



The local Peace Day is held at the Alliance for the Arts photos provided

## Peace Day To Celebrate Unity

The 12th annual Southwest Florida Peace Day celebration returns to the Alliance for the Arts on Sunday, September 22. The festival is held in conjunction with the International Day of



Festivalgoers watch a dance group at a previous Southwest Florida Peace Day

Peace, a day celebrated worldwide each year on September 21. The all-day local event begins with Yoga for Peace, led by Yoga Bird, at 8 a.m.

The theme for the 12th annual Southwest Florida Peace Day celebration, which is celebrated locally on Sunday each

year, is Unity in CommUnity... Bridging the Gaps.

First known as Peace Day in the Park, celebrated in Cape Coral, this annual gathering has evolved and grown. The theme implies building upon what unites us, rather than focusing on what divides

us, forging understanding and compassion and creating a peace-full world.

This family-friendly, pet-friendly free event features live music, entertainers and dance groups all day on three stages, original art and vendors. Local nonprofit

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Volunteers at Jaycee Park

photos provided

## Volunteers Needed For Coastal Cleanup

The Ocean Conservancy's annual International Coastal Cleanup organized by Keep Lee County Beautiful will be held on Saturday, September 21 from 9 a.m. to noon.

This cleanup is the largest volunteer effort of its kind.

Unlike a typical cleanup, volunteers have the opportunity to engage in vital research activities by taking on the role of scientific data collector for a day. With a specific focus on water-based natural resources, volunteers collect litter and record data by identifying the number and type of littered items.

Keep Lee County Beautiful compiles data and shares it on a national level



Cleanup crew at Bunche Beach

with Keep America Beautiful and the Ocean Conservancy, as well as with Lee County officials to help provide local and global perspectives on the specific amounts and types of litter removed from the environment. This information is used to determine future requirements for cleanup initiatives, assess projects that are needed in communities and develop environmental awareness for those who share the waterways.

In 2018, 1,546 volunteers removed

and diverted 3,358 pounds of litter and debris from local waterways.

Many volunteers will be needed to help in this international cleanup effort to rid Florida's coastlines of litter, pollution and debris. There are multiple cleanup locations across Lee County including a location in Hendry County.

To register for the event at a particular location, visit [www.klcb.org/coastal-cleanup.html](http://www.klcb.org/coastal-cleanup.html).✧

Historic Downtown Fort Myers, Then And Now:

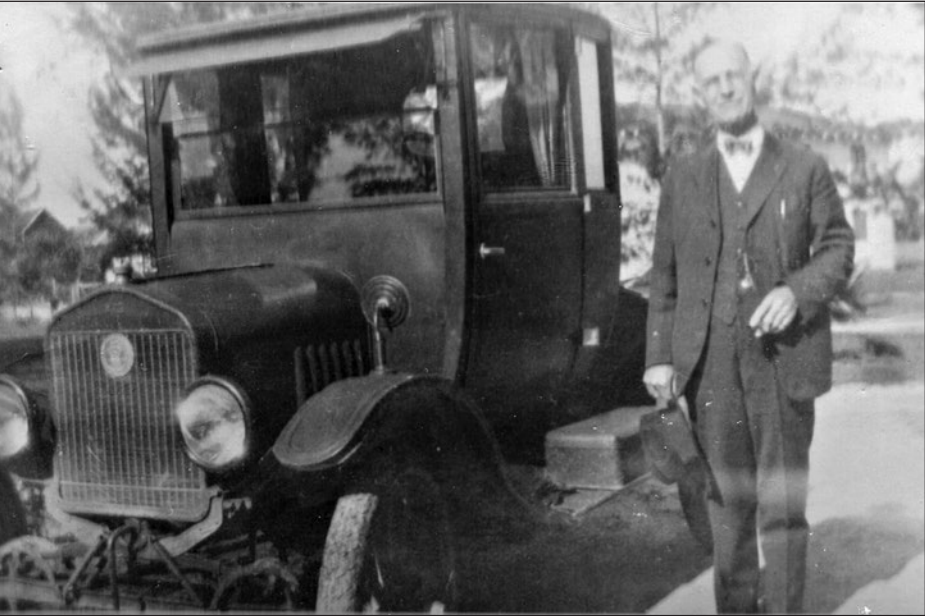
Dr. Winkler’s Legacy



by Gerri Reaves, PhD

Physician William B. Winkler came to Fort Myers circa 1899 when it still ranked as a cowboy town. He soon established himself as not only a busy physician but a successful businessman. At first, he reached his far-flung patients on horseback and later by car. Upon his death in 1933, it was noted that in his more than three decades as a local doctor, he held the record for the number of babies delivered in the area. After Lee Memorial Hospital opened in 1916, he was one of only five physicians who practiced there. (The hospital also had

two visiting surgeons on staff.) In 1929, he was named official city physician. But his efforts extended well beyond the medical. For example, he served as city councilman in 1912 and 1915. He also farmed on Whiskey Creek (think Winkler Road) and somehow he and his wife, Lillian, found the time to build the first hotel on Fort Myers Beach in 1912. The historic photo of Winkler’s Drug Store was probably taken around the time that he transitioned from drug store owner to other things, circa 1911, but the exact location and date are not known. He had run a business in several locations. In 1901, his apothecary in the rented home of Carrie Bass was completely destroyed by fire. He also had drug stores in the Roberts Building at First and Lee and in the Smith-Matheson Building (today the Leon) at First and Hendry. Later, he had a store in the Bradford addition on First Street, which the window reflections in the photo suggest was where the photo might have been taken. If so, it was before the construction of the Earnhardt Building began in 1914.



Pioneer physician William B. Winkler traveled throughout the region to minister to patients, first on horseback and then by automobile photo courtesy IMAG History & Science Center



Circa-1911, Winkler's Drug Store's display features Welch's Grape Juice, which was not only a tasty juice but a non-fermented substitute for sacramental wine. The location is unknown.

photo courtesy SWFL Historical Society





The last location of Winkler's Drug Store was in the Bradford Block. It later became Pixton-Shultz Drug Store.


photo by Gerri Reaves


That addition had been built by Harvie E. Heitman a couple of years after the first phase of the Bradford had opened in 1905 on the northeast corner of First and Hendry. Winkler’s store was located beneath the hotel dining room. Some of the other storefronts were occupied by the new post office (Winkler’s neighbor on the west), Foxworthy’s men’s clothing and M. Flossie Hill’s ladies’ clothing. Winkler had a medical office in the same building. The drug store’s window display is an interesting study in the early 20th century. It seems odd that Welch’s Grape Juice was the main item on display – complete with grapevines – although signage indicates that books, papers and magazines were also available within. One quirky historical detail about that fruit juice, which is still on grocery shelves today, is that it was invented by a physician and dentist, Dr. Thomas Branwell Welch, as a non-fermented substitute for sacramental wine. Was it a big seller in Fort Myers – who knows? Maybe it was used in some local churches or was simply an especially popular juice. Another display detail that harkens back to early drug stores is the ad for Hick’s Capudine Cures (letters reversed in reflection). In the early 20th century, many pain-relieving elixirs were still available without prescription and the industry was largely unregulated. The patent medicines often had a high alcohol content, caffeine and other additives, and did not treat the medical condition, only masked them. Some, like Capudine, became notorious for being exposed as actually life-threatening. In 1912, the *Journal of the American Medical Association* established that one of its components, antipyrin, could induce seizures. In January 1911, Winkler got out of the drug store business when he sold the store to MA Ringo and Louis G. Thorp. But he didn’t stop working. In 1914, he and five other men incorporated, forming the Winkler Drug Co.,

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## Call Out For Community Conversations

On Thursday, October 17, people from across Southwest Florida will take part in a single day of conversation about the community and their role in it during On the Table Southwest Florida. The Southwest Florida Community Foundation is putting a call out to residents to host gatherings in Lee, Collier, Charlotte, Hendry and Glades counties.

"This is a unique region-wide opportunity to connect in order to make our communities stronger, safer and more equitable by hearing from each other," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "At each table's conversation, ideas will be shared, people will have formed connections and guests will have had a voice at the table. A post-survey will also be available to capture thoughts and insights."

On the Table gatherings can be mealtime conversations at any point during the day including coffee, breakfast, lunch, dinner and in-between. While 8 to 12 guests at each table has been found to be an ideal number for everyone to have a chance to speak and be heard, the number of guests a host wants to invite is up to them and can include family, friends, colleagues and neighbors and more. Gatherings can be co-hosted with local churches, businesses or non-profits, and everyone is encouraged to bring their friends or network peers.

"Research has proven that when people share a desire to come together, collaborate more, become more civically involved and more committed to our

community, everyone gains," said Marc Collins, a Lee County resident who has signed on to host a meal on Thursday, October 17. "I am proud to be joining this first On the Table in Southwest Florida to inspire connection and action from others and drive progress across our region."

Those registered to host gatherings will be provided with tools and resources online and invitation template forms to track RSVPs. The launch team at Southwest Florida Community Foundation will also be holding host training sessions and supplying host kits before the October event date.

"While we know that there's no quick fix to the issues facing our region, progress will result from residents and organizations making connection and working to make contributions that help unite the place we call home," said Owen. "Our stories and lived experiences matter – and when we come together as a community to learn from and with each other, we have the power to impact both neighborhoods and lives. That's what On the Table is all about."

In 2014, residents in Chicago began an annual forum designed to elevate civic conversation, foster new relationships and inspire collaborative action across the region. Since then, On the Table has been started in over 30 communities across the country which has brought thousands of people together who have gathered around tables in homes, community centers, schools, libraries and other spaces to discuss issues they believe are important to their own and their communities' future.

To sign up to be a host, to attend a table gathering, for more information or to register to be a host, visit [www.floridacomunity.com/on-the-table](http://www.floridacomunity.com/on-the-table), email [ott@floridacomunity.com](mailto:ott@floridacomunity.com) or call 274-5900.✱

## Be The Astronaut Exhibit To Open At IMAG Center

Prepare for lift off and discover what space travel is all about when the Be the Astronaut exhibit opens at the IMAG History & Science Center on Saturday, September 21. Experience the wonders of space and plan a space mission and learn about the technology and skills required to be an astronaut, to fly spaceships, pilot landers and drive rovers.

