

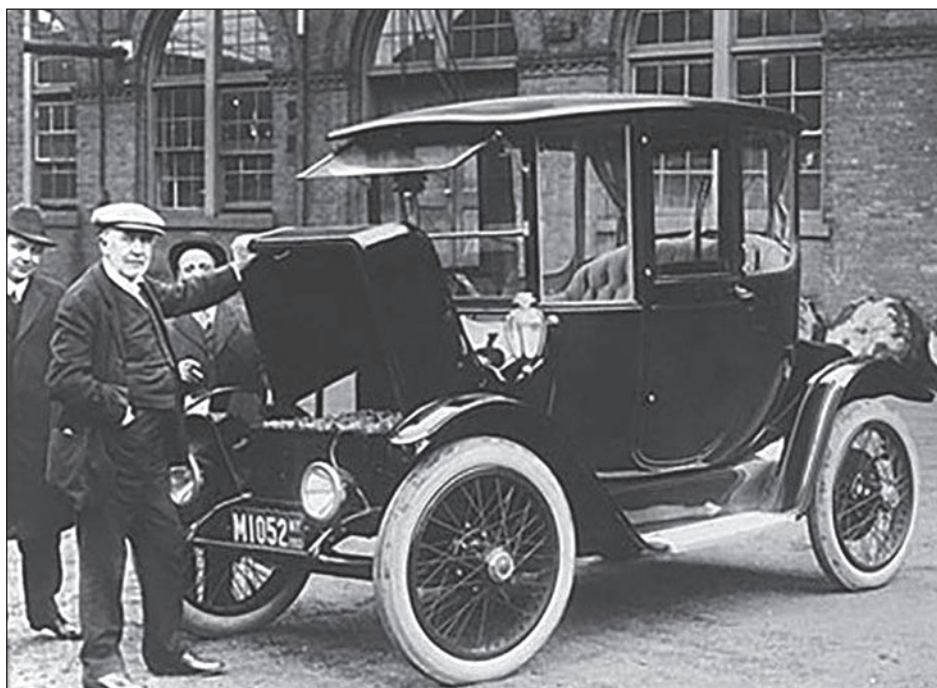


## Estates Kicks Off Week With Electric Car Show

In celebration of National Drive Electric Week, Edison and Ford Winter Estates, 2350 McGregor Boulevard, is hosting a free electric car show on Saturday, September 14 from 10 a.m. to 4 p.m. Owners of electric vehicles will be on hand to answer questions and give rides to visitors. The show will take place in the overflow parking lots on Larchmont Avenue.

National Drive Electric Week, scheduled from September 14 to 22, is presented by Plug in America, Sierra Club and the Electric Auto Association to raise awareness of plug-in vehicles and highlight the benefits such as reduced emissions with less impact on the environment than gasoline-powered vehicles.

More than 100 years ago, Thomas



Thomas Edison standing next to a Detroit Electric car in 1913

photo provided

Edison and Henry Ford worked together to design an electric vehicle. That project faltered due to the creation of an electric starter for gasoline vehicles, along with inexpensive, reliable gas-driven internal combustion engines. In addition, Edison's batteries had a limited range, were expensive and, unlike today, drivers did not have access to charging stations.

Of the 1,093 patents Edison held, several related to the electric car. In 1889, Edison's electric vehicle (runabout) was produced. In 1890, he patented the means for propelling electric cars and his driving mechanism for cars was patented in 1892. The alkaline battery was initially designed with the thought of powering an electric vehicle, but it was used for a multitude of other things and became Edison's most profitable invention. He received a patent for his automobile electric system in 1916.

Visitors can learn more about Edison and his inventions inside the 15,000-square-foot museum. Coupons for \$5 off admission will be available for anyone attending the show.\*

## Comedy Improv Saturday Night At The Lab Theater

Following sold out performances in both July and August at The Laboratory Theater of Florida, Scared Scriptless Comedy Lab will be returning once again this Saturday, September 7 at 7 p.m. The improv troupe will feature their unique musical style for another night of fun.

The Scared Scriptless Comedy Lab will once again be bringing a night of hilarious antics, musical comedy and on-the-spot jokes. Every facet of the uproariously improvised show is based on audience suggestions. With years of experience performing, the troupe delivers a side-splitting, one-of-a-kind show every time.

This group of talented performers offers a unique mixture of both short and long form improv, creating an entertaining evening of family-friendly laughter that is fast-paced, musical and completely improvised. While no two shows are the same, they are always packed with hysterically funny songs, sketches and jokes created instantaneously based on audience suggestions. For the more adventurous, there are occasional opportunities to join the cast on stage.

Meet the players:

Leigh Shein – Born in Chicago, Stein took his first improv class with Second City in 1979 and has since studied and worked all over the world. He was a founding member of Bay Area Improv Theater and currently directs and hosts *Harry's Senior Moment*. Stein also appears in Scared Scriptless Comedy Lab and Gene



Scared Scriptless Comedy Lab

photo provided

Pool Party, an improv group of dads and their daughters. He teaches improv to all ages including kids with autism spectrum disorders.

Nick Hernandez – Hernandez has been doing improv for four years. He has been in many productions in various theaters. He is currently in college, studying to be a sound engineer for theater or artist performances. Hernandez is glad to now be a part of this improv group.

Kea McElfresh – "Mac" has been with the Scared Scriptless Comedy Lab for two years and has been loving every minute of it. As a Miami Improv Member of

"Impromedy," she was glad to finally find an improv family in Fort Myers. McElfresh is currently teaching theatre at Estero High School and serves the community as District VI junior thespian chair. She brings a wealth of knowledge and crazy characters to the stage and is excited to grow with her new improv home. Mac would like to thank her family (especially her "mini-me") for being the inspiration for all she does.

Bill Owens – Owens has the privilege of performing with fellow cast members Steve Cobb, Shein and McElfresh in the local improv troupes Scared Scriptless

Comedy Lab and Gene Pool Party. He was also a member of *Harry's Senior Moment* and *Dueling Swords*. Owen's passion for improvisation began only three years ago when his determined kids persuaded him to get out of his comfort zone and take an improv class. When not making a fool of himself on the improv stage, he practices law as a business and real estate attorney.

Andrew Florance – Florance was born in Tucson, Arizona in the back of the OK Corral. After escaping from his crib for the sixth time, he started traveling with a comedy troupe of babies. They traveled through Georgia, South Carolina, Pennsylvania and Ohio, before ending up in Florida. When he grew too old for the Crying Laughing baby troop, Florance traveled the U.S. and Europe to perfect his comedic skills in the corporate world by making jokes at the office level until he found Scared Scriptless Comedy Lab. He's been performing with the troupe happily ever after.

Steve Cobb – Cobb has been professionally doing improv for over six years. He currently is the creative director, show runner and cast member for the following improv groups: Scared Scriptless Comedy Lab, Gene Pool Party Improv and Musical Swords Improv. Cobb coaches and trains the youth improv troupe Foot Milk Experience Improv. He is the former coach and director of Mission Improvable Youth Improv, and New and Improv'd Youth Improv. Cobb has hosted improv shows throughout the state of Florida, including at the Naples Players Sugden Theatre and the Bonita Springs Center for the Arts. He has taught workshops throughout the state, including a session at the 2018 Palm Beach Improv Festival

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Historic Downtown Fort Myers, Then And Now:

# What’s A Tourist To Do?



by Gerri Reaves, PhD

In the last century or so, the number and types of diversions for tourists has skyrocketed. But if you visited Fort Myers in the early 19-teens, what was there to do?

Some activities have remained favorites through the decades, excursions to Sanibel – in the early days, by steamboat – hunting trips and fishing trips, for example.

The circa-1910 postcard image illustrates just how dramatically tarpon fishing was marketed.

For people who remained in town, there were community events such as dances, parties, parades and baseball games.

Visitors during high season might be treated to a circus

or carnival. Both indoor and outdoor concerts were popular too, and a couple of bandstands figured in the town’s early entertainment life.

Starting in April 1913, visitors and residents alike could enjoy the town’s first publicly funded amenity, the recreation pier at the foot of Fowler Street. The historic photo taken from the pier’s inviting pavilion shows the shady benches and the area where boats could load and unload passengers.

People of substantial means had more choices, of course. They could comfortably fish for tarpon aboard a luxurious boat.

People who owned automobiles could go “motoring,” as it was called, dressed in attire suited to the terrible roads, dust and predictable breakdowns.

Guests at the elegant Royal Palm Hotel could enjoy fine dining, partying and even the occasional lecture right on the premises.

Period photos indicate that some older hotel guests liked to just sit on the porches and engage in the art of conversation.

In the days when few people owned a personal camera, much less a cell phone, a visit to the photography studio was a way Fort Myers tourists could take a selfie.

Goodness knows how many Florida tourists were photographed like the two in the postcard image: posed before a backdrop of a subtropical scene and



Circa-1910, postcard images like this advertised tarpon fishing  
photos courtesy Florida State Archives



In 1913, Fort Myers got its first publicly funded amenity, this recreation pier at the foot of Fowler Street

surrounded by stuffed alligators.

More adventurous tourists might choose to sightsee in an oxcart, like the four men in the circa-1912 photo. Note the sign reading, “Sight Seeing in Ft. Myers, FLA.”

The man holding the lap dog is George Barton Hall, who moved to Southwest Florida from Chicago soon after graduating from high school in 1910. His three friends are unidentified.

Hall first moved to the area to be the general manager of Hall City, a utopian Christian temperance community planned by his father, the Rev. Dr. George Franklin Hall, on the western side of Lake Okeechobee.

In February 1912, he married Miss Bertha Ruhl in Fort Myers at the O’Neill Memorial Methodist Church on First Street (later named the First United Methodist Church). The bride was a noted local musician and the daughter of Peter A. Ruhl, who had recently been editor of the *Fort Myers Press*.

It’s tempting to imagine that the historic photo was taken when he, friends and family were in town for the wedding, particularly since he looks so young.

And on the topic of utopias, the Hall City community, which failed in the 1920s, wasn’t the only utopian society to set its sights on Southwest Florida.

The Koreshan Unity in Estero was flourishing at this same time.

Not everyone came to Florida just for photo ops with stuffed alligators.



Being photographed with stuffed alligators against a subtropical scene was a common practice for tourists

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### THE RIVER

WEEKLY NEWS

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From left, Lydia Black, Liz Abbott, Marc Collins and Scott Kashman photo provided

## Record-Setting Total Raised For Health Services

More than 370 people attended the 5th annual Laughter is the Best Medicine event held at Broadway Palm Dinner Theater on August 17. The benefit raised more than \$166,000 in support of behavioral healthcare services in Southwest Florida.

After each celebrity comic performed, audience members voted with their dollars. In the end, Scott Kashman, chief officer of hospital operations at Lee Health, raised the most money. Liz Abbott, an advisory board member with the Florida Repertory Theatre, was voted the funniest comic by audience members. Other amateurs performing for votes were Lydia Black, executive director of the Alliance for the Arts, and Dr. John Meyer, president of Hodges University.

Back by popular demand at this year's event was Dr. Mike Martin, the 2018 winner of both awards, who

reprised his stand-up comedy act for audience members. Professional comic Lisa Curry performed the grand finale, and comic Michael Palascak performed and co-emceed the event with ABC-7 anchor Krista Fogelsong. The Lee County Bar Association and #KindLee held a silent auction in the lobby of the Broadway Palm, raising \$11,000 for SalusCare.

"We are so appreciative of the support shown to SalusCare and those patients we care for each and every year," said Stacey Cook, SalusCare president and CEO. "This event directly benefits the patients we serve, and has grown over the past five years thanks to the commitment of our event sponsors and others in the community, all of whom have stepped up and made behavioral healthcare a priority."

"Just saying thank you to our sponsors, attendees, comics and volunteers for helping us raise money and awareness seems so insignificant," said Marc Collins, SalusCare development committee co-chair and board member. "We are ever so grateful for the support and love this community shows every day for those in need."\*

## Blood Donation Award Presented



From left, Fort Myers Police Department Acting Captain Jason Fields, Captain William Newhouse, Lt. Roger Valdivia, Patricia Miller (Adam Jobbers-Miller's mother) and John Sheppard photo provided

Lee Health recently awarded the Fort Myers Police Department (FMPD) and the family of Officer Adam Jobbers-Miller the John Woolslair Sheppard Award for blood donation in a ceremony held at Lee Memorial Hospital.

The award is named after Sheppard who holds the Guinness Book's World Record for most blood donations. The award honors a successful blood drive that Lee Health and FMPD held in July.

The drive was held in memory of fallen Officer Adams Jobbers-Miller and drew 327 donors and 275 donated units of blood over three days. The annual award is presented to someone or an organization that helps promote blood donation and is dedicated to saving lives through blood donations.

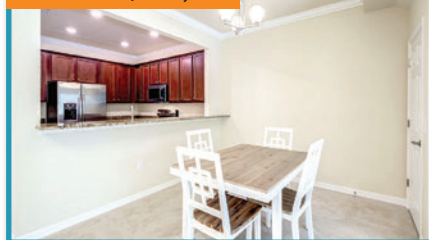
The blood drive will be an annual event with the next one scheduled for July 21, 22 and 23, 2020.\*

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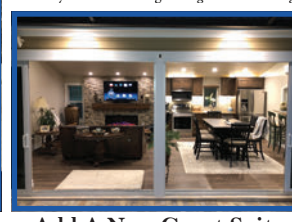
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## Arthur Miller Play Opens Season At Lab Theater

Arthur Miller's *The Crucible* will open the 11th season at The Laboratory Theater of Florida on Friday, September 20. There will be an opening reception at 7:15 p.m. Not only is *The Crucible* the season opener, but it marks a milestone as the 100th production put on by the theater.

Things take a deadly turn when Reverend Parris finds a number of young women inappropriately dancing in the forest. To save themselves from punishment, they claim they've been bewitched by various townspeople. Once these girls, who have never had any voice or control, get a taste of the power that their claims wield, is there anything they won't do to get everything they desire?

Arthur Miller's *The Crucible* is as relevant today as it was when it was first released in 1953, not long after the playwright himself was accused of un-American activities and communism by the McCarthy Commission.

Assistant Director Kendra Weaver says, "The theme of this play can be paralleled to any time frame, whether it is 1692 or 2019. *The Crucible* is NOW!!"

Artistic Director Annette Trossbach adds, "I would like to thank (Brooklyn Daily drama critic) Robert Hilliard for his guidance and urging for the theater to produce this award-winning play by Arthur Miller. It is a great honor and a challenge to direct such a seminal, time-honored



Back row from left, Isabel Isenhower and Ruthgena Augustin; front row from left, Emmie Spiller, Kinley Gomez and Summer Meade photo provided

and award-winning show. It has dramatic, supernatural, heart-wrenching, comedic and profound moments that are expertly woven into a story that continues to have meaningful impact in our modern times. I am blessed to be working with an outrageously talented cast and crew, each member of which had this play in his or her bucket list."

The play features Steven Coe, Imani Williams, Paul Graffy, Melanie Payne, TJ Albertson, Kinley Gomez, Casey Davis, Lauren Miller, Todd Lyman, Ruthgena Augustin, Patrick Ashton, Art Keen,

Daniel Sabiston, Heather Johnson, Mike Dinko, Corey Kane, Isabel Isenhower, Elizabeth Mora, Emmie Spiller and Tamicka Armstrong. Directed by Annette Trossbach, assistant directed by Rachel Burttram Powers and Kendra Weaver, stage management by Misha Ritter Polomsky, set design by Michael Eyth, light and sound design by Jonathan Johnson, costume design by Kristen Wilson and stage combat by Annette Trossbach. The production has been sponsored by Ella Naylor and Jeffrey Cull.

The opening night reception is sponsored by Publix. For teens, there will be a cast and crew meet-and-greet session with pizza generously donated by Downtown House of Pizza starting at 6:30 p.m. on Saturday, September 21, followed by a complimentary performance for the teenagers. Reservations are required. There will be an audience talkback immediately after the performance on Sunday, September 29. Florida teachers are offered buy-one-get-one tickets for this production; teachers are urged to call 218-0481 to make their reservations.

The Crucible plays through October 12. Tickets are available to purchase on [www.brownpapertickets.com](http://www.brownpapertickets.com) or by calling the box office at 218-0481.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For performance times and more information, visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).

## License-Free Saltwater Fishing

Try your hand at saltwater fishing on Saturday, September 7 without needing a saltwater fishing license. License-free fishing days are a great way for Florida residents and visitors to get out on the water and find out why Florida is known as the Fishing Capital of the World.

