



Have a relaxing
Labor Day
Weekend

THE RIVER WEEKLY NEWS

FREE
Take Me
Home

Vol. 17, No. 35

From the Beaches to the River District downtown Fort Myers

AUGUST 31, 2018

Syzygy Artist Collaboration During Art Walk

Two Southwest Florida artists, known as Syzygy, will be featured in the Capital Gallery at Sidney and Berne Davis Art Center with an exhibit opening on Friday, September 7 during Art Walk from 6 to 10 p.m. The collective art project between Danielle Branchaud and Nick Masiello presents the sophisticated series, titled Urban Dreamscape.

Syzygy most notably refers to the alignment of celestial bodies, the uncanny act of nature between that which usually opposes one another. In this union of opposites, two styles of art are born from unique perspectives, infused to create something entirely new.

Masiello was born in Dover, Delaware and raised in Port Charlotte. He earned his art degree from Florida Gulf Coast University and has since been actively exhibiting, curating and developing an impressive body of work. Working largely in abstraction and an urban expressionistic style, his artwork reflects social commentary and greater issues around current events, as well as exploration of personal themes. His work incorporates a variety of media,



FKA Twigs

images provided

including but not limited to aerosols, acrylics, found objects, collage, ink and silicone. Masiello operates out of his studio in Fort Myers and is working as a studio assistant to Marcus Jansen and Darryl Pottorf.

Branchaud was born in Canada, but like Masiello was raised in Southwest Florida. She earned her fine arts degree from the University of Central Florida and, after relocating to Fort Myers, began exhibiting her work in local galleries. She has spent the past several

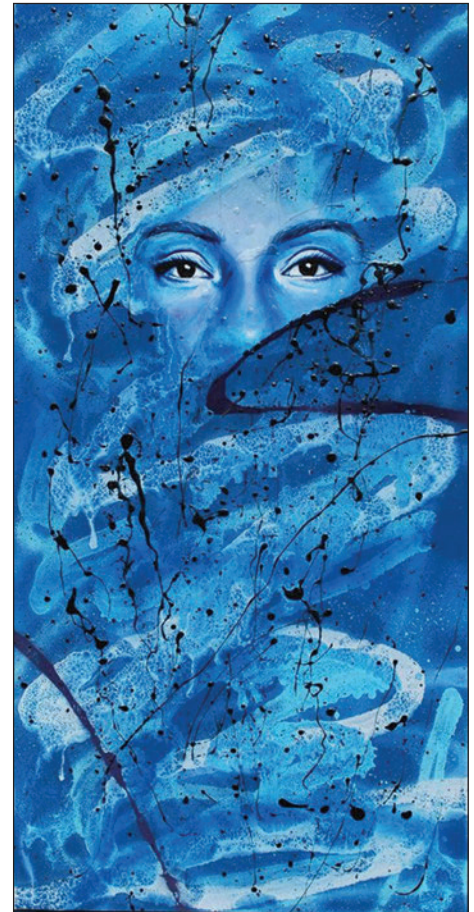


Plague Mistress

years developing series works on canvas through the exclusive use of acrylic paints, depicting figurative dreamscapes that detail psychological states. She has had four successful solo exhibitions in Fort Myers at Arts for ACT, Howl and DAAS Co-op galleries.

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

continued on page 16



Blue Magic

Opening Exhibits In Downtown Gallery

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

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

Boren's show will feature both new work and older works. To acknowledge her commitment to supporting the accessibility of original artwork to the community and in support of the important work of the Abuse Counseling and Treatment center, all works are offered at 50 percent off and 50 percent of the proceeds will go to ACT.

Boren's artwork continues and expands her exploration of multiple mediums evoking various emotions, events and places utilizing nonrepresentational techniques. By

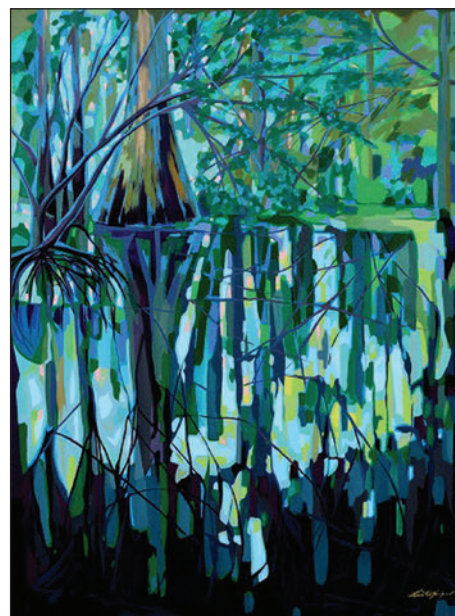


Pick up sticks by Katherine Boren

images provided

focusing on using a predominantly monochromatic palette and utilizing a combination of nontraditional and found materials in unexpected ways, her new works emphasize the reflection of light, varying textures and shapes, and differing grades of color saturation, while addressing universal experiences, environments and feelings in an intuitive manner. She emphasizes the use of color, form and texture to evoke emotional and psychological reactions to her art.

Boren said that her most successful



Behind Nature's Patterns by Adorable Monique

work utilizes a base hue and uses its shades, tones and tints to encourage further exploration by the viewer. Originally, from New York, she studied at New York University and New School and graduated with an emphasis in sculpture from the State University

of New York. Her work is exhibited at numerous venues in solo, group, juried and member shows. This show is supported in part by an arts and culture grant from the City of Fort Myers. For more information on Boren's work, visit www.katherineboren.com.

Monique is an award-winning artist based in Southwest Florida, brought up abroad in Central America. She has received numerous awards and the opportunity to exhibit in various venues. Growing up surrounded by different cultures has broadened her overall view of life. She is continuously pursuing success in personal, professional and artistic endeavors as well in the artistic experience itself.

In her bold, vibrant palette, Monique's work invites you to look for meaning beyond color. The themes are a recurring focus on identity and cultural heritage, tangible and not tangible. Her art intends to convey the core value of the spirit of nature, her inspiration through the beauty found in each context and the appreciation of the noble values of life.

These exhibits continue through Monday, October 1.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.*

Historic Downtown Fort Myers, Then And Now:

A Little Walk Into History



by Gerri Reaves, PhD

One hundred and ten years ago, First and Jackson was one of downtown’s busiest spots, just as it is today. But the scene certainly had a more peaceful look, what with the trees, the dirt streets with sprouting weeds and the river in the distance at the end of First. (Note that, as is common in historic postcard captions, the term “main street” is used generically.) In this circa-1908 postcard image with a westward view from Jackson Street, we witness the Bradford Block in the transition from pioneer days to the 20th century. Prominently in the center of the image stands the town’s first brick building, Harvie E. Heitman’s 1897-98 general store on the

northwest corner.

That south side of First between Hendry and Jackson is almost completed as we see it today. The balconied wood-frame structure to the left is the only one in the picture that is not extant today. Occupying the remainder of the block down to Hendry is the brick Bradford Hotel building. While the original portion was built in 1905 at the corner, its first addition had just been added (mid-block) in 1908. Note the second-floor exterior walkway. It will not be until the mid-19-teens that the all-brick Bradford Block will be completed, when the Heitman Arcade is constructed. Those looming telephone poles are also evidence of encroaching progress in the business district. On the second floor of Heitman’s store is the county’s first telephone company, Lee County Telephone, founded in 1900 by Gilmer M. Heitman, Harvie’s brother. Still lingering in this appealing image, however, are remnants of a 19th century settlement that invites us to mentally wander into the image.



Circa 1908, the Bradford Block was modernizing, but the foliage at two private residences on the corners at Jackson (left and right) recall the town’s earliest days
photo courtesy Florida State Archives



The Bradford Block between Hendry and Jackson looks much the same as in 1908, but the brick streets, urban landscaping and condo towers in the distance are major differences
photo by Gerri Reaves

Just across the street from the modernizing block are pioneer residences, not seen, but “felt” just out of frame. On the right a neat white fence surrounds the lush well-kept landscape at the home of Harvie and Florida Heitman. Today, the Sidney & Berne Davis Art Center stands where the Heitmans once lived. Those leafy branches in the upper left belong to another famous Fort Myers garden, one planted originally by Mrs. Mary Wall Frierson around her circa-1875 “gingerbread” style home on the southeast corner. Today, Mary Frierson’s garden is destined to be The Place on First, a mixed-use mid-rise building. The horizon has changed too. High-rise condominiums stand in the distance on West First, a street that didn’t exist in 1908. Walk down First Street and imagine those long-gone gardens in the middle of downtown. Mentally wander along the quiet dirt streets and leafy private yards and see a modern block taking shape. Then find out more about what happened in 1908 at these two research centers. The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the all-volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more nformation, call 332-8778 or visit www.leecountyblackhistorysociety.org. The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information. Sources: The Archives of the Southwest Florida Historical Society and *The Story of Fort Myers* by Karl H. Grismer.*

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Alliance Classes And Workshops For 2018-19

The Alliance for the Arts has a diverse new class schedule for the 2018-19 season. It includes drawing, painting, mixed media, photography and more.

"Creativity is the heart and soul of our community," says Assistant Director Brandi Couse. "We're thrilled to see some of our favorite classes return and excited to be adding some new programs to the roster this year."

The Alliance offers over 200 affordable classes and workshops for artists of all ages and skill levels year-round. New additions to the line-up include:

Finding Freedom with Watercolor – Open your mind and spirit through one-on-one instruction that will help you find the freedom and spontaneity that is unique to watercolor; six Wednesdays, September 12 to October 17 from 9:30 a.m. to noon; instructed by Charles Pompilius

Mixed Media and Techniques in Modern Art (Ages 16 and older) – Explore your imagination with collage, watercolor, oil pastels, acrylics and found objects in a way that will push your creative limits; six Tuesdays, October 23 to November 27 from 6:00 to 8 p.m.; instructed by Leo Johnson

Still Life Workshop with Elio Camacho (Ages 16 and older) – Get



Alliance for the Arts has an open studio among its classes and workshops photo provided

inspired and be sure to register for Elio Camacho's free artists demo on November 26 from 1 to 5:00 p.m.; express yourself in a colorful way with hands-on instruction to capture the beauty and spontaneity of nature; three-day workshop, November 28 to 30 from 9:30 a.m. to 5 p.m.; instructed by Elio Camacho

Drawing Animals (Ages 14 and older) – Get in touch with your wild side and learn how to create texture and

depth in drawing your favorite animals; six Wednesdays, December 12 to January 2, 2019 from 6:30 to 9 p.m.; instructed by Terry Lynn Spry

Bigger, Faster, Fresher, Looser Abstract Painting (Ages 16 and older); Learn to paint with more freedom, spontaneity and expression in this abstract painting workshop; three-day workshop, January 10 to 12 from 9:30 a.m. to 4:30 p.m.; instructed by David M. Kessler

Adding Gold to Floral Paintings: Watercolor, Collage & Metallic – Embrace your creative side by painting watercolor florals that glow with abstract backgrounds and gold highlights; two-day workshop, February 12 to 13 from 9:30 a.m. to 4:30 p.m.; instructed by Karen Knutson

Whimsical Paper Flowers (Ages 12 and older) – Learn two easy and fun methods of creating whimsical bouquets using a variety of colored papers, colored tape, pipe cleaners, wire, craft gems and more; workshop, Sunday, March 10 from 2 to 4 p.m.; instructed by Meg Scott

Fine Art Acrylics (Ages 18 and older) – Inspire yourself and others with challenging acrylic assignments in this critique-based class; six Mondays, April 1 to May 6 from 9:30 a.m. to noon; instructed by Paula Eckerty

Perspective and Landscape Drawing (Ages 16 and older) – Create compelling landscapes and improve your drawing skills no matter your level of expertise; six Wednesdays, May 15 to June 19 from 6:30 to 9 p.m.; instructed by Terry Lynn Spry

Alliance membership saves 20 percent on classes and workshops. To become a member, visit www.artinlee.org/join.

Class descriptions, instructor bios and registration are online at www.artinlee.org/education.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787.✪

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Angela Page of the Young Dead at a previous Babefest photo by Jasi Cason Photography

Submit Artwork For Art Rocks Juried Exhibition

Music-inspired artworks ae being sought for Love Your Rebellion’s (LYR) Art Rocks Juried Exhibition in November. From now through October 12, artist submissions will be accepted for the chance to win more than \$400 in prizes and the opportunity to hang work in at the Sidney & Berne Davis Art Center.

Artists may submit up to three pieces with music/musicians/music events as the

subject matter for consideration in the LYR Pick and People’s Choice categories. Visit www.loveyourrebellion.org/art-rocks to learn more and submit.

Art Rocks Juried Exhibition will hold the opening night celebration of Art Rocks in the Capital Gallery at the Sidney & Berne Davis Art Center on November 2 at 6 p.m. Experience the art of music in this eclectic collection of inspiring local art. See the LYR Pick and have a chance to vote for your favorite for People’s Choice.

Proceeds from this show, which closes November 19, will benefit LYR’s Babefest 2019 and the Sidney & Berne Davis Art Center’s art programming.

Love Your Rebellion, Inc was founded by Angela Page, frontwoman of the Young Dead and manager of Six Fingers Studios. In early 2018, Love Your Rebellion received 501(c)3 status. Throughout the year, Love Your Rebellion hosts a variety of art, music, and writing events, including Babefest. Love Your Rebellion’s Babefest is an annual diversity-first music festival

featuring national and local acts. Art Rocks is one of the many fundraising events Love Your Rebellion has planned to both embolden the LYR mission and help make Babefest possible.

Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers. For more information, visit www.loveyourrebellion.org/art-rocks.✧

Symphony Society Launches New Program Year

To support the Southwest Florida Symphony Orchestra, the Southwest Florida Symphony Society will hold its first luncheon meeting of the year is on Friday, September 7 in the Tarpon Point Ballroom at the Westin Cape Coral Resort at Marina Village. Doors open at 11:30 a.m. with the luncheon at noon.

The program to be presented at the luncheon will spotlight Take Stock in Children, a scholarship program sponsored by the Foundation of Lee County Public Schools, Inc. Speakers will be Lori Reiselman, director of scholarships, and Sheryl Verhulst, mentor coordinator. This program is staffed by many volunteers and has successfully given full four-year scholarships to deserving area youth.

To make a reservation, call 666-1230 by Friday, August 31. Special dietary needs may be requested. Cost is \$25, payable by check, cash or credit card at the door.

Members of the Symphony Society assist the orchestra by assisting at its performances, housing visiting musicians and in community programs.

Westin Cape Coral Resort at Marina Village is located at 5951 Silver King Boulevard in Cape Coral. To learn more about the SWFL Symphony Orchestra and the Symphony Society, go to www.swflso.org/symphony-society or call 418-1500.✧

Register For Walk Like MADD And 5K Benefit

Mothers Against Drunk Driving of Southwest Florida What’s Your Number? campaign, related to its signature fundraiser Walk Like MADD and 5K, will be held at JetBlue Park on September 29. Registration is from 7 to 8 a.m. Race time is 8:30 a.m. Family fun time is 9 to 11 a.m.

Presented by Goldstein, Buckly, Cechman, Rice and Purtz PA, the “What’s Your Number?” campaign centers around a custom race bib for its USA Track & Field certified 5K, which ends at home plate within JetBlue Park’s main baseball field. The race bibs are courtesy of Domino’s Pizza in South Fort Myers and Kari Kardio in Fort Myers. The local businesses got involved with MADD Southwest Florida because they understand that safe roads and a reduction in drunk driving directly impacts our local economy.

“We are super excited that our runners will have custom bibs. Our 5K Chair, Tom Marquardt, a local entrepreneur and business owner as well as an avid runner,

designed the bibs,” said Lori Burke, MADD Southwest Florida director.

Runners’ race bib numbers will be used to not only time their run for the coveted place medals, they will also be used to win one of four prizes courtesy of Fleet Feet of Fort Myers. The prizes are two Garmin watches and two pairs of Brooks running shoes.