"It is our hope that families and children of all ages will come here and let their imaginations soar," said Matt Johnson, executive director of the IMAG. "This exhibit includes several dramatic, interactive stations that allow our visitors to learn basic concepts about our solar system, space travel, gravity, and more."

Designed by NASA engineers, the exhibit aims to put visitors in the pilot's seat of a spaceship while providing a birds-eye view of real astronaut pretraining with the use of touch screen stations, interactive simulator pods built to look like space capsules, and other space travel exhibits and activities.

"This exhibit is designed to not only educate IMAG visitors on the challenges

and reality of space travel," said Shelby Baucom, deputy director of the IMAG, "but hopefully inspire a new crop of budding scientists to consider viable career paths in science and technology-related fields that will help shape our nation's future."

During this exhibit, visitors will be invited to interact with:

Navigation Interactive Stations – where visitors can engage in mission planning and learn about orbits, Newton's laws, gravity and other principles of flight and space;

Science Interactive Stations – where visitors can explore the equipment and technology needed to accomplish space travel missions and learn about rockets, space suits, space crafts and gear;

Flying Capsules – where visitors can launch rockets and land rovers, depending on their given mission requirements, in a dramatic big-screen experience with pilot and co-pilot seating and controls;

Space Suit and Space Gear Exhibits; and more.

The Be the Astronaut exhibit will be on display at IMAG until January 12, 2020. Entry into the exhibit is included with general museum admission.

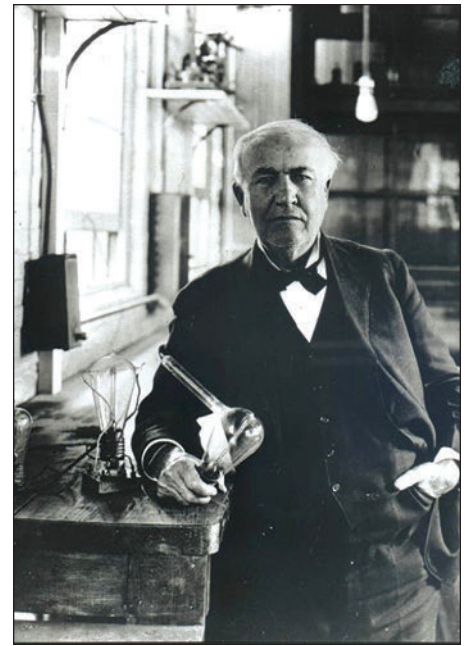
The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit [www.theimag.org](http://www.theimag.org) or call 243-0043.✱

## Edison And Tesla Exhibit Coming To The Estates

On Friday, October 4 at 6 p.m., there will be an exhibit opening in the Edison Caretaker's House at Edison and Ford Winter Estates. DC vs. AC: Edison, Tesla, Westinghouse, and the Race to Electrify America explores the differences and similarities of the genius inventors, as well as the differences between alternating and direct current. Chief Curator Brent Newman will give a gallery talk on these relationships in the context of 19th century history and science.

The event coincides with the opening of *The Current War*, a movie about how Thomas Edison and Nikola Tesla disagreed on which type of electric current was best. Edison believed his direct current was superior to Tesla's alternating current; however, Tesla ultimately won that war, as alternating current is used around the world today.

Exhibit opening attendees will receive a complimentary glass of beer or champagne. Light hors d'oeuvres will be provided and a pianist will



Thomas Edison stands in his research laboratory, holding one of his experimental light bulbs photo provided

play period music. A cash bar will be available. Cost is free for Edison Ford members; \$10 for non-members, which does not include admission to the museum, laboratory or tours of the homes.✱

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## Maestro To Leave Symphony At End Of Season

The Southwest Florida Symphony recently announced that the orchestra's 2019-20 season will be Maestro Nir Kabaretti's final year as conductor. After an exceptionally busy summer of conducting throughout Europe and Israel and the increasing global demand for his artistic leadership, Maestro Kabaretti has decided to step down from the Southwest Florida Symphony's podium

"This wasn't an easy decision," said Maestro Kabaretti. "Southwest Florida is a beautiful community. I will always treasure the time I spent here with this orchestra."

Since Maestro Kabaretti's arrival in 2014, the orchestra has experienced a renaissance, enjoying remarkable audience growth through his vibrant conducting style and his warm, approachable personality both on and off the podium. His performances have consistently received rave reviews and inspired countless standing ovations. Maestro Kabaretti's unique ability to marry contemporary works with familiar classical composition, paying particular attention to including American composers in the orchestra's programming, has consistently won over even the most conservative classical music enthusiasts and his



Maestro Nir Kabaretti photo provided

enlightening pre-concert lectures, always led in an informal style that invites lively question-and-answer sessions, have filled the seats of Barbara B. Mann Hall with nearly a thousand curious patrons at each Masterworks concert he's led.

"All of Southwest Florida has been fortunate to have enjoyed the musicianship, leadership and charisma of Maestro Kabaretti for six years," stated Southwest Florida Symphony Board Chairman Tom Uhler. "We're a better community because of his contribution."✪

## School District Prevention Seminars

The School District of Lee County is inviting parents to seminars in September about tobacco and vaping prevention. Last year, the Food and Drug Administration declared teen e-cigarette use an epidemic.

There will be a presentation at Cape Coral High School on Thursday, September 12 at 6 p.m. Another presentation will be held at Varsity Lakes Middle School in Lehigh Acres on Monday, September 16 at 6 p.m.

Parents are invited to attend the seminar regardless of which zone they may live in or school their child attends.

"According to the 2018 Florida Youth Substance Abuse Survey, the number of Lee County teens who reported using e-cigarettes in the past 30 days was more than 10 times the rate of those who used traditional cigarettes," said Prevention Specialist Kathy Wynne. "So while Lee County student cigarette use is decreasing, vaping use is increasing each year." In fact, in the above-mentioned survey, 34.4 percent of Lee County middle and high school students reported they have tried vaping. A teen who vapes is four times more likely to begin smoking traditional cigarettes than a teen who does not.

Included in the presentation for parents are:  
What makes tobacco and vaping so dangerous for teens;

Signs that may indicate your child is vaping; and

The consequences of teen nicotine use.

"We realize that vaping has changed from a cigarette alternative to a delivery device for nicotine," Wynne said. "By adding flavors, the industry has made this an easy and popular way to get teens addicted to nicotine. We want to provide information to our parents so that we may work together to educate our students about the dangers of both smoking and vaping."

For questions or more information, call 335-1570 or 337-8218.✪

## Meals Of Hope To Host Annual Hunger Summit

As part of Hunger Action Month in September, Meals of Hope is hosting the third annual Hunger Summit at The Community Foundation of Collier County on Thursday, September 19 from 8:30 to 11 a.m.

Designed to encourage discussion about hunger and food insecurity in our community, the Hunger Summit features presentations from Meals of Hope President and CEO Stephen Popper; Collier County Public Schools Department of Nutrition Service Supervisor Mary Scattergood; and Dr. Thomas P. Felke, department chair and associate professor in Florida Gulf

Coast University's Department of Social Work, .

To RSVP or for more information, contact Meals of Hope Chief Operating Officer Steven Kissingner at 398-9640 or email [skissingner@mealsofhope.org](mailto:skissingner@mealsofhope.org).

Meals of Hope, the largest food pantry provider in Southwest Florida, provides a total of 13 food pantries – including six mobile pantries – throughout Collier and Lee counties to distribute fresh and nutritious food to approximately 1,000 families each week. Additional services and summer meal programs serve more than 10,000 Southwest Florida residents each month.

As a partner agency with the Harry Chapin Food Bank, Meals of Hope distributes more than two million pounds of food each year as it fulfills its mission of inspiring and empowering communities to come together to end hunger. Established in 2007, Meals of Hope is a 501(c)3 tax exempt nonprofit organization.

The Community Foundation of Collier County is located at 1110 Pine Ridge Road, Suite 200, in Naples. To learn more, visit [www.mealsofhope.org](http://www.mealsofhope.org) or call 537-7775.✪

## College Fair This Tuesday At FSW

High school students interested in furthering their education after graduation can meet representatives from more than 100 colleges, universities and technical schools at the 2019 College Night at Suncoast Credit Union Arena at Florida SouthWestern State College on Tuesday, September 17 from 6 to 8 p.m.

The School District of Lee County event is designed to give 11th and 12th grade students the chance to meet with a large number of schools at one time and determine which may meet their needs and interests. Come prepared with questions and leave with information to help make the choice that is best for you.

Suncoast Credit Union will help defer the cost of the event with a generous grant.

Attendees should note that Suncoast Credit Union Arena has a strict clear bag policy, and security will conduct bag checks at the door. Outside food and drink are prohibited in the arena.✪

## Library Slated For Multi-Day Closure

The East County Regional Library in Lehigh Acres will be closed from Monday, September 16 through Friday, September 20 for new carpet installation.

The library will reopen at 9 a.m. Saturday, September 21. Due dates for library materials have been adjusted.

The Lee County Library's online resources are always available 24 hours a day and seven days a week at [www.leegov.com/library](http://www.leegov.com/library).✪

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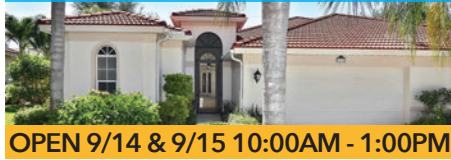
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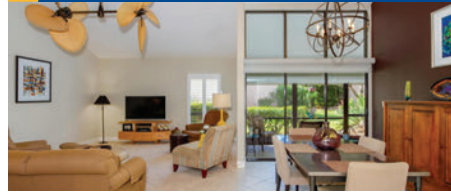
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## Fort Myers Art:

# Partnership To Bring Fringe To Fort Myers



by Tom Hall

In partnership with the Broadway Palm Dinner Theatre, the Alliance for the Arts will present the first ever Fringe Fort Myers Festival from April 22 to 26, 2020. Festival tickets go on sale

January 2020.

What's Fringe?

Well, it all started in 1947 in Edinburgh, Scotland as an alternative festival that played concurrently with the Edinburgh International Festival (EIF). Though not invited to participate, groups of actors, musicians and the like performed at various venues on the fringe of the EIF. In 1948, local journalist Robert Kemp gave it the name Fringe: "Round the fringe of official Festival drama, there seems to be more private enterprise than before..."

