr. Veja Tillman, DVM

One of the most common and devastating diseases for your cats and dogs is also one of the most preventable. Heartworm disease is a parasitic infection found in cats and dogs that is spread by mosquitos. As you may know, our local climate is ideal for mosquito populations—that is why protecting your pets from this disease is extremely vital if you live in or visit Southwest Florida.

Mosquitos carry the immature or larval form of the worm and transmit them into a host animal through a mosquito bite. Research shows that up to 20% of mosquitos carry heartworms and more than 50 cases of heartworm disease are diagnosed each year in the average veterinary clinic.

Once a host is infected, the heartworms will enter your pet’s heart, lungs, and blood vessels and will eventually cause severe lung disease, heart failure, and damage to other organs in the body regardless of age. Science proves that dogs are more susceptible to being diagnosed with heartworms but this disease is also found in a variety of animals including foxes, coyotes, panthers, raccoons, opossums and others.

A pet may not show immediate signs of illness if they are infected as adult heartworms can survive 5 to 7 years in most dogs and several months in cats. The most common signs that an animal does have heartworms include: coughing, lethargy, vomiting, decreased appetite and difficulty breathing.

If a pet owner does not test, treat, and take actions to prevent this disease an animal can experience great distress or even death. The good news is that there are treatments and even medication that will eliminate the dangerous threat of heartworms.

Your pet should be examined by a veterinary specialist once a year to

test for heartworms and other ailments. To diagnose a dog, your vet will conduct a simple blood test. For cats, testing is more difficult and a series of different tests may be needed to determine if heartworm infection is present.

When it comes to treatment, prevention is the best option. Heartworms are almost 100% preventable in dogs and cats. Medications are available that actively prevent heartworms, your veterinarian will be able to decide the best medical solution for your pet. Several FDA-approved heartworm preventatives are available in a variety of formulations including oral monthly tablets, topical solutions, and injections.

If your animal is confirmed to have heartworms, there are treatments available. The goal is to kill the adult heartworms in the safest way possible.

If you have additional questions or concerns regarding your pet and the potential impact of heartworms—or any other veterinary need, the doctor and staff at Just 4 Pets can help. Just 4 Pets Wellness Center located in Fort Myers, Florida, is dedicated to the well being of your pet, from wellness exams, vaccinations, and preventative medicine to treatment and prevention of parasites. Dr. Veja A. Tillman and her veterinary team is committed to providing exceptional veterinary care in a friendly and comfortable environment. Visit www.just4petsfl.vet or call (239) 270-5721 to make an appointment. 🐾



Photo: Smiling Veterinarian With Dog



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Stress, The Silent Killer

By Deanna Catalano, RPH



Photo: Woman Stressing At Work

At a meeting for the American Association for the Advancement of Science last year, Esther Sternberg, a leading researcher on how the brain and immune-system are related, asked, “How many of you, in your heart of hearts, think stress makes you sick?”

“Everybody’s hand shot up without hesitation,” recalls Esther.

Three years ago, people hesitated. And five years ago, “I wouldn’t have dared to ask the question,” she further relates.

It’s been a long time coming, but the direct link between stress and illness is simply undeniable at this point.

According to Dr. James Balch, “Stress creates an excellent breeding ground for illness. “ And the data supports this: Researchers estimate that stress contributes to as much as 80% of all major illnesses, including cardiovascular disease, cancer, endocrine, and metabolic disease, as well as skin disorders and infectious ailments of all kinds. It is also estimated that 67% of all doctor visits are stress -oriented.

The American Heart Association’s statistics for 1996 state that, out of slightly over 60 million people suffering from some form of cardiovascular disease, 50 million of them are suffering from it because of hypertension. And according to Dr. Julian Whitaker, risk of stroke increases by sevenfold when you are suffering from hypertension. Hypertension is a stress-related disease.

Furthermore, a study in the 1970s involving 400 U.S. air traffic control-

lers, (an occupation that creates unusually- high levels of stress), showed that more than half had high blood pressure by their late 30s. Researchers found that a higher-than-normal percentage had developed cancer or heart disease in a follow-up study on the same controllers in 1993.

But what is stress, and what can you do about it?