To sign up for the Walk Like MADD and 5K, visit www.walklikemadd.org/index.cfm?fuseaction=donorDrive.event&eventID=846.✧

Sociologist To Lecture On Bushmen At FSW

Sociologist, demographer and author Dr. Nancy Howell will present a lecture on the Dobe !Kung bushmen of the Kalahari Dessert in the Rush Auditorium, Building J, Room 103, at the Florida SouthWestern State College (FSW) Thomas Edison Campus on Thursday, September 6 at 4:30 p.m. The lecture is free and open to the public.

Howell’s book *Life Histories of the Dobe !Kung* re-examines an important anthropological data set for the Dobe !Kung, the well-known “Bushmen” of the Kalahari Desert. Using life history analysis, Dr. Howell reinterprets this rich material to address the question of how these hunter-gatherers maintain their notably good health from childhood through old age in the Kalahari’s harsh environment.

Dr. Howell received her doctorate from the Harvard University Department of social relations in 1968. She taught in the department of sociology at the University of Toronto for 30 years, after brief stints at Wellesley College and Princeton University. She is a fellow of the anthropology section of the American Association for the Advancement of Science, based on her demographic studies of the Dobe !Kung bushmen of the Kalahari Desert. She is retired from teaching, but continues research and writing.

“My students have always enjoyed studying Dr. Howell’s research in class,” said Janelle Christensen, FSW adjunct professor, anthropology. “Hearing first-hand about Dr. Howell’s research and fieldwork experiences brings an even greater understanding of her work. She is a foremost expert in her area of study, and we are thrilled to welcome her to FSW.”

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. For more information, contact Christensen at 432-6771.✧

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Fort Myers Art:

Author-Historian Records Audio For City Sculpture



By Tom Hall

The City of Fort Myers is about to launch a free phone app that will enable users to learn about all the public artworks that are interspersed throughout the town. Called

Otocast, the app contains text and historic photos for each covered artwork. But the app's centerpiece is an audio recording made by the artist who created the piece or someone who is intimately familiar with the artwork and the stories it recounts. By virtue of this audio component, Otocast is like having your very own tour guide who knows the coolest facts and behind-the-scenes stories about the art pieces you see all around you.

One of those artworks is *The Spirit of Fort Myers*, affectionately nicknamed Rachel at the Well. It's a cast stone statue of a Grecian maiden pouring water from an urn into a basin at her feet. The sculpture is the centerpiece of an entryway that features tall, obelisk-capped stanchions and a gently curving white wall crowned by hedges, a black wrought-iron fence and a thicket of tall green trees.



The *Spirit of Fort Myers*, nicknamed Rachel at the Well, at Edison Park

photo courtesy www.artswfl.com

The maiden and her pale, yellow-coined columns welcome residents and guests to Edison Park, one of southwest Florida's oldest and most venerable neighborhoods. The sculpture was commissioned in 1925 by *Uncommon Friends* author James D. Newton and completed by sculptor Helmuth von Zengen a year later. Newton subsequently donated the sculpture to the City of Fort Myers, which has owned it ever since.

For years, local author and historian Gerri Reaves has maintained a special relationship with the sculpture and its creator. She wrote a dispositive article on

the artwork for *The River Weekly News* in May of 2015, and contacted von Zengen's family for information on the sculptor and his work incident to that story. To this day, she remains in touch with the von Zengen family, and Reaves has graciously recorded an audio for Otocast in which she shares historical information, fun facts and fascinating anecdotes about Rachel and the circumstances surrounding her creation, dedication and ongoing conservation.

Many downtown residents, workers and visitors know Gerri Reaves from her weekly column appearing in *The River Weekly News*. But Gerri's credentials are considerably more far-ranging. Her books include *Legendary Locals of Fort Myers*, *Fort Myers: Then and Now* and *Mapping the Private Geography: Autobiography, Identity and America*, all of which are available on Amazon and in select area bookstores. A longtime member of the Southwest Florida Historical Society, Gerri has also served as the organization's board president.

For more information on *The Spirit of Fort Myers*, visit www.artswfl.com/public-art-2/fort-myers-river-district-public-art-2/rachel-at-the-well/rachel-at-the-well. For more information on the other artworks located throughout Fort Myers, visit www.culturenow.org, the Public Art Archive and www.fortmyerspublicart.com or pick up a copy of The City of Fort Myers Public Art Collection brochure at City Hall, located at 2200 Second Street in Fort Myers.

NAA Accepting Entries For National Art Encounter 2018-19

Online entries are being accepted now through October 4 for National Art Encounter 2018-19, a biennial exhibition open to artists residing in the United States. Cash awards totaling \$3,500 will be presented during a reception on the evening of Friday, November 30.

The Naples Art Association initiated the Art Encounter exhibition program in 1983. It is a contemporary art exhibition featuring two- and three-dimensional artwork by artists residing in the United States. The exhibition serves as a platform upon which Florida artists share the spotlight with their peers at the national level. For artists from outside of Florida, the exhibition provides an opportunity to demonstrate success, compete for cash prizes and exhibit in Naples, Florida.

Brad Cushman, Jill Deupi and Kirk Ke Wang will serve as jurors and select nine recipients of the \$3,500 in cash awards: \$1,000 Best of Show; \$800 first place; \$600 second place; \$400 Juror's Choice Award; \$200 Award of Merit (2); and \$100 Honorable Mention (3).

There is a \$29 nonrefundable entry fee to submit one to two artworks in the 2D and/or 3D categories.

National Art Encounter 2018-19 will be installed in the Naples Art Association's ground floor galleries from December 1 through January 12, 2019. For more information, call 262-6517 or visit www.naplesart.org.

Boulderbrook Productions Accepting Submissions For Southwest Art Festivals

Boulderbrook Productions hosts a number of boutique art festivals in Southwest Florida each season. It is currently accepting submissions for:

The Sanibel SCA Art Festival (January 18 and 19, 2019); deadline: September 7;

Bonita Springs Invitational at The Promenade (February 16 and 17, 2019); deadline: October 1;

Naples Masters Art Festival (March 2 and 3, 2019); deadline: October 1; and

Bonita Bay Masters Art Festival at The Promenade (March 30 and 31, 2019); deadline October 14.

You must apply online at www.boulderbrook.net.

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

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Life Enrichment Series

New Opportunities at Shell Point

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Shell Point's Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events and more!

explore play imagine laugh learn inspire

September
2018

Learn More About Shell Point

FREE



September 11, 18 & 25
at 9:30 a.m.

Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.

September 11 & 18 at 4:30 p.m.

Iran: Its History and Today

Join Professor Adrian Kerr for a two-part discussion about some of the world's oldest continuous civilizations, with settlements dating back to 4,000 BC. Learn how the Indo Europeans established territory in the highlands of Iran and review the rise of the great Achaemenid Empire and the country's radical shift in leadership. **Tickets for each session cost \$10* and may be purchased by calling (239) 489-8472.**

- **Session One – Tuesday, September 11:** An introduction to the beginning of the Indo Europeans in 2,000 BC, this discussion will uncover the rise and fall of the nation of Iran.
- **Session Two – Tuesday, September 18:** Professor Kerr will discuss how the Islamic conquest of c650 was a turning point in Iranian history. He will conclude this two-part discussion with a look at recent times and the major shift in Iranian leadership.

September 25 & 27 at 4:30 p.m.

The Seven Wonders of the Ancient World

The Academy of Lifelong Learning is excited to welcome Professor Adrian Kerr for a two-part journey on the seven wonders of the world. He will investigate their creators, historical and archaeological evidence and also share illustrations from his own personal encounters. **Tickets for each session cost \$10* and may be purchased by calling (239) 489-8472.**

- **Session One – Tuesday, September 25:** Professor Kerr will begin with a look at the phrase "seven wonders of the world" and who coined it. Additionally, he will uncover the significance of ancient Greece and its historical role.
- **Session Two – Thursday, September 27:** To conclude the presentation, Professor Kerr will examine what became of the world's wonders and their creators, and why they still have such a hold on the imagination.



*If you are unable to attend a class that includes a fee, kindly give 24 hours' notice to receive a refund.

**Visit www.shellpoint.org/events
for full listings of this month's events!**

Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

Along The River

The **Fort Myers Miracle** are inviting all Harry Potter fans to the ballpark this Saturday, September 1 as Hammond Stadium turns into the Hogwarts School of Witchcraft and Wizardry.

Harry Potter Night will feature a variety of themed activities, and Hammond Stadium will be serving Butterbeer at the concession stands. The Miracle also are giving away two tickets to The Wizarding World of Harry Potter at Universal Orlando; contest details will be announced through social media, and the lucky fan must be present at Harry Potter Night to win.

The Miracle are offering a special \$15 ticket promotion that includes a general admission seat, souvenir wand, a juicy Kayem hotdog and a fountain drink. Fans should use the promo code "Harry Potter" at checkout when purchasing tickets online, and then can choose to sit in a section based on their house preference from the Potter series: Gryffindor, Slytherin, Ravenclaw or Hufflepuff.

Fans are encouraged to dress as their favorite character from the series: Harry Potter, Hermione Granger and Ron Weasley, or even Severus Snape, Albus Dumbledore, Voldemort and Rubeus Hagrid.

Other promotions for that evening include Byron Buxton Bobblehead Giveaway and Bark in the Park, where dogs get in free.

Gates open one hour before first



The Fort Myers Miracle are holding Harry Potter Night on Saturday, September 1

image courtesy www.milb.com/fort-myers

pitch. Tickets start at \$7.50 in advance or \$9 on the day of the game; fireworks games cost an additional \$1.

For more information about baseball tickets and promotions, call 768-4210 or visit www.miraclebaseball.com.

Indie movie lovers will not want to miss **TGIM's** September showcase at the **Sidney & Berne Davis Art Center** this Monday, September 3 at 6:30 p.m.

Help hosts Eric Raddatz and Melissa DeHaven – plus judges John Davis, Jason Drew and Marc Collins – select films for viewing at the 2019 Fort Myers Film Festival (FMff). Get a look at how FMff officials view submissions

for independent films and participate in the selection process. Have a say whether or not they should make final programming.

Cocktail hour begins at 6:30 p.m., and the show starts at 7 p.m. There will be live entertainment during intermission, while judges comment on the films all evening long. Tickets are \$10 for adults and \$8 for students and seniors.

Each indie film to view comes from a different writer and director. FMff is an independent filmmaker's preferred event to create, unite and showcase fine artistic cinematic works. The 9th annual festival will be held in April 2019 at the Barbara B. Mann Performing Arts Hall, Sidney & Berne Davis Art Center, Alliance for the Arts, Broadway Palm Dinner Theatre, Fort Myers Regional Library and Imaginarium with parties and dinners at Twisted Vine Bistro, Firestone and other select venues.

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

Open call auditions for **Winnie The Pooh Kids** will be held at **Herb Strauss Theater** this Sanibel Tuesday, September 4 and at **G-Force Dance Studio** in Fort Myers on Saturday, September 8. Children in kindergarten through sixth grade are needed for two separate casts. The

show will be part of the upcoming Creative Theater Workshop (CTW) fall 2018 season.

For more information about rehearsal and performance dates and to sign up for an audition, visit www.ctwththeater.com.

CTW officials are also holding open call auditions for their advanced performing arts team. CTW will take the team of triple threats ages 8 to 18 to compete at the Junior Theater Festival (JTF) in Atlanta, Georgia. The Junior Theater Festival is the world's biggest celebration of young people performing musical theater. Students will perform a 15-minute selection from *Alice in Wonderland Jr.* for adjudication by leading theater professionals. Students will participate in theater workshops led by Broadway professionals, watch amazing performances, see a live Broadway concert and audition for opportunities to go to New York City. This year will be CTW's sixth time attending the Junior Theater Festival.

Herb Strauss Theater is located at 2200 Periwinkle Way on Sanibel, while G-Force Dance Studio is located at 1400 Colonial Boulevard, Suite 14 in Fort Myers.

Florida SouthWestern State College kicks off its **Critical Thinking Lecture Series** at the FSW Thomas Edison Campus, Building AA-177, this Thursday, September 6 at 11 p.m.

Dr. Deborah Teed, FSW Dean of the School of Arts, Humanities and Social Sciences, will present *Voices in America: Diversity, Inclusion and Democracy*.

Dr. Teed has spent nearly 20 years in higher education, earning her doctorate in comparative sociology from Florida International University. Prior to joining FSW, Dr. Teed served as associate dean of academic affairs and retention at Pasco-Hernando State College and dean of social sciences and business at South Puget Sound Community College.

Florida SouthWestern State College's Critical Thinking Lecture Series features community leaders and academic scholars who discuss critical thinking in their respective field of expertise or a critical topic from their area of career or academic interest. The series is free and open to the public. Presentations take place weekly, and the fall series runs September through November.*

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Lakes Regional Library Programs

September's roster of activities at Lakes Regional Library offers topics for all ages. The following activities are free to the public:

Adult Programs

Coloring for Adults – 2 p.m. Tuesdays, September 11, 25. Come and experience the latest trend in relaxation. Coloring pages designed especially for adults as well as colored pencils will be provided. Registration is required.

Book Discussion: *The Radium Girls* by Kate Moore – 2 p.m. Wednesday, September 12. The Curies' newly discovered element of radium makes headlines across the nation. Meanwhile, hundreds of girls toil amid the glowing dust of the radium-dial factories, until they begin to fall mysteriously ill. As the fatal poison takes hold, the girls are embroiled in a groundbreaking battle for workers' rights that will echo for centuries to come. Registration is required.

English Café – 6 p.m. Mondays, September 17, 24. Free, informal conversation sessions for adult ESOL/ESL students.

Download Drop-In – 2 p.m. Wednesday, September 19. Did you know you can download books, magazines, music and other library content from our online library? Bring your app-enabled, fully-charged e-reader or tablet, and we will show you how to use Libby, Hoopla and other library apps. This is a drop-in program. No registration is required.

Storytime

Family Storytime – 10 a.m. Wednesdays, September 5, 12, 19, 26. For children up to age five. Pick up a storytime ticket at the Youth Services desk the morning of the program.

Preschool Storytime – 11 a.m. Wednesdays, September 5, 12, 19, 26. For ages 3 to 5. Pick up a storytime ticket at the Youth Services desk the morning of the program. Space is limited. Your preschooler will continue to build relationships with other kids, books and the library in a storytime designed specifically for them.

Baby Rhyme Time – 10 a.m. Mondays, September 10, 17, 24. For babies up to 18 months. Pick up a storytime ticket at the Youth Services desk the morning of the program. Space is limited. You and your baby will learn new nursery rhymes and fingerplays, interact with puppets, sing, read books and dance.

Toddler Tales – 11 a.m. Mondays, September 10, 17, 24. For ages 18 to 36 months. Pick up a storytime ticket at the Youth Services desk the morning of the program. Space is limited. This interactive and active time for toddlers and their caregiver is designed to advance prereading and social skills. Experience storytelling, wordplay, felt board stories, fingerplays, puppets, singing, music-making, socializing, dancing and, of course, books.

Children's Programs

After School Crew: Science – 4 p.m. Wednesdays, September 5, 12, 19, 26. Weekly stories and activities with a focus on science. Sponsored by the Friends of Lakes Regional Library. For grades kindergarten to fifth grade.

Hobby Horse Tournament – 4 p.m. Monday, September 10. Participants will make their own hobby horses and then participate in a tournament. For grades K-5. Sponsored by the Friends of Lakes Regional Library. Registration begins August 20.

Homeschool Exploration: Creativity Unleashed – 10 a.m. Thursday, September 13. Homeschoolers, explore your creative side as we take a deep dive into art, technique, a little history and more through fun design challenges. Sponsored by the Friends of Lakes Regional Library. For children age 5 and older. Registration began August 23.

Special Needs Storytime – 10 a.m. Saturday, September 15. Books, music, and sensory experiences for children ages 3 to 12 with special needs and their families. Registration began August 25.