And thusly, Fringe was born.

Today, Fringe performing arts festivals can now be found all over the world, with dozens thriving in the United States including Tampa Fringe, Orlando International Fringe, Atlanta Fringe Festival, Capital Fringe, Minnesota Fringe



Fringe festivals began in Edinburgh, Scotland in 1947 and continue to this day

photo courtesy www.artswfl.com

Festival, PortFringe, Hollywood Fringe and the San Diego Fringe Festival.

The newest Fringe theatre festival in the United States, Fringe Fort Myers will maintain long-standing Fringe traditions of being 100 percent uncensored, 100 percent unjuried and 100 percent inclusive. Even better, 100 percent of ticket sales go directly to the artists.

Fringe Fort Myers kicks off on April 22 with the fun and frenetic Teaser Show. The Teaser Show is a great opportunity for audiences to learn what the shows in the festival are about. Each performance group gets two minutes to sell their show to the audience. How they do it is up to

them – as long as they don't go over two minutes.

Over the next four days, Fringe will play host to 48 performances on four different stages at the Alliance for the Arts and Broadway Palm Dinner Theatre. After the final curtain, Fringe Fort Myers will host its first Fringe awards ceremony celebrating the artists that made Fringe an incredible experience.

Florida Rep Education will also offer Kids Fringe, which will operate a family-friendly festival within Fringe Fort Myers.

"Fringe offers an incredible diversity of high quality work with the goal of being as affordable and accessible as possible to all members of the community," said Bill Taylor, the producing artistic director of Theatre Conspiracy at the Alliance. "This event will enhance our area both culturally and economically."

Artist applications are now open at [www.artinlee.org/fringe](http://www.artinlee.org/fringe). Applications must be submitted no later than Thursday, November 15 at 5 p.m.

Sponsorship opportunities are available at [www.artinlee.org/fringe](http://www.artinlee.org/fringe) or by contacting Jessica Wisdom at [Jessica@artinlee.org](mailto:Jessica@artinlee.org)

From page 2

## Historic Downtown

wholesale and retail druggists. Winkler was not a sole owner and did not run the business, although he was vice-president of the company.

The business retained the trusted Winkler name.

A few years later, JF Pixton, the company's secretary, treasurer and manager, along with Martin E. Shultz, were running Pixton-Shultz Drug Store in the same location, where it remained well into the 1920s.

It was one of the town's best stocked drug stores and boasted "the largest soda fountain in town."

Another of Winkler's notable roles was that of father to Effie Winkler McAdow, who came to town in 1900, a 20-year-old classically trained singer and musician who shaped the town's cultural and social life.

Walk down to the Bradford Block and imagine a drug store selling everything from Welch's Grape Juice and powder puffs to mouth organs and embroidery scissors.

[artinlee.org](http://artinlee.org).

For more information, call 939-2787 or visit [www.ArtInLee.org](http://www.ArtInLee.org).

## Open Auditions For *She Loves Me* Holiday Show Saturday

The Naples Players (TNP) is holding open auditions for *She Loves Me* from noon to 4 p.m. on Saturday, September 14 at The Naples Players Sudden Community Theatre at 701 5th Avenue South in Naples.

*She Loves Me* is the perfect holiday musical. Based on the same storyline as the blockbuster hit film *You've Got Mail*, this story follows two feuding clerks in a European parfumerie during the 1930s. They secretly find solace in their anonymous romantic pen pals, little knowing that their respective correspondents are each other.

The Naples Players is casting two women (ages 20s to 30s), two men (ages 25 to 30), one male (age 45 to 55), one male (age 55 to 65), and one boy (age 14 to 17) as well as the ensemble with additional dancing and non-speaking featured roles available.

Audition sides are made available two weeks before the auditions. The Naples Players auditions are open to all interested persons and walk-ins are welcome. All that is required is the desire to be involved in a production and the willingness to commit your time and effort to the project.

*She Loves Me* rehearsals begin on Monday, September 29 at 7 p.m. Rehearsals are typically five nights a week for five weeks before production.

Performances run Wednesdays through Sundays, November 26 through December 22 in Blackburn Hall.

There is no performance on Thanksgiving with a make-up performance on Tuesday, December 10. There is a special sensory-friendly performance on Tuesday, December 17.

*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.✴*

Then visit the following research centers to learn more about the "other professions" of physicians in historic Fort Myers.

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*, [www.candidslce.com](http://www.candidslce.com), and [www.welchsjuice.co.uk/history](http://www.welchsjuice.co.uk/history) ✴

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A rendering of the yet-unnamed school in Gateway community

photo provided

## Naming Opportunity For New High School

It's time for East Zone High School MMM in the Gateway community to receive a permanent name, and the School District of Lee County wants to hear your suggestions. The deadline for submission is Sunday, September 15.

In general, the school board is looking for names that refer to at least one of the following:

The history, culture and people of

Florida and especially of Southwest Florida;

The natural environment and native plants and animals of Florida and especially of Southwest Florida;

Notable events or achievements that are associated with Florida and especially with Southwest Florida;

The neighborhood, community, or physical location of the school;

Founders, leaders, heroes, symbols and fundamental principles of our nation.

Anyone with an idea is asked to submit it through a short survey that can be found at [www.leeschools.net/mmm](http://www.leeschools.net/mmm).✪

## Threat Prevention And Response For Parents

The School District of Lee County and the Lee County Sheriff's Office are joining forces for a special free seminar titled Active Threat: Prevention and Response for Parents at the Barbara B. Mann Performing Arts Hall on Saturday, September 21 from 10 a.m. to 12:30 p.m. Doors will open at 9 a.m. Metal detecting wands will be used at the entrance. Any bag (handbag, purse, diaper bag, backpack or laptop bag) larger than 12 inches by 12 inches by six inches will not be allowed inside of the building. At the security checkpoints, any patron with a bag larger than that size will be asked to return it to their vehicle. In addition, all bags of any kind are subject to visual inspection.

Parents interested in learning how to prevent the next threat, what will happen during a threat and how the district and sheriff's office will respond are encouraged to attend.

"Mass casualty shootings and targeted violence incidents are highly preventable," said Rick Parfitt, director of safety and security at the School District of Lee County. "This training will help parents and others to

recognize and identify those persons who pose a risk to the safety of our schools and communities."

This three-segment seminar is designed to teach parents about:

The signs, signals and symptoms for a potential threat and how parents can utilize the threat assessment process to help ensure their child's safety and well-being;

State mandated changes for active shooter training in schools and what types of exercises students and staff are being exposed to; and

A panel discussion to address often asked questions pertaining to active threats in schools.

"The safety and security of our students and schools is my number one priority," said Sheriff Carmine Marceno. "We need the community's help in preventing an active threat situation. This seminar will teach you the warning signs and symptoms, so you can see it, say it and make the call."

Reservations are required. Parents interested in attending can register at [www.eventbrite.com/e/active-threats-prevention-and-response-for-parents-tickets-70648374189?aff=ebdssbdests](http://www.eventbrite.com/e/active-threats-prevention-and-response-for-parents-tickets-70648374189?aff=ebdssbdests) each.

Only uniformed officers are allowed to carry handguns for this event. Off duty and retired officers are not allowed to carry.

The Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers.✪



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## Along The River

In celebration of National Drive Electric Week, **Edison and Ford Winter Estates** is hosting a **free electric car show** this 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 estates 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 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.

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

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. Visit [www.edisonford.org](http://www.edisonford.org) for more information.



One of the Ford vehicles inside the Edison and Ford Winter Estates museum

photo courtesy [www.edisonfordwinterestates.org](http://www.edisonfordwinterestates.org)

The 2019 **Shop Hop** is returning to the **Gardner's Park District** with more participating shops, giveaways and surprises this 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.

The 2019 Shop Hop venues in the Gardners Park District of Fort Myers are Shoppe Around the Corner, Sophisticated Seconds, Remedies Parlor, DAAS Co-op Art Gallery & Gifts, 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).

The Rotary Club of Fort Myers South will honor Lee County Law Enforcement heroes this Saturday, September 14

at **Hertz Arena**. The 2019 **Law and Order Ball** features cocktails, hors d'oeuvres, formal dinner, silent and live auctions, and entertainment.

Tickets for the black-tie optional gala and may be purchased at [www.lawandorderball.org](http://www.lawandorderball.org) or by calling 277-6295. Individual tickets are \$175 and a table for 10 is \$1,750. Those unable to attend can still participate by sponsoring an officer to attend the event, donating items for the silent and live action or "Packing a Paddy Wagon."

The Law and Order Ball also recognizes Lee County law enforcement agencies: Cape Coral Police Department, Florida Gulf Coast University Police Department, Florida SouthWestern State College Police Department, Fort Myers Police Department, Lee County Port Authority Police, Lee County Sheriff's Office and Sanibel Police Department. One hero from among all participating agencies will be recognized during a presentation of the prestigious Officer of the Year award.

For more information or to make a contribution, visit [www.lawandorderball.org](http://www.lawandorderball.org) or contact Allie Andrews at [allie@gsma.pro](mailto:allie@gsma.pro). For all other inquiries, call 277-6295.

The 17th annual **Fort Myers Beach Tapa Hop** social event will ride this Thursday, September 19. Registration will begin at 3 p.m. at Fish-Tale Waterfront Dining. Trolleys will depart from **Santini Marina Plaza** located at 7205 Estero Boulevard taking "Hoppers" to seven local restaurants featuring appetizers, cash bars, raffle prizes and a grand prize.

Trolley captains will decorate their trolleys according to this year's theme, classic television shows. Raffle drawings will take place throughout the evening with a grand prize awarded after everyone meets back up at South Beach Grille.

This year's participating restaurants are Fish-Tale Waterfront Dining, Pete's Time Out, The Salty Crab Bar & Grill, Junkanoo on the Beach, Doc Ford's, Bayfront Bistro and South Beach Grille.

Cost for this annual party excursion is \$40. Limited tickets are open to the public. Call the Chamber office at 454-7500 or visit [www.fortmyersbeach.org/events](http://www.fortmyersbeach.org/events) to reserve your spot.\*

Panelists include: The Honorable Judge Archie Hayward; The Honorable Judge Devin George; Kathi Calvo, esq., attorney at law; Shaina Zuppe, esq., attorney at law; and Keith Grossman, esq., attorney at law.