One definition of stress is “any reaction to physical, mental, or emotional stimulus that upsets the body’s natural balance.” Stress can be caused by a variety of factors- different people seem to be sensitive to different stimuli. And most everyone reacts to specific stressors differently. However, some of the most common stressors are: Unpleasant or challenging events (which release adrenaline into your system), worrying about events beyond your control, over-work, dietary stressors (like caffeine or sugar), and sometimes just trying to keep up in this mile-a-minute world.

What can you do about it? I suggest the following:

1. Watch Your Diet. Certain types of food and drink stress your body and should be eliminated (or at least reduced in quantity) from your diet, including sugar, aged cheese, and animal fats.

Conversely, adding the following things to your diet may help: Fresh fruits and vegetables, oat bran, and omega oils (essential fatty acids).

Note: When under stress, your digestion can slow or stop. Fats and sugars are released from stores in the body, cholesterol levels rise, and the composition of your blood changes slightly, making it more prone to clotting. Because your body does not absorb ingested nutrients from food when under stress, I recommend that you seriously consider adding nutritional supplements to your diet to help your body compensate.

2. Get The Right Amount Of Exercise. Exercise is one of the best ways to help your body better manage its reaction to stress. Even a twenty minute walk three times a week can make a noticeable difference.

3. If You Smoke, Stop Immediately. The chemicals in cigarettes raise blood pressure, and put your body under further stress. They also weaken your immune-system, making you more susceptible to illness caused by stress.

4. Limit Alcohol Consumption. Alcohol acts as another stressor on your body, particularly on your liver. It can also work to lower your immunity.

5. Drink At Least 64 Ounces Of Fresh, Clean Water Each And Every Day. You are composed of about 80% water. This water composes cells and is used metabolically for a large number of biological functions. It needs to be replaced frequently. Additional water is necessary when you are trying to cleanse the body of toxins.

6. Avoid Excess Caffeine. Caffeine will increase your heartbeat, affect your blood pressure, dehydrate you, and put undo stress on your body. Additionally, it can affect calcium absorption, putting you at risk of osteoporosis. I recommend avoiding caffeine completely; However, if that’s too difficult to do, limit your intake to three beverages a day.

7. Take Some Of Our Herbal Products To Help You Relax Better. Valerian Root and St. John’s Wort, in particular, are well-known for their calming effect on the body.

8. Take Your Vitamins, Antioxidants, And Essential Fatty Acids. There are a number of supplements which are either diminished by stress, or will help your body to combat stress including zinc, Vitamin B Complex, Vitamin C with bioflavonoids, essential fatty acids, alpha lipoic acid, grape seed extract, and certain adaptogens. There are others, and I suggest

you consult with either your doctor or me, regarding how you can get the best supplementation with the fewest number of capsules.

9. Breathe Slowly And Deeply, And Clear Your Mind. Meditation has been proven to slow heart rates, lower blood pressure, and reduce muscle tension. It also lowers your body’s response to adrenaline and cortisol, the hormone associated with chronic stress. Activities like Tai Chi and Yoga, which offer the benefits of both meditation and exercise, can only help more. But even if you do not choose to engage in such activities, take a few moments throughout your busy day to simply breathe slowly and deeply, clear your mind and let things go. Whatever is “stressing you out” cannot be more important than your life- and your life is exactly what’s at stake. Breathe slowly and deeply, clear your mind, and let it all go for a little while.

If you feel you are suffering from stress, I urge you in the strongest manner possible, do something about it. Experts say that it’s our reaction to stress, not the number or intensity of the stressors, that determines its effect on our lives and our health. You are the one in control.

So, to sum it all up, to combat stress and have a healthier cardiovascular system, I recommend you:

- Watch your diet
- Get the right amount of exercise
- If you smoke, stop immediately
- Limit alcohol consumption
- Drink at least 64 ounces of fresh, clean water each and everyday
- Avoid excess caffeine
- Give your body the vitamins, antioxidants and essential fatty acids it needs
- Supplement with Valerian Root or St. John’s Wort if your body requires it

***Note:** Don’t expect immediate results. While some effects will be noticed quickly, maximum results will be achieved after 6-to-8 weeks of continuous use. 🍀*



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Florida Sugarcane And Vegetable Farmers Provided Food For American Families During COVID-19 Pandemic

By Brannan Thomas

As part of U.S. Sugar’s commitment to growing safe, locally-available food for American families, our farms have remained open for business during the global COVID-19 pandemic. This past harvest season, our farmers worked around the clock to provide fresh food for our neighbors in Southwest Florida.