This day is part of eight total license-free fishing days the Florida Fish and Wildlife Conservation Commission (FWC) offers each year. All bag limits, closed areas and size restrictions apply on these dates. To learn more,

visit [www.myfwc.com/license](http://www.myfwc.com/license). For fishing regulations and tips, visit [www.myfwc.com/fishing](http://www.myfwc.com/fishing). To renew or purchase a fishing license, visit [www.goutdoorsflorida.com](http://www.goutdoorsflorida.com).

## Mastersingers To Open New Season At FGCU

The Fort Myers Symphonic Mastersingers open their 19th season with a performance at Florida Gulf Coast University's U Tobe Recital Hall on Sunday, September 29 at 3 p.m. The concert will feature the organization's chamber chorus led by Artistic Director Shannon Arnold.

The program, entitled Music in Transition, features selections written by composers facing challenges and changes in their lives. Tickets are \$10 for adults, \$7 for students, and can be purchased at the door the day of the event or by going online to [www.mastersingersfm.com](http://www.mastersingersfm.com).

The imaginative theme behind this program mirrors the Mastersingers' season as they work with a new conductor this year while seeking to build on the growth and successes of the recent past. Reflecting Arnold's desire to add more female composers to the Mastersingers' repertoire, the program includes works by Abbie Betinis, Maddelena Casulana and Mendelssohn's sister, Fanny Hensel.

When asked about the season, Arnold said, "The chamber chorus is proud to present Music in Transition as our first concert for the 2019-20 season. We are going back in time, starting in the Renaissance period, acknowledging composers who used choral music to overcome challenging times in their lives. I am very excited to start the season with such a great mix of selections in such a wonderful hall to make music."

The ensemble will sing music as diverse as a William Byrd piece from the 16th century, works of Bach, Mozart and Beethoven, to contemporary selections composed by Susan La Barr and Mastersingers' Vice President and FGCU faculty member Dr. Jason Bahr.

"I am very pleased to have one of my pieces included in the Music in Transition program. All persons will face trials in their lives, but how does one respond? For a composer, often the answer is to create music," said Dr. Bahr about the concert. "My work, *Song of Praise*, was written at a particular moment of crisis for me. Doctors had recently discovered a major congenital heart defect which required extensive surgeries to repair. Between two open heart surgeries, I wrote this piece. On the chamber singers' program, I will be making music with my friends, including this piece I wrote about my faith -- what can be better than that?"

The full Mastersingers chorus begins rehearsals for the season on Monday, September 9 at Peace Lutheran Church, located at 15840 McGregor Boulevard in Fort Myers. Auditions are being held for singers in all voice parts. For information on how to audition for the group, for the Mastersingers' season calendar, or for more information on the Music in Transition concert, visit [www.mastersingersfm.com](http://www.mastersingersfm.com).



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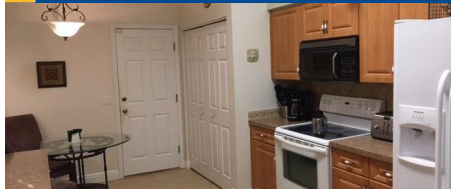
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Fort Myers Art:

## Free Photo App Expanded For Public Artworks



by Tom Hall

Art professionals and urban planners have identified nearly four dozen benefits that flow from the presence of public artworks in outdoor spaces. However, these advantages

can only be maximized to the extent that the public fully appreciates the stories they tell. And it is exactly for this reason that the City of Fort Myers has installed a free phone app that informs local residents, vacationers and other visitors about the murals, sculpture and other art installations they encounter as they work, shop, dine and walk around downtown Fort Myers and parks located in other regions within our city limits.

The app is called Otocast, and if you haven't used it yet, then pull out your smartphone and go to your app store right now. When you land there, type in Otocast in the search bar and then hit download. It's free!

The app works with geo-mapping, which means that when you tap on the green Otocast icon, the app will automatically call up the Fort Myers guide.



**The Tootie McGregor Fountain**

When it does, tap on the guide and you'll see an aerial map of the River District that features a number of green pins. Those pins signify the location of some of the public artworks that are interspersed throughout the downtown Fort Myers River District.

More will be coming in the days and months that lie ahead.

Next, notice the banner that runs along the bottom of your screen. It contains thumbnail photographs of the particular artworks identified by those green pins. As an exercise, tap on the fifth photo. It's of the Tootie McGregor Fountain that's located in the parking lot of the Fort Myers Country Club on McGregor Boulevard outside the Edison Restaurant.

The first item you'll see is a short description of the artwork. After you read that, look at the top of your phone.

photo courtesy www.artswfl.com

Tap on "PHOTOS," and swipe left to see different views and close-ups of the fountain. The second image is an historical photo of how the fountain looked when it was originally installed in an intersection known as Five Points which includes Cleveland Avenue, Anderson Avenue (now Dr. Martin Luther King Jr. Boulevard) and McGregor Boulevard, Main and Carson Streets.

Now, tap on the "GET HERE" button. The next screen that appears will not only give you the artwork's street address, but directions on how to get there from wherever you may be. It's this feature that enables you and others to construct your own self-guided walking and driving tours of our local public art collection.

But really, when you're thinking about a walking or driving tour, wouldn't you

rather have a live tour guide than just reading a summary or short descriptive of the artworks you're visiting? Well, Otocast has you covered. Go back to the previous screen. See that arrow pointing to your right surrounded by a white circle at the bottom of screen? Go ahead and tap on that, and you'll hear an audio that gives you the inside story about the piece by Jared Beck, who not only serves as director of the River District Alliance but as a previous chair of the Fort Myers Public Art Committee. He played an instrumental role in having the city subscribe to the Otocast mobile app service.

Wherever possible, we've asked the artists who've made a public artwork to provided the Otocast audio. But where, as with the Tootie McGregor Fountain, that hasn't been possible because the artist is either no longer alive or is unknown, we've tapped people in the know like Jared Beck to give you the inside scoop about the artistic landmarks that dot our local landscape. In every instance, the stories are so interesting and so compelling that you'll be inspired to share them with your family and friends. And, if you're inclined to put together a tour for yourself or a group of your family, friends or out-of-town visitors, it's like having a host of expert, in-the-know tour guides, rather than just one. (Plus, you don't have to tip them when the tour's over!)

*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.✪*

From page 2

## Historic Downtown



**Circa 1912, George Barton Hall (holding lap dog), formerly of Chicago, was photographed with friends while sightseeing in Fort Myers**  
photo courtesy Florida State Archives

Stroll through historic downtown Fort Myers and imagine touring the streets in an oxcart.

Then, visit the following research centers to learn more about the development of Fort Myers's tourism industry.

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 for more information.

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

For more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: Archives of the Southwest Florida Historical Society, *Fort Myers Press* and [www.floridamemory.com](http://www.floridamemory.com).✪



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Barbara and Dale Morrison

photos provided

## The Immokalee Foundation's Charity Classic

Event chairs and committee members are in place and planning ahead for The Immokalee Foundation's signature fundraising events in November – the Charity Classic Celebration on November 8 and the Charity Classic Pro-Am golf tournament on November 11.

Heading up the efforts are gala co-chairs, Janet and Jerry Belle and Barbara and Dale Morrison, and golf tournament chair Sunny Sapiente.

Like the Morrisons, the Belles are dedicated supporters of the foundation's work. They were introduced to The Immokalee Foundation after Hurricane Irma, when they learned that Naples' rural neighbors were in need.

"We were so impressed with the educational work that was being done in Immokalee that I signed on as a mentor for a young man who is now a freshman at Immokalee High School," said Jerry Belle. "If he upholds the pledge he makes every year to get good grades and adhere to the program guidelines, he will qualify for a Take Stock in Children college scholarship. This is a small investment of time on my part but a significant opportunity for this young man to further his education."

Longtime supporters Barbara and Dale Morrison are equally ardent in their desire to help the youth of Immokalee.

"We believe in the mission of The Immokalee Foundation because we see the results from the efforts of teachers, staff, mentors and donors working together to help students attain their academic goals," said Barbara Morrison. "Educational and career-building opportunities we provide to students will help them attain careers leading to financial independence. Our support also helps to develop important life skills to help them succeed."

Serving with the Belles and



From left, Hosman Ixcoy, Zulema Juarez, Finance Bonheur, Jerry and Janet Belle, Lukas Soto and Neida Delgado

Morrisons are committee members Dorothy and Chuck Campbell, Beverly and Arthur Cherry, Emily and John Costigan, Alison and Scott Douglas, Debra and John Griswold, Joyce Hagen and Don Fites, Karen Hendricks, Don Huffner, Joyce and Jim Kerridge, David Legus, Kathie and Jim Markiewicz, Sonia and Mac McDonald, Kaye and Peter Negri, Ellen and Don O'Neill, Louise Penta, Marnette and Paul Perry, Kathy and Steve Pryor, Linda and Craig Rydin, and Dee and Joe Zednik.

An active member at Bay Colony Golf Club and 20-year resident of Naples, Sapiente is overwhelmed by the foundation students' ambition, as well.

"The children are enthusiastic about the opportunities the foundation provides them," said Sapiente. "They step up to the plate, work hard and embrace the educational programs. The reward is tremendous for those of us who donate their time and contribute financially, too. Through the years, we have seen the children grow and prosper."

Serving with Sapiente on the Pro-Am committee are Don Fites, Kristin Miller, Steve Pryor, Joe Sanda and John Tobe. An exclusive pairings party takes place on November 10 at Bay Colony, with the professional golfers and amateurs learning who their partners will be the following day. The Pro-Am takes place at the Old Collier Golf Club, beginning with registration and breakfast at 7:30 a.m.

The Charity Classic Celebration will be held at The Ritz-Carlton on Vanderbilt Beach Road in Naples. Registration and cocktails start at 6 p.m., with dinner at 7 p.m. The most exciting part of the evening is the Fund A Dream auction, a live bidding experience that allows donors to contribute to Immokalee's children in specific and tangible ways. The auction supports programs that forge important career pathways for Immokalee youth through the foundation's recently launched Career Pathways model.

Based on extensive research of in-demand professions in Southwest Florida, the comprehensive new curriculum helps students – beginning

in middle school – to follow educational and experiential pathways to their chosen careers. The model recognizes that many well-paying jobs are available to students who earn industry-recognized certifications and credentials, in addition to professions that require two- and four-year college degrees.

Tickets to the Charity Classic Celebration begin at \$550 per person, and entry into the Pro-Am is \$5,000 per golfer. A variety of sponsorship opportunities are now available. For more information or to



Sunny Sapiente

register, call 430-9122 or visit <https://immokaleefoundation.org/events/>.

The Immokalee Foundation provides a range of education programs that focus on building pathways to professional careers through support, mentoring and tutoring, and life skills development leading to economic independence. To learn more about The Immokalee Foundation, becoming a mentor, its signature events, volunteering as a career panel speaker or host, making a donation, including the foundation in your estate plans, or for more information, call 430-9122 or visit [www.immokaleefoundation.org](http://www.immokaleefoundation.org). ✨

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# Along The River

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

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

For more information, visit [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com).

The **Alliance for the Arts** will hold an opening reception for its September exhibition, **The Shape of Things: Carve Stone and Pat Zalisko**, this Friday, September 6 from 5 to 7 p.m. The exhibit will be on display through September 28.

This thought-provoking exhibition features contemporary art forms from intricate, color rich collages and acrylic paintings to graceful carved marble sculpture and silhouettes.

The opening reception will feature light refreshments, beer tastings from Eight Foot Brewing and the kick-off of the Alliance's 2019-20 season. The reception is free to attend, but an RSVP is requested online at [www.artinlee.org/shape](http://www.artinlee.org/shape).

Meet and engage with exhibiting artists Carve Stone and Pat Zalisko during a conversational tour through the gallery on Saturday, September 7 at 10 a.m. during the Alliance for the Arts weekly GreenMarket.

HomeGrown and Art Lives Here will be on display in the member galleries



Artwork by Reynier Llanes

image provided

during the month of September. The HomeGrown Exhibit features works from The Union Artist Studios. The Art Lives Here Exhibit showcases all nine original paintings that are featured on billboards throughout Lee County. The Art Lives Here campaign is made possible by Alliance season-sponsor Carter-Pritchett Advertising.

While the gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

The Shape of Things is sponsored in part by Goldstein, Buckley, Cechman, Rice & Purtz.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit [www.artinlee.org/shape](http://www.artinlee.org/shape).

**The Sidney & Berne Davis Art Center** has **two new exhibits** opening during Art Walk this Friday, September 6 from 6 to 10 p.m. They show through September 26. In the main gallery is *Motus en Tempus*, a captivating exhibition featuring the work of four Cuban American artists united by their culture and heritage. In the Capital Gallery is *Through Their Eyes*, which will feature 36 local artists capturing one another in portraits, ranging in a wide variety of styles.

The creative legacy featured in *Motus en Tempus* is a statement of unification, evolution and fearless expression. Artists Dayron Gonzalez, Julio Figueroa Beltran, Reynier Ferrer and Reynier Llanes are united by their culture and

heritage and the realities of immigration and assimilation into a new culture. These artists approach painting as their personal language, their poetics have a deep relationship with the common personal stories of the past in Cuba, and the political and cultural connotations of all who have left their homeland. These artists show paintings of strong expressive character that denote beauty from an unorthodox perspective inviting us to meditate and reflect.

Through *Their Eyes* artists try to capture the spirit of an individual, so that they may be seen through a creative lens as something transcendent. Portraiture has become an inclusive genre for a wide variety of media, from traditional painting to sculpture to photography. In this exhibition, the local artists specialize in a wide variety of styles and media. Each artist will create a work of art featuring a randomly selected fellow artist, in order to present their own inimitable perspective – through their eyes. Both exhibitions are curated by Cesar Aguilera.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

The annual **Galloway Captiva Triathlon** is scheduled to be held at **South Seas Island Resort** with a sprint-race this Saturday, September 7 and the Splash n' Dash Kids Series event this Sunday, September 8.

The family-friendly fitness weekend involves more than 850 adults and 225 child competitors. The adult sprint-race includes a quarter-mile swim, 10-mile bike ride and a 3.1-mile run. Elite amateur athletes who posted qualifying times at a USAT sanctioned event will be sent off first in their own wave. The Splash n' Dash Kids Series features children ages 6 to 8 competing in a 100-yard swim and half-mile run; ages 9 to 10 completing a 100-yard swim and one-mile run; and ages 11 to 13 facing a 200-yard swim and a one-mile run.

For additional information, visit [www.Facebook.com/CaptivaTriathlon](http://www.Facebook.com/CaptivaTriathlon).✱

## Library Friends To Hold Meeting

The Friends of Lakes Regional Library will host author Richard Conrath at their monthly meeting at the library on Friday, September 13 at 1 p.m. Conrath, a professor and freelance journalist, is the author of *Cooper's Moon* and *Blood Moon Rising*, the latter recently listed as a finalist for the Royal Palm Literary Award. The third book of the Cooper's Mystery Series trilogy is scheduled to be released in 2020. A book signing will follow the discussion.

There is an optional lunch before the meeting at noon. If you have any interest in attending the lunch as well at the library talk, contact Marianne Reil at 672-8656 or [mar1016@comcast.net](mailto:mar1016@comcast.net).