The event is sponsored also by community partners: the Mayor's Diversity & Inclusion Advisory Committee, Vision 2020, Progressive Women of Southwest Florida, the Junior League of Fort Myers, League of Women Voters of Sanibel and Hodges University.

Admission is free, but registration is required. Visit [www.eventbrite.com/e/we-the-people-celebrating-constitution-day-tickets-68920165069](http://www.eventbrite.com/e/we-the-people-celebrating-constitution-day-tickets-68920165069) to register. Students and families are welcome.

Hodges University is located at 4501 Colonial Boulevard in Fort Myers. For more information, call 278-1032 or email [fmacdst@gmail.com](mailto:fmacdst@gmail.com).\*



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## Constitution Day Features Experts On Voting Issues

The Fort Myers Alumnae Chapter of Delta Sigma Theta, Inc. and the League of Women Voters of Lee County will hold We the People, Celebrating Constitution Day at Hodges University on Tuesday, September 17 from 5:30 to 7:30 p.m.

The celebration kicks off a year-long celebration of the 100th anniversary of the 19th Amendment and the successful fight for women's suffrage. Constitution Day will feature a panel of legal professionals discussing contemporary issues and the Constitution including: voting rights; diversity, equity and inclusion; and census.

## Golf Scramble Raises Funds For Honor Flight

The second annual Tee Off for Take Off golf tournament at Coral Oaks Golf Course in Cape Coral was deemed a success by host Brian Rist, Storm Smart's executive chairman. The benefit golf scramble by Southwest Florida storm protection manufacturer for Collier-Lee Honor Flight featured 18 holes of golf, breakfast, lunch, silent auctions and raffles, and matched its inaugural fundraising amount of \$80,000.

This year's event involved over 125 golfers, up from 72 golfers last year.

"The way the community has come together to support this event and the cause it represents has been amazing," said Rist.

Tee Off for Take Off is a nonprofit organization that transports local veterans to Washington, DC to visit those memorials dedicated to honor their service and sacrifices. Since its establishment in 2013, Collier-Lee Honor Flight has flown hundreds of veterans on nearly 20 different occasions.

"It is an amazing organization, and one of the few, where all the money raised goes back into the organization," explained Rist.

Storm Smart became involved with the organization three years ago. Since that time, raising money for Collier-Lee



Brian Rist, far left, was involved in presenting Collier-Lee Honor Flight with a check for \$80,000

photo provided

Honor Flight has become a personal mission for Rist.

"I went on one of the flights. I can honestly say it was one of the most emotional days of my life. It left me wanting to do more."

Rist and Storm Smart created the golf event in 2018 and raising

\$80,000. The company presented the organization with another \$80,000 check at the conclusion of the event.

"Nothing feels better than being able to give these true American heroes a check large enough to make an impact," said Rist. "We vowed last year that we were going to keep

the momentum going, and we have been able to do just that. It is a great feeling. So far, we have been able to raise nearly \$200,000 for them. Next year, our goal is to make this event even bigger and better. We want to continue to grow and make it an annual tradition."✪

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## Donations Sought For Bahamas

Southwest Florida businessman Brent Stokes, owner of Stokes Marine in Fort Myers, is organizing a relief effort to send supplies to the Bahamas, which sustained devastating damage during Hurricane Dorian. Most needed are items including tents and tarps, generators, chainsaws and other tools and equipment required to help clear debris and breakdown drywall to prevent mold in homes. First aid kits and medical supplies are also a top priority. “You probably stocked up on many of these needed items last week in preparation of Hurricane Dorian,” said Stokes. “We are lucky to have been spared. Please consider donating

your supplies to our neighbors in the Bahamas.” Additional items include water, canned goods, can openers, toilet paper, paper towels, feminine hygiene products, diapers, baby formula, mosquito spray, sunscreen, soap, toothbrushes and toothpaste, flashlights and batteries. Donation drop-off locations: Stokes Marine, 15955 Pine Ridge Road, Fort Myers Stilwell Enterprises & Restaurant Group, 16876 McGregor Boulevard, Fort Myers Norman Love Confections, 11380 Lindbergh Boulevard, Fort Myers All Out Bail Bonds, 2220 Dr. Martin Luther King Jr. Boulevard, Fort Myers Venue Naples, 13240 Tamiami Trail North, Suite 205, Naples To make a monetary donation, visit [www.gofundme.com /f/bahamas-dorian-relief](http://www.gofundme.com/f/bahamas-dorian-relief). ✨

image provided

## 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.fpcfmyers.org](http://www.fpcfmyers.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., [## Afternoon Dessert And Program For Trailways Camp](http://www.lambofgod</a></p></div><div data-bbox=)

The Village Church, Women’s Connection at Shell Point has chosen The Robert V. & Benjamin G. Miller/Trailways Camp to be the recipient of its annual Christmas fundraiser. The event will take place at the Village Church on Wednesday, December 11 at 2 p.m. Tickets are \$10 and must be purchased in advance. They will be available in October and November. All proceeds will be donated back on the day of the event to the Robert V. & Benjamin G. Miller Fund for Trailways Camp scholarships. Trailways Camp is an overnight camping experience for adults with disabilities in Southwest Florida. Camp founders and Shell Point residents Sharon and Jerry Miller will lead the hour-long program by narrating their story. Community partners will be introduced, and videos from camp will be shown. Several campers will be singing as part of the program. Dessert and refreshments will be provided. A resource table with information about the camps, an opportunity to talk with the Trailways team, and an opportunity to sign up for various volunteer activities will be available. Trailways campers take part in activities such as fishing, canoeing, arts

and crafts, swimming, campfires and nature walks. The camp also provides respite for caregivers and an opportunity for campers to develop social connections and recreational skills. Last year, there were three camping events with 60 participants. To RSVP, contact the Millers at [rv.bg.millerlegacy@gmail.com](mailto:rv.bg.millerlegacy@gmail.com) or call 512-784-3879. The Village Church is located at 15101 Shell Point Boulevard in Fort Myers. For more information about The Robert V. & Benjamin G. Miller Fund/Trailways Camp, visit [www.trailwayscamps.org](http://www.trailwayscamps.org). ✨

## Calling All Carpenters

Do you have carpentry or building skills? Did you have a workshop up north and are now in a condo, longing to get creative with wood? Every month, the Laboratory Theater of Florida designs and builds a new setting for its stage. Sometimes it’s a New York City apartment, sometimes it’s the interior of a barn, or sometimes it’s a fancy bedroom. Theater officials are looking for people with wood skills to join their fun-loving and talented team and do a great service for the arts community. Call 218-0481 to volunteer. Hours are flexible, but usually Wednesdays through Sundays from 8 a.m. to 4 p.m. Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers. ✨

[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](https://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,

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.  
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## CROW Case Of The Week:

## Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is a small owl with long legs, short tail and a rounded head that does not include ear tufts. Unlike most other owls, which are more inclined to

live in trees, burrowing owls spend most of their time on the ground or on lower perches. They are so named because they live underground in burrows that they have either dug themselves or taken over from a tortoise or other keystone species.

Burrowing owls also hunt close to the ground, catching insects and small animals. They do this activity during the day when they are most active, another trait that is unlike other owl species.

Burrowing owls in Florida tend to be smaller than those residing in the western part of the country. Both male and female are roughly the same size, another difference from other owl species where the female is larger than the male.

At CROW, an adult burrowing owl was found in Cape Coral after being hit by a car. The wounds suffered from the incident appeared as abrasions across the body, including the eyelid, as well as infections at the sites of the wounds.



Patient #19-3333 required a toe amputation and suffered abnormalities in other digits that were needed to survive in the wild. Thus, it was humanely euthanized.

photo by Brian Bohlman

There was also string embedded in the right foot of the bird that caused constriction injuries. Upon intake, the wounds were cleaned, and a boot was placed on the foot of the bird. The patient required the use of different foot bandage techniques to best fit the chronic wound, which eventually required amputation of the affected toe.

"The bandage was placed to keep the digits in normal position and protect them from further trauma or contamination since the owl was not able to use this foot normally. It was the

same foot as the affected toe that was ultimately amputated," said Dr. Robin Bast, CROW's staff veterinarian.

CROW medical staff settled on a particular foot bandage that also served as protection.

"We placed a ball bandage, which essentially looks like the bird is holding gauze in its foot, and then it is wrapped to keep the digits in normal position," said Dr. Bast. "When there is nerve damage, the digits may end up in abnormal positions and can result in the bird inadvertently taloning or poking

itself with its own foot."

Overall, toe amputations may or may not restrict the patient's movement.

"It depends on the toe and the species," said Dr. Bast. "For this owl, the fourth digit is not necessary for hunting so it was okay to remove. They need the hallux – or thumb – to survive though, and the hallux in this bird was not working normally due to nerve and tendon damage."

While the abrasions healed normally without complications, the affected foot appeared to be too much for the patient's fate.

"Unfortunately, the severity of the constriction wounds resulted in abnormalities in other digits in the affected foot that would have necessitated amputating at least one more digit. This results in the bird placing an uneven distribution of weight to compensate, and it would end up developing abnormal pressure lesions on the other foot – pododermatitis," said Dr. Bast. "For this reason, further amputations were not possible, and this owl would not have been able to survive in the wild. Due to these quality of life concerns, medical staff made the decision to humanely euthanize this owl."

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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# September Fishing Is As Good As It Gets



by Capt. Matt Mitchell

After what was almost a full week of not getting out on the water due to Hurricane Dorian effects, winds finally laid down and it was go time. With all the reports of red

drift algae on the beaches, I expected to find a mess out there. The bay remained clean and loaded with birds, bait and fish. Snook, redfish, trout and mangrove snapper kept the rods bent during the few charters I did take this week. Most days, there were very few boats out and almost zero angler pressure, which is normal for this time of year.