First, as “critical infrastructure,” we took early steps to protect our people, our vendors and our communities to remain open and producing food. Closing our operations to non-essential visitors; daily temperature checks; mandatory face masks; enhanced disinfecting of touchpoints, equipment, and facilities; social distancing; and strict adherence to all CDC guidelines helped keep essential food production jobs and our people safe.

Led by the sugarcane and vegetable farmers at U.S. Sugar, Florida Crystals and independent family farms, food donation sites were set up throughout in the Glades farming communities, in Leigh Acres, Punta Gorda, Ft. Myers, Naples, Indiantown, Stuart, Royal Palm Beach, Wellington and Greenacres. The farming companies partnered with Cheney Brothers to make deliveries, and vegetable packaging companies like Duda Farm Fresh Foods, Branch, and Pioneer Growers to provide fresh food such as green beans, sweet corn, organic rice, and bags of sugar to neighbors in need of food.

U.S. Sugar, Florida Crystals and Sugar Cane Growers Cooperative formed the “Neighbors Feeding Neighbors” program to provide local Glades residents with 20,000+ hot meals from local area restaurants over several weeks (almost 600

meals per day).

Additionally, farmers provided more than 11,000 crates of locally-grown Florida sweet corn and 120,000 servings of green beans to residents across Southwest and South Florida, benefitting organizations such as the Harry Chapin Food Bank, the Salvation Army, Matthew’s House in Naples, Charlotte County Public Schools, Feeding South Florida, and churches of many different faiths, and to local, police, fire and first responders.

The people of U.S. Sugar provided N95 masks, hand sanitizer, and gloves to all Glades-area first responders, local hospitals, and many independent medical providers.

Farming is all about feeding others, and it is part of our nature to a strong part of and give back to our local communities. Outside of a crisis, farmers do it every day. But during the ongoing global COVID-19 pandemic, Floridians can have faith in knowing that despite the limits placed on all of us, our state’s farms are open for business and will continue to provide fresh food around the clock for American families.

This upcoming fall when harvesting starts again, we are looking for more ways to bring fresh produce to our neighbors in Southwest Florida, even as our state and our country continue to face economic uncertainty. Farm jobs will remain strong, and food will be available.

For more information and to inquire about future tours of our farms, please visit www.ussugar.com. 🐾

Elmquist Eye Group Now Offering Durysta Implant Procedure For Patients With Glaucoma

By Dr. Trevor Elmquist

Elmquist Eye Group is offering a new procedure using the FDA-approved sustained-release implant, Durysta, to help administer treatment for patients with open-angle glaucoma or ocular hypertension.

Glaucoma is a disease of the optic nerve – commonly associated with high eye pressures – that can lead to vision loss or blindness. Durysta delivers glaucoma treatment via intracameral injection to help lower eye pressure. Once the rod-shaped implant is injected into the anterior chamber of the eye, 10 micrograms of bimatoprost are slowly released over time, providing consistent drug delivery in place of topical eye drops.

“Medicated eye drops are a common form of treatment for glaucoma, however, many patients experience challenges with administering topical drops or require other treatment options,” said Dr. Trevor Elmquist, founder of Elmquist Eye Group. “The Durysta implant eliminates these obstacles by allowing us to inject the needed medicine for them. Elmquist Eye Group is proud to begin offering this service at our practice as part of our wide range of treatment options for patients with glaucoma.”

A common challenge for people taking glaucoma medication is that they are not applying their eye drops properly. Incorrect application such as missing the eye or blinking too quickly after putting in the drops results in wasted medication and costly refills. Patients also often have difficulty remembering doses or may skip them altogether, reducing the effectiveness of the treatment. The sustained-release implant ensures medication is delivered consistently and accurately, providing a more effective and convenient treatment method for patients with glaucoma.

tion approved Durysta in March 2020, and the implant is considered the first biodegradable, intracameral implant indicated to reduce intraocular pressure in patients with open-angle glaucoma or ocular hypertension via a sustained-release drug delivery system. Studies have found Durysta to reduce intraocular pressure by 30% over 12 weeks, and approximately 28% of test subjects experienced intraocular pressure reduction for up to two years.

To learn if you are a candidate for the Durysta implant, contact Elmquist Eye Group at 239-936-2020.