No registration is required for this program and all are welcome.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers.✱

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Principal Michelle Freeman and staff members with donated clothing photo provided

# Police Officers Distribute Snacks And Kids Clothes

The Fort Myers Police Department (FMPD) Community Outreach Against Child Hunger (COACH) program started over a year ago as a partnership with Franklin Park Elementary school and its Principal Michelle Freeman. This program organized community groups, businesses, private citizens, churches and others to collect monetary

donations and non-perishable foods that will supply meals to families in need. The program is continuing to expand and over the summer FMPD officers distributed over 500 bags of snacks and drinks to children in the community. In addition, COACH supporters and friends donated over 100 polo shirts and 65 pairs of khaki shorts for students at Franklin Park Elementary between the ages of 5 and 11 in need of new school clothing. The program, developed by FMPD Sergeant Jackie Garrett, has progressed beyond its original mission of providing dinners for needy families to assisting with

other necessities that help children excel in school and everyday life. For more information or to donate, contact Sergeant Garrett at jgarrett@fmpolice.com and help FMPD fight hunger and establish positive relationships with the youngest members of the community.✪

# Pet Adoption Discounts

As football fans prepare for football season, Lee County Domestic Animal Services suggests adopting a special four-legged friend to help cheer on the home team. Adoption fees will be reduced for the entire month of September. Adopters will draw mini footballs for reduced adoption fees. Adoption fees will range from \$10 to \$40 depending on if someone scores a first down or a touchdown. With September 1 falling on the Sunday of Labor Day weekend this year, the football season adoption promotion will begin on Tuesday, September 3. Doors open at 10:30 a.m. for adoptions. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a package valued at \$500. Volunteers and staff are waiting to introduce a new family member. Just stop by 10:30 a.m. to 3:30 p.m. Monday through Saturday at the adoption center, 5600 Banner Drive in Fort Myers. Visit [www.leeolostpets.com](http://www.leeolostpets.com) to see pets available for adoption.✪

# OBITUARY



## LINDA KUNTZMAN

Linda (Lydia) Kuntzman, age 67, of Fort Myers, Florida, formerly of Detroit, Michigan, passed away on June 17, 2019 after a three-year fight with cancer. Linda's friends and family will miss her love of life, her infectious laughter, engaging smile and kindness she showed everyone. Twelve years ago, Linda met Bob Bayers. They were both aficionados of music and the arts. Bob was her friend, life partner and caregiver to the end. Linda was a mother, grandmother, great grandmother, sister and friend. She will be missed by all.✪

# Churches/Temples

**ALL FAITHS UNITARIAN CONGREGATION** Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.  
**ALL SAINTS BYZANTINE RITE CATHOLIC** Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.  
**ANNUNCIATION GREEK ORTHODOX** Sunday 9 and 10 a.m., [www.annunciation.fl.goarch.org](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.  
**BAT YAM-TEMPLE OF THE ISLANDS** Friday Shabbat at 7 p.m. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 579-0296.  
**BETH YESHUA MESSIANIC SYNAGOGUE** Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.  
**BIBLESHARE** 10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.  
**BREAD OF LIFE MINISTRIES** Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.  
**CHABAD LUBAVITCH ORTHODOX** Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.  
**CHAPEL OF CYPRESS COVE** Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 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., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 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. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.  
**CYPRESS LAKE UNITED METHODIST** Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.  
**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., [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.  
**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. [www.fumcftmyers.org](http://www.fumcftmyers.org), 2466 First Street, 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.  
**FIRST PRESBYTERIAN CHURCH OF FORT MYERS** 11 a.m. Sunday, [www.fpcfortmyers.org](http://www.fpcfortmyers.org), 2438 Second Street, 239-334-2261  
**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., [\[church.net\]\(http://church.net\), 19691 Cypress View Drive, 267-3525.  
\*\*NEW BEGINNINGS CENTER\*\* Friday 6:30 and 7 p.m. \[nbcministry@embarqmail.com\]\(http://nbcministry@embarqmail.com\), \[facebook.com/nbcministry\]\(http://facebook.com/nbcministry\), 8505 Jenny Cae Lane, 656-0416.  
\*\*NEW COVENANT EYES\*\* Monthly 9 a.m., \[www.newcovenanteyes.com\]\(http://www.newcovenanteyes.com\), 1900 Park Meadows Drive, 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., \[www.newhopefortmyers.org\]\(http://www.newhopefortmyers.org\), 10051 Plantation Road, 274-1230.  
\*\*PEACE COMMUNITY\*\* Sunday 10:30 a.m. \[www.peacecommunitychurch.com\]\(http://www.peacecommunitychurch.com\), 17671 Pine Ridge Road, 267-7400.  
\*\*PEACE LUTHERAN\*\* Sunday 8 and 10 a.m., \[www.peaceftmyers.com\]\(http://www.peaceftmyers.com\), \[peace@peaceftmyers.com\]\(mailto:peace@peaceftmyers.com\). 15840 McGregor Boulevard, 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. \[www.MeditationInFortMyers.org\]\(http://www.MeditationInFortMyers.org\), 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,](http://www.lambofgod</a></p></div><div data-bbox=)

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., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 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., [www.templebethel.com](http://www.templebethel.com), 16225 Winkler Road, 433-0018.  
**TEMPLE JUDEA (CONSERVATIVE)** Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://www.tjswfl.org), 14486 A&W Bulb Road, 433-0201.  
**THE FAITH CENTER** Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.  
**THE NEW CHURCH** Sunday 11 a.m., [www.newchurchflorida.com](http://www.newchurchflorida.com), 10811 Sunset Plaza Circle #401, 481-5535.  
**UNITARIAN UNIVERSALIST** Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.  
**UNITY OF FORT MYERS** Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 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., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.✪



## CROW Case Of The Week:

## Laughing Gull

by Bob Petcher



The laughing gull (*Leucophaea atricilla*) is often called a bird of summer due to its fondness of beaches and its distinct, nasalized call that one would hear if sitting on a

beachfront in the northeast.

The handsome gull usually sports a white underbelly to go with a light gray wing color and a dark-colored head. In winter, the color of its head becomes more grayish. The coastal bird dines on practically anything and can be found in parking lots, fields or garbage dump areas when not on the shoreline.

The nest-building duties usually fall on both the male and female laughing gull. If a male cannot find a mate, he will sometimes begin building a nest platform to attract a female.

Laughing gulls faced extinction in the late 19th century when egg and plume hunters raided their nests. Wildlife protection has helped the populations of laughing gulls to increase over the last century.

At CROW, an adult laughing gull was found down on the beach at Lover's Key State Park with an appearance that it could not fly. After being admitted to the

wildlife hospital, veterinarians performed an exam and found that the gull was emaciated and had a dislocated left shoulder.

"Decreased mobility associated with the suspected wing injury makes it harder for birds to obtain food, resulting in a thinner body condition," explained Dr. Robin Bast, CROW staff veterinarian, when asked about the patient's state of emaciation.

Veterinarians noted that the dislocation was easily reduced or put back in place. The gull was placed in body wrap, provided with pain medication and started on a re-feeding plan for its poor body condition.

"The humerus was popped back into the shoulder joint while the patient was under anesthesia, and held in place with a supportive body wrap bandage," said Dr. Bast. "The patient was placed in a body wrap for one week and then stabilization was reassessed. The wrap was removed, and it was cage rested for another week before being moved to an outdoor enclosure."

The re-feeding program began with a liquid diet and increased to solid foods.

"We start with liquid formulas that are easier to digest – LaFeber's Piscivore Care and Mazuri's Fish Analog – before transitioning to whole food items," said Dr. Bast, "in this gull's case, small fish called smelt."

Bloodwork for the gull also showed it was anemic which veterinarians noted to be likely caused by its emaciated state.

"The gull's anemia is likely related to being thin and not related to blood loss," said Dr. Bast. "It received injections of



Patient #19-3552 has been at CROW for two weeks and may be released soon after undergoing treatment and rehabilitation for a dislocated left shoulder and emaciation

photo by Brian Bohlman

iron and vitamin B12 initially, and the nutritional support plan will also help improve these bloodwork results over time."

The patient has recovered nicely and is currently undergoing rehabilitation towards a release.

"The gull had a week of cage rest after the wrap was removed, but it is now in an outdoor enclosure doing its own physical therapy and taking short flights to regain its strength back after the injury," added Dr. Bast. "This gull was moved outside

recently so it can do its own physical therapy. It may be a week or two before it is flying strongly enough to be considered 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](http://www.crowclinic.org).

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# Fishing More Predictable Than Hurricane Dorian



by Capt.  
Matt Mitchell

Despite the impending approach of Hurricane Dorian, I resisted the urge to become glued to the TV and got in the last few scheduled charters before the weather shut us down over the holiday weekend. Some of the highest tides of the year also know as king tides made for some of the most amazing redfish action I have seen in years. Unfortunately, king tides are not such a great thing when it comes to an approaching hurricane.

The best redfish bite for me comes while bouncing around mangrove islands in the southern end of the sound during the last few hours of the incoming tide along with the first few hours of the falling tide. Some days locating these fish has taken a little more patience than other days, but once you locate them, the result has been the same with nonstop redfish action. At times, we managed double and even triple hook-ups on redfish, ranging from 20 to 30 inches.

Some days finding this redfish bite meant working mangrove shorelines by moving only 50 yards at a time and grinding it out. Cut ladyfish and tail-hooked live pinfish were the baits of choice. If you don't hook a redfish within five minutes, it's time to pick up and move down the shoreline. Don't get disgruntled as the school of redfish your hunting can be as close as the next point. Once you do find them, the bite is as quick as you can get a bait to them. Often times, hooked fish will have other redfish follow them out all the way to the boat.

Mangrove snapper fishing continues to go off in the sound with these fish being around the large schools of fry bait. Red light Shoal and Captiva Rocks have been loaded with what has to be thousands of mangrove snapper. Small light wire hooks, light leader and small shiners have been the set-up to catch limits of these tasty fish. Mixed in with these snapper are all the trout you could ever want to catch. Seeing what seems like never-ending trout all over our sound is an awesome thing.

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](mailto:captmattmitchell@aol.com).✱



Abby from Illinois got in on the redfish bite this week while fishing with Capt. Matt Mitchell photo provided

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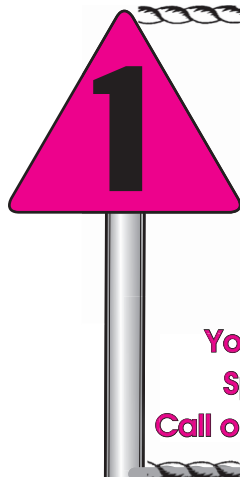
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From left, the tubular flowers of native trumpet creeper, coral honeysuckle and firebush attract bees, butterflies and hummingbirds to your yard

photos by Gerri Reaves

#### Plant Smart

## Trumpet The Value Of Pollinators

by Gerri Reaves

Flowers come in many shapes and structures, including flat or cup-shaped, lipped, brush-like, bell-shaped, composite (disk and ray) and tubular or funnel-shaped.

Over eons, flowers and their pollinating insects -- bees, bats, beetles, wasps, butterflies, flies and moths -- have adapted to each other.

For example, a flower's design can require the pollinator in search of nectar to vibrate or brush against parts to facilitate pollen transfer.

Deep-tubed flowers require that insects reach far into the flower, a feat suited to a long-beaked pollinator like a hummingbird or a moth with a long coiled tongue, or proboscis.

To encourage pollinator diversity in your yard, plant a variety of native species with different flower shapes.

Helpful hint: Bright red or orange tubular flowers give you the best chance of attracting hummingbirds, so here are

three species to get you started.

All three are excellent nectar sources for a variety of pollinators, and all are fast growing and prefer sunny spots.

Bright orange-red trumpet creeper (*Campsis radicans*) is a woody vine and member of the begonia family. This fast-grower produces clusters of three-inch-long flowers and travels via twining stems and aerial roots.

It's useful to cover a fence or trellis, but avoid letting it climb on structures, for it can damage paint surfaces. Pruning might be the only necessary maintenance.

Like trumpet creeper, coral honeysuckle (*Lonicera sempervirens*) is a fast-growing twining woody vine that covers a fence or trellis or works as a groundcover.

The whorled clusters of orange, pink, or scarlet flowers attract pollinators to the yellow interior.

About two inches long, the flowers are composed of five fused petals with scalloped edges.

Firebush (*Hamelia patens*) is one of the area's most popular native shrubs. This fast-grower of the madder family can reach small-tree size.

Because it is frequently used as a hedge, its profuse flowers often end up sheared off and wilting on the ground and the nectar wasted.

The clusters of orange-red flowers bloom all year and attract a wide variety of pollinators, including the zebra longwing butterfly, hummingbirds and bees.

It is also a larval plant for the Pluto sphinx moth.

Scientists are issuing dire warnings about declining populations of pollinators,

so do your part to help them. Include both nectar and larval species in your yard and avoid all pesticides and lawn chemicals.

Remember, the very food we eat depends on the ceaseless work that pollinators do for free.

*Plant Smart explores the diverse flora of South Florida.\**

## Morning Meander At Lakes Park

Take a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, September 7 at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable

shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing 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, visit [www.birdpatrol.org](http://www.birdpatrol.org) or call 533-7580 or 533-7576.\*



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A gopher tortoise hatchling next to her egg shell

photos by Breanna Frankel

## Gopher Tortoises Hatched At Wildlife Clinic

The Clinic for the Rehabilitation of Wildlife (CROW) reported that two gopher tortoise eggs incubating since early June successfully hatched in the early morning hours of August 27.

On May 26, an adult female gopher tortoise, patient #19-2066, was

admitted to CROW's wildlife hospital. The tortoise was found in the center lane of McGregor Boulevard in Fort Myers after it was presumably struck by a vehicle while crossing the road. Veterinarians took radiographs to help determine the extent of her injuries and discovered she was gravid, the term used for a pregnant tortoise carrying eggs. On June 6, patient #19-2066 laid two eggs which rehabilitation staff immediately placed in an incubator. Sadly, she later succumbed to her



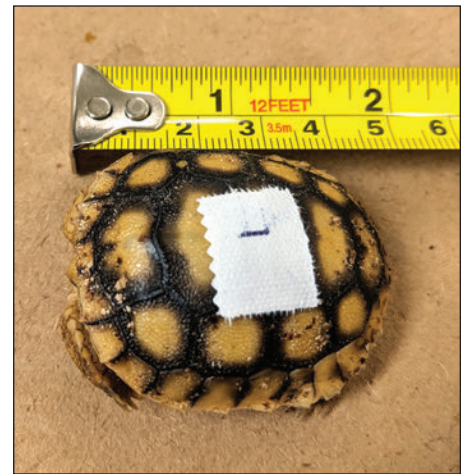
The two gopher tortoise hatchlings

injuries.

The eggs were placed in vermiculite, a substrate used for incubating eggs because it retains moisture without over-saturating the eggs, then kept in an incubator that maintained a constant temperature. After 82 days, the eggs hatched overnight, much to the surprise of the rehabilitation staff on the morning of August 27.

"The expected hatch date for us was not until August 29, so it was a bit of a surprise to come in and find two newly hatched tortoises, even though it is within the expected time frame," said Breanna Frankel, CROW's rehabilitation manager. "Both hatchlings are healthy and doing well."

Each hatchling weighed in at just 22 grams with one being 4.7 centimeters and the other measuring 4.2 centimeters. In the wild, gopher tortoises do not provide any parental care, so from the time they hatch, baby tortoises are on their own to find food



The hatchling measures two inches long and protection from predators. The two tortoises will remain at CROW's wildlife hospital for a few days to ensure they are healthy and eating on their own before being released back to the area where their mother was rescued.\*

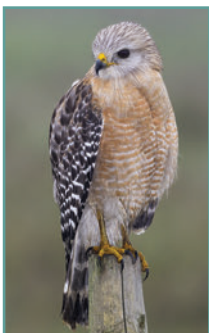
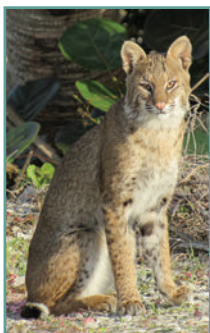
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## Wildlife Society Offering Grants For Education

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), with the JN "Ding" Darling National Wildlife Refuge, has announced its 14th annual round of Teacher Conservation Grants. Up to \$10,000 in grant awards are available to districts, schools and individual teachers in Lee, Charlotte and Collier counties this school year for conservation education-related projects.

Teachers in the three-county area may apply for grants up to \$1,000 each to fund new classroom science projects, promote stewardship, purchase teaching aids, acquire classroom materials, and conduct work projects in their community or beyond. This year, two grants up to \$3,000 are again also available to school- and district-wide projects.

Applicants are invited to submit conservation-related proposals by October 31. The approved proposals will be awarded by December for projects to be completed by May 2020.

"Our conservation grants are an important part of the society's mission to educate and create future conservation stewards from our young students of today," said Wendy Kindig, DDWS Environmental Education



Students at Edison Park Creative & Expressive Arts School in Fort Myers work on their **Creating Environmental Stewards in Kindergarten** project, funded by a 2019 DDWS Teacher Conservation Grant

photo provided

Committee chair. "Again this year we are offering two \$3,000 grants to encourage larger creative projects that will reach more students. Plus, we still offer \$1,000 grants for teachers with single-class projects or smaller needs."

In the past 12 years, DDWS has granted more than \$80,300 to local schools for environmental projects. The teacher grants are funded by monies received from the DDWS Conservation Education Endowment Fund established

by Jay "Ding" Darling's grandson, the late Kip Koss.

To make a tax-deductible donation in support of the fund, contact DDWS Executive Director Birgie Miller at 472-1100 ext. 4 or [director@dingdarlingsociety.com](mailto:director@dingdarlingsociety.com).

For more grant information and an application, visit [tinyurl.com/dinggrants](http://tinyurl.com/dinggrants), or contact Sierra Hoisington at 472-1100 ext. 4 or [shois@dingdarlingsociety.org](mailto:shois@dingdarlingsociety.org).

## Beach Pier To Close For Improvements

The Fort Myers Beach Fishing Pier at Lynn Hall Memorial Park at 950 Estero Boulevard will be closed for two short periods later this month for maintenance.

From Wednesday, September 11, through Friday, September 13, the pier will be closed for pest control maintenance, which includes the bait shop. It will reopen the morning of Saturday, September 14, weather permitting.