As we move into mid-September, business has slowed and it's the time of year most of us local fishing guides get to enjoy some time on the water along with taking our annual vacations. Being able to get out and go fish without clients on board is something I still cherish. September offers some of our best fishing all year with what can be endless options. Most weeks, from now through October, we generally do work, though its just a handful of trips. When I get a couple of days without a trip, after being on the water 300-plus days a year, I start to

twitch and get stir crazy. During these next few months, I get to explore and do what I like to call research – looking for new places to fish. When fishing without a client on board, it's very different as there is no pressure to catch fish. My favorite fish to target for the next few months is tarpon, which are now just starting to show up off of our beaches mixed in with huge bait schools. These tarpon feed much better than the ones we all make a living fishing for in the spring. Where and when they decide to show up is not quite as predictable as in the spring, though once located I often stay on them for weeks as long as the weathers stays consistent. You will generally have them all to yourself for a few hours first thing in a morning. This is as good as our tarpon fishing gets.

The redfish bite has also been strong with lots of mid-to-over slot-sized fish being caught close to home. Getting out on the right tide phase has been the key to catching these fish. This redfish bite will only get better through October with big schools starting to pop up around the passes and out on the flats. When looking for food fish, our mangrove snapper bite has been on fire out on the flats with limits coming in and around the bait schools. Catch-and-release snook fishing has started to move from the beaches and passes to the transition areas these fish use as they work their way back into the sound.

Whenever anyone asks what's your favorite month to fish, my answer never changes: September.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives



Mary Laser with a fun-day redfish in St. James City and works as a back country fishing guide. If you

photo provided

have comments or questions, email [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com).✱

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Dave Doane

## Plant Smart

# Vine's Double Personality

by Gerri Reaves

How to reconcile this vine's unflattering common names, such as devil's gut (*Cassytha filiformis*) and woe vine, with its pretty nicknames, love vine and princess hair?

The fact that it's parasitic doesn't help – the Greek word *Cassytha* means parasitic plant. Talk about negative connotations.

Devil's gut attaches with root-like appendages called haustoria that burrow in and draw nutrients from the host plant.

However, the vine can manufacture its own chlorophyll and rarely kills the host.

On the positive side, it has many traditional medicinal uses, from decongestant to a treatment for gonorrhea, kidney conditions and even cancer.

In addition, scientific studies on its components and properties continue and show great promise.

And, it is reputed to be edible and can be cooked as a vegetable.

This isn't a species usually recommended for the landscape or found in native plant nurseries, but it can be a point of curiosity in the yard. Just don't let it get out of control.

This Florida native is a member of the laurel family, as are cinnamon and



**Native devil gut's tenacious twining stems enable it to climb and cover other plants**

photos by Gerri Reaves

sassafras, thus another name, dodder laurel.

In the wild, it grows in coastal areas, pinelands, scrubs, hammocks and woodland edges in the lower two-thirds of the state.

The term *filiformis* means threadlike and refers to the twining stems, which vary from pale green to yellow-green or orange.

Left to twine and spread, it can cover nearby plants with tangled mats and even



**A mat of parasitic devil's gut reduces this palm's access to sunlight**

climb into tree canopies. Stems can be as long as 20 feet.

Take care that it doesn't block sunlight to the detriment of its neighbors. Live oaks are one of the vine's favorite hosts.

If you can get it to grow in the right place, say as a fence cover, it can serve as cover for birds.

The alternate scale-like leaves are miniscule – only about a millimeter long.

Spikes of bisexual cup-shaped flowers appear throughout the year, mainly in spring and summer. The tiny flowers lack petals, but have six sepals.

The white round fruit is only a fourth of an inch or less in diameter.

There's a lot to be said for and against devil's gut, but one thing is certain: it's a fascinating plant.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wildflowers in Their Natural Communities* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., [www.efloras.org](http://www.efloras.org), and [www.wildsouthflorida.com](http://www.wildsouthflorida.com).

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

## Bay Scallop Seasons End In September

Bay scallop seasons for 2019 are coming to an end this month, according to the Florida Fish and Wildlife Conservation Commission (FWC).

Dixie County and a portion of Taylor County, which includes Dekle Beach, Keaton Beach and Steinhatchee, closed on September 11. Gulf County will close on September 16. Franklin County through northwest Taylor County and Levy County through Hernando counties, which includes Carrabelle, Lanark, St. Marks, Cedar Key, Crystal River and Homosassa, will close

September 25.

For information on bay scallop regulations, including information on future season dates, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Bay Scallops."

If you would like to help FWC's scallop researchers, complete an online survey at [www.surveymonkey.com/r/bayscallops](http://www.surveymonkey.com/r/bayscallops). You will be asked a series of simple questions about where you harvested scallops, how many you collected and how long it took to harvest them. Participants can email [bayscallops@myfwc.com](mailto:bayscallops@myfwc.com) to ask questions or send additional information.

To learn more about long-term abundance trends in the open and closed scalloping areas by visiting [www.myfwc.com/research](http://www.myfwc.com/research), click on "Saltwater," "Bay Scallops" and "Bay Scallop Season and Abundance Survey."\*

## Evening Bird Walk At Bunche Beach

Experience the beautiful birds of Bunche Beach with a bird patrol guide on Thursday, September 12 at 5:30 p.m.

Provided in cooperation with Lee County Parks and Recreation, the beachfront walk is free with paid parking of \$2 per hour (tour is approximately two hours). Participants meet on the beach located in South

Fort Myers, off Summerlin Road. Drive south on John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org).\*



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Doc Ford's Rum Bar & Grille is once again sponsoring "Ding" Darling Day at the Roseate Spoonbill level photos provided

## Family Fun Starts Early At 'Ding' Darling Day

As the 75th anniversary celebration at JN "Ding" Darling National Wildlife Refuge on Sanibel kicks in, staff has planned a "Ding" Darling Day for Sunday, October 20, that will concentrate all the best traditions of the eco-festival into one day of family and conservation art activities, tours and programs.

The schedule will include a number of

new free features for 2019's 31st annual event:

The day starts early this year with hourly birding, hiking and biking tours from 8 to 11 a.m.

A Spanish-speaking guide will lead the 10 a.m. Nature Hike on Indigo Trail.

In addition to live wildlife presentations under the main tent, the refuge has invited Burmese python hunting and science experts to talk about the havoc the species is wreaking on the Everglades. (There will be no live snakes at this presentation in the Visitor & Education Center Auditorium.)

Tarpon Bay Explorers, the refuge's recreation concession, will be conducting

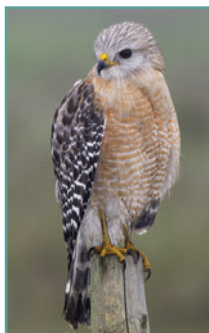
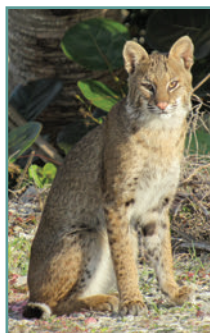
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Tarpon Bay Explorers will offer free morning stand up paddleboarding clinics and discounted tours throughout the day

free stand up paddleboarding clinics from 9 a.m. to noon at Tarpon Bay Recreation Area.

Touch tank presentations at Tarpon Bay Explorers are back. Because of on-site construction the past two years, this popular activity had been curtailed.

Programs previously held on Saturday Conservation Art Day will be folded into Sunday's calendar. This year's Federal and State Duck Stamp winners will be presenting that day and signing duck stamps.

New interactive programs include wildlife origami, chalk drawing, canvas painting, nature sketching and an iPhone photography walk.

Refuge officials estimate the value of free activities on "Ding" Day at \$75 for a family of four.

Tarpon Bay Explorers will offer all-day discounts on kayak tours and boating excursions throughout the day. Reservations for tours are recommended. For a full calendar of the day's activities, visit [www.dingdarlingdays.com](http://www.dingdarlingdays.com) or call 472-1100.

"Ding" Darling Day celebrates the birthday of the refuge's namesake, father of the Federal Duck Stamp program and Pulitzer Prize-winning political cartoonist, Jay N. "Ding" Darling.

The U.S. Fish & Wildlife Service,

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), and Tarpon Bay Explorers co-sponsor "Ding" Darling Day with support from the local community and businesses.

Sponsors for the 2019 event include: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: Mitchell's Sand Castles, Feather Jim and Patty Sprinkle; Great Blue Heron Sponsors: Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands, Casa Ybel Resort, The Cedar Chest Fine Jewelry, *Island Sun/The River Weekly News*, Just Water, Matzaluna The Italian Kitchen, Rotary Club of Sanibel-Captiva, Sanibel Captiva Community Bank, Sanibel-Captiva Kiwanis Club, Sanibel Moorings, *Sunny Day Guide*; Reddish Egret Sponsors: Sarah Ashton - Realtor, RE/MAX of the Islands, The Gresham Family, Island Inn, Jensen's on the Gulf and Marina & Cottages, Tiffani Kaliko and John Silvia, Dick and Emily Muench, Palm Printing, Stewart & Sons Insurance; Snowy Egret Sponsors: Ambu Yoga, Big Red Q Quickprint, Coastal & Heartland National Estuary Partnership, John Brennan, Colony Inn, Kevin and Diane Husk, Island Therapy Center, Panther Printing, *Santiva Chronicle*, George and Wendy Schnapp, Winston and Gretchen Spurgeon, Nancy Tome.\*

From page 1

## Peace Day

organizations will be on hand with volunteer opportunities and information on how to get involved. Community leaders, spiritual leaders and the community can take part in a Peace Talks circle, dedicated to bridging the gaps and creating peaceful change in the community. A mobile mural with the 12th annual Peace Day theme will be moving around the grounds all day, ready for you to add your fingerprint. There will also be a 3D sidewalk chalk art exhibition with public participation.

There will be food vendors on site offering vegan, vegetarian and omnivore options. The event is plastic-free this year, in support of worldwide efforts to reduce and eliminate the staggering overload of plastic in landfills and waterways. Visitors are encouraged to bring reusable cups and carpool to lessen the carbon footprint.

Alliance for the Arts will be open to provide a space to cool off as you explore the art gallery inside.

There will be a raffle including original art, vendor products and services. Bring your canned or packaged food for local food bank donations and remember furry friends for donations to local pet shelters. The Big Red Bus will be on hand all day for blood donations.