Family Fort Night: Space Edition – 6 p.m. Monday, September 17. Join us for Family Fort Night: Space Edition. Explore space and make cool forts. Sponsored by the Friends of the Lakes Regional Library. For ages 2 to 12.

Kids Read Down Fines – 2 to 3 p.m. Saturday, September 22. Children and teens can earn a \$2 coupon for every 15 minutes of reading during the allotted time in the designated area of the library. Coupons may be applied to cards issued to patrons age 18 and younger only and applies only to charges on overdue materials.

Database Night for Parents – 6 p.m. Wednesday, September 26. Learn about the online databases offered by the Lee County Library System. This program will highlight the databases that are geared toward children and teens, helping parents learn how to navigate them. From ABC Mouse to practice driving tests.

Preschool Space-tastic Mission – 10:30 a.m. Thursday, September 27. Join us at the library for an exploration of space. We'll have crafts, games and more for a space-tastic experience. For ages 2 to 5. Sponsored by the Friends of the Lakes Regional Library. Registration begins September 6.

PLAY IT! Mini Games with Spheros – 4 p.m. Thursday, September 27. Small things mean big fun in this program where technology meets strategy. All materials will be supplied. For grades 3 to 5. Registration begins September 6.

Teen Programs

Drop-In Teen Activities: Riverdale – September 1 to 29. Available during normal library operating hours: Monday to Wednesday: 9 a.m. to 8 p.m.; Thursday: 9 a.m. to 6 p.m.; Friday, Saturday: 9 a.m. to 5 p.m.

Kids Read Down Fines – 2 to 3 p.m. Saturday, September 22. Children and teens can earn a \$2 coupon for every 15 minutes of reading during the allotted time in the designated area of the library. Coupons may be applied to cards issued to patrons age 18 and younger only and applies only to charges on overdue materials.

The Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information about a program or to register, call 533-4000. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call 479-4636 for more information about a specific program.*

Shell Point To Host Classes On History Of Iran

The Academy of Lifelong Learning at Shell Point Retirement Community invites the Southwest Florida community to attend its September Academy classes, which will feature informative discussions on some of the world's oldest continuous civilizations and archaeological history. Florida SouthWestern State College Professor Adrian Kerr will present.

The first two-part series, entitled Iran: Its History and Today, will take place on Tuesday, September 11 and Tuesday, September 18, both at 4:30 p.m. Tracing some of the world's oldest settlements dating back to 4000 BC, the first session will introduce the Indo-Europeans and uncover the rise and fall of the nation of Iran. The second session will discuss how the Islamic conquest of AD 650 was a turning point in Iranian history. Kerr will conclude this two-part discussion with a look at recent times and the major shift in Iranian leadership.

A second two-part series, entitled The Seven Wonders of the Ancient World, will be offered from 4:30 to 6 p.m. on Tuesday, September 25 and Thursday,



Adrian Kerr photo provided

September 27. During this dual discussion, Kerr will investigate the "wonders" and its creators, historical and archaeological evidence, and will also share illustrations from his own personal encounters.

Tickets to attend each session with Kerr are \$10, and can be purchased by calling 489-8472. To learn more, visit www.shellpoint.org.*

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Estates To Open On Labor Day

The Edison & Ford Winter Estates will be open from 9 a.m. to 5:30 p.m. on Labor Day, September 3. Visitors can see the winter homes of Thomas Edison and Henry Ford, the 15,000-square-foot museum and the National Historic Chemical Landmark laboratory, all on more than 20 acres of botanic gardens.

The air-conditioned museum is full of inventions and special exhibits and phonograph demonstrations are given throughout the day. Visitors can stroll along the Timeline of Innovation and see examples of both Edison's and Ford's inventions; participate in hands-on activities in the Smithsonian Spark!Lab, where children and families can have fun inventing; or take a break in the movie theater and learn even more about the two famous men who spent their winters in Fort Myers.

The botanic gardens feature specimens from all around the world, including palms, tropical fruit trees and many exotic plants with beautiful flowers. There also are several specialty demonstration areas, including a succulent garden, a butterfly garden and a Florida native plant garden. The site also includes giant trees, such as the popular Banyan and Mysore Fig that Edison and his workers planted nearly 100 years ago.

Several tour options are available. In addition, Edison Ford is a Blue



Visitors can see many types of trees at the Edison & Ford Winter Estates

photo provided

Star Museums member and offers free admission to active duty military in the Army, Navy, Air Force, Coast Guard, Marines, National Guard and Reserve, U.S. Public Health Service Commissioned Corps and NOAA Commissioned Corps when presenting a Geneva Convention Common Access

card (CAC), a DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card. For more information, call 334-7419 or visit www.edisonfordwinterestates.org.✪

Half Off Sale At Resale Stores During Weekend

Hope Chest Resale Stores in Bonita Springs and North Fort Myers are celebrating Labor Day by offering shoppers 50 percent off the price of most items purchased Saturday, September 1 and Monday, September 3.

Hope Chest stores feature designer-brand clothing and accessories, high-quality furniture, sporting equipment, antiques and unique collectibles. Shoppers can discover discounts in the newly expanded The North Fort Myers Hope Chest store, which recently added 7,000 square feet of retail space designated for home decor, including lighting, silk flowers and artwork.

No coupons are necessary for the sale, and some exceptions may apply.

Proceeds from Hope Chest benefit unfunded programs and services of Hope Healthcare, which provides exceptional care and support to individuals and their loved ones as they fulfill life's journey.

Hope Chest Resale stores are open

9 a.m. to 5 p.m. Monday through Friday and 9 a.m. to 4 p.m. Saturday. Hope Chest at The Crossings is located at 28520 Bonita Crossings Boulevard. Hope Chest in North Fort Myers is located at 13821 North Cleveland Ave. For more information about volunteer opportunities or donating items to the Hope Chest Resale Stores, call 482-4673 or visit www.hopehcs.org.✪

Section Of Ortiz Avenue To Be Closed Nightly

Motorists are advised that the southern portion of Ortiz Avenue will close daily between 8 p.m. and 5 a.m. from Sunday, September 9, through 5 a.m. Friday, September 14, so that contractors can add turn lanes at two new planned apartment complexes.

Ortiz Avenue will be closed nightly from Martin Luther King Jr. Boulevard/State Road 82 south to Colonial Center Drive. Emergency access to SalusCare and the Lee County Emergency Operations Center will be available through Lee County Sheriff's Office representatives at each end of the closed road.

Digital message displays are in place to notify motorists of the planned work. For more information, visit www.leegov.com/dot or contact the Traffic Operations Center at 533-5762.✪

Churches/Temples

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

ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

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

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. 2050 Periwinkle Way. www.batyam.org 579-0296.

BETH SHILOH MESSIANIC SYNAGOGUE
Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

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

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

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

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

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

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

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

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

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

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

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

FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511.

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

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;
Sunday 10 a.m., 8210 College Parkway, 482-3133.

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

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

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

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

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

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

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

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

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

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

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

RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m. 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. MeditationInFortMyers.org, 567-9739.

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

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

SAINT JOHN THE APOSTLE

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

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

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

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

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

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

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

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

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

UNITY OF FORT MYERS
Sunday 10 a.m. 11120 Ranchette Road, unityoffortmyers.org, 278-1511.

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

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

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

CROW Case Of The Week:

Barred Owl



by Bob Petcher

The barred owl (*Strix varia*) is a good-sized owl with a large round head without ear tufts. It gets its name from the sides of its head which are barred with light and dark colors.

The woodland bird has wide dark eyes that it utilizes to hunt from its tall perch when it preys on amphibians, reptiles, invertebrates and other small mammals.

Barred owls are one of the most vocal of its species, sending resounding "hoos" to either communicate with others or as a mating ritual. The nocturnal owls prefer to nest in a tree hollow or hole and are known to be very aggressive when defending their nests.

At CROW, an adult barred owl was admitted to CROW after flying into a truck on Highway 31 in North Fort Myers. Upon intake, the owl was noted to have a depressed mentation and was only standing with the support of the towel and box it arrived in. Veterinary staff found that the patient had some mild retinal hemorrhage in both of its eyes, a sign that it had suffered head trauma from the collision.

"Any time head trauma is suspected for a patient, the fundus – the back of

the eye which includes the retina and optic nerve – is checked for evidence of trauma," said Dr. Malka Spektor, CROW veterinary intern. "With a case of head trauma, bleeding can be seen back there, or in severe cases, retinal detachment, which can cause blindness. In this case, there was bleeding in the back of the eye, but it was a mild amount, with no other signs of trauma noted in the back of the eye."

The owl was given pain medications, iron and B12, and an intraosseous (IO) catheter was placed to administer fluids.

"The iron and B12 were actually given because the patient presented mildly anemic. Iron and B12 help the body regenerate red blood cells, and upon a recheck of the owl's bloodwork a few days later, the anemia had resolved," said Dr. Spektor. "An intraosseous catheter is placed when a patient is critical and venous access cannot be gained. After multiple unsuccessful attempts to place an IV catheter due to poor blood perfusion, access was gained through a bone with the intraosseous catheter to save its life. Fluids and other medications to decrease brain swelling are administered using this catheter."

The patient was then placed in an oxygen chamber to help in its recovery.

"When patients have head trauma, oxygen delivery to the brain can be compromised. To combat possible brain damage due to lack of oxygen, supplemental oxygen is provided," said Dr. Spektor. "Additionally, some patients with head trauma have compromised respirations, so supplemental oxygen is



Patient #18-3255 is in full recovery from head trauma

photo by Brian Bohlman

used to help make breathing easier."

Surviving head trauma is never easy for an animal. Many times, head trauma can lead to fatality. Fortunately, for this barred owl, the trauma was mild and a full recovery is expected.

"The patient has been doing great," said Dr. Spektor on Monday. "The catheter was removed and the patient is now standing and eating on its own. It was moved to an outside enclosure on August 24, where it is flying normally.

After a few days outside building up flight muscles, the patient should be ready for release."

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

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Get Out Of Your Comfort Zone



by Capt.
Matt Mitchell

East winds for almost two weeks have done wonders for pushing the majority of the red tide out of the sound. Sure, in places close to the passes, you will still find a few dead fish floating around, although its getting noticeably less and less everyday. Looking at the Fish and Wildlife Conservation Commission red tide chart, the sound is still experiencing low levels of red tide while Matlacha Pass all the way up to the Mayakka River is still red tide free as it has been for the last month.

If there is any positive note at all from this extreme supercharged red tide it's that it has made me learn to fish areas that I just never go to. Over the past few decades on the water, I very seldom fish the middle to northern end of Matlacha Pass as I just can't seem to find consistent fishing here. This whole area sees very little angler pressure due to how long of a run it is, and the fact the majority of the water once you leave the marked channel is a year-round slow speed zone. Most of my time on the water this week was spent there from Hell's Gate north of Tropical Homesites all the way up to Smokehouse Bay by

Bokeelia. This long stretch of water offers anglers an almost untouched fishery.

The amount of sea life that has been pushed into this summer black water area is amazing. This area of water, which is free of red tide, has been producing a great mixed bag of fish including trout, snook, redfish and even tarpon. Taking what you know about fishing from the sound and taking it to new water involves a learning curve. When everything does line up and you get it right, it's really satisfying. For those of you that are not familiar with Matlacha Pass, it's a very unforgiving place to fish with lots of hard-shell bottoms and oyster bars. The summer black water make it hard to visually see these oyster bars and obstructions.

Matlacha Pass also has lots of healthy grass flats and miles of almost unfished mangrove shorelines. With almost all of the water out of the marked channel being slow speed zones, this area just makes you slow down and really think about what your next move is and where you're going to fish. Areas north of the bridge have had lots of feeding birds that are all over trout and ladyfish along with a few rolling tarpon. On wind blown deeper mangrove shorelines and creek mouths on either side of the bridge, I caught snook and even tied into a few big redfish. At the northern tip of Bokeelia at what is referred to as the 9/11, flat bait has also been plentiful. The more I fish this area the more I am beginning to like it even though it does not give up its secrets easily.

Getting out and fishing somewhere out of your comfort zone is a good thing. On way too many trips, it's just



Capt. Matt Mitchell enjoying a day off by scouting redfish

photo provided

too easy to fish your usual spots and get in a rut even though these places offer almost guaranteed action. Sometimes it takes something like red tide to make you switch it up. There is just something satisfying as an angler to catch fish in places you have just never fished.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.✱

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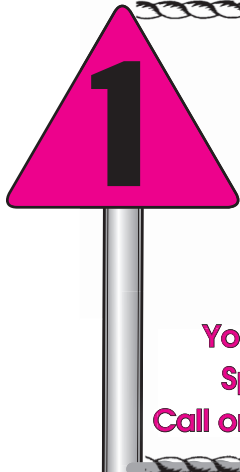
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Dave Doane



Simpson stopper's flowers attract bees and butterflies throughout the year
photos by Gerri Reaves

Plant Smart

Simpson's Stopper

by Gerri Reaves

The use of native Simpson's stopper (*Myrcianthes fragrans*) in home and commercial landscapes is on the rise, and it's easy to see why. Among this evergreen's attributes are low maintenance, wildlife friendliness and ornamental beauty.

This member of the myrtle family is also known as twinberry or twinberry-stopper and is listed as a threatened species in Florida. Such a species is defined as one whose numbers are in rapid decline, but not sufficiently so as to make it endangered.

In the wild, it occurs in coastal and tropical hammocks, taking shrub or tree form and reaching up to 30 feet tall.

The odd name "stopper" comes from the plant's traditional use as a treatment for diarrhea.

Stalked clusters of fragrant white flowers appear throughout the year, but most profusely in spring. Their many-stamened "starburst" look attracts various bees and butterflies.

Birds love the orange-red berries, which are said to be edible, though not palatable, for humans, minus the seeds.

Both fruit and flowers are often on

the plant simultaneously.

The pale smooth bark is reminiscent of that of the guava tree, with the flaky bark revealing a range of subtle tints in red, green, or tan.

The rounded opposite leaves are leathery, aromatic and about an inch or two long.

Dense foliage and stiff branches provides good cover and nesting sites for birds.

This hardy, slow-growing tree is drought and salt tolerant and pest resistant. However, it needs protection from salt spray and long salt-water inundation.

Give it a spot in full to partial shade. Propagate it with seeds.

It's best to use it in a bird, butterfly, or natural garden, or as a screen.

Using it as a hedge and repeatedly shearing off the flowers and fruit reduces the benefit to wildlife.

Sources: *Betrock's Florida Plant Guide* by Edward F. Gilman, *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.fnps.org, www.gardeningsolutions.ifas.ufl.edu, hort.ufl.edu, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✽



A variety of birds love the orange-red berries produced by this plant, which is listed as threatened in Florida

Lakes Park To Offer Nature Walk

Lakes Regional Park will be the site of a nature walk with a Lee County Bird Patrol Guide on Saturday, September 1 at 8 a.m. It is free with paid parking.

Provided in cooperation with Lee County Parks and Recreation, the stroll is along clear paths that offer an opportunity to see birds in native vegetation with experienced guides pointing out the many species in the park, a Lee County birding hot spot and crucial nesting area for many birds.

Those interested are asked to wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

Walkers are asked to meet at Shelter A7. Enter Lakes Park gate from Gladiolus, turn right, drive to end of road and continue through the parking lot. Shelter A7 is located near the train station.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, call 533-7580 or 533-7576 or visit www.birdpatrol.org.✽



Glossy Ibis

photo by Meg Rousher

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Expert Explains Red Tide And Blue-Green Algae

submitted by J. Bruce Neill, PhD,
co-founder and executive director,
Sanibel Sea School

We want to help people understand the ocean. This is the first installment of a series to inform people about red tide and harmful algal blooms currently affecting Southwest Florida.

The first thing. We really don't really know enough about red tide and the conditions that cause it to occur in high densities.

The name red tide is unfortunate. The water color in a red tide event is not usually red, nor does it have anything to do with the tide.