From Monday, September 16, to Friday, September 27, the pier will be closed weekdays for roofing work and maintenance. During this time, the pier will open during weekends from sundown Friday evenings until sunrise Monday mornings.

All amenities at Lynn Hall Park except the pier remain open with regular hours. Amenities at Lynn Hall Park include shelters with grills, restrooms with changing facilities and accessible beach access. Parking is \$2 per hour.

For information about Lee County Parks & Recreation locations, amenities and special events, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).

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# The Generational Finance Gap



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

I've been asked a lot throughout my career, and increasingly more lately, about how much a parent should gift to bail out a child who is in financial distress. This is a tough call for many retiree parents, who have accumulated some savings, but have to live off the income that those savings generate in a very low yield environment.

When an adult child cries out in financial distress, there's that tug of war between the concern for what he or she may be facing against the worry about whether you'll have enough to last for your own golden years. What do you tell your adult

child who asks for money when they are facing a home foreclosure, or paying high medical bills or educational expenses for their own children as today's tuition rates are sky high?

I would suggest that part of the problem lies in the very divergent ways that today's group of retirees lived during their working and childrearing years compared to that of today's childrearing generation. Without overgeneralizing, my take is that today's retirees weren't eager to take on debt – whether to finance the purchase of a home, a car, or even educational expenses for their children.

They lived in more modest, smaller homes than do today's generation. When I was a child growing up, my family of four resided in a small home where much of the common space was shared. Somehow, we all survived that while my sister and I were both teenagers.

Today's retirees largely drove cars that were often fully paid for, and didn't borrow money to drive expensive luxury models. When I was growing up, there were only a few luxury automobile brands – Mercedes, Cadillac and BMW come to mind – as opposed to today's ubiquitous luxury dealerships in almost every city and town.

I don't remember my parents carrying balances on their credit cards. In fact, they wrote checks for most things. Today, we swipe our cards without thinking twice.

In fairness to today's generation, everything seems to cost a lot more now. While federal income tax rates are arguably the same or even lower, state, county, sales and property taxes take a much larger chunk than at any time in the past. For those of us living on the Florida coast, insuring our homes from windstorm and flooding is often as expensive or more expensive than the property taxes.

But when you compound the enormous levels of debt that seem so commonplace today, it's no wonder that when a job is lost, illness happens or some other financial setback occurs, families are much closer to the line than they were a generation ago. There doesn't appear to be a cushion of savings that prior generations amassed for the proverbial rainy day.

So what does today's retiree do when they get that call? There's no easy answer. The first thing that I would suggest is to meet with your financial advisor to determine if you have the ability to gift any money without suffering a lifestyle change of your own – or jeopardizing your own ability to meet your expenses. If you simply don't have the resources, you can't say yes. Honest communication about your abilities is important.

Your adult children also may have other options available to them. When asking for large gifts when in financial distress, I would think that an adult child has an obligation to disclose the big picture. How deep in debt are they? If you make the gift to them, will the gift only postpone the inevitable? If this is the case, I would think that the children have a duty to meet with a bankruptcy attorney to review all possible courses of action.

Other avenues might be explored. Would it be more helpful for the parent to help pay for health insurance premiums or some other means of support that ultimately bridge the gap from today's problem to a more secure future?

Finally, I urge caution when a parent believes that a loan to the adult child is the answer. Promises to pay back loved ones are often neglected, leaving hard feelings and dashed expectations. Even if you decide to loan the money, you should be in a good enough financial position that if the dollars were never repaid, it would not adversely affect your future financial security.

No one enjoys being in this situation – parent and adult child alike. But when confronted with these weighty issues, good communication between everyone involved is paramount to getting through it not only financially, but emotionally.

©2019 Craig R. Hersch. Learn more at [www.sbslaw.com](http://www.sbslaw.com).✱

## Professional Development Lunch Meeting

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will hold its monthly luncheon at Dave and Buster's on Tuesday, September 10 from 11:30 a.m. to 1 p.m. This is FPRA's first professional development seminar of the new chapter year at the new location.

The luncheon will feature a panel of 2019 annual conference attendees sharing knowledge they gained attending the event – including what can be brought back to the office and implemented right away. The panelists will share four in-depth reports from their favorite conference breakout sessions.

The featured speakers include:

Vanessa Fernandez, APR, marketing and communication manager for Food Idea Group, speaking on The Mirage of Multitasking.

Niki Mann, business development manager for Sabilo, speaking on How to Use Self-Awareness as a Personal and Professional Asset.

Jaimie Miller, APR, vice president of marketing for CONRIC PR & Marketing, speaking on Cutting Through the Digital Noise.

Angie Strait, APR, public affairs coordinator for Lee County Port Authority, speaking on Communicating Effectively in a Natural Disaster.

This luncheon will also serve as the swearing-in ceremony for the 2019-20 board and leadership team. Incoming Florida President Alyson Lundell, APR, CPRC, will conduct the swearing-in.

Dave and Buster's is located inside Bell Tower Shops at 13499 South Cleveland Avenue, suite 400, in Fort Myers. For more information, visit [www.fpra.org](http://www.fpra.org).✱

## League To Offer Fall Educational Programs

The League of Women Voters of Lee County will hold free fall educational programs at no charge for the public.

We the People – Celebrating Constitution Day will be held at Hodges University, 4501 Colonial Boulevard in Fort Myers, on Tuesday, September 17 from 5:30 to 7:30 p.m. The Fort Myers Alumnae Chapter of Delta Sigma Theta, Inc. and the League of Women Voters of Lee County kick off a year-long celebration of the 100th anniversary of Women's Suffrage. A panel will discuss the Constitution; Voting Rights; Diversity, Equity and Inclusion; Census; and more. Panelists include The Honorable R. Thomas Corbin; The Honorable Archie Hayward; Kati Calvo, Esquire, Attorney at Law; and Shaina Zuppe, Esquire, Attorney at Law. To register, visit [www.eventbrite.com/e/we-the-people-celebrating-constitution-day-tickets-68920165069?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=strongmail&utm-term=listing](http://www.eventbrite.com/e/we-the-people-celebrating-constitution-day-tickets-68920165069?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=strongmail&utm-term=listing).

Electoral College and National Popular Vote (NPV) Controversies Forum will be held at FGCU, Margaret S. Sugden Welcome Center in Fort

Myers, on Tuesday, September 17 from 6:30 to 8 p.m. Co-sponsored by the League of Women Voters of Lee County and Florida Gulf Coast University, the forum will address the National Popular Vote (NPV) movement in the U.S.; the history of the Electoral College; and discuss why and how many believe the current process of electing the U.S. president and vice president should be changed. Time for participant questions at the end. Speakers include Jan Lonsdale, LWV; Patrick Rosenstiel, political commentator; and Dr. Roger Green, FGCU. To register, visit [www.eventbrite.com/e/electoral-college-and-national-popular-vote-npv-controversies-forum-tickets-69855819637](http://www.eventbrite.com/e/electoral-college-and-national-popular-vote-npv-controversies-forum-tickets-69855819637).

Amendment 4 Implementation Seminar will be held at the Alliance for the Arts studio, 10091 McGregor Boulevard in Fort Myers, on Monday, September 23 from 6 to 8 p.m. The seminar is for attorneys and advocates approved for Continuing Legal Education (CLE) by the Florida Bar. Cecile Scoon, voting rights restoration chair for the League of Women Voters of Florida, will conduct training on Amendment 4 and how to assist persons with felony convictions to register to vote under the burdens of SB 7066. To register, visit [www.eventbrite.com/e/amendment-4-implementation-seminar-tickets-70612813827](http://www.eventbrite.com/e/amendment-4-implementation-seminar-tickets-70612813827).

Equity, Diversity, and Title IX will be held at The Collaboratory, 2031 Jackson Street in Fort Myers, on Saturday, October 5 from 9 to 11 a.m. Speakers included Precious Gunter, FGCU director of equity, ethics and compliance and Title IX coordinator; Chuck Bradley, Lee County School District director of positive prevention;

A student serving on the Lee County Student Advisory Council; Dr. Shirley Chapman, chairperson of the Lee NAACP's education committee. To register, visit [www.eventbrite.com/e/equity-diversity-and-title-ix-a-league-of-women-voters-educational-event-tickets-70427214695](http://www.eventbrite.com/e/equity-diversity-and-title-ix-a-league-of-women-voters-educational-event-tickets-70427214695).

Water, Water Everywhere! will be held at the Laboratory Theatre, 1634 Woodford Avenue in Fort Myers, on Saturday, November 2 from 9 to 11 a.m. Patty Duncan, League of Women Voters of Lee County director of environment, will discuss the destruction of wetlands, assaults on our water resources and loss of DRGR (Density Reduction/Groundwater Resource) areas to development. To register, visit [www.eventbrite.com/e/water-water-everywhere-a-league-of-women-voters-educational-event-tickets-70433609823](http://www.eventbrite.com/e/water-water-everywhere-a-league-of-women-voters-educational-event-tickets-70433609823).✱

From page 1

## Lab Theater

and for the FGCU Improv Club. He has worked extensively with the FGCU Improv Club. Cobb was a judge in Sarasota for the Regional College Improv Tournament in 2017. He has performed with many local and national improvisors all around the state, including Stacked – All Female Musical Revue in Sarasota, as part of an instructor show at the Palm Beach Improv Festival, and with other troupes throughout the state as a guest featured player.

Tickets for the performance are \$15 per person and are available at [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com) or by calling 218-0481.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers.✱



## Book Review

# The Huntress



by Di Saggau

**T**he Huntress by Kate Quinn is a fascinating and enthralling historical novel about courageous women and also a woman accused of committing unspeakable war

crimes in Poland during World War II. The story begins with this unnamed woman on the run, fearing her past has caught up with her. She is called the Huntress by those who search for her. We read a newspaper article about what she is accused of, written in April 1946 by Ian Graham, another figure in the novel. There are three narrators in alternating timelines who tell the story.

Prior to the war, we meet Nina Markova. She is one of the famous Russian bomber pilots, known as the Night Witches, an all-female night bomber regiment wreaking havoc on Hitler's eastern front. She is downed behind enemy lines and has to use all her wits to survive being found by the lethal Nazi murderer known as the Huntress. The backstory on Nina is mesmerizing.

An aspiring young photographer, Jordan McBride, who grew up in post-World War II Boston, has mixed emotions when she learns her long-widowed, antiques-dealer father has fallen in love with a beautiful but secretive German woman named Anneliese. She has a young daughter, Ruth, who barely speaks due to trauma from the past. As much as Jordan tries to accept Anneliese, she feels she is hiding something. Jordan begins an investigation for the truth. Armed only with her camera and her wits, Jordan delves into her new stepmother's past

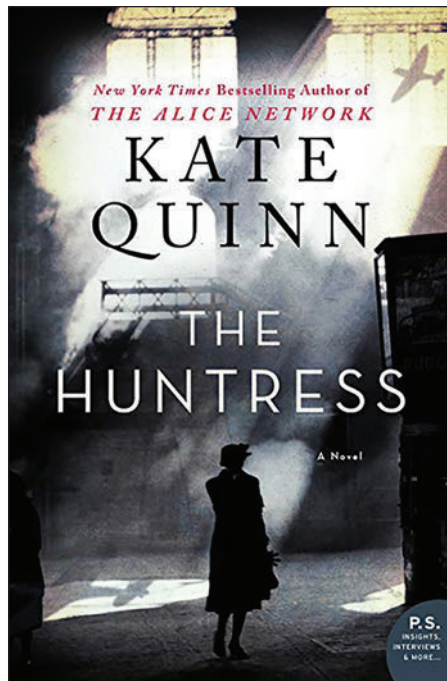


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and slowly realizes there are mysteries buried deep in her family.

Former war correspondent Ian Graham, in England, has witnessed the horrors of war from Omaha Beach to the Nuremberg Trials. After the war, he became a Nazi hunter. One target eludes him, the Huntress. Ian joins forces with Nina, the only witness to escape the Huntress alive. She witnessed the death of Ian's brother at the hands of the Huntress. A shared secret could derail their mission, unless Ian and Nina force themselves to confront it.

The reader figures out early on the identity of the Huntress, but that does not deter from the suspense in this brilliantly written novel. Fans of World War II fiction are bound to like this one. I sure did. Author Pam Jenoff, called it "A searing tale of predator and prey, transgression and redemption, and the immutable power of the truth. An utter triumph."✱✱

## School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers, I want to pass along some information about a very special program that is currently available to you, free of charge, that you

may want to implement as a parent or community leader in your schools and community organizations. This program is offered by the Sandy Hook Promise, a nonprofit organization that is dedicated to protecting children from gun violence with programs that work. One of their newest programs is called the "Start With Hello Week" and it is designed to create a culture of inclusion with youth.

As you may know, social isolation is

the overwhelming feeling of being left out, lonely or feeling like you are being treated as if you are invisible. Young people who feel this way may pull away from society, struggle with learning and social development, or choose to hurt themselves or others.

Start With Hello is a program that enables students to make a difference with their peers in a simple, fun and impactful way by encouraging them to take small but powerful actions to promote connectedness and inclusion, and to identify and help others who are showing signs of social isolation. During the week of September 23 to 27, thousands of schools and youth organizations across the United States will participate in Start With Hello Week and teach students, grades kindergarten through 12, the skills they need to create a culture of inclusion and connectedness, and encourage them to reach out to and include those who may be dealing with chronic social isolation. It raises awareness about social isolation and educates students and the

community on how to prevent it through: Start With Hello trainings, advertising, activities, public proclamations, media events, student contests and school awards. It is free, easy to implement, and will make a lasting impact on the people in your school, students and adults alike.

Whether your school or youth organization has participated in the past, or has just learned about it, Start With Hello Week is the perfect opportunity to welcome students back to school and to engage students around sustaining a culture of inclusiveness and connectedness throughout the school year after year.

By signing up, you are helping to bring attention to the growing epidemic of social isolation and empowering young people in your school or youth organization to create a culture of inclusion and connectedness.

Join thousands of schools across the country for Start With Hello Week. Sign up at [www.sandyhookpromise.org/startwithhelloweek?fbclid=IwAR2uxQXYovz\\_-QLk573j7s15wFK4fN6aKoFNcOSH Djn0tB4DqHhOq35Mgzw#signup](http://www.sandyhookpromise.org/startwithhelloweek?fbclid=IwAR2uxQXYovz_-QLk573j7s15wFK4fN6aKoFNcOSH Djn0tB4DqHhOq35Mgzw#signup).

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✱

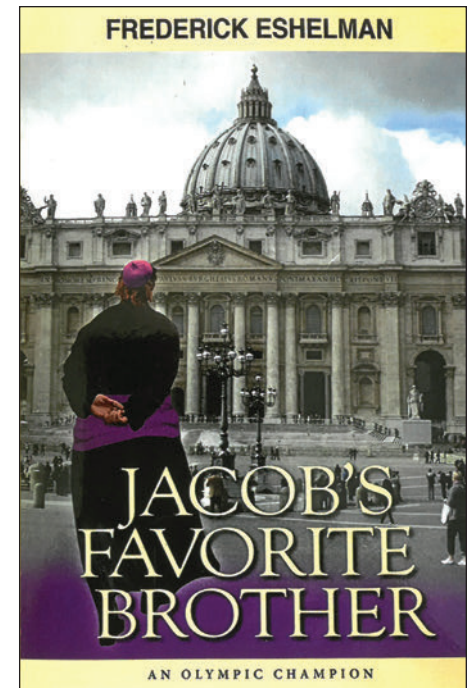


image provided



## Book Signing To Be Held

**A**uthor Frederick Eshelman will hold a book signing for his book *Jacob's Favorite Brother* at Barnes & Noble on Sunday, September 8 from 11 a.m. to 1 p.m.

Barnes & Noble is located at 13751 South Tamiami Trail in Fort Myers.✱

# EPIC FIRES OF FORT MYERS

*How a Series of Early Fires Influenced the Town's Development*

**THOMAS P. HALL**  
ROBIN C. TUTHILL, EDITOR

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## Financial Focus

Benefits  
From A Special  
Needs Trust

by Jennifer Basey

If you have a child or another family member with disabilities, you obviously have concerns and questions. How can you help your loved one achieve the greatest quality of life possible?

Can you arrange for adequate services? What's the best way to pay for them? Can you get some financial help?

Fortunately, you are not alone. Your disabled family member may well be eligible for several government programs. But these programs won't cover everything, so you may want to help close the gaps. Yet, some government benefits impose eligibility restrictions based on the level of assets or resources available to the recipient, which means the financial help you're willing to provide could backfire – unless you establish a special needs trust.

A special needs trust allows the beneficiary – your family member – to receive government benefits while still receiving funds from the trust. You, as the donor, supply these funds, while a trustee holds and administers them according to your wishes. Generally speaking, the beneficiary can't use the trust for basic support – food, clothing and shelter – or to receive benefits that can be provided by the government. Instead, the trust can be used to provide specialized therapy, special equipment, recreational outings and other items.