The celebration is a community grassroots project made possible with support of businesses like SoulTerra, Iona Cannabis Clinic, Grand Illusion, Zak's Jewelry, Art & Soul Tattoo, Yoga Bird, Natural Awakenings, Feng Shui by Nan, The Mystical Moon, CREW Solar, Bath Fitter, SouthStar Creative, Alliance for the Arts and CasaShanti.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, contact Zachari VanDyne at 560-5224 or [swf4peace@gmail.com](mailto:swf4peace@gmail.com).\*

## Book Review

*Mrs. Everything*

by Di Saggau



**M***rs. Everything* by Jennifer Weiner, is a story about two women born into a loving Jewish family in the 1940s. It's told through their voices with alternating chapters

from 1950 to 2016. Jo and Bethie do not have much in common. Jo is a tomboy and Bethie is the "pretty one" who loves to dress up. Their mother Sarah favors Bethie much to Jo's disappointment. She wonders if there is something wrong with her. Her father Ken always speaks up for her, but not her mother.

While both girls are teenagers, Ken dies and it throws the family into chaos, especially financially. Sarah gets a job, as do both girls. Jo becomes a camp counselor and falls in love with her best friend Lynnette. Bethie works for her aunt doing housework and tries to stay away from the clammy hands of her creepy Uncle Mel. The book covers the cultural changes of the 1960s and '70s, gay rights, civil rights, the antiwar movement, the women's movement, Woodstock and more.

Early on, Bethie is the pretty, feminine good girl, and Jo the tomboy who wants to make the world a better place. Their roles eventually switch and both look different from what we originally imagined. Bethie becomes an adventure-loving wild child who dives

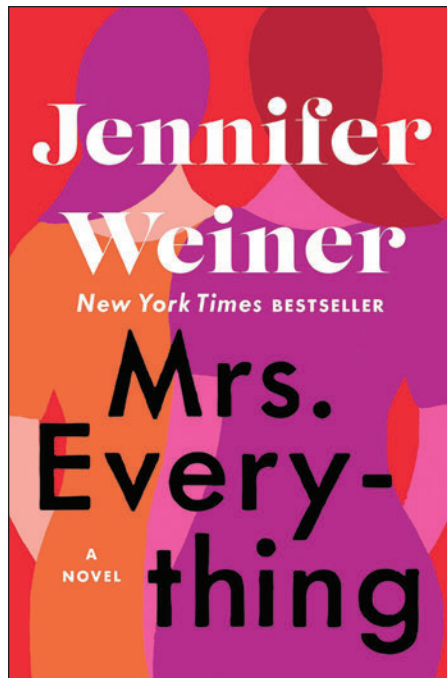


image provided

headlong into the counter-culture, and Jo becomes a proper young mother in Connecticut, a witness to the changing world instead of a participant. Neither woman inhabits the world she dreams of, nor has a life that brings her joy.

By the end of the book, Jo and Bethie have made peace with their lives. The story ends with Hillary Clinton losing her bid for the presidency, and the #MeToo movement reveals the barriers that still hold women back. In short, the book shows how women's roles have changed, and stayed the same, over the last 70 years.

*Mrs. Everything* offers answers to the question: How should a woman be in the world? It's an interesting read.✱

anxiety and significant stress during or immediately after a hurricane. As a result, children may re-experience similar stress reactions when subsequent severe weather events occur.

**Earthquakes:** Aftershocks differentiate earthquakes from other natural disasters. Since there is no clearly defined endpoint, the disruptions caused by continued tremors may increase psychological distress. In addition, earthquakes occur with virtually no warning, which limits individuals' ability to make the psychological adjustments that can facilitate coping and can create a sense of helplessness. Aftershocks and destruction may result in a longer period of time until children truly feel safe.

**Tornadoes:** Like earthquakes, individuals typically have little time to prepare for tornadoes. It can be difficult to cope with the sights and smells of destruction following a tornado. Survivor guilt has been observed to be an especially common coping challenge. For instance, some children may express guilt that they still have a house to live in while their friend next door does not.

**Floods:** Flash floods are the most dangerous of these common disasters, as they occur without warning and move at intense speeds. Most floods do not recede overnight, and residents may have to wait days or weeks before they can begin cleanup efforts, resulting in a delay in emotional recovery.

**Wildfires:** Often, there is some warning of an advancing wildfire. However, depending upon the wind and terrain, the direction and spread

of a wildfire can change abruptly. Depending upon the need to evacuate, and the extent of the damage, children and families may be displaced and consequently may struggle to recover.

Recovery takes time. Survivors may have to deal with the disaster aftermath for months or even years. Advance preparation and coordination with supporting agencies will facilitate problem solving and support family coping. Changes brought about by disaster experiences create a "new normal" for survivors.

Helpful strategies for adults to use following a natural disaster are as follows: Remain calm and reassuring.

Acknowledge and normalize their feelings.

Encourage children to talk about disaster-related events.

Promote positive coping and problem-solving skills.

Emphasize children's resiliency.

Strengthen children's friendship and peer support.

Take care of your own needs and avoid using drugs or alcohol to feel better.

Shelley Greggs 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.✱

## School Smart

by Shelley M. Greggs, NCSP



**Dear Readers,** In light of our recent violent weather situation and its impact on children, I'm sharing a fact sheet from the National Association of

School Psychologists to help you help your children with their distress from hearing about or experiencing a natural disaster.

Experiencing a dangerous or violent flood, storm, or hurricane can be especially traumatic for children and youth, and the devastation to the familiar environment can be long-lasting and distressing. Children look to the significant adults in their lives for guidance on how to manage their reactions after the immediate threat is over. Parents, teachers and other caregivers can help children and youth cope in the aftermath of a natural disaster by remaining calm and reassuring children that they will be all right.

There are a number of common

reactions following a natural disaster; however, children's reactions may differ according to age and developmental level.

**Preschool –** Regressive behaviors, decreased verbalization, increased anxiety.

**Elementary –** Poor attention/concentration, school avoidance, irritability, clinginess, aggression, somatic complaints, nightmares, social withdrawal.

**Middle and High School –** Sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior and poor concentration.

Several risk factors may impact the severity of a child's reactions. These include exposure to the actual event, personal injury or loss of a loved one, level of parental support, dislocation from their home or community, the level of physical destruction, and pre-existing risks, such as a previous traumatic experience or mental illness. Issues associated with specific disasters are listed below.

**Hurricanes:** Usually hurricanes are predicted in advance, giving communities time to prepare and families time to gather supplies and evacuate if needed. But there is still potential for fear and anxiety about the potential impact from the fierce winds and rain. Children may exhibit exaggerated startle responses,

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# The Often Misunderstood Nuptial Agreement



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

James and Roberta recently married, the second time for each. James has three adult children from his previous marriage, and Roberta has two adult children from hers. When they arrived at my office to discuss updating their estate plans, James and Roberta verbalized some very specific and defined goals.

"We keep our finances separate," Roberta told me, "and we want to keep it that way. So no matter who dies first, then that person's estate will immediately go to his or her children."

It was apparent from their financial statements that they didn't need each other's money to survive during retirement.

"So what you want," I asked, "is to keep your estates forever separate – what is James's will one day go to James's three children and what is Roberta's will one day go to Roberta's two children?"

"Exactly!" they both affirmed.

"Do you have a nuptial agreement that affirms this understanding?" I asked.

"No we don't, nor do we want one," James replied. "We trust one another and didn't want to throw water on our relationship by engaging lawyers to argue over a document that contemplates divorce."

"I understand those feelings," I began. "But you need to know that a nuptial agreement doesn't necessarily need to address divorce issues. A nuptial agreement, however, might also be crucial to protect your estate planning intent and to make sure that what you want to have happen in your estate actually happens."

"What do you mean?" Roberta asked.

"As married persons, when one of you dies, the other has certain rights conferred by the law in the other's assets. If, for example, you haven't updated your estate plan between the time of your marriage and the time of your death, then the surviving spouse is entitled to an 'intestate share' of your estate. In other words, there is a presumption that the decedent spouse would have left the surviving spouse a portion of his or her estate equal to what he or she would have received had the spouse died without a will. This may occur even if that presumption is untrue and can be rebutted by testimony. Under Florida law, that would mean that the survivor of you would be entitled to fifty percent of the deceased spouse's estate, even if the will doesn't provide

the surviving spouse anything."

"What happens if your plan has been updated? We are working now to update our estate plans, so we each plan to sign a new will which is obviously after our marriage," James asked.

"Just because you have updated your estate plan doesn't end it. The surviving spouse still has an 'elective share' available which would roughly give him or her thirty percent of the deceased spouse's estate, even if the surviving spouse is excluded in the will," I answered. "A nuptial agreement waiving these rights is the only legal way to foreclose this possibility."

"It sounds like the survivor of us would actually have to do something proactive to take from the other's estate," Roberta pointed out. "And we trust each other not to do that. So is a nuptial agreement really necessary?"

"Not if the survivor of you doesn't make the election," I confirmed. "But imagine a scenario where the survivor of you has dementia and that spouse's adult child who holds a durable power of attorney makes the election on behalf of their parent. The adult child would have a vested interest to do so since he or she would inherit more."

"Well I would tell my children not to make that election," James said. "But I see where the trust that Roberta and I have with each other sometimes might not be enough."

"I haven't even discussed the Florida homestead issue," I continued. "The home is in James's name," I said, "so where would Roberta reside if James predeceases her?"

"I want my will to give a life estate to Roberta and then at her death the house would go to my children. They'd probably sell it and divide the proceeds."

"Unfortunately without a nuptial agreement waiving Florida's 'descent and devise' rules that provision in your will would be considered invalid," I counseled.

"Really? I can't do what I want with my home?" James asked.

"What would happen when your will contains an invalid devise is one of two things. Roberta could elect to take one-half of the residence as her own as tenants in common with your children, or she could take the life estate."

"So it could work out as we want?" Roberta asked.

"It could, but there are no guarantees. If you both didn't want James's children involved in decisions regarding the home before you both were deceased, having a nuptial agreement would go a long way to solving that problem. Many married couples also want more flexibility than Florida law provides, such as giving the surviving spouse the right to sell the home and move to a different home."

So one can see that a nuptial agreement may actually serve to ensure a married couple's wishes are carried out without having to rely on the goodwill of other family members. A nuptial agreement need not even contemplate divorce but instead could be used as a useful estate planning tool.