Red tide is caused by a single-celled organism, *Karenia brevis*. *Karenia brevis* is a naturally occurring species of phytoplankton classified as a dinoflagellate; it is not a plant but has the ability to carry out photosynthesis.

Karenia brevis has the ability to reproduce very rapidly in favorable conditions. Rapid reproduction is common among phytoplankton species; these episodes of rapid population expansion are called blooms.

Red tide is caused by a *Karenia brevis* bloom.

Karenia brevis naturally produce compounds classified as brevetoxins, a group of compounds that can be neurotoxic to animals with backbones. In humans, when ingested in high concentrations, they cause the illness neurolytic shellfish poisoning.

Brevetoxins are not actively released into the water by living *Karenia brevis* cells, but upon the death of the cell, these compounds are released into the ocean.

Red tide has been recorded since the 1840s in the Gulf of Mexico in Southwest Florida. *Karenia brevis* cells are usually present in the waters of Southwest Florida, but at very low concentrations.



Fish affected by red tide

photo by Dr. Bruce Neill

The conditions favorable for *Karenia brevis* blooms are not well understood, but blooms are often associated with upwelling events. Upwellings are the movements of deep, nutrient-rich waters to the shallow, warm, sunlit upper levels of the ocean.

These upwelling events are associated with wind and climatic conditions that push *Karenia brevis* populations towards shore.

Phytoplankton population growth in the ocean is commonly limited by concentrations of nitrogen or phosphorus in the water. Human activities produce and release significant amounts of nitrogen and phosphorus – from agriculture, landscaping and sewage – these nutrients make their way into rivers, and then to the ocean.

There is no evidence that red tides are more frequent because of human-influenced discharges from lakes and rivers, but evidence indicates they last longer, and are more intense in areas of river discharges.

The estuary adjacent to Sanibel receives water from the Caloosahatchee, which is fed by Lake Okeechobee. Therefore, Sanibel is receiving water from a very large area of land. This water is nutrient-enriched by both agriculture and high density human communities which add landscaping and sewage runoff.

When *Karenia brevis* moves into our region, the nutrient-rich conditions from the Caloosahatchee are favorable for intense, long-lived, high concentration

blooms to occur.

How Does Red Tide Affect Humans?

Shellfish filter and feed on plankton from the water; in doing so, they accumulate brevetoxins. Eating shellfish that have high concentrations of brevetoxins causes a serious illness, neurotoxic shellfish poisoning (NSP).

Commercial shellfish operations are monitored very closely in the State of Florida, and commercially harvested shellfish are safe to consume during a red tide outbreak. However, shellfish should not be harvested and/or consumed during or shortly after a red tide outbreak.

Brevetoxins can also be suspended in the air at the surf line. These molecules can irritate the back of the throat and eyes when in the air in high concentrations. Airborne molecules can also provide challenges for people with pre-existing pulmonary challenges such as asthma or COPD. The airborne effects of brevetoxins are usually in areas close to the shore and diminish quickly as one moves inland.

The amount of brevetoxin absorption through the skin is unclear, but doesn't seem to be a significant pathway of absorption – although more research is ongoing.

What Are Blue-Green Algae?

Blue-green algae are bacteria that are capable of carrying out photosynthesis. They are classified as cyanobacteria.

Cyanobacteria are extremely diverse and different species occupy almost all habitable locations on Earth.

Many cyanobacteria are very important to our life on this planet, but some produce toxins – they are collectively known as cyanotoxins.

The cyanobacteria currently a problem for Southwest Florida are species that grow in freshwater mostly belonging to the genus *Mycrocystis*, the most common being *Mycrocystis aeruginosa*.

Mycrocystis aeruginosa is green and creates small gas spaces in its cells that cause it to float on the top of water; blooms look like a green film on the water's surface.

It thrives in nutrient-rich freshwater, has the ability to readily absorb nitrogen and phosphorus, and rapidly reproduce, allowing it to have large, rapid blooms. Because these blooms float, they shade out other algal species in the water, and monopolize nutrient resources.

The chemical produced by *Mycrocystis* of principal concern is microcystin. This is a small peptide chain, released upon the death of a cell; it is stable in water, and can persist weeks to months after cell death. There are many identified microcystin variants; they are hepatotoxins, which cause serious liver damage. They are also suspected to affect other organs, interfere with sperm production, and are suspected to be mutagens.

The principal known method of ingestion is by drinking water contaminated with microcystin.

Mycrocystis has been thriving in Lake Okeechobee for some time; releases from the Lake to the Caloosahatchee have "seeded" the river with these algal cells, where they continue to thrive and bloom in the nutrient rich waters.

The good news for our gulf is that *Mycrocystis* does not tolerate salty conditions well. The bad news is that they will persist in our estuaries and especially the urban canals within them having intermediate salinities quite well.

Lee County has begun attempts to remove cyanobacteria blooms by skimming them from the surface of canals.✪

Hispanic Heritage Month To Be Celebrated

The Lee County Library System is celebrating Hispanic Heritage Month from September 15 through October 15 with programs and special events honoring Hispanic cultures across the globe.

Cape Coral Lee County Public Library,

921 SW 39th Terrace in Cape Coral, will host the movie *Coco*, on Saturday, September 8 at 1 p.m. Subject to change without notice. Seating is limited, first come first served.

Cape Coral Lee County Public Library will host a book signing and discussion on *Anhelos* by Dania Ferro. Dania Ferro presenta la nueva publicación de su Libro *Anhelos* at 2 p.m. Saturday, September 15 (2 p.m. Sábado 15 de Septiembre).

Fort Myers Regional Library, 2450

First Street in Fort Myers, will host a seminar titled *Tracing Your Hispanic Ancestors* on Saturday, September 15 at 9:30 a.m. This seminar in Meeting Room AB will feature speaker Bryan L. Mulcahy of the Lee County Library System and will focus on research strategies designed to assist patrons in successfully tracing their Hispanic/Latino ancestors throughout the world. In the second portion of the program, Paul R. Rivera will present a case study of how he successfully researched his Puerto Rican heritage.

North Fort Myers Public Library, 50 Pine Island Road in North Fort Myers, will host Hispanic Heritage Month Crafts on Saturday, September 15 from 9 a.m. to 4 p.m. Stop in anytime and celebrate the start of Hispanic Heritage Month with fun and beautiful on-the-table crafts. Children in grades kindergarten to fifth grade welcome.

Northwest Regional Library, 519 Chiquita Boulevard North in Cape Coral, will host On the Table Craft: Hispanic Heritage Month from September 17

to 29 and also October 1 to 13. This event is available during normal library operating hours.

Northwest Regional Library will host Let's Fiesta! on Tuesday, October 2 at 6:15 p.m. There will be crafts, games and more. Festival dress is encouraged. For ages 2 to 12. Registration begins September 4.

Pine Island Public Library, 10701 Russell Road, Bokeelia, will host Family Storytime in Spanglish on Tuesdays, September 4, 11, 18 and 25 at 10 a.m. Join in for a little stretching, dancing and storytelling with a Spanglish twist. You and your children will be immersed in simple Spanish while enjoying a few stories and completing a family friendly craft. Loud music, some media, glue, paint and water are always a part of our fun. Crafts are while supplies last.

Pine Island Public Library will host Passport Friday: Hispanic Heritage Month family craft on Fridays at 2 p.m. They include October 5: Cuba, Dominican Republic and Puerto Rico; October 12: Brazil, Peru and Chile;

October 19: Colombia, Costa Rica and Honduras; and October 26: Mexico, El Salvador and Guatemala

Riverdale Branch Library, 2421 Buckingham Road in Fort Myers, will host Naturalization Information Session on Tuesday, September 18 at 6 p.m. Come learn about the process to become a U.S. citizen and have your questions answered by an immigration officer.

South County Regional Library, 21100 Three Oaks Parkway in Estero, will present Foreign Film Series: *God's Slave* on Thursday, September 20 at 2 p.m. Venezuela and Argentina, Spanish with English subtitles, 90 minutes long.

South County Regional Library will host Teen Guatemalan Kite Workshop on Tuesday, September 25 at 6:15 p.m. Celebrate Hispanic Heritage Month by learning about and creating a traditional Guatemalan kite. Register, as space is limited.

For more information, visit www.hispanicheritagemonth.org and www.leelibrary.net, or call 479-4636 for questions about the library.✪

Assistant Vice President Named At University



Teresa Araque

photo provided

Hodges University recently announced that Teresa Araque has joined as assistant vice president/public information officer for the university.

"Teresa brings a wealth of experience in marketing, public relations and communications, and we're pleased to have her join our team," said Dr. John Meyer, president, Hodges University.

Prior to joining Hodges

University, Teresa was the director of communications/public information officer at Florida SouthWestern State College. Teresa has more than 20 years of public relations and marketing experience.

Teresa earned her bachelor of arts degree in journalism with specialties in sports and feature writing from Ball State University. She has worked as a local reporter for the *Naples Daily News* and *Bonita Banner*, and then as a public relations expert for a local advertising agency and then a large corporation. In 2000, she launched WordPlay, Inc., a full-service public relations and marketing company.

Over the years, she has been involved with several non-profit and civic organizations, including as a founding member and past president of Public Relations Society of America (PRSA)/Gulf Coast Chapter, and as the public relations director for the Taste of Collier for 10 years. Currently, she is a board member for Sports Club, an after-school program. She was selected by *Gulfshore Business* magazine as a Top 40 Under 40 business professional. She has won multiple Image Awards from the Florida Public Relations Association (FPRA) for excellence in public relations, in addition to five Telly Awards for excellence in short videos and television commercials. She is a graduate of Leadership Collier in 2010 and Leadership Lee in 2014. In 2014, she was named a finalist for the APEX Award by the Women in Business of the Greater Fort Myers Chamber of Commerce. She is the past chair of the Association of Florida Colleges' Communications and Marketing Commission. In 2019, she will graduate from Leadership Bonita.

For more information, visit www.hodges.edu.✪

Transit Grant Applications Approved

Lee Board of County Commissioners voted on two items last week to help transport people throughout Lee County during tourist season. The board action will allow Lee County Transit – LeeTran – to apply for two grants to help offset costs of the Fort Myers Beach tram and the downtown Fort Myers trolley. Both services run only during the height of tourist season and are operated free of charge to locals and tourists alike.

With Tuesday's approval, LeeTran will request funds from the Florida Department of Transportation (FDOT) Transit Service Development Grant. The department is requesting \$1,212,725 for operating assistance for the seasonal trolley service in downtown Fort Myers and \$998,573 for operating assistance for the Fort Myers Beach Tram. The grant for the downtown Fort Myers Trolley is to be equally matched by the City of Fort Myers. Lee Tran will find out if the agency is awarded either grant in

summer 2019.

FDOT awards funding under the State Transit Service Development Grant Program to projects that improve transit system efficiency, expand ridership and increase revenue. The period of service for which the grant would fund is from October 2019 to September 2022.

This year was the first season for the Fort Myers Beach Tram, which looped from Bowditch Point on Estero Island to Matanzas Pass Preserve. The tram offered a free, easy hop-on, hop-off service with access to beach entry points, restaurants, shopping, hotels and attractions along Fort Myers Beach. The tram provided rides to 118,604 passengers between February 12 and May 30. In 2019, the county will own three trams, one of which was purchased with Tourist Development Tax dollars.

LeeTran operates 26 bus routes during season, 23 bus routes during off-season, a paratransit service called Passport, and an employer vanpool program.

To learn more about the services offered by LeeTran, or for schedule and fare information, call 533-8726 or visit www.rideleetrans.com.✪

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Book Review

Something Fishy

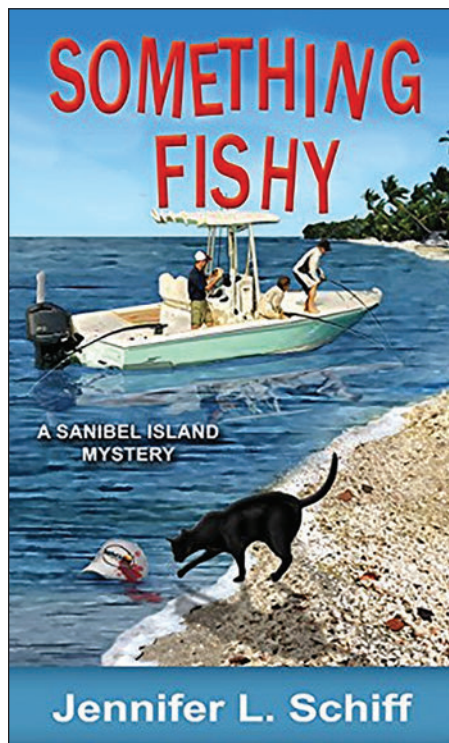
by Di Saggau



Jennifer L. Schiff is back with another Sanibel Island mystery book. *Something Fishy* again features adventurous reporter Guinevere Jones, in her purple Mini

Cooper, working to solve a murder case that could involve her ex-husband Art. He's on Sanibel for a sales conference. We learn early on that Art is having problems at his job with Rick, his rival for a big promotion. Rick is a man who makes deals that encroach upon the business territories of other guys in the firm, so he's not exactly popular. When he falls overboard while on a fishing boat and goes missing, Art is the main suspect. When he is later found dead, Art, still the main suspect, is released into protective custody under Guin's care, much to her dismay.

Guin's beau of two months, Dr. Harrison "Harry Heartthrob" Hartwick isn't happy that Guin is helping out her ex-husband, nor does he like the fact that she is meeting with a handsome police detective who is working the case. Art left Guin for a much younger woman. Now that affair is over, and



he's interested in getting Guin back. She makes sure everyone knows he is her ex-husband but some old feelings are reawakened when he's around her. She is determined to reel in her emotions and focus on finding the real killer.

A lot of Guin's old friends make an appearance in *Something Fishy*, along with some new ones. The characters are interesting and of various

personalities. Her best friend Shelly, who makes jewelry out of local shells, is always there to give her support. Of course her cats Flora and Fauna are also in the picture. In true cat owner fashion, Guin talks to them, a lot. We understand.

Schiff covers a wide variety of Sanibel eateries and other popular spots, which adds to the story. It's easy to picture her scooting around the island as she pursues the case. Eventually we find out who did it and why, along with some other tasty bits

of information. And then there's the epilogue that really brings everything to a close. *Something Fishy* is a great read, and there's good news. Book Three in the Sanibel Island Mystery Series, *In the Market for Murder* will be available this December on Amazon and on Sanibel.

The author is having a book signing on Saturday, September 1, from 3 to 5 p.m. at MacIntosh Books and Paper, located at 2330 Palm Ridge Road in Palm Ridge Place Shopping Center. For more information, call 472-1447.*

School Smart



by Shelley M. Gregg, NCSF

Dear Shelley, My third and fifth grade kids want to participate in lots of extracurricular activities. We really cannot handle as many as they want

to attend. Do you have any suggestions or recommendations about the best way to approach this issue?

Samantha D Fort Myers

Samantha,

Go for quality, not quantity. Your children will benefit most from one or two activities that are fun, reinforce social development and teach new skills. Too much scheduled time can be stressful, especially for young children, and may make it harder to concentrate on schoolwork. Consider your family schedule and personal energy level when evaluating extracurricular activities.

Multiple activities per child may be too much to manage, particularly if the activities have overlapping times, disparate locations, require your attendance, or disrupt the dinner hour. Select activities where you have someone with whom you can carpool. Even if you are available to drive most days, you will need backup sometimes. Choosing activities that occur onsite after school will also minimize driving. Find out from the school or teacher which days will be heavy homework

or test study days and schedule extracurricular activities accordingly. If your children do not want to participate in regular, organized extracurricular activities, you may want to consider other options to help build interests and social skills such as community volunteer work.

You can encourage your children to participate in community activities that may help them develop positive behaviors, such as being thankful and having gratitude. In particular, volunteer activities may encourage the development of positive behaviors.

Participate as a family in community events or encourage your children to participate in extra-curricular activities in the community to increase their connectedness with community members, including other children and adults alike. This will increase your children's well-being, achievement, and create a sense of community, safety and security amongst adults and children.