When considering a special needs trust, you'll need to explore several issues, but it's especially important to focus on these two:

**Naming a trustee** – You could name a trusted family member or friend as a trustee. This choice works well for many people, but it does have the potential to cause familial conflicts. Another possibility is to name a trust company, which can provide professional management, expertise and continuity of administration. You can even name an individual and a trust company as trustees, combining the personal touch of a family member with the technical and administrative skills of a professional trustee.

**Funding the trust** – You can fund the trust during your lifetime or have it activated upon your passing. You don't have to be the sole donor, either – you can structure the trust so other family members can contribute to it. And a trust can be funded with many types of assets – securities (stocks and bonds), IRA proceeds, insurance death benefits and more.

While it's important you understand the fundamentals of a special needs trust, it's not a do-it-yourself endeavor. In fact, creating this trust can be complex. For one thing, there are a few different types of special needs trusts, so you'll need to determine which is right for your needs. Also, it's important to be familiar with the requirements of various federal, state and local benefit programs for people with disabilities. For these and other reasons, it's essential to work with a local estate-planning professional who knows the regulations in your area. You may also need to bring in your financial professional, who can help with the funding elements of a special needs trust, and who can possibly recommend a trust company, if you choose to use one.

You'll do anything you can to make life better for a disabled child or family member – and one tool you have at your disposal is a special needs trust. Consider looking into one soon.

*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.✴*

Coastal Area  
Development  
To Be Addressed

Developers, government leaders, and real estate experts will address the dynamics of development and redevelopment in coastal areas at the 2019 Real Estate Symposium to be held at The Club at Grandeza on Thursday, September 19. The symposium will begin with registration and continental breakfast at 8 a.m. and the program will run from 8:30 a.m. to noon.

The annual event is presented by the Real Estate Investment Society (REIS) in partnership with the Lutgert College of Business at FGCU, the Calusa Chapter of the Florida Planning & Zoning Association (FPZA) and the Promised Lands Chapter of the American Planning Association (APA) Florida.

Leading developers and consultants will address site selection and development strategies, regulatory and

construction issues, and sea level rise and environmental concerns. Local development trends and impacts will be discussed by a panel of industry experts and government officials, moderated by Sean Ellis, Esq., of Roetzel & Andress.

Admission is \$35 for members of REIS, FPZA or ULI and \$50 for all other interested persons, with the exception of FGCU students who may attend at no charge. Admission includes snacks and refreshments. Seating is limited and reservations are required by Monday, September 16. AICP credits are pending approval. Reservations may be made online at [www.reis-swfl.org](http://www.reis-swfl.org).

Roetzel is the title sponsor of the Symposium. Morris-Depew Associates, Busey Bank and Stantec are the Gold Sponsors, with LandQwest Commercial Property Management and Grandbridge Real Estate Capital being Silver Sponsors.

The Club at Grandeza on Ben Hill Griffin Parkway is located at Corkscrew Road in Estero. For more information and program schedule, visit [www.reis-swfl.org](http://www.reis-swfl.org).✴

## Superior Interiors

Try One Of These  
Master Bedroom  
Paint Colors

by Linda Coin

The master bedroom is a sanctuary – a place to get away, relax and forget about the normal hustle and bustle of your daily agenda. You can easily create your own personal haven with

the right bedspread and accessories, but the wall color will set the entire tone for the room – quite literally. You must find a shade that makes you feel comfortable, exudes your personality and helps you achieve the style of your dreams.

With so many different options on the color spectrum to choose from, it can feel difficult to start the decision-making process. Here are a few suggestions from some of our experts for master bedroom colors to consider and a handful of ones to use with careful thought regarding the desired ambiance of the room.

Neutrals are traditional and lovely around the house, but it's becoming trendier to incorporate color in spaces like the bedroom. We are once again seeing lots of popularity around warm tones like cinnamon, yellow and gold. We're still seeing neutrals in the bedroom, but we're also seeing blues, deep rose, coral and purples. Bedrooms are made to be relaxing and calming, and these shades can help achieve just that.

We have been moving away from

the stark grays into some of the warmer tones with a slight putty/taupe undertone. Our clients now seem to be craving a bit more color on their walls. Sea glass blue tones, soft translucent shades and organic colors from nature such as putty, taupe and sand are popular. Remember that if you have a bathroom or a large walk-in closet in the master bedroom, make sure to coordinate the wall color for a unified look.

Red is a shade that's often deemed as the color of love, which would make it almost always an obvious choice in the bedroom. We suggest restraint using this colorway in your private space because it can take away from the meaning of a sanctuary, relaxation and leisure. The bedroom should be a place to relax, so be cautious in adding red or deep warm colors, as they can be stimulating and overwhelming.

While more color is the onward trend to consider, that doesn't mean you should go wild with brightness. This can also be overstimulating, so avoid anything too bright has the feeling of a crayon color.

Another notable color that needs careful consideration is black. You can use this dark tone as the main color in the bedroom, but it must be balanced with white trim or bright accessories in yellow, turquoise or another complementary (or even neutral) tone.

The master bedroom color you choose can lay the foundation for the vibe of the entire living area. If you find this step intimidating in the redecorating process, contact a design professional to discuss color options and assist in developing a cohesive plan that reflects your taste.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeciden.com](mailto:linda@coindeciden.com).✴*

Cypress Cove  
Awarded Grant  
For Art Program

Cypress Cove has been awarded a grant from the Florida Blue Foundation for funding of a year-long resident distance learning program provided through the Cleveland Museum of Art.

The program, beginning this January on the HealthPark Florida 48-acre life plan community campus, features monthly visual arts learning classes presented by an educator from the Cleveland Museum of Art. Classes, given live via interactive videoconferencing, will allow participating residents to communicate in real time with class instructors.

Monthly class topics have been selected from dozens of educational visual art subjects offered through the museum. Among those topics chosen by Cypress Cove are America's Story through Art, a Cleveland Museum of Art Tour, Impressionism, Contemporary Art – Mid Century and Beyond, and much more. "Each topic," said Resident Services

Director Mary Franklin, "has been chosen to coincide with our campus-wide resident and staff monthly-themed wellness program (REACH)."

Cypress Cove's REACH program provides residents with ways to engage in active aging through activities focused within seven dimensions of wellness (physical, spiritual, cognitive, educational, social, medical and emotional health).

The Cleveland Museum of Art distance learning classes, says Franklin, "fits perfectly into the community's REACH programs." Research for viable senior educational programs by Cypress Cove Philanthropy Coordinator Lucinda Henry led the South Fort Myers life plan community to selection of the Cleveland Museum of Art's nationally acclaimed educational learning program.

"It will be an excellent source of educational and cultural exposure for Cypress Cove residents. We are especially appreciative to the Florida Blue Foundation for their funding of this project," said Franklin.

"We believe that this year-long distance learning art education program will serve as a catalyst for residents to remain on a journey of life-long learning while enhancing their lives with culture and history," said Henry.✴



## Air Show Features Race To Support Special Olympics

Laura Collins has seen what Special Olympics Florida can do for a person with intellectual disabilities. "There's not just an increase in physical fitness and good health," said Collins, director of the Law Enforcement Torch Run for Special Olympics Florida. "There's an increase in self-esteem and self-worth. It helps you become a contributing member of society."

The Florida International Air Show recognizes the impact Special Olympics Florida has had on the 54,000 who participate in the program and will again support the effort through its 5K run, to be held at Punta Gorda Airport on Saturday, November 2. The event is set to go off at 7:30 a.m.

In its third year, the 5K run is open to all. Registration is \$40 until noon November 1. Registration includes one general admission ticket to the show. First, second and third place medals will be awarded in men's and women's divisions. The first 300 registrants will receive a participant medal.

"The air show is excited to include the Special Olympics Florida 5K with this year's activities," said Dana Carr, president of the air show board. "This is a special event to benefit some special people."

Special Olympics is the world's largest sports organization for children and adults



A group of Florida International Air Show 5K runners in front of a DC3

photo provided

with intellectual disabilities and physical disabilities, providing year-round training and competitions to five million athletes in 172 countries.

"We provide year-round training for children and adults with intellectual disabilities in 22 sports at no cost to the participant or the family," said Collins. "That's why these fundraisers are so important to the mission and future of Special Olympics Florida."

The Florida International Air Show, in its 39th year, is scheduled for Friday

to Sunday, November 1 to 3 at the Punta Gorda Airport. The Air Force Thunderbirds demonstration jet squadron will be featured among many aeronautical acts.

The 5K run, which will be held on the airport's runways, has attracted support from the Charlotte County Sheriff's Office, which also takes part in the Law Enforcement Torch Run, the largest grass-roots fundraising movement for Special Olympics.

"All around the world, Special

Olympics has a formidable and caring legion of protectors and supporters in the law enforcement community," said Major Michael Anderson of the Charlotte County Sheriff's Office, who is also the Region III coordinator for the Law Enforcement Torch Run. "We provide opportunities for athletes to empower and transform themselves, their communities and the world."

For more information and to register for the 5K and the air show, go to [www.floridaairshow.com](http://www.floridaairshow.com).\*

## Purple Tie Ball To Benefit Ministry

One Way Out Ministries will hold its fundraising event, the Purple Tie Ball, at The Club at Pelican Preserve on Saturday, September 28 from 6 to 11 p.m.

One Way Out invites the community to help its ministry of reaching women in rough places, brushing them off in love, and introducing them to a real life with Christ by supporting its signature fundraising event through sponsorship and attendance.

The Purple Tie Ball will include a live and silent auction, dinner and entertainment by Carla Del Villaggio, a Barbara Streisand tribute artist. Tickets are \$125 per person.

Sponsorships are still available. Sponsors to date include Gulf Star Marina, Re/Max Destination Realty, Mosaic Development, Incore Residential, Rental Link, Valor Tree Specialists, Motto



Carla Del Villaggio photo provided

Mortgage, Seatuit Gulf Access Vacation Condos, The Eventful Company, Second Chance Upscale Resale and Priority Marketing.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. To purchase tickets or learn about sponsorship opportunities, visit [www.purpletieball.com](http://www.purpletieball.com) or 628-1774.\*

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# Frankly Speaking



by Howard Prager

Injuries, retirements and Twin boomers. Let's start with the NFL, which opened its 100th season with the Chicago Bears and Green Bay Packers last night. What's been in the news lately

is the sudden retirement of players in their prime, like super bowl receiver Rob Gronkowski from the Patriots and QB Andrew Luck from the Colts at age 29 as well as Doug Baldwin, Seahawks wide receiver and Andrew Luck's teammate at Stanford, at age 30. Seems like fans are quite upset, especially with Andrew Luck. Some fans booed him after the news, and he wept during the official announcement.

Matt Overton, who used to play for the Colts and now plays for the Jaguars, offered to buy the season tickets from any angry Colts fans demanding refunds and donate them to families at Indianapolis' Riley Hospital for Children. Here are a list of injuries I found that Luck has suffered in six years in the NFL: torn cartilage in two ribs; partially torn abdomen; a lacerated kidney; at least one concussion; a torn labrum in his throwing shoulder; and a calf/ankle issue that led to this.

Now the rest of us may think, well he's being paid a fortune, and he is a football player after all. Yet, as *USA Today* reported, "In Luck's case, the physical pain and mental toll associated with the game was too much to endure. His injuries took his 'joy' out of the game." Rob Gronkowski reiterated the same feeling on ABC's *Good Morning America*, when he said he got injured playing in the last Super Bowl and knew then it was time to step away. Not during "the" game of course, but afterwards. Doug Baldwin had an injury-plagued 2018 season and a number of surgeries during the offseason. He let the Seahawks make his decision when he was released by them with a failed physical designation.

Baldwin has a super bowl ring. Gronkowski has a few. And Luck has four Pro Bowl appearances. These players were in the thick of it and at the heights of their careers. Yet all of them knew there was more to life than football, and all wanted to enjoy and contribute to life after football. Doug Baldwin is giving back, helping to build a new community center.

*Time Magazine* and others continue to write about the significance of football injuries. "The link between football and traumatic brain injury continues to strengthen. Now, one of the largest studies on the subject to date finds that 110 out of 111 deceased NFL players had chronic traumatic encephalopathy (CTE), a degenerative brain disorder associated with repetitive head trauma." These players know that. They saw the life debilitating injuries and premature deaths of some of their colleagues. It only makes sense that intelligent athletes are thinking of their total life and not just football. And retiring on top.

Despite concussion protocols and other precautions including new rules and better gear, football is still a highly physical game, and one in which the players keep getting bigger, stronger and faster. The injuries get more serious and are compounded. Yet, we are still attached to football; I know I am. I feel for the players, but I still want my team to win; I want to see the opponents stopped, stuffed and hopefully turn the ball over. High school football is now at an all-time low in terms of participation, and continues to drop every year, three percent since last year. At some point that could impact the college ranks and then the pro game. Something's got to give. Football is inherently a rough and yes, violent game. We need to find a way to make it safer and not have players go all out to injure an opponent. Yet at the speed, pace and strength of today's players, not to mention all the dollars that are spent on the game, at the game and at the betting window, it's hard to see that change.

So let's talk about some better hitting, the kind the Twins are doing this season when they hit their 268th home run of the season Saturday, breaking the single-season record of 267 set by the

Yankees back in... 2018. For the record, the Twins hit six home runs and still lost that game to the Tigers. It was the first time in franchise history that the Twins hit five home runs or more in a game and lost - they had been 49-0. (They're not alone in this category this season. Ten other teams have hit at least five home runs and lost.) No one would have expected the Twins to beat the record, hitting only 166 home runs last year, 12th in the American League. As of Saturday, they already had eight players with at least 20 home runs

and 11 players with 10. With a month to play to build on the new record, the Twins are on pace for 321 home runs - nearly doubling their total from last season. Maybe this record will last longer, and let's hope the same for the Twins in the playoffs.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to [press@islandnews.com](mailto:press@islandnews.com).



From left, Kevin Callans, Crowther Roofing and Sheet Metal president; Lee Scott Crowther, owner/operator; Lee Crowther Sr., chairman; and Dr. Jeff Allbritten, FSW president

photo provided

## Sponsorship Earns Local Business Naming Rights

Florida SouthWestern State College (FSW) and the Suncoast Credit Union Arena unveiled its newest sponsor on August 19. Crowther Roofing & Sheet Metal entered into a multi-year sponsorship agreement with FSW for naming rights of the Suncoast Credit Union Arena floor to be known as Crowther Court.

"We here at Crowther Roofing & Sheet Metal have been a steady part of the local Southwest Florida community for the last 45 years and are proud to call it our permanent home," said Crowther Roofing & Sheet Metal CEO Lee Scott Crowther. "Being afforded the honor and privilege to be part of the Suncoast Credit Union

Arena sponsorship and have our company name associated with such a beautiful and prominent local facility is truly one of the top highlights our entire team has experienced in this community. A special thank you to Dr. Jeff Allbritten and the entire FSW Foundation for allowing us this exciting opportunity."

"We are always appreciative when local businesses show and share their support for FSW," said FSW President Dr. Jeff Allbritten. "Crowther Roofing & Sheet Metal has been a part of our community for many years, and Crowther Court will bring many new opportunities for our students and the college. We are happy to welcome Crowther Roofing to the FSW family."

To learn about sponsorship opportunities at FSW, contact the FSW Foundation at 489-9210 or [foundation@fsw.edu](mailto:foundation@fsw.edu).

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## SPORTS QUIZ

1. Willie Mays was the first player in major-league history to have 300 career home runs and 300 stolen bases. Who was the second player to do it?
2. In 2018, Mookie Betts became the all-time leader in Boston Red Sox history for most three-homer games in his career. Who had held the record?
3. When was the last time that the Tennessee Titans reached the NFL playoffs in consecutive seasons?
4. How many times has the Southeastern Conference had four men's basketball teams in the Sweet 16 of the NCAA Tournament?
5. When was the last time before 2019 that the Colorado Avalanche won an NHL playoff series?
6. Since 2000, how many drivers have won the Daytona 500 more than once?
7. Name the last Australian player before Ashleigh Barty in 2019 to win the French Open women's singles title.

## ANSWERS

1. Bobby Bonds, in 1979. 2. Hall of Famer Ted Williams accomplished the feat of three homers in a game three times. 3. It was the 2007-08 seasons. 4. Three times: 1986, 1996 and 2019. 5. It was 2008. 6. Five - Michael Waltrip (2001, 03), Dale Earnhardt Jr. (04, 14), Jimmie Johnson (06, 13), Matt Kenseth (09, 12) and Denny Hamlin (16, 19). 7. Margaret Court, in 1973.