ABOUT ELMQUIST EYE GROUP

E. Trevor Elmquist, D.O. founded Elmquist Eye Group in Fort Myers in 1992. Elmquist and his skilled associates Dr. Kate Wagner, Dr. Sarah Eccles-Brown and Dr. Nina Burt continue to provide a complete range of medical and surgical eye care to the residents of Lee County. Services include comprehensive eye exams, diagnosis and treatment of cataracts, dry eye, glaucoma, macular degeneration, diabetic eye disease and many more eye conditions. A full-service optical boutique is located within the Fort Myers and Cape Coral offices, with a wide range of frames and lens options. For more information and appointments call 239-936-2020 or go to www.Elmquist.com.



Photo: Elmquist Eye Group

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Pace Center For Girls To Host Love That Dress!

Submitted By Emily Golden

Pace Center for Girls, Lee County will host its highly anticipated Love That Dress! event on Wednesday, Sept. 30.

Described as the ultimate feel-good shopping spree of the year, the 12th annual event features shopping, music, silent auctions and cocktails, with all proceeds benefiting Pace programs and services. The event will begin at 6 p.m. at Embassy Suites by Hilton, 10450 Corkscrew Commons Drive in Estero, with additional social distancing guidelines and safety protocols in place.

“Love That Dress! is a favorite event for fashionistas and bargain hunters alike to shop, socialize and honor the female spirit,” said Jennifer Nelson, chair of the 2020 Love That Dress! event. “Most importantly, this event helps raise funds that directly support strength-based, gender-specific programs that guide Pace girls in finding their voice, achieving their potential and becoming strong, productive and contributing members of society.”

With ticket sales beginning Aug. 1, admission is \$30 in advance of the event and a limited number of VIP passes are available for \$150, allowing shoppers to enjoy early access to the shopping and exclusive access to the VIP Suite Level, which features private dressing areas, express check-out and complimentary beverages, hors d’oeuvres and desserts.

Advance registration is required, and tickets will be available for purchase at [LoveThatDressLeeCounty.com](#).

To help build an expansive inventory

of fashion-forward apparel for Love That Dress!, Pace is inviting Southwest Floridians to clean out their closets for a cause with the #MakeSpaceForPace virtual dress collection. Donations of new or gently-loved dresses, shoes, handbags and accessories will later be sold at deeply discounted prices to attendees of Love That Dress!

“We are thrilled to already have an expansive collection of truly great dresses and accessories, but we are not done yet,” said Amy McQuagge, co-chair of the 2020 Love That Dress! event. “We encourage the community to drop of their donations to help us reach our goal of 4,000 incredible pieces.”

To contribute to the #MakeSpace-ForPace virtual collection, drop off donations between 10 a.m. and 2 p.m. Monday through Friday at Pace Center for Girls, Lee County, located at 3800 Evans Ave. in Fort Myers. A donation bin is located behind the Pace building, providing a completely “contact-free” donation experience.

Proceeds from Love That Dress! support Pace Center for Girls, which provides academic programs and counseling services to girls and young women ages 11 to 18 who are working to overcome risk factors such as poverty, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member, mental health and physical, emotional or sexual abuse.

For more information, visit [Pace-Center.org/Locations/Lee](#) or call 239-425-2366.



Photo: Love That Dress 2019 Event Photo Of Two Women Searching Through The Racks Of Clothing At Event.

ABOUT PACE CENTER FOR GIRLS, LEE COUNTY

Since 2007, Pace Center for Girls, Lee County has been providing girls and young women an opportunity for a better future through education, counseling, training and advocacy. The gender-specific, strength-based program is one of 22 Centers throughout Florida, and is known throughout the nation as a best practices model for diverting girls from the juvenile justice system. Pace is a registered not-for-profit organization that relies on the support of individuals, businesses, civic/community organizations and churches in Lee County in order to serve girls and their families. Since its inception, Pace Center for Girls, Lee

County has served more than 800 at-risk girls and young women, believing each one deserves an opportunity to find her voice, achieve her potential and celebrate a life defined by responsibility, dignity, serenity and grace. For more information on Pace Center for Girls, Lee County, call 239-425-2366 or visit [www.pacecenter.org/locations/lee](#).



Photo: Love That Dress Logo



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Are You Feeling Tired?