Seek out support systems available in the community to help your child learn new skills and thrive, such as tutoring or mentoring programs. Even young children can learn to lend a helping hand. It's never too early to learn about collaboration and its benefits.

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

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

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

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

From page 1

Syzygy

develop cohesive and unique creations. These works present a complex, albeit refreshing, glimpse into a world, based on thoughtful introspection as well as social commentary. Those concepts are translated into a new language by each artist, scribed onto canvas in turn through the application of various media to share its narrative.

Since 2015, the Syzygy process

has been under way. Currently, an entire body of paintings as well as sculptural works and installation are being developed with each carrying the unique appearance and message that only Syzygy can possess.

The exhibit closes on Thursday, September 27. For more information, visit www.syzygyart.wordpress.com.

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

FGCU To Aid Agriculture Business

Florida Gulf Coast University's (FGCU) Lutger College of Business is deepening its connection with agriculture through the creation of a new Center for Agribusiness and a proposed agribusiness minor.

The Center for Agribusiness will serve as a resource for the agriculture industry in Southwest Florida. It will track and distribute information regarding the economic impact and sustainability of agriculture. The center will also offer educational programs focusing on supply chain management, finance, management and marketing within the industry.

"As a great regional university, FGCU is committed to connecting with and serving the leading sectors of Southwest Florida's economy. Agribusiness certainly fits this criteria," said FGCU President Mike Martin. "We want every FGCU student who sees a career in agribusiness to have the opportunity to do so. And we want all FGCU students to appreciate the significance of agriculture and agribusiness to the region's future."

The proposed agribusiness minor is intended to provide students with the knowledge needed to support all the business functions across the agriculture industry. The minor could be offered as early as spring 2019.

"These programs will give the agriculture industry a resource to find finance, accounting or human resources graduates, for example, who not only have their core competency in business but also an understanding of agriculture," said Shelton Weeks, chair of the department of economics and finance in the Lutger College of Business.

The announcement of the new center and minor came August 15 at the Gulf Citrus Growers Association's Citrus Celebration in Alico Arena.

"The different companies that are actively engaged in agriculture in Southwest Florida need to have midlevel management training and some of the business skills – accounting, management, personnel – a lot of the things that go above and beyond growing the products



FGCU President Mike Martin (center) announced the new Center for Agribusiness at the Gulf Citrus Growers Association's Citrus Celebration photo provided

and growing the crops," said Ron Hamel, the retiring executive vice president and general manager of the Gulf Citrus Growers Association. "Part of the role of the center is to educate and help train students who want to have a future in agribusiness."

Hamel, who will work with the university as an adviser on agribusiness, indicated the center would also provide educational opportunities beyond the traditional classroom. He believes "existing businesses need training for individuals who know how to grow crops but don't have some of the business skills you need to be a good manager."

The director of the Center for Agribusiness is Fritz Roka, effective August 27. Roka joins FGCU after spending the last 23 years at the University of Florida. Since 2002, Roka has been an associate professor of agricultural economics. His new role will keep him in constant contact with the agribusiness and agriculture communities.

"With Dr. Roka as its director, the Center for Agribusiness is going to fill an important need for the Southwest Florida agribusiness community," said Vivek Bhargava, associate dean of the Lutger College of Business in which the center will be located. "Ever since the university opened, we've had support from the agribusiness community, and they have wanted something like this."

The Center for Agribusiness is linked

certificate. The class is approved by the Florida Fish and Wildlife Conservation Commission for the Florida Boater Safety Education ID Card, required for anyone born after January 1, 1988 who operates a motorboat with 10 horsepower or more in Florida waters. The course is also approved by the National Association of State Boating Law Administrators and the U.S. Coast Guard.

The \$65 fee (for the first person, \$30 for second sharing materials) covers the cost of the manual. For more information, or to reserve your space, call 941-637-0766 or email puntagordaboating@gmail.com. Registration deadline for this class is Wednesday, September 5.

Peace River Sail & Power Squadron is a safe boating advisory to the Punta Gorda Boaters' Alliance.✱

to the founding of Florida Gulf Coast University. In 1995, Alico, Inc., under the leadership of then-chairman Ben Hill Griffin III, donated \$1.2 million for the creation of three chaired professorships known as the "Alico chairs." The chairs were meant "to provide new strengths for the managers and executives who will lead this economy forward," according to a 1999 proposal detailing the positions. It was further noted that agribusiness would benefit from students who studied under these three chairs.

Griffin said the Center for Agribusiness is something he has wanted to see at FGCU.

"That's why we as Alico – when I was chairman of the board of Alico – we set up these three chairs to support agriculture," Griffin said. "[I'm] just glad to see it's taking

growth and going to provide educational opportunities for these students."

While two of the Alico chairs were named in honor of Griffin and his father, the third recognizes W. Bernard "Bernie" Lester. Lester served on the FGCU Board of Trustees from 2001-10 and is an FGCU Foundation Fellow. He sees the new center as a "real plus" for the community and the agriculture industry.

"The establishment by Dr. Martin of the agribusiness center and the rejuvenation of the three Alico chairs, is a good addition to the university as agribusiness is a major contributor to the region's economy," said Lester.

For more information about the Center for Agribusiness or the proposed agribusiness minor, contact Vivek Bhargava at vbhargava@fgcu.edu.✱

Two-Day Safe Boating Course

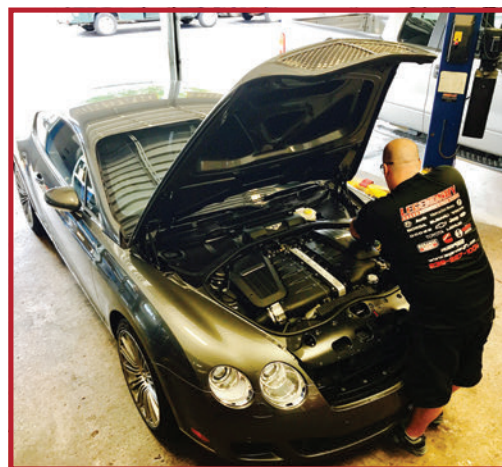
Peace River Sail and Power Squadron will present America's Boating Course beginning on Saturday, September 8 from 8:30 a.m. to 12:30 p.m. The classes will also be on Saturday, September 15 and Saturday, September 22. The three-day safe boating course will be held at the Punta Gorda Boat Club, 802 Retta Esplanade in Punta Gorda.

The sessions will cover boating law, safety equipment, safe boating practices, navigation, boating emergencies, personal watercraft, charts, GPS, trailering, and much more. Attendees will receive the America's Boating Course manual and, after passing an exam, a completion

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Financial Focus

Financial Tips For Alzheimer's Caregivers



by Jennifer Basey

If you are, or will be, a caregiver for elderly parents or another close family member living with Alzheimer's disease, you may experience some emotional stress – but you also need to be aware of the financial issues

involved and what actions you can take to help address them.

You will find few “off the rack” solutions for dealing with the financial challenges associated with Alzheimer's. For one thing, family situations can vary greatly, both in terms of the financial resources available and in the availability and capabilities of potential caregivers. Furthermore, depending on the stage of the disease, people living with Alzheimer's may have a range of cognitive abilities, which will affect the level of care needed.

Here are some general suggestions that may be useful to you in your role as caregiver:

Consult with family members and close friends – It's extremely hard to be a solo caregiver. By consulting with other family members or close friends, you may find that some of them have the time and ability to help.

Consider obtaining durable power of attorney – If you possess a durable power of attorney for finances, you can make financial decisions for the person with Alzheimer's when he or she is no longer able. With this authority, you can help the individual living with the disease – and your entire family – avoid court actions

that can take away control of financial affairs. And on a short-term basis, having durable power of attorney can help you take additional steps if needed. You'll find it much easier to acquire durable power of attorney when the individual living with Alzheimer's is still in the early stage of the disease and can willingly and knowingly grant you this authority.

Gather all necessary documents – You'll be in a better position to help the individual living with Alzheimer's if you have all the important financial documents – bank statements, insurance policies, wills, Social Security payment information, deeds, etc. – in one place.

Get professional help – You may want to consult with an attorney, who can advise you on establishing appropriate arrangements, such as a living trust, which provides instructions about the estate of the person for whom you're providing care and names a trustee to hold title to property and funds for the beneficiaries. You also might want to meet with a financial advisor, who can help identify potential resources and money-saving services. And a tax professional may be able to help you find tax deductions connected to your role as caregiver.

Finally, use your experience as a caregiver to remind yourself of the importance of planning for your own needs. For example, a financial professional can suggest ways of preparing for the potentially huge costs of long-term care, such as those arising from an extended stay in a nursing home.

Caring for an individual living with Alzheimer's has its challenges. But by taking the appropriate steps, you can reduce uncertainties – and possibly give yourself and your family members a greater sense of security and control.

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

Superior Interiors

Minimalism Versus Maximalism In Decoration



by Trinette Nelson

Decorating your home is a simple yet bold way to highlight your personality, style and taste to guests. This isn't easy for everyone: If you don't have a knack for design, you

might find it difficult to arrange furniture, paint the walls, hang decor and place accessories precisely to ensure the space becomes stylish without cramping on comfort and cohesion.

If you find yourself believing that less is more, you may want to consider a minimalist design approach. On the other hand, if it's harder for you to set boundaries when it comes to decor, maximalism might be the route for you. Not sure if you have a preference yet? Don't worry. We'll dive deeper into the differences between minimalism and maximalism so you have a better idea of how you want to decorate your home.

Think of minimalism as an “only the essentials” take on home decor. You're not interested in cluttering a room with as many pieces of furniture, decorations and accessories you can fit. Instead, you want to keep things simple, serene and refreshing. A two-toned color scheme will please you, followed by a sofa, coffee table, area rug and accent wall art. You're less interested in showcasing your possessions. Rather, you want to highlight a few, prominent statement pieces.

Architect Lucien Rees Roberts told *Architectural Digest* that minimalism

design maximizes comfort. “Minimalism allows beautiful objects to be seen in their most sculptural and pure form whether they are modern or antique. What is essential, though, is that a space be comfortable and warm – a chair should have a lamp nearby for good light for reading and sitting areas should be conducive to good conversation,” said Rees Roberts. Minimalism is all about simplicity. If “less is more” is your mantra, this is likely the style for you

On the opposite side of the spectrum, maximalism has no rules. It's about making use of different colors, patterns and textures in design, and utilizing bold fabrics, statement furniture and accessories, but in a way that forms a cohesive connection, not a disorderly headache. Take advantage of the opportunity to juxtapose materials and styles, because maximalism doesn't expect you to match. Remember: With a maximalist design scheme, there are no rules. Think of it as organized chaos.

Architect Kelly Wearstler told *Architectural Digest* that maximalism is an opportunity to design with no boundaries. “There is a joy in designing a space without limitations and restrictions, where excess is encouraged, and unlikely pairings create beautiful and unexpected harmonies,” said Wearstler. Maximalism celebrates expressive taste. If “more is more” fits your personality, this might be the route to take.

So, whether you've fallen in love with the simplicity of minimalism, can't wait to show off your maximalist style or still need guidance between the two, now is time to turn your home into the personal sanctuary you've always wanted. Can't decide? At the end of the day, it's your home and a design consultant is going to find a way to meet you in the middle and develop a plan that transforms your dreams into a reality.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.**

FMPD Officers' Child Hunger Campaign

A launch party for Community Outreach Against Child Hunger (COACH) campaign will be held at Millennial Brewing Company on Friday, September 7 from 6 to 8:30 p.m. Attendees are asked to bring non-perishable food items such as peanut butter, jelly, boxed cereal, canned tuna, chicken or meat products, pasta and sauce, canned hearty soups/ stews/chili, etc. to be entered to win door prizes.

COACH is the brain child of Sergeant Jackie Garrett and Officer Megan Pate of the Fort Myers Police Department (FMPD). As part of their involvement with the community policing effort, promoted by Chief Derrick Diggs, the two FMPD members are seeking to reach beyond social communication and take on what they feel is a direct correlation between juvenile crime and delinquency – hunger.

To launch COACH, the officers

looked for a school, within Lee County, that had the highest poverty rate (98 percent) and determined this school was Franklin Park Elementary. To ensure students are not going hungry, COACH will provide groceries to some needy families that may not be able to provide meals toward the end of the month. These officers contacted Franklin Park Elementary Principal Michelle Freeman, and a partnership flourished. This program could not come to fruition without the cooperation of the school's administration, local community organizations, businesses, private citizens, churches and other community members

COACH seeks to collect donations, both monetary and non-perishable foods, to supply a week of daily dinners for a family of four. This will take place, each month, while Lee County Schools are in session. Their goal is to start with 50 families at an estimated cost of \$20 each.

The event at Millennial Brewing is open to the public and is free for the whole family. The event will feature a silent auction with various boat rentals, hotels stays, gift baskets, restaurants and numerous other items. COACH will be

accepting cash, check and credit cards for the silent auction winners. All proceeds from the event and silent auction will help fund the program and benefit Franklin Park Elementary students.

Millennial Brewing Company is located at 1811 Royal Palm Avenue in Fort Myers. For more information or to donate contact Sergeant Garrett at jgarrett@fmpolice.com or Officer Pate at mpate@fmpolice.com. Help the FMPD be proactive and not reactive to child hunger by building trust with the youngest members of our community.*

Financial Firm Among Best Companies

Edward Jones was recently ranked fourth in the Best Companies to Work For list, making it 10 consecutive years the Fortune 500 company headquartered in St. Louis has been ranked in the top 10.,

Florida Trend magazine teamed

up with the Best Companies Group of Harrisburg, Pennsylvania to rank the state's top 100 employers. Companies named Best Companies to Work for in Florida for 2018, were divided into 28 large companies, 32 medium companies and 40 small companies by the number of people they employ in Florida.

The ranking was based on employer inventory of practices and an anonymous survey of employees, who were asked to agree or disagree with dozens of statements about the firm, teamwork and their individual experience at the firm.

Edward Jones has 495 branches all over Florida. The firm is growing, adding branches and seeking new financial advisors who are interested in operating an entrepreneurial office with the support and benefits of one of the oldest and largest firms in the industry.

The firm's 16,000-plus financial advisors serve more than 7 million clients and care for \$1 trillion in assets under management.

For more information, visit the firm's website at www.edwardjones.com and its recruiting website at www.careers.edwardjones.com.*

The State Of Our Watersheds To Be Discussed

The condition of Lee County's watersheds and efforts to manage water resources will be addressed by Lee County Natural Resources Director Roland Ottolini, PE, at the Real Estate Investment Society (REIS) meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, September 11 meeting at 11:30 a.m.

The program will provide updates on the algae crisis, flood prevention and remediation, and the role of the 20/20 conservation program in water resource management. Lee County Division of Natural Resources oversees the protection and management of natural and water resources through well permitting, water conservation, water quality inspections and monitoring, drainage and flood protection, beach preservation, water-way/marine resources, hazardous waste management and pollutant storage tanks programs. After his presentation, Mr. Ottolini will respond to questions from the attending real estate development and investment professionals.

The meeting is sponsored by Stevens



Roland Ottolini

photo provided

Construction. Cost for lunch and presentation is \$30 for members and \$40 for guests. Reservations are required by Thursday, September 6.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For more information and to register, visit www.reis-swfl.org.✱

Relief Fund For Those Affected By Water Crisis

The Southwest Florida Community Foundation has joined forces with the United Way of Lee, Hendry, Glades and Okeechobee to create a giving fund to move money to nonprofits who can help individuals with incomes affected by the water crisis. The Southwest Florida Community Foundation launched the fund with a \$20,000 contribution and is encouraging others in the community to join them in this outreach to those in need.

Contributions are tax deductible. The United Way will be distributing funds contributed to their partner agencies serving Lee County. One hundred percent of the funds donated through the Southwest Florida Community Foundation will be used to help people in Lee County.