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## Life Insurance

## Pension Max



J. Brendan Ryan, CLU, ChFC, MSFS

A massive number of Americans are retiring every year. And most are faced with several questions regarding retirement-income planning: Should I roll the finds into

an individual retirement account (IRA)? Should I use the money to buy a single-premium-immediate annuity (SPIA)? If I get an annuity, should I set it up for just my lifetime or for the lifetime of me and my spouse?

Why would anyone want to tie up money in an annuity rather than just leaving it available for periodic withdrawals? Because it gives a person an income that cannot be outlived. Periodic withdrawals could be too large too soon, causing a person to run out of money early. Or they could be too small for fear of running out of money such that the person is not able to enjoy the funds set aside for retirement.

An annuity that one can purchase is a contract, issued by a life-insurance company, that guarantees that in exchange for a sum of money the insurer will pay a periodic (monthly, quarterly, etc.) payment to the designated person

for the period chosen by the owner, usually for lifetime. This is a single-life annuity.

A variation of this guarantee is a joint and survivor annuity, which makes a periodic payment as long as either of two people is alive. One can choose to have the full benefit payable as long as either person lives or has the benefit reduced after the first death to either two-thirds or one-half the full amount but still payable for life.

Actually, most of us are already enrolled in a joint-and-full-survivor annuity program. It is Social Security, which guarantees a lifetime income starting at a given age. But this program was never intended to provide a sufficient retirement income, just a bedrock of a larger total income. One still needs to supplement that with his or her own planning.

Many people, looking for financial security, will naturally gravitate to a joint annuity. After all, no one wants to leave the spouse without an income. But understand that this has shortcomings.

A single-life annuity pays a given amount based on one lifetime. Since the joint annuity has to pay for two lifetimes, the size of the payment will be smaller, depending on the amount guaranteed to the survivor. Simplistically, say a single-life annuity would pay \$700 per month to one person. The joint-and-one-half annuity might pay \$600 per month and the joint-and-two-thirds \$500 per month.

That permanent, level reduction in the payment is really just a life-insurance

premium that one pays to be sure that at the death of the annuity owner, the survivor will still have an income. But, if that spouse does not survive the owner, then that life-insurance premium will have been wasted. Unfortunately, that lower annuity payment continues as is after the spouse's death, meaning that the insurance premium continues to be paid even though no death (survivor) benefit will ever be payable since the person it would provide for is already deceased.

What is worse, the reduction in the annuity payment stays the same even as the spouse, whom any survivor benefit will benefit, gets older and thus potentially needs less and less survivor benefit. The potential benefit that it may provide gets less as the spouse ages even though the "premium" stays the same.

If the retiree had instead used a real life-insurance policy to provide for the spouse, he or she could just drop the policy if the spouse dies first. Or the beneficiary could be changed to direct the death benefit to another family member or a charity. Or perhaps the death benefit could be reduced and the premiums suspended permanently.

All in all, a survivorship annuity is a potential rip-off, depending on how things turn out for the couple. Better to opt for a single-life annuity and buy a separate life-insurance policy to look out for the survivor.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✴

## Airport Reports Record-Breaking Month In July

During July, 570,977 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 1.8 percent compared to July 2018. Year-to-date, passenger traffic is up 8.7 percent compared to last year.

The traffic leader in July was Delta Air Lines with 150,177 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (113,081), American (97,112), JetBlue (64,261) and United (48,590).

Southwest Florida International Airport had 4,675 aircraft operations, a decrease of one percent compared to July 2018. Page Field saw 9,343 operations, a 31.6 percent increase from July 2018. In addition, nearly 2.9 million pounds of air freight moved through Southwest Florida International Airport in July 2019.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or like us on Facebook at [www.facebook.com/flylcpa](https://www.facebook.com/flylcpa) or [www.facebook.com/flylcpa](https://www.facebook.com/flylcpa).



Dan Casey with a snook from his Bay and Estuary Grand Slam

photos provided

## Upgrades To Online Program For Anglers

There's never been a better time to catch a Florida memory with the Florida Fish and Wildlife Conservation Commission's (FWC) Saltwater Angler Recognition Program. Recently, [www.catchafloridamemory.com](http://www.catchafloridamemory.com) took the plunge with a new wave of upgrades to better serve its users.

The updated website floats a familiar design and feel but offers some exciting new features, most notably an improved submission format that identifies which recognitions a catch will likely qualify for. This will allow anglers the opportunity to net every recognition possible for their submission and eliminate the hassle of having to submit photos more than once for different recognitions.

The new format will also allow anglers to submit their catches one at a time, which has been one of the most common requests from anglers since the program's relaunch in 2016.

Additional features of the new website include a more developed user account page that retains user information so it does not need to be entered for each submission, and the ability to track progress toward program goals and milestones.

The website upgrades will also streamline the application approval process, which should reduce lag time between a submission's approval and



Gabriel Bahra with a mahi mahi that he added to his Saltwater Life List

angler notification.

This free program challenges anglers to target a diverse range of Florida fish species and reduce pressure on the most commonly sought-after catches. You could be the next successful angler to receive a prize pack including a T-shirt and certificate plus be automatically entered into monthly raffles for even more prizes.

One can participate by visiting [www.catchafloridamemory.com](http://www.catchafloridamemory.com). Anglers do not have to harvest their fish to be eligible for prizes and are encouraged to use proper fish handling techniques.

For more information, email [anglerrecognition@myfwc.com](mailto:anglerrecognition@myfwc.com) or call 850-487-0554.✱

## Republican Women To Hold Luncheon

Chauncey Goss, board chairman of the South Florida Water Management District (SFWMD), will be the featured speaker at the luncheon meeting of the Fort Myers Republican Women's Club at The Helm Club at The Landings on Tuesday, September 17. A social hour begins at 11:15 a.m. followed by a noon lunch and the business meeting and program.

Goss was appointed to the SFWMD board in March and will serve until March 2023. The district is a regional governmental agency that manages the water resources in the southern half of the state, covering 16 counties.

The former Sanibel councilman will discuss the key initiative of restoration of the Everglades – the largest environmental restoration project in the nation's history. As a long-time resident of Southwest Florida, Goss first became involved with water quality issues when he worked as the executive director of the Gasparilla Island Conservation and Improvement Association on Boca Grande in the early 1990s.

Goss is the founder and managing partner of Goss Practical Solutions – a firm that provides federal fiscal policy analysis and budget forecasting. Prior to starting the firm, Goss served as deputy staff director and director of budget review for the House Budget Committee under Paul Ryan.



Chauncey Goss

photo provided

Before working on Capitol Hill, Goss worked for the executive office of the president in the Office of Management and Budget's National Security Division where he was instrumental in ensuring the Department of Defense and intelligence community were properly resourced. Prior to that, he worked as a strategic planner under contract to the Air Force, Navy and intelligence community.

Luncheon cost is \$20. Reservations are required by Thursday, September 13, and may be made by contacting Tina Laurie at 489-4701.

The Landings is located at 4571 South Landings Drive in Fort Myers.✱

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Craig R. Hersch

Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA  
"Will Power" Columnist, *The Island Sun*



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## Financial Focus

## Business Owners Need Their Own Retirement Plan



by Jennifer Basey

**A**s a business owner, you can't afford to ignore your competition. You can't afford to miss out on the trends affecting your industry. You can't afford to alienate customers. And

here's one more item to add to the list: You can't afford not to create a retirement plan for yourself.

Of course, you might think that, one day, you'll simply sell your business and live off the proceeds. But selling a business isn't always simple, and there's no guarantee you'll receive enough to pay for a comfortable retirement – which is why you should strongly consider creating a retirement plan now.

Here are some of the most widely used plans:

**SEP-IRA:** You can contribute up to 25 percent of your compensation – as much as \$56,000 in 2019 – to a SEP-IRA. Your contributions are tax-deductible and your earnings grow tax-deferred until withdrawn. This plan offers you significant flexibility in making contributions for yourself and your employees. Plus, as an employer, you can generally deduct, as business expenses, any contributions you make on behalf of your plan participants.

**SIMPLE IRA:** In 2019, you can put in up to \$13,000 – or \$16,000 if you're age 50 or older – to a SIMPLE IRA. As is the case with the SEP-IRA, your earnings grow tax-deferred. You can match your employees' contributions dollar for dollar, up to 3 percent of compensation. If you work for yourself, you can combine employee and employer contributions, so if you use the 3 percent matching rule and you earn enough to fully match employee contributions, you can put in up to \$26,000 per year (or \$32,000 if you're age 50 or older). Alternatively, you could contribute 2 percent of each eligible employee's compensation each year, up to a maximum of \$5,600, regardless of whether the employee contributes. Contributions to your employees are tax deductible.

**"Owner-only" 401(k) plan:** If you have no employees other than your spouse, you can establish an "owner-only" 401(k) plan, which functions similarly to a 401(k) plan offered by a large employer. Between salary deferral and profit sharing, you can contribute up to \$56,000, in pre-tax dollars, to your owner-only 401(k), or \$62,000 if you're age 50 or older. Like a SEP-IRA and SIMPLE IRA, a 401(k) provides the potential to accumulate tax-deferred earnings. However, you could choose

to open a Roth 401(k), which can be funded with after-tax dollars. With a Roth 401(k), your earnings can grow tax-free, provided you've had your account at least five years and don't start taking withdrawals until you're at least age 59 ½.

Which plan is right for you? The answer depends on several factors, such as whether you have any employees and how much money you can contribute each year. But all the plans mentioned above are generally easy to establish, and the administrative costs are usually minimal. Most importantly, any one of them can help you build some of the resources you'll need to enjoy the retirement lifestyle you've envisioned. To select an appropriate plan, you may want to consult with your tax and financial advisors.

In any case, don't wait too long. Time goes by quickly, and when you reach that day when you're a "former" business owner, you'll want to be prepared.

*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](mailto:jennifer.basey@edwardjones.com).\**

## Board Approves Funding For Water Data

**T**he Lee Board of County Commissioners unanimously approved a joint funding agreement with the U.S. Geological Survey (USGS) for the collection of water quality and flow data at 12 locations throughout Lee County for the next fiscal year, which begins October 1.

Lee County will contribute \$138,753 to the cost of the cooperative data collection program. The U.S. Geological Survey provides \$56,467 and the Florida Department of Environmental Protection provides \$57,400.