By Dr Darin Stokke, DC



Photo: Dr. Darin Stokke, DC

Are you feeling tired, run down or simply lack the energy you once had? Have you ever wondered why? Chronic fatigue is becoming a major issue in our modern day society resulting in on the job injuries, auto accidents, immune dysfunction, and a decreased quality of life.

Remember there is always a cause to the effect and getting to the cause is ultimately the key to correcting the condition, no matter what the condition may be. With chronic fatigue, there are many possibilities as to what the cause may be including thyroid or adrenal problems, elevated blood fats, leaky gut syndrome, allergies, sleep apnea, chemical stress from medications, emotional stress, heavy smoking, disrupted sleep patterns, vitamin B12 deficiencies, blood sugar disorders, poor ergonomics or

posture, and a lifestyle of inactivity just to name a few of the most common ones.

Most don't realize the importance of proper posture and biomechanics as it relates to energy levels. Research has shown that 90% of the brain's activity is used to balance our body within the gravitational field of the earth. If our body posture is mechanically distorted, research also shows that it will affect the other 10% of the brain's activity which is working to control all of the other body functions such as breathing, digestion and cognition. A study by Northwestern Health Sciences University looked at just how common a mechanically distorted body posture is and found that of the 450 participants, more than 60% had a significantly altered body posture. Add to this the modern day habits of being hunched forward while using computers, collapsed in front of a TV, bent forward looking down at tablets and cell-phones while answering e-mails, updating Facebook or texting, and generally

living a more sedentary lifestyle of sitting down for our jobs and school. We are now finding that all of these habits are affecting our energy levels in a negative way and may actually be causing feelings of depression.

The solution to our low energy levels is not to consume more of the latest sugar and caffeine loaded "energy drinks" but rather to look at simple things that can help elevate our energy and mood levels naturally, consistently and safely. A recent research study in the journal Biofeedback showed that subjective energy levels can be increased quickly by episodic movement and by maintaining an upright posture. In the study, 110 participants rated their immediate subjective energy levels as well as their general depression levels while either walking in a slouched position or engaged in arm and leg skipping. They found that skipping for even one minute significantly increased energy levels and alertness for all subjects. On the other hand, walking in a slouched pattern reduced the energy

levels significantly especially in those who had also rated chronically high levels of depression.

When constructing a bridge, engineers spend a great deal of time making sure that every calculation is made as exact as possible to ensure the safety and longevity of the bridge. The smallest of miscalculations will cause the structure of the bridge to weaken and the daily stress to shorten its effective life span. Structure is also just as important for our body as we endure daily stresses. These stresses can accumulate over time, weakening our body and sap our energy levels if we have a poorly maintained structure. Our body was created to move and move often. Movement is life, and functional movement is health.

To quickly and safely increase energy levels, start by restoring proper body posture and choose to move often in a functionally sound way so you can live the life you desire and deserve! Learn more at: www.lifestyleschiro.com 🐾

Lee Clerk Selected For Remote Civil Jury Trial Pilot Program

By Rita Miller



Photo: Linda Doggett

The Lee County Clerk of Courts was recently selected to participate in a pilot program to evaluate how to conduct civil jury trials remotely. The initiative is designed to help reduce jurors' exposure to COVID-19 while serving.

There are five different methods of remote jury trials being tested across the State to help the Courts determine what works best. In Lee County, prospective jurors will re-

ceive a traditional jury summons and will report in person to a location outside the courthouse for the selection process on June 29, June 30, and July 2. If selected, they will receive instructions on how to log into the trial via Zoom, a video conferencing program.

"Access to justice starts with our jurors," said Linda Doggett, Lee County Clerk of Court. "To ensure the judicial process runs smoothly, we've taken several measures to protect their health and well-being throughout their service. Our goal is to keep our jurors safe."

When entering the courthouse, jurors and courthouse visitors must wear masks, have their temperatures checked, and stay six feet from others. Commons areas, including the jury assembly room and restrooms,

are also frequently deep cleaned.

To participate in the pilot program, the plaintiff and defendant must agree to conduct the trial remotely.

The pilot program includes five judicial circuits composed of 15 counties throughout the state. The circuits were selected by the COVID-19 Workgroup created by Chief Justice Charles T. Canady to advise him on court operations. The circuits were selected based on their geography, local infection rates, and technological ability.

Criminal cases are not being considered for the trial pilot program since they typically involve more complex issues of constitutional rights.