Donors can give online at www.floridacommunity.com.✱

Free Parking On Fort Myers Beach

Lee County Parks & Recreation is waiving parking fees now through September 10 at Lynn Hall Memorial Park and Bowditch Point Park. Both parks are located on Fort Myers Beach.

The fee waiver mirrors a decision last week by the Town of Fort Myers Beach to waive parking fees to assist businesses impacted by red tide.

Lynn Hall Memorial Park is located at 950 Estero Boulevard, while

Bowditch Point Park is located at 50 Estero Boulevard.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.✱

University To Hold Veteran Center Grand Reopening

The public is invited to attend the grand reopening of the Dr. Peter Thomas Veterans Services Center at Hodges University on Monday, September 17 at 6 p.m.

In addition to the ribbon cutting, attendees can view artifacts from the Cape Coral Military Museum.

Hodges University is located at 4501 Colonial Boulevard in Fort Myers. For more information, call 938-7833.✱

City Holiday Closures

In observance of Labor Day, there will be no residential or commercial trash or recycling collection on Monday, September 3. City of Fort Myers residential and commercial customers will be serviced one day later, Tuesday September 4 through Saturday September 8. All regular collection schedules will resume Monday, September 10.

The City of Fort Myers will observe Labor Day on Monday, September 3. The Solid Waste and Utility billing offices will be closed.

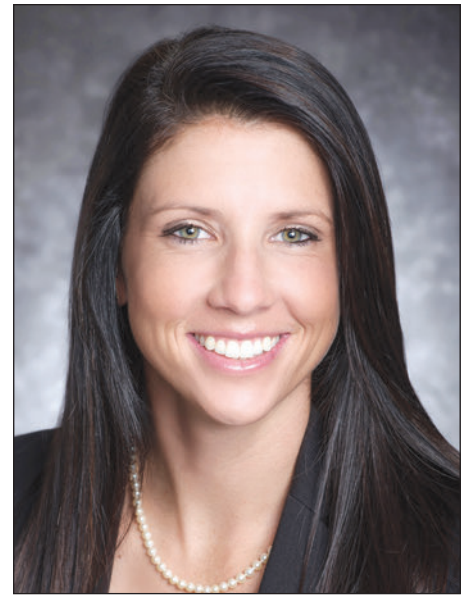
For questions regarding your service, call the City of Fort Myers Solid Waste Division at 321-8050.✱

Attorney Named To Leadership Positions

The law firm of Henderson, Franklin, Starnes & Holt, PA, recently announced that attorney Kayla Richmond has been elected to the Florida Bar Board of Governors, Young Lawyers Division. She is one of two governors for the 20th Judicial Circuit. Richmond has also been sworn in as the president of the Lee County Association for Women Lawyers.

Richmond focuses her practice in the areas of divorce, marital and family law. She handles dissolution of marriage (divorce), custody, paternity, child support and domestic violence cases. Richmond has received many accolades, including being selected to the 2018 Class of Leaders in the Law by the Florida Association of Women Lawyers, named a "Rising Star" by *Florida Super Lawyers* magazine (2016-18), selected as an "Up & Comer" by *Florida Trend Magazine's* Legal Elite (2017) and honored with the Outstanding Alumni Representative Award from the Stetson University College of Law (2016).

In the local community, Richmond serves on the Harry Chapin Food Bank of Southwest Florida's Board of Directors and is chair of the Hunger Walk Committee. She is also a mentor for Girls Going Places and is a volunteer coach for Fort Myers High School's Track and Field Team. Richmond is immediate past president of the



Kayla Richmond

photo provided

Lee County Bar Association's Young Lawyer's Division.

Richmond graduated from Fort Myers High School in 2006; received her undergraduate degree from the University of South Florida (bachelor of arts, 2010, magna cum laude); her law degree from Stetson University College of Law (juris doctor, 2013); and, her graduate degree from Stetson University (master of business administration, 2013, summa cum laude). Richmond may be reached at 344-1156 or via email at kayla.richmond@henlaw.com.

For more information on Richmond or Henderson Franklin, visit www.henlaw.com.✱



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Sports Shorts This Week: Miracle Baseball, Red Sox, Senator McCain And More



by Ed Frank

This week it's a week of sports shorts rather than concentrating on one specific subject. We will begin with one local team:

Fort Myers Miracle – Although stumbling this past week losing four of six games, the Miracle began the week just 1 ½ games behind first-place Charlotte in the Florida State League South Division with seven games to play – all home games.

Should the Miracle win the division title in this last week of the regular season, they would face the Palm Beach Cardinals, winners of the season's first-half in the first round of postseason play.

The final seven games began Monday with a four-game series against Bradenton, all with 7 p.m. starts. And the regular season concludes this weekend with three against Clearwater. Tonight, Friday's game, has the first pitch at 7 p.m. followed by Saturday's game at 6 p.m. and the Sunday finale at 12 noon.

Regardless of the outcome in this final week of the season, the Miracle played much better baseball in the second half compared to the season's first-half when the team recorded a 28-40 record, finishing in fifth place in the division. It was a first good season for rookie Miracle manager Ramon Borrego.

Boston Red Sox – After writing last week that the Red Sox had an outside chance to make baseball history by winning more than 116 games this season, Boston went into a big slump and were swept by Tampa Bay to see their lead over the New York Yankees shrink to six games in the American League Eastern Division.

The BoSox were 4-6 in the last 10 games as the week began, and any chance of breaking that 116-win record appeared slim at best.

Late Senator McCain And NBA Rookie Lauri Markkanen

We know that the late Senator John McCain touched the lives of many over his long illustrious career, and one of those is Chicago Bulls rookie Laurie Markkanen. When the talented Markkanen was having visa problems during his one year of college basketball at the University of Arizona, McCain stepped in to help the youngster.

"I will be forever grateful for you helping me, a kid from Finland, get a visa to live out

my dream of playing basketball in the States," Markkanen tweeted upon the Senator's passing.

Was Urban Meyer's Three-Game Suspension Adequate Or Just A Slap On The Wrist?

It undoubtedly will be debated for weeks and months to come, but there are wide-ranging opinions whether the three-game suspension for former University of Florida football coach was adequate. As has been documented, Meyer failed to notify school officials at both Florida and Ohio State of domestic abuse allegations by one of his assistant coaches, Zach Smith, against his ex-wife.

The three-game penalty was handed down by Ohio State after a quick two-week investigation.

Many feel his illustrious record at both schools, two national championships at Florida and one at Ohio State, may have been a factor in the light penalty.

The Season For Firing Baseball Managers

With the last month of the regular season upon us, rumors already are flying regarding which managers are on the hot seat.

Here are the four managers listed by www.mlb.com as most likely to be axed: Mike Shildt – St. Louis. Former Yankee manager Joe Girardi could get the job.

Buck Showalter – Baltimore. With the worst record in baseball and 52 ½ games behind Boston, what else would you expect.

Ned Yost – Kansas City.

Mike Scioscia – Los Angeles Angels.✱

Free Education Event To Lower Risk Of Falling

There will be a special community education event for the Hope Parkinson Program for National Fall Prevention Month in the Hope Healthcare Cape Community Room on Friday, September 7 at 1 p.m.

Guest speaker Leslie Strubbe, a physical therapist from Hope Visiting Nurses, will discuss valuable tips and tricks to help lower the risk of falling. The event will also include a Tai Chi demonstration by Hope's Tai Chi for Better Balance class participants.

There is no cost to attend and light refreshments will be served. Seating is limited; call 985-7727 to RSVP.

Hope Healthcare recognizes the importance of fall prevention all year long by offering Tai Chi classes to the community through the Hope Parkinson Program. People over 60 years of age who would like to work on their balance are invited to attend Hope Parkinson Program's weekly Tai Chi open practice classes held Mondays at 3 p.m. in Hope Cape Community Room and Wednesdays at 2:30 p.m. in the Hope HealthPark Community Room at 9470 HealthPark Circle in Fort Myers. There is no cost to attend, and no RSVP is required.

Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among

older adults, according to the Centers for Disease Control and Prevention.

Hope Healthcare 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.

The Hope Healthcare Cape Community Room is located at 2430 Diplomat Parkway East in Cape Coral. For more information, call 482-4673 or visit www.hopehcs.org.✱

Physical Therapy Session At Hodges

Hodges University is hosting a free information session about the Physical Therapist Assistant (PTA) program in Room 221 on the Naples campus on Thursday, September 6 at 5 p.m. This two-year associate in science degree program will prepare you for your national licensing exam and the skills needed to work under the supervision of a licensed physical therapist. Participants will get hands-on experience in a program that will take less than two years to complete and is fully CAPTE-accredited.

PTA graduates can expect starting salaries in the mid-\$40,000 range in a career that is experiencing a 30-percent growth rate. The application deadline is September 30.

Hodges' Naples campus is located at 2647 Professional Circle, off Immokalee Road just west of Interstate 75. For more information, call 938-7718.✱

SPORTS QUIZ

1. In 2017, Chris Sale became the first Boston Red Sox pitcher to strike out 10 or more batters in 12 games before the All-Star break. Which Boston pitcher did it in 11 games?
2. For six consecutive years (1926-31), Babe Ruth led the American League in home runs. Who broke the streak in 1932?
3. Who holds the NCAA football record for most career receiving yards?
4. New Orleans' Anthony Davis set a record in 2017 by scoring 52 points in an NBA All-Star Game. Who had held the mark?
5. The Toronto Maple Leafs last reached the Stanley Cup Finals in 1967. How many times since then have they made the conference finals?
6. In 2018, Carli Lloyd became the sixth American woman to score 100 international soccer goals. Name two of the first five.
7. Which trainer holds the record for the most wins at the Kentucky Derby?

ANSWERS

1. Pedro Martinez, in 1999. 2. Philadelphia's Jimmie Foxx, with 58. Ruth hit 41 home runs that season. 3. Corey Davis of Western Michigan, with 5,278 yards (2013-16). 4. Philadelphia's Will Chamberlain had 42 points in the All-Star Game in 1962. 5. Four times (1993, '94, '99 and 2002). 6. Abby Wambach, Mia Hamm, Kristine Lilly, Michelle Akers and Tiffany Milbrett. 7. Ben Jones, with six wins.



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Alzheimer's Caregivers Meetings Offered

The Alvin A. Dubin Alzheimer's Resource Center holds monthly support-group meetings for those caring for loved ones in various stages of Alzheimer's disease or related memory impairments. The meetings provide opportunities to connect with others who face similar challenges and to learn more about Alzheimer's disease and related dementias, effective coping strategies and community resources. Select meetings feature guest speakers as well as informal times for sharing.

"Making the decision to join a support group can be difficult for some people," said Dubin Center Executive Director Jan Kerlin. "While it may seem impossible to think about joining a group of strangers and sharing personal thoughts and struggles, participating in support group meetings is one of the best things caregivers can do for themselves and their loved ones.

"Support group members learn from one another, find they are not alone and share successes in dealing with tough situations. They form friendships and strong support systems that become essential parts of their daily lives as caregivers," said Kerlin.

A qualified staff member of the Dubin Alzheimer's Resource Center attends each meeting to facilitate discussion and provide practical information for caregivers. Caregivers are invited to participate in the following monthly meetings, which are held at no charge.

Fort Myers times and locations include:

Second Tuesday at 2 p.m., Pine Ridge at Fort Myers, 4801 Lakeside Club Boulevard (press the phone symbol and 777 at the gate)

Second and fourth Wednesday at 10 a.m., Saint Columbkille Catholic Church, Ministry Center Room 1, 12175 Iona Road

Fourth Tuesday at 10 a.m., Fort Myers Congregational Church, 8210 College Parkway

Fourth Tuesday at 1 p.m., Community Cooperative's Resource Center, 3429 Martin Luther King Jr. Boulevard; RSVPs are required; call 437-3007

Third Wednesday at 10 a.m., Peace Lutheran Church, 15840 McGregor Boulevard; respite care is available, and RSVPs are required; call 437-2599

Fourth Tuesday at 2 p.m., Brookdale Fort Myers The Colony, 13565 American Colony Boulevard

Third Thursday at 6:15 p.m., Alvin A. Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court

Cape Coral times and locations include:

• First and third Thursday at 2 p.m., Gulf Coast Village, 1333 Santa Barbara Boulevard

Third Tuesday at 3 p.m., Grace Church, 13 SE 21st Place; registration is required for respite care; call 823-4960 or 246-9816

A support group for adults who are assisting or caring for their aging parents meets the first Tuesday at 6:15 p.m. at Alvin A. Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court in Fort Myers.

In addition, the center offers support groups for those with early stage dementia who are dealing with memory loss, coping with changes and feelings, and adjusting to new situations. The center also offers a group for caregivers whose role is transitioning either due to facility placement or death of their loved one.

To learn about safety, community education and training programs or to subscribe to a quarterly newsletter, visit www.AlzheimersSWFL.org or call 437-3007.✱

Hope Hospice Expands Doula Services

For nearly 40 years, Hope staff and volunteers have served as doulas to support people throughout their end-of-life journey. Now, as this role becomes more recognized, Hope's doula program has significantly expanded in size and scope to offer even more support to families during the final days and hours of life.

More than 30 Hope volunteers have completed a specialized hospice doula educational program, where they learned about creating and maintaining a sacred space by using sound, touch, color and other sensory experiences to alleviate pain and anxiety. Doulas can also offer legacy projects that serve as emotional touchstones and family keepsakes.

"Much in the same way a doula

helps a new mother navigate childbirth, end-of-life doulas help enhance Hope's holistic, personalized approach by facilitating a gentle, tranquil and meaningful passing whether in a hospice house, the hospital, or home," said Hope Healthcare President and CEO Samira K. Beckwith.

Hope Hospice honors each person's beliefs about life, death or the afterlife. Doulas are non-denominational and work with all faith traditions, as well as with those who are not religious.

The National Hospice and Palliative Care Organization recognizes the value of end-of-life doulas, who enrich the experience for patients, family members and friends and strengthen the relationship between medical and nonmedical end-of-life support.

Hope Healthcare 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 482-4673 or visit www.hopehcs.org.✱

Vice President Promotion At Lee Health

Marcelo Zottolo has been promoted to vice president of data analytics and continuous improvement at Lee Health. In his expanded role, Zottolo will be responsible for utilizing data, analytics and business and clinical intelligence strategies to enhance decision-making in quality improvement. He will also oversee a specialized analytics team that will work to develop data-driven initiatives to provide system-wide support for operations and the continuous improvement of Lee Health's strategic priorities.

"Marcelo has been a valuable asset to our team since joining Lee Health. I look forward to seeing the creative approaches he and his team take in leveraging data and analytics to improve health outcomes and keep our health system on the cutting edge of health care innovation," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

Zottolo has been with Lee Health for almost eight years. During the last three years he has led the process analytics team and prior to that held the role of process improvement engineer in the Lean Transformation Office.

Before joining Lee Health, he worked as a consultant for PMC, an operations improvement consulting



Marcelo Zottolo photo provided

firm in Dearborn, Michigan. Part of his responsibilities included developing discrete-event process simulation models for clients in the automotive, health insurance and healthcare industries seeking to improve the efficiency of their operations.

Zottolo holds a bachelor's degree and master's degree in industrial and systems engineering from the University of Michigan-Dearborn and a master's degree in health informatics from the University of South Florida.✱

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From left, Tracey Toscano, Dom Toscana, Linda Knowlton and Marc Collins photos provided



Annette Pounders and Greg Pounders



Heather Fitzenhagen and Maureen Green

FGCU President Named Best Comic At Benefit

Laughter rocked the Broadway Palm Saturday on August 18 as four local celebrities took to the stage in hopes of being named Lee County's Best Comic while raising money for behavioral healthcare in Southwest Florida.

By the end of the night, Florida Gulf Coast University President Dr. Mike Martin claimed the title after earning the greatest number of votes from attendees. He also earned the title of raising the most money among the four local celebrities.