## Shop Hop To Return To Gardner's Park

The 2019 Shop Hop is returning to the Gardner's Park district with more participating shops, giveaways and surprises on Saturday, September 14 from 10 a.m. to 4 p.m. This year, three lucky guests will win a basket full of exquisite products from the participating venues.

A district passport will be provided to every visitor at any of the participating venues on the day of the event. The mission is to visit as many shops as possible, in order to enter the contest.

Joy Schwartz, owner of Shoppe Around the Corner, created the event in 2018 and hopes to make it a yearly partnership between the businesses of the area. "We had a tremendous success during the first event, and we want to make it even better this year," she said.

Sophisticated Seconds store owner Jennifer Jahn is excited to be part of the event this year. "Last year so many shoppers stated they had no idea such cute shops were available in the area. The Shop Hop definitely spreads the word about the unique stores in the



Shoppers at the 2018 Shop Hop

Gardner's Park district," she said.

The popular Remedies Parlor will also be headlining the event this year. This boutique and wine bar is one of the neighborhood's favorites. For this event, owner Tyna Swingler is offering a free gift with purchase. Also, the famous

Buddha Blends food truck will be offering food selections in their garden.

DAAS Co-op Art Gallery & Gifts will offer refreshments, special discounts and gifts with every purchase. "We heard about the event last year and knew that once we relocated to Gardner's Park, we wanted to be part of it," said co-founder and vice president Xavier Brignoni.

Besides the aforementioned businesses, the 2019 Shop Hop venues in the Gardners Park District of Fort Myers are Thrifty Garden, Sirena del

Sol, Bullig Coffee and Bites, Rust Never Sleeps, Florida Native Butterfly Society, Belle Fille, Wisteria Tea Room and Millennial Brewing Company.

No purchase is necessary to participate in the contest, but a visit to all the shops is encouraged.

The Gardner's Park District is bordered by the Caloosahatchee River to the North, Fowler Street to the West, Park and Evans Avenue to the East and Dr. Martin Luther King Jr. Boulevard to the south. For more information about the area, visit [www.gardnerspark.com](http://www.gardnerspark.com).✱

### Beautifulife:

## The Cheerleader

by Kay Casperson



This is such a fun time of the year, as the kids and teachers head back to school, and the sports teams ramp up to start a new season of competition. Most of us have our

favorite football teams that we root for and look forward to game days. These athletes work so hard year-round to stay healthy and strong for the coming season, and you can see the excitement in their eyes when they are back out there and ready to take on their opponents.

Today I want to give you a closer look at the role of a cheerleader. These are the dedicated individuals who work hard to stay healthy, fit and positive to have the energy to pump up the team and keep the crowds cheering them on, regardless of the outcome of the game.

I was a cheerleader many moons ago and remember how exciting it was to try out and make the squad. There was an induction ceremony and breakfast, followed by many training days to learn the cheers and to get in sync with the other cheerleaders. There were many lessons learned from these years of cheering, and now, my daughter is a cheerleader for her high school football team, and I see the same sense of energy and determination in her eyes to keep people happy, excited, and the team pumped up to do their best.

The idea of being a cheerleader is something we should all think about and bring into our own lives every single day. Cheering for a sport is one thing, but cheering on everyone around you is another, and it is one of the most important things you can do to help someone to become better and achieve their goals.

You are the only personal cheerleader that some people will ever get in their lives. You are the cheerleader for your kids, your loved ones, your family, your friends, your co-workers, your employees, your staff, your parents, your teachers, your mentors. Remember, the more you cheer them on, the more they will accomplish, the better they will feel, which will result in you feeling good too.

So, what are the qualities of a good cheerleader? A good cheerleader will cheer even when they are tired, not feeling well, or losing the game. A good cheerleader will come to the game prepared with the right cheers, look put together, and will shout loud and clear with a smile on their face. Does that sound like something you do every day for others? Well, you should, and if you are not, then I suggest you take a good look at your cheerleading capabilities and get them sharpened up, because somebody needs you today.

My affirmation for you this week is: "I will cheer for my loved ones and those around me, and know that others are cheering me on too."

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

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# Love That Dress Campaign Raises Funds For PACE

More than 400 fashionistas and community supporters came together recently for the 11th annual Love That Dress! event to raise more than \$150,000 in support of PACE Center for Girls, Lee County.

The shopping spree of the year featured music, silent auctions and cocktails at Embassy Suites by Hilton in Estero, where more than 3,000 dresses were available for purchase at deeply discounted prices.

“Love That Dress gets bigger and better every year, providing our generous community a fun-filled opportunity to honor the female spirit while shopping for a cause,” said Event Chair Jennifer Pfenninger. “Beyond the fun and fashion of Love That Dress is the critical need that the event helps fulfill by supporting programs that guide girls and young women in celebrating a life defined by responsibility, dignity, serenity and grace. It’s truly the ultimate feel-good shopping spree.”

The Love That Dress! campaign solicits donations of new and gently loved dresses, handbags, shoes and accessories. A series of collection events helped build an expansive inventory of fashion-forward apparel, thanks to the generosity of local businesses and community donors.

PACE Center for Girls provides academic programs and counseling services to girls and young women ages 11 to 18 who are working to overcome risk factors such as poverty, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member, and physical, emotional or sexual abuse.

“Funds raised through Love That Dress provide life-changing education, counseling, training and advocacy that help our girls overcome their respective challenges to become strong young women and productive, contributing members of society,” said Meg M. Geltner, executive director of PACE Center for Girls, Lee County. “We’re thankful for all who came out to this year’s Love That Dress, joining our efforts to empower PACE girls in finding their voice and achieving their full



Jen Pfenninger photos provided



Paula Kamberos and Doris Colgate



Julie Weitmin and Julie Hill



From left, Tracy Siekmann, Darlene Grossman, Susan Blust, Christin Collins, Maria Wiles, Lizbeth Benacquisto, Melissa Coffa, Nancy Finch and Sandy Stilwell-Youngquist

potential.” In addition, this year’s event offered the opportunity to win a 24-month lease on a new 2019 Infiniti QX50 SUV, with a drawing held during the event. The lease was awarded to Kathleen McClanahan. Sponsors for this year’s Love That Dress! include 96.9 WINK FM, A. Jaron Fine Jewelry, ABC-7, Arias Law Firm, Associates in Dermatology, Atilus, Boost Creative, Breaking Bread Company, California Closets, Caloosa Tent &

Rental, Chico’s FAS, Dr. Garramone Plastic Surgery, Embassy Suites by Hilton, Fort Myers Infiniti, Get Efficient, Goodwill Industries of Southwest Florida, Gulfshore Life, House of Wu, IberaBank, Image Matters, Jason’s Deli of Southwest Florida, Kelly Fayer Law Firm, Lake Michigan Credit Union, Lamar Advertising, The Laser Lounge Spa, Lightning Wireless Solutions, Living Local, Markham Norton Mosteller Wright & Co., PA, MidGuard/Cube Smart,

Miromar Outlets, Naples Flatbread Kitchen & Bar, New Beginnings Events, The News-Press Media Group, Nu Image Dry Cleaners, Prawnbroker Restaurant Group, Priority Marketing, Priority Payment Systems South Florida, Red Door Photography, Seminole Casino Hotel, Signs Now, Suncoast Credit Union Foundation, St. Charles Yacht Club, Stilwell Enterprises, TIAA Bank, Uncommon Friends Foundation and Unfiltered Unfined Wines.✧



From left, Angelo Vaughn, Margo Brewster, Allison Shea and Quillan Toler



From left, Mary Fischer, Mark Blust and Anne Wittenborn



# Celebrity Chef Night Raises Funds For Hospital

The 16th annual Rumrunners' Celebrity Chef Night raised \$110,000 to support Barbara's Friends – Golisano Children's Hospital of Southwest Florida's Cancer Fund that assists children and their families in their fight against cancer.

The popular event at Rumrunners restaurant at Cape Harbour, attracted more than 175 guests and featured culinary creations from local celebrity chefs including Chef Todd Johnson and Chef Ralph Centalanza of Rumrunners, Chef Harold Balink of Harold's Restaurant, Chef Norman Love of Norman Love Confections and Chef Melissa Donahue of Sweet Melissa's Café. Cancer survivors and Golisano Children's Hospital patients Avery McCaskill and Cali Trepkowski, along with their families, were also in attendance to share their stories, inspire support and have fun as "mini chefs" alongside the celebrity chefs.

The event featured a Champagne toast drawing to win a custom-made Mark Loren Designs piece valued at



Participating chefs, from left, Andreas Torres, Ralph Centalanza, Todd Johnson, Harold Balink, Melissa Donahue and Tommy Juneau  
photos by Caronchi Photography

over \$2,000, a silent auction featuring hand-signed memorabilia from the worlds of sports and entertainment, as well as travel and entertainment packages to some of the most desirable destinations and popular events in the country. A live

auction offered one-of-a-kind packages.

Over the past 16 years, the Celebrity Chef Night has raised more than \$1.5 million to support Barbara's Friends.

The event sponsors made the evening possible: Century 21, Truline, Boater's

Landing, Cat Country 107.1, Scanlon Auto Group, Wingward Construction, Tom and Beverly Fewster, Thomasina Schott, Liz Erikson Marnul, OVAG International, Omni One Title Services and Secure Shredding, Inc.\*



Courtney and James Cronin



Dr. Stephen Prendiville and Kristin Gustin



From left, Jeremy King, Jeff Berry, Chris Simoneau and Armando Llechu



From left, Jeff Gatley, Natalie Stout and Ted Stout



From left, Tanner, Dave, Carrie and Cali Trepkowski with Avery and Sondra McCaskill and Al Kinkle



dearRPharmacist

## Tragically, Bubonic Plague Is Alive And Well



by Suzy Cohen, RPh

**D**ear Readers: Let's talk about bubonic plague from a medical standpoint, not a political one. It's making a new deadly appearance, after being extinct for a long time in the United States.

Controlling its spread is imperative to our safety and survival. It's making a resurgence, especially in California and what's scary is that it spreads quickly.

Just FYI, the plague was the second biggest killer on our planet, second only to smallpox. Symptoms vary from person to person, however the first sign is a fever with nausea and vomiting. Then there will be swollen, painful lymph nodes that occur in the armpits, groin or neck. Skin sores are hallmark, and they turn black. That's why Bubonic Plague is also known as "Black Death." Shortness of breath, coughing and wheezing are possible too.

People died from this so quickly that large groups of folks were commonly buried in mass graves. Bubonic plague is on the rise here because of the perfect storm of problems. It's caused by a bacteria called *Yersinia pestis*. There is debate about whether it is spread through the air, or by fleas, or both, but either way it is a deadly disease.

Right now, the most predominant location for Bubonic Plague is in California, but it's also popping up in Arizona and New Mexico. In Colorado, where I live, there was a wildlife shutdown in Denver last week.

But California, especially San Francisco and Los Angeles, is where the humanitarian crisis is occurring,

and we have to do something fast. There is a lot more homelessness in these cities. Naturally, this leads to fecal matter being scattered on the streets. In combination with rotting food, needles and other trash, rats have made it their home because they thrive in the infestation.

The rats carry the fleas with the plague, which then potentially infect people and pets. Squirrels, rabbits, mice, coyotes and other animals can be carriers, it's not just rats.

So minimizing the trash and the rats would help in reducing the rate of infection. But strangely, California is proposing to ban anticoagulant rat poison, which translates to more rats and more cases of the plague. Sacramento was recently forced to close an outdoor playground because of the rats as they were naturally worried about children getting ill.

Once inside the body, the germ 'explodes' and essentially injects poison into special immune cells that are defensive in nature (macrophages). Once knocked out, your macrophages can no longer detect the germ. The bacteria then grows wildly and quickly, and kills the host, unless detected and treated very quickly.

Reduce risk by treating your pets for fleas, and not letting them mix with rodents or wildlife. Control rodents with rodenticides or traps. Wear insect repellent that works, and keep your pets away from feces and remains of dead animals. Keep pets out of the bed. Avoid travel to areas that are infested.

As for natural remedies, there is so much silliness on the Internet. Trust me, rubbing your body with a chicken will not cure you of the plague. Neither will leeches. Doxycycline and gentamicin may be useful. Streptomycin is an older drug, which is considered to be one of our gold standards.

*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](http://www.SuzyCohen.com).*✧

organization that serves domestic violence survivors in Manatee county, Crisis Center of Tampa Bay, Mothers Helping Mothers, Project 52, Suncoast Humane Society, Ronald McDonald House, Make-A-Wish Foundation, Lighthouse Ministries, St. Matthew's House, Helping Hands, Center for Abuse Rape and Emergencies (CARE), Alzheimer's Foundation, Family of Roman Miller and NU-HOPE Elder Care Services, Inc.

"At Doctor's Choice, we're very proud to give back to our communities, helping out where we can in order to improve the livelihoods of underserved areas," said Sandy Bell, CEO, Doctor's Choice Home Care, Inc. "I commend our entire team for their commitment to making a difference."

For more information about Doctor's Choice Home Care, Inc., visit [www.doctorschoicefl.com](http://www.doctorschoicefl.com) or call 833-283-6286.✧

Doctor and Dietician

## Avocado: Not Just For Guacamole

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

**A**vocado is a fruit that we can grow here in Southwest Florida. The avocado has increased in popularity among those seeking more health benefits of their foods, as many call it a "superfood." Some may think eating avocados will cause weight gain due to its high fat content, but studies prove otherwise. Avocados do not contain any cholesterol and are low in saturated fat. The primary fat in avocado is oleic acid, a monounsaturated fatty acid which is also a major component of olive oil. Oleic acid has been shown to reduce bad systemic inflammation. Avocado oil is also heat-resistant, so it is a good oil for high temperature cooking.

Did you know, avocados are high in

fiber and contain more potassium than bananas? Numerous studies have shown that eating avocados actually lowers cholesterol, LDL (bad cholesterol) and triglyceride levels, thus, improving heart disease risk. The NHANES survey found that people who ate avocados had a much higher nutrient intake and lower risk of metabolic syndrome and diabetes.

Due to their high fat content, avocados help you absorb fat-soluble vitamins such as A, D, E and K, along with carotenoids commonly found in yellow-orange fruits and veggies, thus providing you with a dramatic dose of antioxidants. They also contain many antioxidants themselves including lutein and zeaxanthin, which are tremendously important for eye health and lower the risk of macular degeneration and cataracts.

Finally, some studies have shown that avocado and soybean oil extracts can significantly reduce symptoms of osteoarthritis.

One of my favorite avocado recipes is Avocado Chocolate Mousse: 4 avocados, mashed; ½ cup organic cocoa powder; 4 tablespoons or more soy milk; 1 teaspoon vanilla; 1/4 teaspoon sea salt; ¼ cup pure maple syrup or monk fruit; then whip. Top with whipped coconut cream or berries. A healthy, heavenly dessert!

*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](mailto:info@caringmedical.com).*✧

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** What is the difference between stress and dis-stress?

**A:** In physiological terms, stress is an activation of the nervous system. A threat of some kind triggers the release of stress

hormones in the body, including adrenaline and cortisol. As a result, the sympathetic nervous system, also called the "fight-or-flight" system or the "stress response," kicks into action.

According to cell researcher and author, Dr. Bruce Lipton, "Stress is the cause of at least 95 percent of all disease." It is imperative we as a society take measures to transcend the so-called "silent killer."

The fight-or-flight system prepares us for facing dangerous situations by putting our senses and biological mechanisms on high alert. Our heartbeat gets faster, our pulse rate increases, our muscles tense and our blood pressure goes up. We go into "fight-flight or freeze." This survival mechanism served humans well back when we faced daily threats in our environment, such as the saber-toothed tiger. In the 21st century, however, our saber-toothed tiger can be sitting in traffic, being late for an

important meeting, having a health issue, feeling overwhelmed and out of control with anxiety, financial and relationship stress to name a few. These are situations that can occur on a daily basis. Over time, the accumulation of everyday stress responses in the body and mind can erode our sense of well-being and lead to feelings of sadness and depression and a feeling of being on edge all the time. That's when stress becomes distress. In addition, anticipatory anxiety – feelings of dread about a potentially stressful event in the future – contributes to distress.

In comparing distress versus stress, the consequences of distress can lead to:

Anxiety disorders

Challenges we are not equipped to handle

Can manifest physically and cause various illnesses and autoimmune disease

Depression

Usually, we experience relief from distress when the stressful event or situation ends. However, the mind and body can become accustomed to a state of distress. As a result, our brains and behavior patterns are conditioned to go into that state more easily. Take time to evaluate where you are with your stress and take steps to reduce it for a better and healthier you.