Earlier this month, Chief Justice

Canady suspended in-person jury duty and jury trials through July 17.

For more information about the Lee County Clerk's office, please visit LeeClerk.org.

ABOUT THE CLERK'S OFFICE

The Florida Constitution established the Clerk of the Circuit Court as a public trustee, responsible for safeguarding public records and public funds. Clerk Linda Doggett is directly elected by and accountable to Lee County residents. In addition to the role of Clerk of the Circuit Court, the Clerk is the County Recorder and Clerk of the Board of County Commissioners, and the Chief Financial Officer, Treasurer and Auditor for Lee County. 🐾



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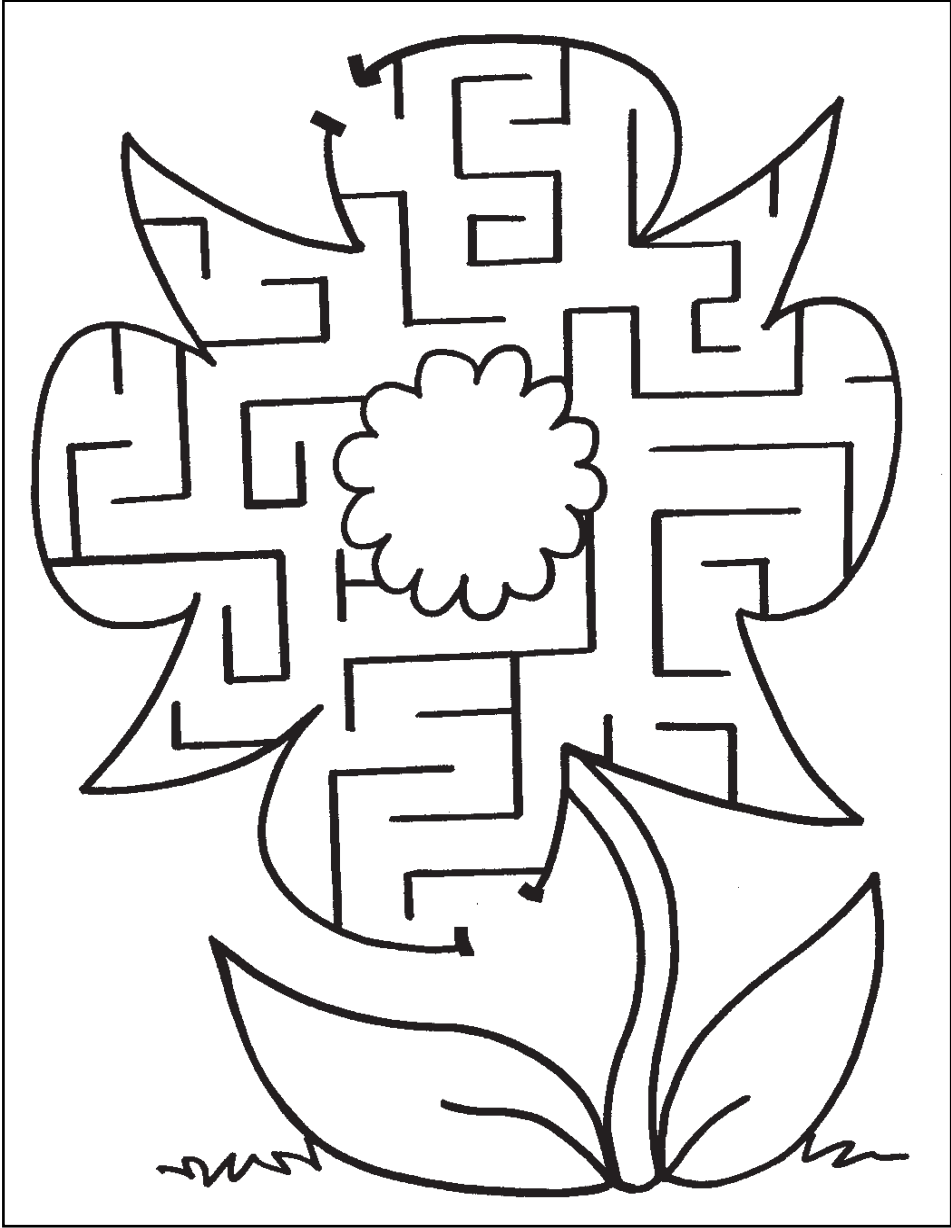
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Dates & descriptions provided by www.holidayinsights.com

July 6 International Kissing Day
Ahhh, it's Kissing Day. The objective of this very special day, is to appreciate and enjoy a kiss. So, go ahead and swap some spit today. Pucker up and give out a big, juicy kiss to anyone and everyone.