A crowd of 350 people jammed the Broadway Palm for Laughter Is the Best Medicine and plunked down cash, checks and credit cards to support SalusCare, the region's largest provider of behavioral healthcare. A total of \$122,317 was raised through sponsorships, ticket sales, donations and a silent auction organized by #KindLee, a project of the Lee County Bar Association.

"We're thrilled with the community's response to Laughter Is the Best Medicine Comedy Night. The \$122,317



From left, Pat McGann, Dr. Michael Martin, Dwayne Perkins and Michael Palascak

raised is a new record and shows how much everyone recognizes the importance of behavioral healthcare services in Southwest Florida. We're already making plans for next year's event," said SalusCare Development Committee Co-Chair Marc Collins.

Funds raised will help provide mental health and substance abuse treatment

services to children and youth in the community whose families can least afford care. One in 10 children has serious mental health problems severe enough to impair how they function at home, in school, or in the community, according to the National Center for Children & Poverty at Columbia University. Left untreated, mental



Dr. Larry Antonucci and Becky Antonucci

illnesses can lead to more difficult to treat illnesses and to the development of co-occurring disorders.

Collins and SalusCare Board Chair Marshall Bower gave special thanks to nationally recognized professional comedians Michael Palascak, Pat McGann and Dwayne Perkins. Palascak served as emcee and performed his



Sunny Lubner and Clive Lubner



From left, Norman Love, Karen Feldman McCracken and Mary Love



Stephanie Davis and Jane Lane



From left, Luis Insignarres, Dwayne Bergmann and Marcus Jansen

stand-up comedy at the beginning of the evening while McGann and Perkins performed as the votes were being counted. They also commended the sponsors and celebrity comics.

Other local celebrity comics for the night were:

Gina Birch, Radio-TV personality and wine aficionado

Eric Raddatz, Fort Myers Film Festival founder and Florida Weekly Presentation Editor

Amy Bennett Williams, *The News-Press* staff writer

This year's Laughter Is the Best Medicine Comedy Night received the greatest sponsorship support in its four-year history. The Title/Presenting Sponsor was Mr. Greens Produce, a Miami-based produce distributor with a distribution center in Fort Myers that specializes in servicing restaurants, hotels, country clubs, and other food

service establishments. The Showcase Sponsor was The Richard and Vicki Pitbladdo Foundation Fund, a fund of the Southwest Florida Community Foundation.

Other major sponsors were B&I Contractors, Bill Smith Appliances, Broadway Palm, Leading Edge Benefit Advisors, Park Royal Hospital and T3 Communications (Headliner sponsors); Siesta Pebble, Inc. (Grand Finale sponsor); Accent Business Products, Altered Tattoo Company, Genoa Healthcare, Lee County Sheriff's Department, Lykes Insurance, and Millennium Physician Group (Monologue sponsors).

Florida Weekly and The News-Press Media Group were the media sponsors.

For more information about SalusCare services, visit www.saluscareflorida.org or call 275-3222.✱



From left, Terry Tincher, Roger Bireley and Aimee Bireley



From left, Dr. Mike Martin, Michael Palascak, Stacey Cook and Marshall Bower

Red Cross Sets New Roster For Board Of Directors

Florida's Southern Gulf Chapter of the American Red Cross recently announced the roster of its board of directors who began as of July 1, the new fiscal year.

The 12-member board represents a diverse group of community and business leaders. Steven Adamczyk returns as board chair as well as Jamie Andersen as vice chair.

"I am very eager to get to work with this talented and dedicated board of directors and Red Cross staff as we build on the momentum from last year to continue the mission and vision of the Red Cross here in Southwest Florida" said Adamczyk.

The 12-member board includes Steven Adamczyk, board chair, attorney and shareholder of Goede, Adamczyk, DeBoest & Cross; Jamie Andersen, board vice chair, senior vice president and private client advisor of U.S. Trust, Bank of America Private Wealth Management; Harry Alberti, MD, MBA, acute care medical officer of Lee Health at Cape Coral Hospital; Kevin Boyd, commander of American Legion Post 38 in Fort Myers; Cathy Lubner, executive buyer of family-owned Clive Daniel Home; Marie Grasmeier, past chair, CPA, of Grasmeier Business Services LLC; Peter J. McKenna,

retired attorney and partner of Skadden, Arps, Slate, Meagher & Flom, LLP in New York; Thomas Messmore, retired executive and chairman of TE Messmore Associates, LLC; Ronald Nordmann, chairman of Healthy Concepts Food Company, LLC; Lisa Simington, president of Florida West Coast, BNY Mellon Wealth Management; Christopher Spiro, president and chief creative officer of Spiro and Associates; Connie Weaver, retired senior executive of marketing, co-founder and CEO of Tracker Group

"We are looking forward to the year ahead and furthering our outreach in the community" said Jill Palmer, executive director of the Southern Gulf Chapter.✱

Florida Health Centers Receive Grant Awards

The U.S. Department of Health and Human Services (HHS) recently allotted \$5,504,658 in Quality Improvement grant awards to 46 health centers in Florida. Funded by the Health Resources and Services Administration (HRSA), Florida health centers will use these funds to continue to improve quality, efficiency and the effectiveness of healthcare delivery in the communities they serve.

This announcement comes during National Health Center Week, the annual celebration that highlights the critical

role community health centers play in providing high-quality, affordable, primary healthcare.

"Community health centers provide coordinated, comprehensive and patient-centered care to millions of Americans," said HHS Deputy Secretary Eric Hargan. "They have a track record of delivering quality care at significantly lower cost, and are vital partners in our movement toward a health system that delivers quality, affordable, value-based health care for all Americans."

HRSA's Quality Improvement grant awards promote continued community health center improvements in the following categories: Expanding access to comprehensive care, improving care quality and outcomes, increasing comprehensive care delivery in a cost-effective way, addressing health disparities, advancing the use of health information technology and delivering patient-centered care.

Community health centers that exceed national clinical quality benchmarks, like Healthy People 2020 goals, receive special designation as National Quality Leaders. The top 30 percent of community health centers that achieve the best overall clinical performance receive designation as Health Center Quality Leaders. In Florida, 18 health centers were designated as health center quality leaders.

"Quality, value-based care is a priority of the U.S. Department of Health and Human Services and HRSA-funded health centers serve as leaders in quality healthcare in the U.S.," said HRSA

Administrator George Sigounas, MS, PhD. "Nearly all HRSA-funded health centers demonstrated improvement in one or more clinical quality measures from the year prior, and these funds will support health centers' work to improve the quality of care they deliver every day in their communities around the country."

HRSA also released new data compiled from health centers through its Uniform Data System (UDS) reporting, providing an update on health centers' provision of primary healthcare services. In 2017, more than 27 million people (approximately 1 in 12 U.S. residents) relied on a HRSA-supported health center for affordable, accessible primary healthcare including:

- One in nine children 17 years or younger;
- One in five rural residents;
- One in three people living in poverty; and
- More than 355,000 U.S. veterans.

For more than 50 years, health centers have delivered affordable, accessible, quality and cost-effective primary healthcare services to patients. Today, nearly 1,400 health centers operate more than 11,000 service delivery sites nationwide.

For a list of FY 2018 Quality Improvement Awards recipients, visit www.bphc.hrsa.gov/programopportunities/fundingopportunities/qualityimprovement/index.html. To learn more about HRSA's Health Center Program, visit www.bphc.hrsa.gov/about. To locate a HRSA-funded health center, visit www.findahealthcenter.hrsa.gov.✱

dearRPharmacist

Ways To Reduce Dangerous Homocysteine



by Suzy Cohen, RPh

Dear Readers: Most of you understand that homocysteine is a toxin that, when elevated, increases your risk for heart attack and stroke. This is well-documented, but what is shocking is how dangerous a

neurotoxin this compound is. It has been implicated as a contributing factor in neurological and psychiatric disorders such as major depressive disorder, aggression, schizophrenia, bipolar, psychosis, Alzheimer's disease and Parkinson's disease.

The other shocking surprise is that homocysteine can increase in your blood stream if you have mild kidney disease. Your first clue to this might be unexplained itching, or mild swelling in your feet after a shower or prolonged sitting.

Excessive homocysteine can destroy your life and cause you to get diagnosed with multiple conditions that require expensive medications. If you'd like the extended article I've written, I'll send it via email if you sign up for my free newsletter. Now, here are some ways to reduce homocysteine:

Minimize Meat – Methionine is the primary building block for homocysteine, so one quick way to reduce the formation of homocysteine, is to cut back on red meat which is high in methionine. Just think of it as "meat-thionine" and reduce intake for a few weeks.

B Complex Vitamins – These include B6, B12 and B9 (methyl folate). This is what's needed to break down

homocysteine. It works for some people, but it triggers other people causing them to over-methylate. It's not my favorite approach because it's very hard to find the perfect ratios of each B vitamin (which is different for everyone). I prefer throwing a "wet blanket" on top of the fire so continue reading.

Bifidobacterium – Intestinal flora that has healthy amounts of Bifidobacterium longum can help reduce homocysteine. It works because the probiotic goes on to produce folate in the gut, and folate is needed to break down the homocysteine.

Prunes – In last year's issue of *Food and Chemical Toxicology*, researchers noted that homocysteine responded to antioxidant compounds found in prune extract. Granted, this was not a human study, but still the prune extract was given by injection, and it significantly decreased homocysteine levels. We can joke about it all day long, but you need to know that the prunes have a beneficial effect on homocysteine.

Pomegranate Powder – Brand new research in *Biomedicine and Pharmacotherapy* was published in June 2018 and showed how "punicalagin" from pomegranates can protect neuronal DNA in the brain of rodents with high homocysteine. Drinking pomegranate juice might help humans, it's certainly not going to hurt. Even better, you can buy a concentrated pomegranate powder in a bag and just mix some in water each day.

Catalase – High homocysteine is associated with a reduction in catalase enzyme activity all over the body. So if your homocysteine is high, your peroxide is too. Catalase is the liver enzyme humans make, and it's required to break down peroxide and turn it into water and oxygen. There are supplements of Catalase available online.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✴

Lee Physician Group Earns High Scores

Based on data and performance in 2017, Lee Physician Group received high scores through The Centers for Medicare & Medicaid Services (CMS) merit-based incentive payment system (MIPS). Last year was the first year for CMS to track providers using this system, and Lee Physician Group physicians and providers received a 96.96 out of 100 percent.

"MIPS measures provider performance based in four categories: quality, advancing care information, care improvement activities and costs," said Leah Lynch, MD, system medical director, Value Transformation for Lee Physician Group. "We're very proud that we earned 100 percent for advancing care information and care improvement activities."

Dr. Lynch says Lee Physician Group's use of technology, including Epic electronic health records and the MyChart patient access portal, brought the maximum

number of points in the advancing care information category. A few examples of the care improvement activities that garnered Lee Physician Group 100 percent include obesity screenings, obesity follow-up, depression screenings and antibiotic stewardship. Lee Physician Group earned 56.94 out of a possible 60 points for quality. The cost category was not included in the review of 2017 data and performance, but will be included in reviews moving forward.

"Lee Physician Group is committed to providing the most value to our patients and our community, so we are extremely proud of our MIPS scores," says Venkat Prasad, M.D., chief medical officer, Lee Physician Group. "We appreciate the diligence and focus of our physicians, staff and teams across Lee Physician Group. The work of continuous improvement is never done because we strive to continue to consolidate our gains in excellent service for our patients."

Lee Physician Group is Lee Health's primary and specialty care medical group that is comprised of more than 570 primary and specialty care physicians and advanced providers at 77 practices throughout Southwest Florida.✴

Doctor and Dietician

Joint Instability And Chronic Pain



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

Every day people come into our office wracked with chronic joint pain that did not respond to traditional treatments like cortisone injections and because they want to avoid surgery, or even a second or third surgery. Chronic pain continues until the root cause is eliminated. What do we see as the root cause of most joint pain? Joint instability! Most patients are not even aware that they have it and are shocked to find out. Sometimes I will quiz patients about what they think caused their pain. They usually blame an MRI finding, like a bulging disc or bone spur. That is incorrect. As a physician and educator, I want to help patients understand how and why their conditions developed. With the average

attention span dwindling, I realize my window to teach patients is small. Not everyone finds joint instability as fascinating as my team does, but that is why patients seek our help... because we've done all the homework.

Joint instability occurs due to damaged or weakened ligaments whose job is to stabilize our joints, including the vertebrae. Ligaments connect bone to bone and should be tight and strong to allow surrounding muscles to move the joint. When ligaments are loose, damaged, or weak, abnormal forces are transmitted through the joint. As the unstable joint is used during daily activities or athletics, abnormal forces progress into destructive joint motion. This progressive disorder eventually begins to kill cartilage cells, allows discs to bulge, pinches nerves, causes bone spurs and other degenerative changes that are eventually seen on X-ray and MRI.

Joint instability can be diagnosed by ultrasound and physical exam. To alleviate the root cause of joint instability, and the resulting chronic pain conditions, ligaments must be repaired. Regenerative injection treatments, like prolotherapy, are the treatment of choice for curative ligament repair.

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

Valerie's House Receives \$15,000 Nonprofit Grant

Valerie's House has received a \$15,000 grant from the Community Foundation of Collier County Angel Fund for Small Nonprofits to create its first Spanish-speaking group for grieving children and families in Collier County.

Valerie's House provides children and their families who have experienced the death of a loved one a safe place to share and experience support with others who are also grieving, while moving through the healing process. The Community Foundation of Collier County awards annual grants through a competitive application and review process. Selected organizations receive grant dollars from the Changing Needs Fund. This fund is made up of donors who believe in the Community Foundation's ability to identify and grant to the community's most current needs.

"We're honored to receive this grant from the Community Foundation of Collier County," said Angela Melvin, CEO and founder of Valerie's House. "This award is going to be pivotal for Valerie's House by allowing us to develop and start our first Spanish-speaking grief support group in Collier County to help our Spanish-speaking families who are experiencing the grief of losing a close family member."

Children and their families who want to become part of our first Valerie's House Spanish-speaking grief group in Collier

County are urged to learn more about services at www.vlerieshouseswfl.org and contact Frances Bustamonte at info@valeresieshouseswfl.org to enroll.✴

Diabetes Prevention Program

Have you been told that you have prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of type 2 diabetes?

Lee Health is offering a free program designed to help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. This year-long program with weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

The next program will be held on Wednesdays, beginning on September 12 from 4 to 5 p.m. at 12550 New Brittany Boulevard, second floor suite 200, in Fort Myers. Registration is required, and seating is limited.

Learn about the benefits of physical activity, manage symptoms of stress, make smarter decisions related to healthy eating and learn tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

For more information, call 424-3127.✴

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Charlie Brown And Paige

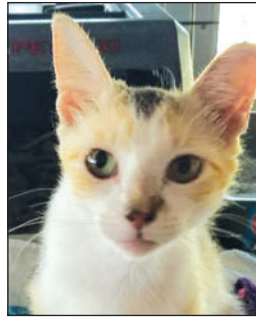
Hi! I'm Charlie Brown. I am a handsome, 4-year-old male tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is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

Hello, I'm Paige. I



Charlie Brown

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



Paige

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

PAWS Of Sanibel

Matilda And Sasha

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



Matilda photos provided

Hello, I'm Sasha. I was picked up on Airport Road off Casa Ybel by the Sanibel Police after a call from a local resident. I am approximately 1 to 2 years old, have no microchip and am a tan/black tabby. It appears I am not yet spayed. I am very sweet and gentle. I just found out that I am going to a foster home. I will be so happy to get out of the cage at Coral Veterinary Clinic. I am such a sweetheart that the staff at Coral Vet moved me into the surgical area where they spent a lot of time. They loved holding me and loving me in their free time. My combo test for FIV/FelV/Heartworms was negative. I have been given immunizations for FVRCP, FelV, rabies, and given a heartworm and flea preventive. I will likely be spayed the first week in September. Please consider giving me a forever home. If you're interested in adopting me, call Pam at PAWS at 472-4823.✱



Sasha

Lee County Domestic Animal Services

Hansen And Tommy Boy

Single, handsome and debonair, Hansen is a 3-year-old male pit bull who seeks a loving and lifetime companion to share long walks on the beach and Netflix and chill at the end of a long day. As you can see he takes great pictures as well. He is available to meet you Monday through Saturday.