*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [drconstanceclancy@gmail.com](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).*✧

## Doctor's Choice Home Care Fundraiser

**D**octor's Choice Home Care, Inc. raised nearly \$4,000 to benefit local charities through an internal Core Values fundraiser. Each Doctor's Choice branch was given \$100 to create a basket that represented and reflected the company's core values. Raffle tickets for the baskets were sold to raise funds that were then donated to a charity of each branch's choice.

The internal initiative provided an opportunity for employees to work together, be creative and have fun while giving back to the communities that they serve every day.

Charities that benefitted from the donations include HOPE, an



# PETS OF THE WEEK

photos provided

Haven on Earth Animal League

## Patches And Esther



Patches



Esther

**H**i, I'm Patches. I'm about 1 ½ years old, which is still very young in kitty years. I had a litter of kittens, and they've all found homes, so now I'm looking for a home of my own. I love attention and can't wait to snuggle with someone. My adoption fee is \$100, which includes spaying and vaccinations.

Hello, I'm Esther. I was rescued with my kittens and now I'm looking for a forever home. I'm only 1 year old and very affectionate. Look how pretty I am. I'm spayed and up-to-date on vaccinations. My adoption fee is \$100.

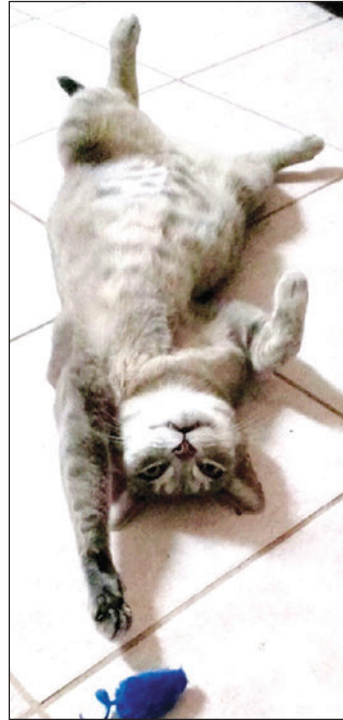
We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneonearthanimalleague@yahoo.com](mailto:haveneonearthanimalleague@yahoo.com).✱

PAWS Of Sanibel

## Sweetie Pie

**P**AWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.✱



Sweetie Pie

Lee County Domestic Animal Services

## Bella And Hunter

**H**ello, my name is Bella. I am an 11-year-old female chow/sharpei who is the 'Super Senior' that is missing home. My previous owner and I had been together since I was a puppy and had planned to be together for many more years. But, unfortunately, she aged more quickly than me and had to move where she could not take me. The adoption staff and volunteers are taking wonderful care of me, but I am a well-trained, loving dog that needs another loving home to live out my golden years.

My adoption fee is \$10 to \$25, depending on what mini football you pick.

Hi, I'm Hunter. I am a 9-year-old male domestic shorthair who is another 'Super Senior' with a similar situation to Bella's. My owner also had to surrender me for personal reasons, and I now find myself a senior living amongst kids. Some days, I feel like I am babysitting being around all the youngsters. But, I have never really known my age, and it keeps me young at heart. But, I would still like to be back in a home of my own.

My adoption fee is \$10 to \$25, depending



Bella ID# A409857

on what mini football you pick.

As football fans prepare for football season, Lee County Domestic Animal Services suggests adopting a special four-legged friend to help cheer on the home team. Adoption fees will be reduced for the entire month of September. Adopters will draw mini footballs for reduced adoption fees. Adoption fees will range from \$10 to \$40, depending on if someone scores a first down or a touchdown. With September 1 falling on the Sunday of Labor Day weekend this year, the football season adoption promotion will begin on Tuesday, September 3. Doors open at 10:30 a.m. for adoptions. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a package valued at \$500. Volunteers and staff are waiting to introduce a new family member.

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.lee.gov/animalservices](http://www.lee.gov/animalservices) or call 533-7387.✱



Hunter ID# A671955



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 Harmonica Band	610-653-7940
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](mailto:press@riverweekly.com)



PUZZLES

Answers on page 29

Super Crossword

TORMENT OF THE TIMID

- ACROSS
- 1 Garam — (spice mix in Indian cuisine)
- 7 Core PC component
- 10 Praiseful poem title starter
- 15 Cheering yells
- 19 Off the mark
- 20 Some little batteries
- 21 "Time waits for —"
- 22 Dismounted from a horse
- 23 Start of a riddle
- 26 Musical pitch
- 27 Moistened again
- 28 A — (like some logic)
- 29 Like ore
- 30 Set of rules
- 31 Riddle, part 2
- 35 San Luis —, California
- 38 — Poke (candy brand)
- 39 Singer Lovett
- 40 With 50-Down, happened to meet
- 41 Laundry-day spray
- 46 Great sorrow
- 48 Top-floor storeroom
- 52 Riddle, part 3
- 56 Reptile with a spiny back
- 57 Like meat prepared per Muslim law
- 58 With 97-Across, like late payments
- 59 Felt sick
- 61 Plum parts
- 62 Engine
- 64 Suffix with acetyl
- 65 Fa follower
- 67 Parking area
- 68 Riddle, part 4
- 73 Grizzly baby
- 76 Joanne of "All the King's Men"
- 77 Male doll
- 78 Rambled on and on
- 82 Adam's second son
- 84 Neuters
- 86 Mars, to Greeks
- 88 — time (ever)
- 89 Invalidate
- 91 Riddle, part 5
- 94 Singer Adams
- 95 "The Greatest" fighter
- 96 Beaver, e.g.
- 97 See 58-Across
- 98 Kind of tide
- 100 Moo goo — pan
- 102 Traps, as by a winter storm
- 105 End of the riddle
- 113 Diner grub
- 114 In most cases: Abbr.
- 115 Repair, as a shoe bottom
- 116 Longtime Toyota
- 120 Andean ancient
- 121 Riddle's answer
- 124 Den noise
- 125 Kagan of the court
- 126 Teacup part
- 127 Frozen fries brand
- 128 Long dagger
- 129 Winona of "Mermaids"
- 130 — -Caps (candy brand)
- 131 Cooking oil brand
- DOWN
- 1 Bryn — College
- 2 Arthur of the court
- 3 Ragout, e.g.
- 4 James of "Gunsmoke"
- 5 Portable computer
- 6 Passing vote
- 7 Island near Naples
- 8 Politico Sarah
- 9 Make — (employ)
- 10 Nobelist Eugene
- 11 ICU figure
- 12 Atlanta university
- 13 Not too wild to domesticate
- 14 Counterpart of round-trip
- 15 Increase by degrees
- 16 Detached
- 17 Dhoti wearer
- 18 Mill metal
- 24 — -Locka, Florida
- 25 Start of the old Ipana toothpaste jingle
- 32 Station
- 33 More humble
- 34 Mill debris
- 35 Lawn care brand
- 36 Religion of Iran
- 37 Counting everything
- 42 Wraps, as a healing ankle
- 43 "It's — of do or die"
- 44 Some are civil: Abbr.
- 45 Sever
- 47 Olive of the comics
- 49 Kite's trailer
- 50 See 40-Across
- 51 Play's actors
- 53 Barber's sprinkle-on
- 54 Greek epic
- 55 Singer k.d.
- 56 Start of a denial
- 60 Footballer Boomer
- 63 "ER" figure
- 64 Berlin article
- 66 Allow to attack
- 69 Through the roof
- 70 City east of Phoenix
- 71 Without blinking —
- 72 MacFarlane of "Ted"
- 73 Bit of pasta, informally
- 74 Lyft rival
- 75 Flock of quail
- 79 Forays
- 80 Boredom
- 81 Gold-medal swimmer Amy Van —
- 83 Usurer
- 85 Beltmaking tool
- 86 Rumpus
- 87 Wand
- 90 Genuflection joint
- 92 Big families
- 93 Power co.
- 95 In a mockingly humorous way
- 99 Court jester, e.g.
- 101 In back
- 103 Cardinal Borgia
- 104 Draws forth
- 105 Wade Boggs' base
- 106 Vietnam's capital
- 107 Acting award
- 108 Steadied by attaching a rope to
- 109 Snaky letters
- 110 "Over There" songwriter
- 111 Last Oldsmobile model
- 112 Untilled field
- 117 Letters before chis
- 118 Start over on
- 119 Hot — oven
- 122 Reno-to-Spokane dir.
- 123 NYSE index

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King Crossword

ACROSS

- 1 Summit
- 5 "— and Circ-umstance"
- 9 Speed stat
- 12 Reedy
- 13 Smell
- 14 Exist
- 15 Kitchen shredder/slicer
- 17 Pen point
- 18 See 35-Down
- 19 Skiers' hotel
- 21 Cripples
- 24 Challenge
- 25 "Sad to say ..."
- 26 Greek biographer
- 30 Charged bit
- 31 Rid of rime
- 32 Whopper
- 33 Big star
- 35 Alpha follower
- 36 Has a bug order
- 37 Vestibule
- 38 Starbucks
- 40 Many millenia
- 42 Id counterpart
- 43 Some baboons
- 48 Distant
- 49 Behave
- 50 Tide type
- 51 Attempt
- 52 Vicinity
- 53 Slightly taint-

1	2	3	4		5	6	7	8		9	10	11
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42					43	44				45	46	47
48					49					50		
51					52					53		

DOWN

- 1 PIN requester
- 2 Dance syllable?
- 3 60 sec.
- 4 Provides
- 5 Horseback game
- 6 Valhalla VIP
- 7 Calendar abbr.
- 8 Church dignitary
- 9 "Rebecca" setting
- 10 Bluenose
- 11 Cup-bearing Greek goddess
- 16 Chances, for short
- 20 Man-mouse link
- 21 Den
- 22 Lotion additive
- 23 Required
- 24 Channel
- 26 Pod group
- 27 Basketball's Jeremy
- 28 Give as an example
- 29 Listen to
- 31 Predicament
- 34 "Scram!"
- 35 With 18-Across, studying hard
- 37 Supporting
- 38 Departed
- 39 Culture medium
- 40 Oscar winner Hathaway
- 41 Icelandic epic
- 44 Melody
- 45 Meadow
- 46 Run from the cops
- 47 James Bond, e.g.

MAGIC MAZE ● SECOND LARGEST CITY IN ITS STATE

O S Q N K T N H E B Y R W T R

O L J G E O U B Y W E U R P N

K (M I S S O U L A) T I I G D B

E Z X C L I G V S T M S Q O M

K N U I I G U E R A E B C A Y

W T A U N S C O I E Q U P N L

J H F K C R P M L D E F C A Y

X V U S O F Q I P T N F N M K

J H F W L P B R E P S A C E C

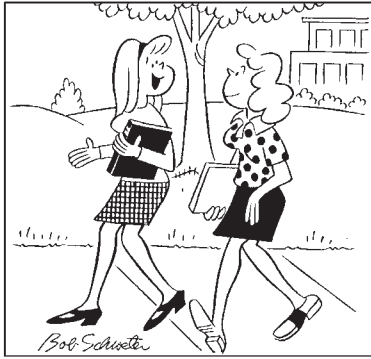
B Z Y U N O S I D A M L S X V

U T G R M O N E R E V O D Q P

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

- Buffalo  
Casper  
Dover  
Gulfport
- Lincoln  
Madison  
Miami  
Missoula
- Mobile  
San Diego  
Spokane  
St. Louis
- Tucson  
Tulsa  
Worcester





"I charge a dollar an hour for baby  
\_\_\_\_\_ and an extra  
fifty cents if I have to move around."  
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!

Dormant  
**TALENT** \_\_\_\_\_

Class  
**GREEN**   \_\_\_\_\_

Live  
**ETSIX** \_\_\_\_\_

Graft  
**PICSEL**   \_\_\_\_\_

**TODAY'S WORD**

\_\_\_\_\_

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

## SUDOKU

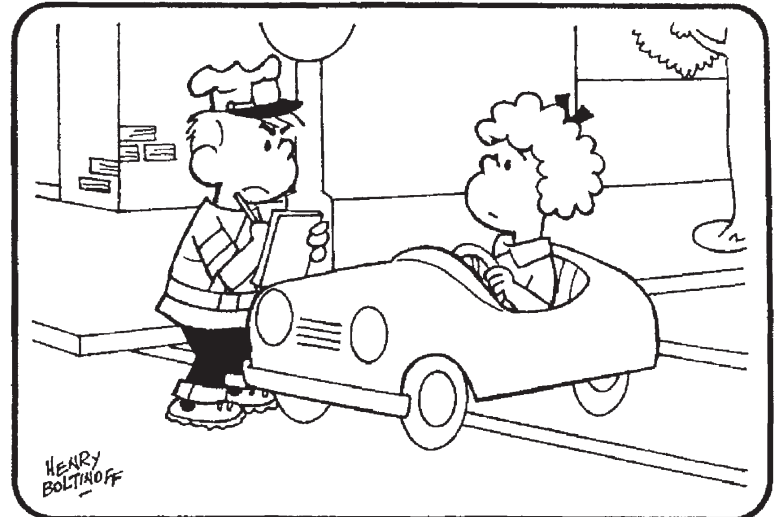
**To play Sudoku:**

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.

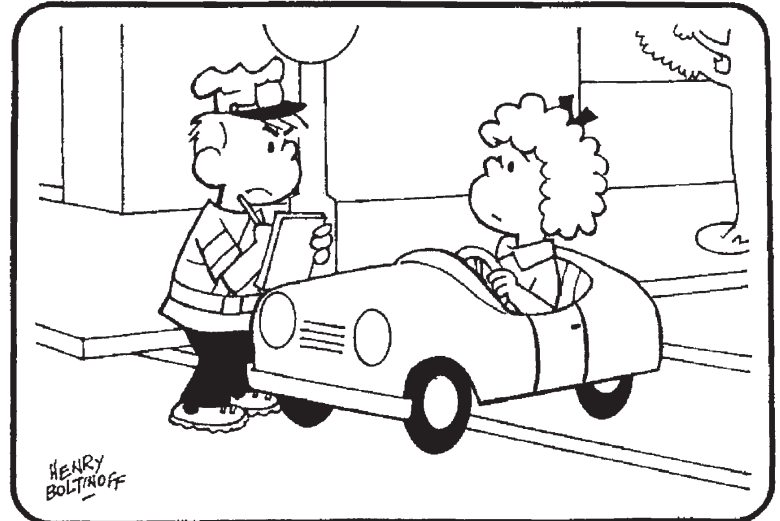
answer on page 29

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



**FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS**



Differences: 1. Door added to car. 2. Tires are black. 3. Pants have no cuffs. 4. Bricks missing from wall. 5. Tree limb has been added. 6. Girl's hair is longer.



### Blue Crab Stuffed Mushrooms

1 pound blue crab  
4 large portobello mushrooms, cleaned  
1/2 cup bell peppers, chopped fine  
1 stalk celery, chopped fine  
1 scallion, chopped fine  
1 lemon, zested and juiced  
1/3 cup mayonnaise  
1/2 cup panko (Japanese breadcrumbs)  
2 tablespoons fresh parsley, chopped fine  
Oil for cooking  
1 tablespoon seafood seasoning (your favorite)

Combine bell peppers, celery, scallions, mayonnaise, bread crumbs, parsley, and all-purpose seasoning in a large bowl and mix. Gently fold in crab meat. Scoop into portabello caps until full.

Preheat large pan over medium-high heat and add 1 tablespoon oil. Place mushrooms filling side down and cook for 2-3 minutes or until golden brown. Flip and continue cooking with lid on for 5 minutes or until mushrooms soften slightly and filling is heated through.

Serves four, serve warm.✱



Blue Crab Stuffed Mushrooms

photo courtesy Fresh From Florida



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## My Stars ★★★★★

FOR WEEK OF SEPTEMBER 9, 2019

**Aries** (March 21 to April 19) Changing your mind doesn't come easily for Lambs, who place a high value on commitment. But new facts could emerge that might persuade you to rethink your situation.

**Taurus** (April 20 to May 20) This is a good time to put that fine Bovine's eye for beauty to work in redecorating your home or workplace. And don't forget to indulge yourself in some personal time as well.

**Gemini** (May 21 to June 20) Your sense of loyalty to someone who asks for your help is commendable. But make sure there are no information gaps that should be filled in before you move too far too quickly.

**Cancer** (June 21 to July 22) Don't let difficult people raise the Crab's ire levels this week. Avoid them if you can. If not, resist telling them off, even if you think they deserve it. Things improve by week's end.

**Leo** (July 23 to August 22) Your suspicions about a colleague might be on the mark. But you also could be misreading the signals you believe you're getting. Do some discreet checking before jumping to conclusions.

**Virgo** (August 23 to September 22) Take some time out from your many tasks and see if someone might be trying to reach out to you. You could be surprised to learn who it is and why you might want to reciprocate.

**Libra** (September 23 to October 22) You still might want to do more investigating before taking on a new commitment. Later would not be the time to try to fill in any crucial gaps in what you need to know about it.