July 7 Chocolate Day
Chocolate Day is the perfect opportunity to eat you favorite chocolates in ample portions. Do you really need another excuse to over indulge with your favorite food treat?

July 11 Cheer up the Lonely Day
Cheer Up the Lonely Day is an opportunity to make a lonely person happy. Any time you can make someone happy, you've done a good thing, and should be proud of yourself.

July 13 Embrace Your Geekness Day
Embrace Your Geekness Day is a great day to be a Geek. Or, to know a Geek. Spend plenty of time with your computer. Talk computer lingo and jargon. If you are a geek, stand tall and proud.

July 19 National Ice Cream Day
When you get the urge for a snack on a hot, humid summer night, what's the first thing that comes to your mind? That's right....Ice Cream! On this day, we hope you enjoy an ice cream cone, a sundae, or a milk shake.

July 21 National Junk Food Day
For some of us, every day is Junk Food Day. For the rest of us, National Junk Food Day is an opportunity to guiltlessly eat your favorite junk food. You get to eat anything you want. Eat any amounts that you want, too.

July 24 Cousins Day
Cousin's Day honors your Aunt and Uncle's kids. They are those great kids who are likely close to your age, and endure the countless family get togethers with you.

July 26 Parent's Day
National Parents Day is a special day to honor your mother and father. And, its a time to celebrate the family structure and family values. The family unit is an important structure for the health of children, and the nation. That structure, and those values, are established and nurtured by your parents. The best way to mark this day is by spending time with your parents doing something fun. Its also important that you let them how much they are loved and appreciated.

July 30 National Cheesecake Day
Despite being a rich, high calorie, and cholesterol filled, cheesecake is a very popular dessert. Why? Because it tastes so good. Enjoy the day with a piece of cheesecake, along with your favorite topping.



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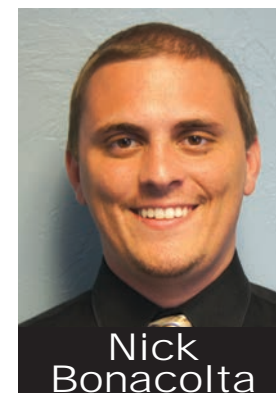


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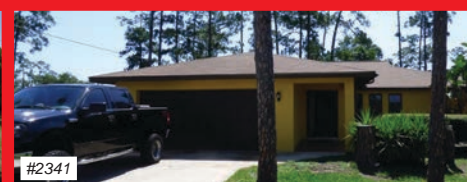
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Villages Of Bethany Trace

Two Bedroom, two bath plus a den/storm room with skylight that can easily be third bedroom, oversized screened double garage, cathedral ceilings, plant shelves, ceramic tile floors, breakfast bar and pantry in kitchen with solid surface countertops, all appliances including built in microwave, jetted tub in guest bath, oversized guest bedroom with walk in closet, master bedroom with private bathroom, walk in shower and large walk in closet, indoor laundry room with washer and dryer, screened lanai in rear enclosed with vinyl windows, common pool just steps away, central water and sewer, low monthly maintenance fees, quiet low traffic gated community, close to stores etc. No age restrictions here.

Offered At \$139,900
Charlie Bonacolta 239-994-1062 charlisold@gmail.com



3 Bedroom 2 Bath On Half Acre Lot With 480 Sq. Ft. Detached Garage

3 Bedroom 2 Bath on fenced half acre lot with 480 square foot detached garage/workshop with overhead door, electric and separate air conditioned office in the rear of the building, nicely landscaped yard, plenty of room for boat/RV parking, newer well with submersible pump, new shingles on roof in 2017, double garage on the main house, cathedral ceilings, built in fish tank in living room, tile floors throughout the home, breakfast bar and pantry in kitchen with all kitchen appliances, pocket sliding doors lead to 43 foot screened lanai overlooking the backyard, master bedroom with walk in closet and private bathroom, newer commodes and fixtures in the bathrooms, quiet low traffic street.