His adoption fee is \$75.

Tommy Boy is a 4-year-old male domestic short hair who is a striking young man that can be very inquisitive. He loves attention which makes him a very lovable cat to be around. He will take long cozy cat naps with you from sun up to sun down. If you are looking for a new house pet, he is perfect and will stay right by your side. Tommy Boy is your typical lover, not a fighter. He enjoys roaming around our cat room and watching the younger kittens play. He would enjoy being in a home where



Hansen ID# A748578

he could live with another feline friend. If you do not already have one LCDAS cat, adoptions are always BOGO!

His adoption fee is \$10.

Our cats and kittens are 2-for-1; adopt one and you can take home a feline friend at no additional charge. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Our team of volunteers and staff are waiting to introduce your new family member to you. Just stop by our adoption center 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com to see pets available for adoption. Check the website to be sure pets are still available.

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



Tommy Boy ID# A749904

THE RIVER WEEKLY NEWS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

HOPPER IN THE SOOT

ACROSS

1 Whip material

8 Complain

14 Publisher Ochs

20 Red-faced

21 Fly a 727, e.g.

22 "Heat" co-star Robert

23 Start of a riddle

25 One running away to wed

26 Title for Tennyson

27 Roadside stopover

28 Old Glory's land

29 Desktop machines

30 Riddle, part 2

39 Chop into small cubes

40 Fit to be donned

41 Tire-trapping furrows

42 Sharp nudge

45 Tot's "piggies"

47 Glass parts

48 End of many 28-Downs

49 — -Pro

50 Riddle, part 3

57 — suit (1940s outfit)

59 Football Hall of Famer Junior

60 Precipitates cold flakes

61 Ram's partner

62 Equine animals

65 Bert's buddy

68 Turned in for the night

70 Riddle, part 4

74 Signaled incorrectly, as an actor

77 Substitute for chocolate

78 Force of rotation

82 System of beliefs

83 Horse noise

86 Virginie, par exemple

88 "Gross!"

89 Riddle, part 5

95 "Dark" quaff

96 Kit —

97 As regards

98 Vague sense

99 Pop

100 Suffix with prank or trick

102 Swiss franc divisions

106 Squishy ball brand

108 End of the riddle

114 With 24-Down, drilling structure

115 Lady-Tramp link

116 Sargasso Sea fish

117 Woody Guthrie's son

118 Future revealer

120 Riddle's answer

127 Mosey along

128 With milk, French-style

129 Leading female role

130 Service songbook

131 Artifacts

132 Result of an absent goalie

DOWN

1 "A Natural Man" singer Lou

2 Put on — (act)

3 "Void — prohibited"

4 Picked up and gave to

5 "— Believer"

6 Dawn beads

7 Old Tokyo

8 "Catch my drift?"

9 Broad street

10 Pre-2001 space station

11 Big mouth

12 H, to Homer

13 — gestae

14 "— Fideles" (carol)

15 Put off action

16 Yoko of song and art

17 Cosmetic to enhance the kisser

18 Trimmed to size in advance

19 Equine animals

24 See 114-Across

28 Virtual address

31 Falafel wrap

32 Revered one

33 Essentialities

34 Boat cover

35 Singer India

36 Really denounces

37 "Peer Gynt" playwright

38 Frizzy dos, informally

42 Dixieland or bebop

43 Emollient plant additive

44 Oozy lump

46 Like chiffon

48 Sam's Club competitor

51 50+ org.

52 — Wars (Rome-Carthage conflicts)

53 Actress Diana

54 Nest sound

55 Have debts

56 Poet Hughes

58 — II (Gillette brand)

63 Summer appliance, for short

64 Charlie of "Spin City"

66 — rut (stuck)

67 Marsh bird

69 "Just doing my best"

71 Hippie-style "Got it"

72 Tiniest bit

73 Channel for hoops fan

74 1/1,000 inch

75 Prefix with lateral

76 Fire safety device

79 College area

80 Coll. near Beverly Hills

81 Managed, with "out"

84 Rat race

85 Tip-offs

87 "For — is the kingdom ..."

90 Kid's racing vehicle

91 Basic street layout

92 Powerful auto engine

93 Wild goat of Eurasia

94 Former Ford auto, in brief

100 Nike symbol

101 Six times five

102 Howard of sportscasts

103 Slice of time

104 Like a utopia

105 Ream's 500

107 Perfume bottle

109 Writer Cather

110 Bridge writer Culbertson

111 "Argo" actor Alan

112 TV actress

113 Sacred choral piece

119 Cell dweller

120 Hertz rental

121 Shade

122 Not well

123 — tai

124 Margaret of stand-up

125 Congress mem.

126 Mad feeling

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19			
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114																							
118																							
127																							
130																							

King Crossword

ACROSS

1 — -relief

4 "Conan" net-work

7 Easter flower

8 Baby's ail-ment

10 Traffic cone

11 Moon mission name

13 Shakes-peare's best-known query

16 "I'll take that as —"

17 Carolers' tunes

18 Vast expanse

19 Coloring agents

20 For fear that

21 Corporations

23 Paperhang-er's need

25 Scrawny

26 Dull sound of impact

27 Performance

28 Show smug satisfaction

30 Pi follower

33 TLC make-over series

36 Abrade

37 Film

38 Shocking weapon

39 State

40 High deg.

41 Aviv lead-in

9 Storage area

10 Bake sale org.

12 Not just hero

14 Shad delica-cies

15 Chow down

19 Parched

20 "Acid"

21 Botanist for whom a reddish-pur-ple flower is named

22 Unbroken

23 Excellent, in

24 Self-service diner

25 Pussy foot?

26 Carrier

28 Grind the teeth

29 Ran easily

30 Make merry

31 Barber's con-cern

32 Raw rock

34 Snare

35 Worked on a loom

MAGIC MAZE

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

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

Awl
Chisel
Cleaver
Clippers

Drill
Gouge
Hacksaw
Hatchet

Hoe
Ice pick
Knife
Machete

Razor
Scissors
Sickle



"Who do I see about my
_____ husband?"
answer on page 30

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Decipher
D O D E C E _____
Campaign
S A R D U C E _____
Ancestral
N E G C I T E _____
Exact
R E C I P E S _____

TODAY'S WORD

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

SUDOKU

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

answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Picture is missing. 2. Skirt is missing. 3. Card is different. 4. Neckline is different. 5. Card sign is missing. 6. Envelope is missing.



Over The Border Rock Shrimp Salad

- 1 pound rock shrimp, cooked, peeled and deveined
- 1 15-ounce can black beans, rinsed and drained
- 1 8¾-ounce can whole kernel corn, drained
- ½ cup red bell pepper, chopped
- ½ cup celery, chopped
- ¼ cup red onion, chopped
- ¼ cup cilantro or parsley, chopped
- 3 tablespoons green onions, chopped
- 1 jalapeño pepper, seeded and finely chopped
- ¼ teaspoon cumin
- Iceberg lettuce, shredded
- 1 avocado, sliced
- 1 cup vinaigrette dressing

In a medium bowl, combine all ingredients except avocado slices, lettuce and dressing; pour ½ cup of vinaigrette dressing over mixture and refrigerate for one hour.

Serve on shredded lettuce garnished avocado slices. Serve with additional Red Wine Vinaigrette Dressing. May also be served on lettuce in a taco salad shell.

Red Wine Vinaigrette Dressing

- ½ cup olive oil
 - 6 tablespoons red wine vinegar
 - 6 tablespoons lime juice
 - 2 teaspoons Dijon mustard
 - 2 teaspoons honey
 - 2 teaspoons Italian seasoning
 - ½ teaspoon salt
 - ½ teaspoon pepper
- In a small bowl, combine all ingredients; mix well.*



Over The Border Rock Shrimp Salad

photo courtesy Fresh From Florida

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3. Genetic; 4. Precise

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8/31 ★ 9/7

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PUBLIC SERVICE ANNOUNCEMENT

Narconon reminds families that the opiate problem in the U.S. is continuing to worsen and it's more important than ever to know and understand the signs and symptoms of an opiate overdose. To learn more about how to identify the signs and symptoms of opiate abuse, go to: <http://www.narconon-suncoast.org/blog/how-to-recognize-signs-of-an-opiate-overdose.html> ADDICTION SCREENINGS Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1-888-824-1621
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Red Cross Offers Back To School Safety Steps

Summer vacation for students around the country has officially ended and the schools are now in session. So, while you're shopping for school supplies the kids will need, take a look at these safety steps from the American Red Cross for the start of the new school year.

Keeping all students safe is the primary concern for everyone, but there are special steps for parents of younger kids and those going to school for the first time:

Make sure the child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 9-1-1.

Teach children not to talk to strangers or accept rides from someone they don't know.

"Preparedness is a top concern for ensuring the safety of our community," said Jill Palmer, executive director of the American Red Cross Southern Gulf Chapter. "Many students walk or ride the bus to school, and we want to make sure they arrive safely."

School Bus Safety:

If children ride a bus to school, they should plan to get to their bus stop early and stand away from the curb while waiting for the bus to arrive.

Board the bus only after it has come to a complete stop and the driver or attendant has instructed you to get on.

Only board your bus, never an alternate one.

Always stay in clear view of the bus driver and never walk behind the bus.

Cross the street at the corner, obeying traffic signals and staying in the crosswalk.

Never dart out into the street or cross between parked cars.

Getting To School By Car, Bike, On Foot:

If children ride in a car to get to school, they should always wear a seat belt. Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically

for children ages 8 to 12 and over 4'9"), and ride in the back seat until they are at least age 13.

If a teenager is going to drive to school, parents should mandate that they use seat belts. Drivers should not use their cell phone to text or make calls, and should avoid eating or drinking while driving.

Some students ride their bike to school. They should always wear a helmet and ride on the right in the same direction as the traffic is going.

When children are walking to school, they should only cross the street at an intersection, and use a route along which the school has placed crossing guards. Parents should walk young children to school, along with children taking new routes or attending new schools, at least for the first week to

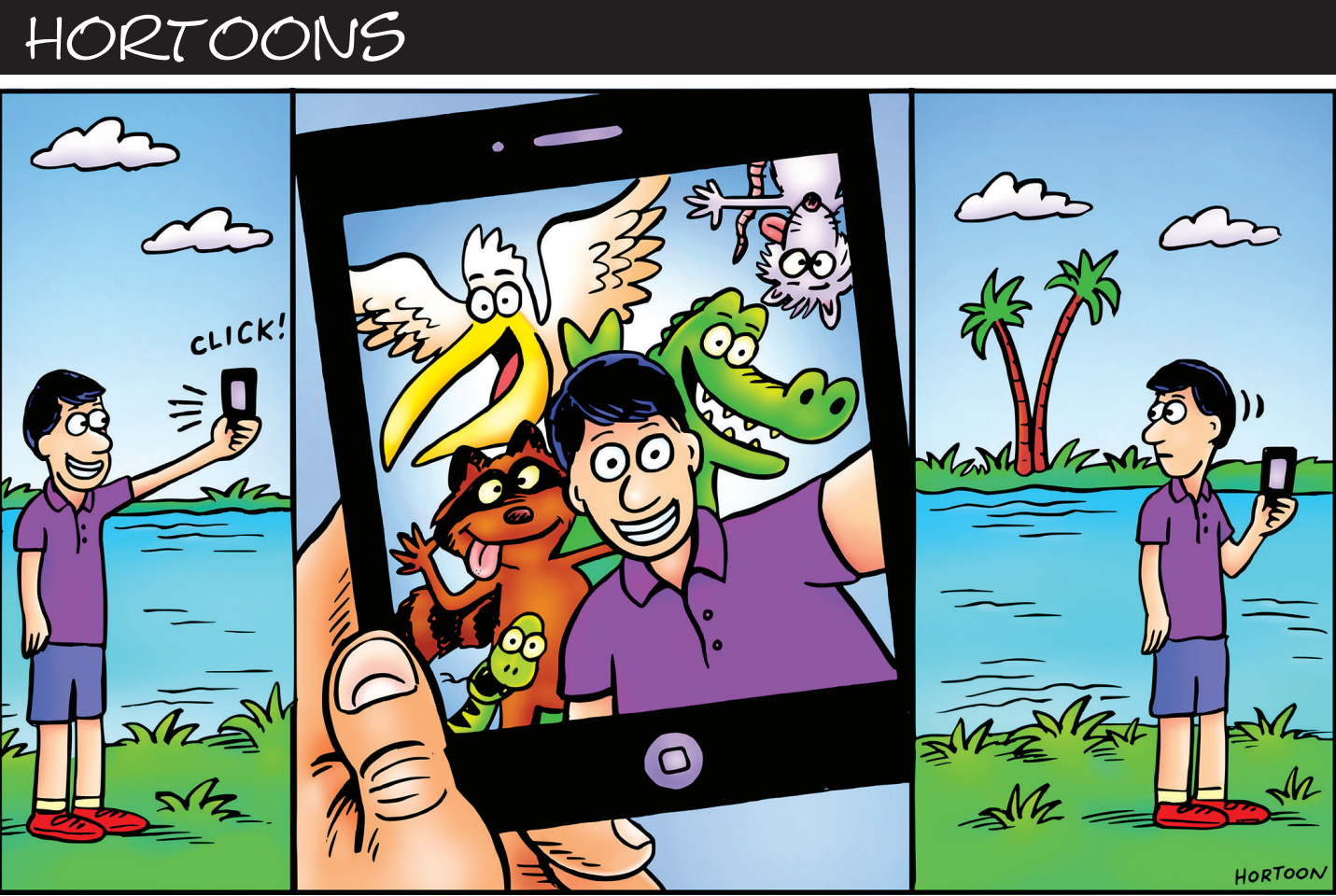
ensure they know how to get there safely. Arrange for the kids to walk to school with a friend or classmate.

Drivers, Slow Down:

Drivers should be aware that children are out walking or biking to school and slow down, especially in residential areas and school zones. Motorists should know what the yellow and red bus signals mean. Yellow flashing lights indicate the bus is getting ready to stop and motorists should slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off. Drivers in both directions must stop their vehicles and wait until the lights go off, the stop sign is back in place and the bus is moving before they can start driving again.

Prepare For Emergencies And Take A

First Aid Class: Know what the emergency plan is at your child's school in case a disaster or an unforeseen event occurs. Develop a family emergency plan so everyone will know who to contact and where to go if something happens while children are at school and parents are at work. Details are available at www.redcross.org/prepare. The Red Cross First Aid App provides instant access to information on handling the most common first aid emergencies whether it be before, during or after school. Download the app for free by searching for American Red Cross in your app store or at www.redcross.org/apps. Learn and practice first aid and CPR/AED skills by taking a course so you can help save a life. Visit www.redcross.org/takeaclass for more information.✱



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Colony Beach Estates	Sanibel	1989	3,240	\$2,495,000	\$2,400,000	131
North Captiva Dunes	Captiva	1996	1,705	\$1,900,000	\$1,100,000	26
Bonita Beach	Bonita Springs	2004	3,680	\$1,749,000	\$1,595,000	26
North Captiva Dunes	Captiva	1996	2,634	\$1,300,000	\$1,100,000	26
Holiday Heights	Fort Myers Beach	1996	2,023	\$994,800	\$910,000	195
Tidewater Island	Fort Myers	1997	2,396	\$899,000	\$847,000	29
Castaway Key Unrecorded Subdivision	Captiva	2003	2,388	\$899,000	\$850,000	26
Corkscrew Shores	Estero	2017	2,852	\$799,000	\$780,000	89
McGregor Isles	Fort Myers	2003	2,887	\$797,000	\$765,000	126
Chapel Ridge	Estero	2007	2,714	\$792,000	\$770,000	154



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