**Scorpio** (October 23 to November 21) A new opportunity should be carefully studied. It might offer some of the things you've been looking for. Or it could contain new possibilities you never considered. Check it out.

**Sagittarius** (November 22 to December 21) You might have to work harder this week to get people to listen to what you have to say. But if you stay with it, you could start to get your message out to many by week's end.

**Capricorn** (December 22 to January 19) Although family matters again take up a big chunk of the Goat's time, the week also offers a chance to explore a new career move you'd been contemplating for a while.


**Aquarius** (January 20 to February 18) Applying




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FRIDAY  
Cloudy  
High: 86 Low: 81




SATURDAY  
Sunny  
High: 89 Low: 83




SUNDAY  
Sunny  
High: 87 Low: 82




MONDAY  
Sunny  
High: 88 Low: 83



TUESDAY  
Partly Cloudy  
High: 91 Low: 86



WEDNESDAY  
Mostly Cloudy  
High: 90 Low: 85



THURSDAY  
Mostly Cloudy  
High: 89 Low: 84

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	6:19 am	2:27 pm	None	None	Fri	5:24 am	2:29 pm	None	None	Fri	6:29 am	12:27 am	8:00 pm	1:46 pm	Fri	8:29 am	2:47 am	None	5:43 pm
Sat	7:27 am	3:47 pm	None	None	Sat	6:32 am	3:49 pm	None	None	Sat	7:07 am	1:14 am	8:53 pm	2:49 pm	Sat	9:37 am	7:03 pm	None	None
Sun	8:52 am	4:51 pm	None	None	Sun	7:57 am	4:53 pm	11:57 pm	None	Sun	7:55 am	2:24 am	10:02 pm	3:52 pm	Sun	11:02 am	8:07 pm	None	None
Mon	12:52 am	3:34 am	10:12 am	5:42 pm	Mon	9:17 am	3:36 am	None	5:44 pm	Mon	9:04 am	3:33 am	None	5:00 pm	Mon	3:02 am	6:50 am	12:22 pm	8:58 pm
Tue	1:16 am	4:44 am	11:16 am	6:24 pm	Tue	12:21 am	4:46 am	10:21 am	6:26 pm	Tue	1:34 am	4:49 am	10:47 am	6:09 pm	Tue	3:26 am	8:00 am	1:26 pm	9:40 pm
Wed	1:36 am	5:35 am	12:06 pm	6:58 pm	Wed	12:41 am	5:37 am	11:11 am	7:00 pm	Wed	1:44 am	6:05 am	12:09 pm	7:05 pm	Wed	3:46 am	8:51 am	2:16 pm	10:14 pm
Thu	1:53 am	6:16 am	12:48 pm	7:27 pm	Thu	12:58 am	6:18 am	11:53 am	7:29 pm	Thu	1:47 am	7:03 am	12:58 pm	7:50 pm	Thu	4:03 am	9:32 am	2:58 pm	10:43 pm

PUZZLE ANSWERS

SUPER CROSSWORD

M	A	S	A	L	A		C	P	U		O	D	E	T	O		R	A	H	S															
A	S	T	R	A	Y		A	A	S		N	O	M	A	N		A	L	I	T															
W	H	E	N	P	E		O	P	L	E		B	E	C	O	M	E		T	O	N	E													
R	E	W	E	T			P	R	I	O	R		I		R	A	W		C	O	D	E													
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							O	B	I	S	P	O				S	L	O		L	Y	L	E												
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							T	H	A	T			I	A	C	T							I	G	U	A	N	A							
							H	A	L	A	L		P	A	S	T				A	I	L	E	D		P	I	T	S						
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							A	B	E	L		S	P	A	Y	S				A	R	E	S		A	T	A	N	Y						
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							B	R	Y	A	N			A	L	I			R	O	D	E	N	T				D	U	E					
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							T	H	O	S	E		M	I	G	H	T			B	E	C	A	L	L	E	D								
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							I	N	C	A			S	H	Y	N	E	S		S	H	E	A	D	A	C	H	E	S						
							R	O	A	R			E	L	E	N	A																		
							D	I	R	K						R	Y	D	E	R															

KING CROSSWORD

A	C	M	E			P	O	M	P			M	P	H						
T	H	I	N				O	D	O	R				A	R	E				
M	A	N	D	O	L	I	N	E				N	I	B						
							U	P	O	N			L	O	D	G	E			
L	A	M	E	S								D	A	R	E					
A	L	A	S				P	L	U	T	A	R	C	H						
I	O	N					D	E	I	C	E			L	I	E				
R	E	D	G	I	A	N	T					B	E	T	A					
							A	I	L	S				F	O	Y	E	R		
L	A	T	T	E			A	E	O	N										
E	G	O					M	A	N	D	R	I	L	L	S					
F	A	R					M	I	N	D				N	E	A	P			
T	R	Y					A	R	E	A				G	A	M	Y			

MAGIC MAZE



# Protect Your Children From Electrical Hazards

Once you become a parent, there are millions of things to worry about. Electrical hazards in your home doesn't have to be one of them. There are oodles of gadgets designed to help baby-proof your home.

Along with those security gizmos, it is important to keep the following in mind to keep your tiny tots safe:

Extension Cords – Avoid using power strips in your child's room. Not only can a child grab the cord (and pull down whatever it is attached to), there is always a chance your child might chew on the cord.

Outlet Caps/Covers – Invest in outlet caps/covers. These caps are super inexpensive and come in bulk. These plastic caps plug directly into power outlets and are nearly impossible for little fingers to grip onto. Keeping tiny tots from sticking fingers or anything else into power outlets is more than a suggestion, it is must-do.

Nightlights – Use nightlights to keep your toddling youngsters safe in the dark. There are even outlet-mounted nightlights that fit over a duplex receptacle, blocking

unused electrical holes from curious tots. Replace or Repair – If your appliances are not working properly or feel hot/tingly to the touch, contact a licensed electrician immediately. This professional can detect problems and fix them immediately. In addition to the above mentioned tips which help to protect your tots from electrical hazards, it is important to invest in locks for toilet bowls, stoves, refrigerators and drawers, and straps to secure televisions and furniture. You can find something to baby-proof just about anywhere in your home... and it is definitely worthwhile to do so.✱

## September Programs At Lakes Library

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

- Adult Programs**
  - English Café: 6 p.m. Mondays, September 16, 23, 30 – Free, informal conversation sessions for adult ESOL/ESL students.
  - Coloring for Adults: 2 p.m. Tuesday,

September 24 – Researchers and art therapists alike have touted the calming effects of coloring, and adults have found this childhood activity a refreshing way to release their creativity, relieve stress and meet other participants. Coloring pages designed especially for adults, as well as colored pencils, will be provided.

Download Drop-In: 2 p.m. Wednesday, September 18 – Receive personalized help downloading e-books, movies, music, and more from Overdrive and Hoopla, two of Lee County Library System's largest online content providers. Bring your fully charged tablets, phones, e-readers and other digital devices for a hands-on help session. Note: Bring any passwords you may need for downloading apps. Kindle users will also need an Amazon account and their password for accessing it.

Mindfulness and Meditation: 2 p.m. Wednesday, September 25 – Experience the benefits of guided meditation, which include improved cognitive and intellectual abilities and increased mental alertness. Learn about mindfulness, which empowers individuals to live a happier, healthier lifestyle through personal growth. Participants will leave feeling relaxed and refreshed. Registration is required.

Zentangle Continued: 2 p.m. Thursday, September 26 – Zentangle is an easy, fun and stress-free method of creating

beautiful images by drawing structured patterns. This intermediate Zentangle course expands on the introduction level to make more intricate tangles. Previous experience with Zentangle is preferred for this course level. All materials will be provided. Limited seating. Registration is required.

**Children's Programs**  
Family Storytime: 10 a.m. Wednesdays, September 18, 25 – For ages up to 5 years. Your whole family is invited to this enjoyable, all-ages storytime that encourages the development of prereading skills through songs, rhymes, fingerplays and stories.

Preschool Storytime: 11 a.m. Wednesdays, September 18, 25 – For ages 3 to 5. Your preschooler will continue to build relationships with other kids, books and the library in a storytime designed specifically for them. The stories and activities are more complex, but just as fun. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited.

After School Crew: Animals: 4 p.m. Wednesdays, September 18, 25 – Weekly stories and activities featuring hands-on activities about animals. For grades kindergarten to fifth grade.

No registration required, but space is limited. Tickets are available at the Youth

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### SCRAMBLERS

1. Latent; 2. Genre;  
3. Exist; 4. Splice  
*Today's Word*  
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- Warn to Pass
- Wear a Helmet
- Use Lights at Night
- Always be Courteous

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Services desk a half-hour before the program begins.

**Baby Rhyme Time:** 10 a.m. Mondays, September 16, 23, 30 – For babies up to 18 months. During this special storytime, you and your baby will learn new nursery rhymes and fingerplays, interact with puppets, sing, read books and dance. Caregivers are encouraged to model proper storytime etiquette by remaining in the room and participating with baby during this program. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited.

**Toddler Tales:** 11 a.m. Mondays, September 16, 23, 30 – For ages 18 to 36 months. This interactive and active time for toddlers and their caregiver is designed to advance prereading and social skills. They'll experience storytelling, wordplay, felt board stories, fingerplays, puppets, singing, music-making, socializing, dancing and, of course, books. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited.

**Farm Fun:** 10:30 a.m. Thursday, September 12 – Let's have some fun on the farm. Join us for farmyard crafts and games. Dress for mess. Sponsored by the Friends of Lakes Regional Library. For ages 2 to 5. Registration began August 22.

**Kids Read Down Fines:** 2 to 3 p.m. Saturday, September 14 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and younger only and applies only to charges on overdue materials. Bring your library card.

**Homeschool Exploration: Fins, Feathers and Fur:** 10 a.m. Thursday, September 19 – Homeschoolers, join us for creative hands-on activities featuring animals from around the globe. For grades kindergarten to fifth grade. Sponsored by the Friends of Lakes Regional Library. Registration begins August 29.

**Special Needs Storytime:** 10 a.m. Saturday, September 21 – This storytime emphasizes books, music and sensory experiences designed for children with special needs. The library's welcoming environment will create a positive experience for children. Each child must be accompanied by a parent or caregiver, who will be an active participant in the program. Class size is limited to 10

children, plus their parents or caregivers. For children ages 3 to 12 with special needs. Registration begins August 31.

**Dot Day Crafts:** 6 p.m. Tuesday, September 24 – Join us for a celebration of International Dot Day. Let's make our mark with some dot crafts. Dress for mess. Sponsored by the Friends of Lakes Regional Library. For ages 2 to 12.

**Osmomania:** 4 p.m. Thursday, September 26 – Join us as we explore, learn, and create with Osmo tech toys. For children age 5 and older. Sponsored by the Friends of Lakes Regional Library. Registration begins September 5.

**Teen Programs**

**Become a Reading Buddy:** 6 p.m. Tuesday, September 17 – You can earn volunteer service hours at the library by becoming a reading buddy. Join an informational session to find out more on this wonderful opportunity to help children practice and improve their reading and listening skills in a fun, encouraging atmosphere. For teens in grades 9 to 12.

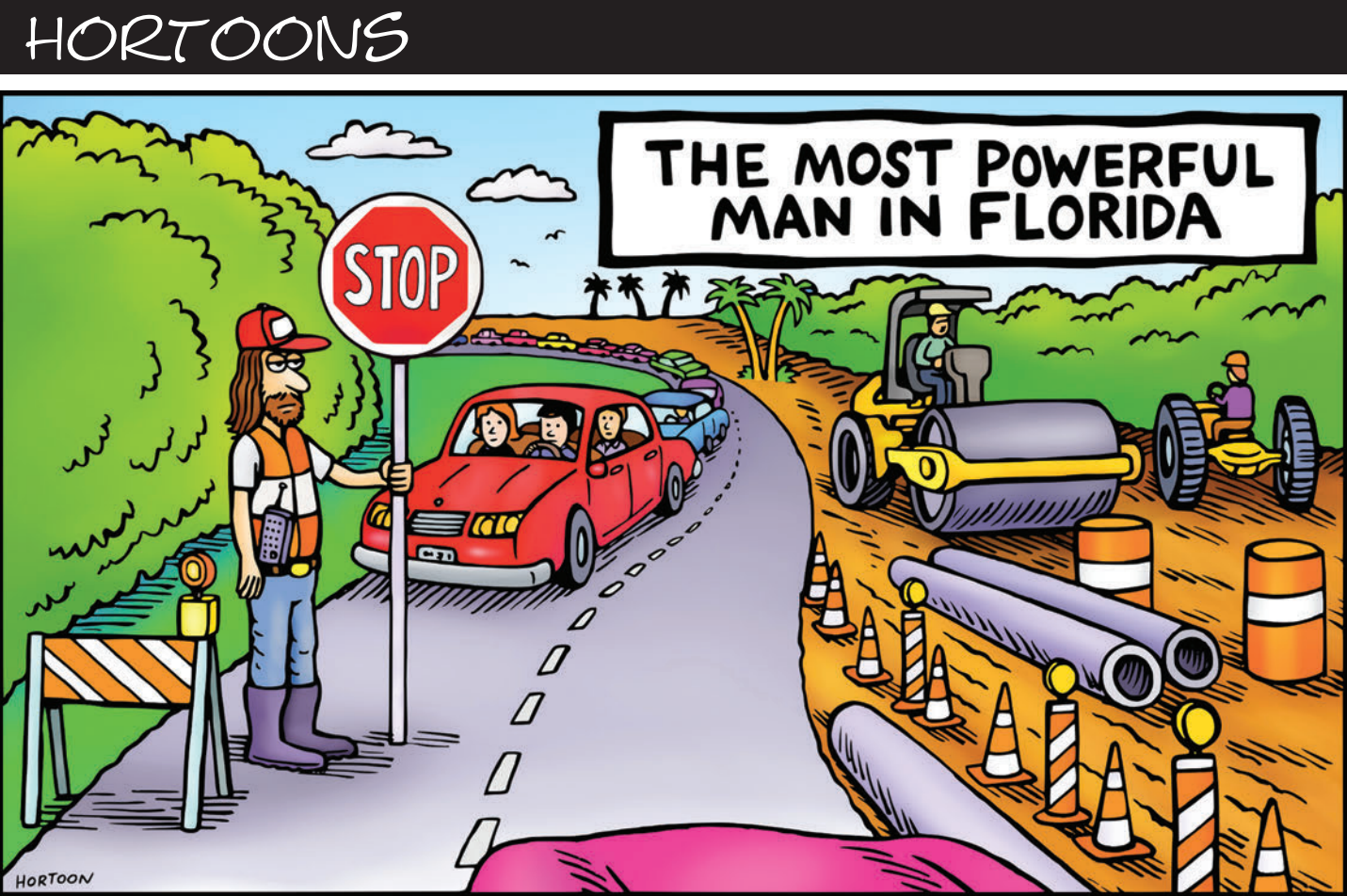
**Kids Read Down Fines:** 2 to 3 p.m. Saturday, September 14 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and younger only and applies only to charges on overdue materials. Bring your library card.

**Make an Impact: Earn Volunteer Service Hours at Your Library:** 2 to 4 p.m. Saturday, September 21 – Have fun, get creative and earn volunteer service hours in the process. Upcycle old CDs into vibrant suncatchers for patients of Lee Health facilities. For children and teens in grades 6 to 12. Drop in any time between 2 to 4 p.m. All supplies will be provided. Sponsored by the Friends of the Lakes Regional Library.

The Lakes Regional Library is located

at 15290 Bass Road in Fort Myers. For more information about a program or to register, call the library at 533-4000. Check the Lee County Library System's website at [www.leelibrary.net](http://www.leelibrary.net) to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711, or [jlaguardia@leegov.com](mailto:jlaguardia@leegov.com). Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.✪



## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	1970	1,896	\$2,130,000	\$1,797,000	814
Villa Pines	Fort Myers	1980	7,912	\$1,599,000	\$1,500,000	65
Cape Harbour	Cape Coral	1998	2,976	\$1,399,000	\$1,350,000	245
Villa Pines	Fort Myers	1988	5,864	\$1,299,900	\$1,250,000	63
Pennyroyal	Bonita Springs	2007	3,997	\$1,075,000	\$1,050,000	4
Mossy Glen	Fort Myers	2007	4,492	\$899,000	\$855,000	217
Riverside	Fort Myers	1991	4,503	\$885,500	\$827,000	182
Tidewater Island	Fort Myers	1998	3,112	\$849,900	\$820,000	298
Waterside	Estero	1997	3,129	\$830,000	\$800,000	529
Savona	Cape Coral	1974	1,880	\$749,000	\$695,000	54





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Magazine



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