Offered At \$189,900
Charlie Bonacolta 239-994-1062 charlisold@gmail.com



Kevin Williamson

HONEST, DEPENDABLE & FRIENDLY SERVICE

239-910-4487



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HAPPY 4TH Of JULY!

Nancy Williamson



Incredible Golfwood 1 Condo

Incredible Golfwood 1 Condo with updated kitchen, built in washer, dishwasher under granite countertop that extends to hold 2 breakfast bar seats. Living area is 16' x 20' so tons of room inside. Screened entry area with tile in foyer. The large screened porch with vinyl panels to make an incredible Florida Room with 2 ceiling fans. Garden area with palm and oak trees for shade in the back yard and patio allowing for BBQs. This home is also situated off from the main roads so it is peaceful and quiet as well. Watch the birds and laugh at the squirrels in your garden yard with tons of privacy.

Kevin Williamson 239-369-5841 email: williamsonsells@gmail.com



3 Bedroom 2 Bath Pool Home

This is a 3 bedroom 2 bath home with screened below ground pool on dead end street with easy access to larger roads leading to downtown Lehigh Acres, Fort Myers, and Immokalee. There is a living room, family room, dining room and open kitchen with tons of space for the entire family. The family room also has a small eating space for informal gatherings. This is a great home with tons of potential for any family size and shape.

Kevin Williamson 239-369-5841 email: williamsonsells@gmail.com



6 Bedroom 2 Bath Home In Labelle

Fenced 6 bedroom 2 bathroom home on a quiet street. This property has a lot of potential. A must see!

Kevin Williamson 239-369-5841 email: williamsonsells@gmail.com



3 Bedroom 2 Bath Located In Country Club Estates

Incredible home with 3 bedrooms and 2 large baths (second bath has dual sinks) situated right in the heart of Country Club Estates. There is privacy on the lot because of the Papaya, Mango, Lime, Banana, Ackee (Jamaican favorite), Coconut and Soursap trees around the fenced back yard. The kitchen has stainless steel appliances, granite countertops, tile backsplash, dual stainless sink with disposal and breakfast bar that is open to the family room. The entire house has tile flooring except for the bedrooms. A step down living room sets the tone for the more formal area of the home. The master bedroom is quite large and bath has 2 walk-in closets. Windows covered with exterior accordion shutters installed after Hurricane Irma and the sprinkler well pump is brand new to keep the well manicured lawn in great shape. Sit in the mornings or evenings on the screened in back porch with privacy and enjoy a cup of coffee or tea or evening toddy if desired. Lovely home in great location.

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This Home Has It All Located In Mirror Lakes

This home has it all. As you enter the home the living room and dining area await with cathedral ceilings, plant shelves and a view of the beautiful backyard (sweet orange tree) and large screened lanai. The expansive master bedroom is to your right with two walk-in closets, dual sinks and a large walk in shower. Next there is a nice sized dining area off the kitchen with wood cabinets, pantry, glass top stove and newer refrigerator with ice maker and dispenser. The family room is next with room for two couches and still plenty of space. The two other bedrooms are nice sized with closets and the second bath has a beautiful tub/shower and vanity. Sliding doors all on the back of the home allow for plenty of fresh air. Accordion shutters are on the back of the home and side of lanai for the winds that may blow. Fully operational alarm system with two keypads is owned and can be monitored. New roof April 2018 and Water Heater updated as well. New HVAC system and new water lines through the home in 2020. Fully furnished.

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Beautiful Rural Home

This beautiful rural home is perfect for country living or anyone looking for privacy. The home sits on 5.5 acres of fully fenced land that would accommodate any pets or livestock. A large pond, pole barn, and concrete floored and roofed livestock pens are additional features of this property that contribute to its country lifestyle. This open concept house features new exterior and interior paint, new vinyl plank flooring in main living areas plus master bedroom. The large fireplace is a great center piece for entertaining along with a newly remodeled kitchen, including new cabinets, granite counter-tops, and breakfast bar create a cooking area large enough for you and your guests. Over-sized main living doors are 8 feet tall with a vaulted ceiling and 10 foot ceilings in bedrooms. Large walk in closet in the master bedroom is coupled with a spacious bathroom with separate vanities, free standing tub, and walk in shower. Fantastic views from the front or back porch look over the peaceful property without having to worry about privacy. This home is well maintained and shows like new.

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