Lee County has had a joint funding agreement with U.S. Geological Survey since 1973.

The program includes reading of continuous stage recorders and groundwater levels in several Lee County watersheds including Briarcliff Ditch, Gator Slough, Imperial River, Orange River, Spring Creek, Estero River, Six Mile Cypress Creek, Popash Creek, Telegraph Creek, Ten Mile Canal and Whiskey Creek.

The data obtained is used to:

Properly calibrate computer models developed as part of the Lee County Surface Water Management Master Plan.

Provide real-time hydrological information to assist in flood/storm response.

Document pollutant load reductions in fulfillment of Total Maximum Daily Load (TMDL) requirements.

For more information on Lee County Natural Resources' efforts to protect and improve water quality, visit [www.leegov.com/naturalresources/waterquality](http://www.leegov.com/naturalresources/waterquality).\*

## Superior Interiors

## Exciting Design Trends For Fall



by Marcia Feeney

**T**he summer months may just be coming to a close, but fall will be here before you know it. With this change in season comes an opportunity to redecorate or redesign your living space, allowing it to flow naturally with the atmosphere. Even in our tropical climate, it's fun to change things up a bit as this new season approaches on the calendar.

We have a few fall trends to get excited about this year. So, let's get your home nice and cozy just in time for the new season, cooler temperatures and pumpkin lattes.

Chic plaid is featured in many collections from our vendors. Chunky plaid is making a comeback, adding chic flair to any room as a statement fabric. From the window treatments to a set of throw pillows or fabric napkins in the kitchen, plaid is versatile and trendy, and available in various fabric weights and colorways.

This is the year of sustainable design and decor; using vintage, recycled pieces throughout the house makes a bold and stylish statement. More homeowners will incorporate textiles, earthy elements and handmade pieces throughout the home to emphasize the environment in all its glory. Textiles such as rice paper, grass cloth, linen, live edge wood furniture and clay are examples. These "grounding" elements in our homes help us connect

with the earth and its natural beauty. One of my favorite ways to accomplish this is by introducing grass cloth into a space. It instantly adds texture, warmth and richness to a room.

Live edge furnishings gained popularity this year as well, and this detail will continue to be one that manufacturers are featuring into our fall market. Whether it's a sculpture, table, or anything else that incorporates this element, suppliers seem to be coming up with new concepts every day.

A mixture of textures throughout the home is an important element to interior design, and one you need to pay close attention to this fall is matte. Dark, smooth matte finishes in kitchen and bathroom appliances and hardware add a touch of sophistication to any living space with minimal effort.

If a new color scheme is the main factor that's on your mind, fall is the perfect time to mix neutral with a soft, yet bold hue you would never think to incorporate in your home. We expect beige to overpass gray as the top neutral of the season, but peach is also a shade that's going to make a huge statement this fall. Consider it the cousin of blush, a pink shade that had gained a lot of popularity in the recent past. Peach is the perfect color to consider for a statement wall, for the master room bedding or the delicate accessories in the guest bathroom.

Fall is right around the corner – are you ready to mix things up? Interior redesign can be complex; it's more than placing a few new throw pillows on your sofa. If you're ready to mix things up for the cozy season but you're not sure where to get started, contact a design professional to evaluate the space and provide insight based on the current trends.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coindceden.com](mailto:marcia@coindceden.com).\**

## Realtor Group Relief Efforts For Bahamas

**T**he Royal Palm Coast Realtor Association (RPCRA) is spearheading an effort to bring urgently needed relief to the Bahamas in the aftermath of Hurricane Dorian.

RPCRA, which has offices in Fort Myers and Cape Coral, is the National Association of Realtors' Ambassador Association to the Bahamas and recently hosted its Bahamian counterparts at an association event in Fort Myers.

"Our hearts go out to our many friends in the Bahamas," said Josh Burdine, president of the RPCRA. "The catastrophic consequences of Hurricane Dorian are almost unimaginable and will affect Bahamians for years to come."

Burdine said that while infrastructure is a longer-term problem, the basic day-to-day needs of storm victims are something where RPCRA members can offer immediate assistance. "This is an urgent humanitarian crisis," he said. "Our friends are in trouble and we stand ready (to) help. That's what realtors do."

The immediate need is for basic

supplies and personal hygiene items, according to Burdine. "We have a list of specific items on our Facebook page, including things such as first-aid kits, batteries and solar-powered chargers."

Burdine has been in contact with officials from the Bahamas Real Estate Association, who suggest that donations of goods and money be facilitated only through HeadKnowles, a Bahamian nonprofit group. Monetary donations can be made directly to HeadKnowles via the nonprofit's GoFundMe page.

Donations for distribution through HeadKnowles may be dropped off at any of RPCRA's three offices in Lee County: 2840 Winkler Avenue in Fort Myers; 17640 South Tamiami Trail in Fort Myers; or 918 SE 46th Lane in Cape Coral. Members of the association and the public are urged to donate.

RPCRA will monitor receipt and deliver supplies to HeadKnowles for delivery and distribution in the Bahamas for those in need.

Burdine is confident that the Realtor community will step up for the Bahamas. "We have a slogan in our organization about helping others that's very appropriate right now," he said. "As we like to say about our community involvement, 'That's who we R.'"



Tom Hayden photo provided

## Communications Editor Hired By Marketing Firm

CONRIC PR & Marketing recently named Tom Hayden as communications editor. Hayden brings a wealth of experience through his vast career as a writer and editor with various media platforms.

"Tom's vast experience, reputation and community involvement will be a valuable asset to our clients," said

Connie Ramos-Williams, CONRIC PR & Marketing's president and chief marketing officer. "We are excited to see what the future brings as we continue to expand and elevate our growing CONRIC team."

Hayden will spearhead editorial content for *Res Gestae*, the monthly magazine of the Lee County Bar Association, as well as write and edit press releases, blogs, social media posts and more. He'll use his understanding of the evolving language of engagement to craft and hone messages for CONRIC's varied and growing portfolio of clients.

"Since the age of 10, I have always wanted to write, and I have been fortunate to do my dream job for 41 years as a journalist," Hayden said. "Now, I look forward to taking my experiences and applying it to my next wonderful challenge with CONRIC PR & Marketing."

Over his four decades as a journalist, Hayden wrote and coordinated sports and news coverage at newspapers in three states. Most recently, he was senior engagement editor at *The News-Press*, serving as the voice of the newspaper in editorial writing and in many community events over eight years. His journey at *The News-Press* also included 11 years as Cape Coral editor and five years as sports editor. He has interviewed sports legends like Muhammad Ali, Jack Nicklaus, Arnold Palmer and Mario Andretti. He has covered prominent sporting events like the Super Bowl, U.S. Open in golf, the

Indianapolis 500, several U.S. Figure Skating Championships, as well as the Pan-American Games.

"Content is key in our business," said Connie Ramos-Williams. "So bringing in a writer and editor with a high-level

of professionalism and expertise was top of mind."

Hayden is married and lives in Cape Coral. He has two children and three grandchildren. He is a graduate of Ball State University.✱



Lisa Barnes



Linda Doggett



Amira Fox



Ita Neynotin

## Republican Women Meeting

The Lee Republican Women Federated will hold a dinner meeting at Pinchers – The Marina at Edison Ford on Monday, October 14. The evening begins with a social at 5:15 p.m. followed by the dinner and program.

The October program will be a panel of women in criminal justice. Panelists will include: Cape Coral Police Department Deputy Chief Lisa Barnes; Lee County Clerk of the Circuit Court and Comptroller Linda Doggett; State Attorney for the 20th Judicial Circuit of Florida Amira Fox; Ita Neynotin, regional counsel for the Office of Criminal Conflict

and Civil Regional Counsel, Second District Court of Appeal; and Kathleen Smith, public defender for the 20th Judicial Circuit of Florida. Cost is \$25.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers.

To RSVP, visit [www.leerepublicanwomen.com](http://www.leerepublicanwomen.com) or contact Wren Morefield at 270-210-1284 or [wrenspet@hotmail.com](mailto:wrenspet@hotmail.com) before Thursday, October 10 at noon.✱



Kathleen Smith

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# Frankly Speaking



by Howard Prager

**H**ello readers! We are into heavy sports seasons with college and pro football starting up and major league baseball moving towards the finish line. And a few other happenings

such as the US Open Tennis tournament. First, the football buildup to the season: Both college and the NFL had weeks and weeks of anticipation for playing their first meaningful games after long periods of camp and preseason. It is almost a letdown when the games actually start, as it was when the Bears and Packers opened the 100th season of the NFL with a yawn and a boring game. The only thing it proved is that the Bears should not have been hibernating their first string during the whole preseason, because they seemed to look in a daze most of the game. College ball started with all teams in the Top Ten winning their first two games, although Michigan made it darn close this week by needing a double overtime win at home to defeat Army. They now have a bye week to figure out how to get their offense in gear.

Baseball: As this columnist has said earlier, the baseball division races have been decided for quite a while other than the NL Central, which my beloved Cubs keep wanting to throw away. However the wild card is up for grabs, and the Tampa Bay Rays are in a strong position to be in the wild card mix. As of this writing they are playing at a sweltering .900 clip, not something they can expect to keep up for the month. But if they can stay hot in general, they will have great momentum heading into the postseason. On the NL side, the Braves scalding play may be pushing the Dodgers for the best record in the league and home field advantage.

U.S. Open: Surprise, but not really. On the women's side, Serena Williams lost to 19-year old (and first Canadian to win a grand slam tournament) Bianca Andreescu. She's also the first teenager to win in 13 years. Andreescu is perfect this year – 8-0 – against Top Ten women's players, and is

now ranked 5th in the world. Let's hope Serena can win at least one more grand slam event before she retires. The men's final started off as a slam dunk for Rafael Nadal winning the first two sets. But Daniil Medvedev proved that he was here to play, and won the next two until Nadal won the deciding 5th set, making for a most exciting match. Nadal won his 19th grand slam tournament and is only one behind Roger Federer.

A strange item from the NFL: Wide Receiver Antonio Brown went from worst to first by getting his release from the Oakland Raiders – before he even played a game for them – and signing with the Super Bowl Champ Patriots. He spent nine years with the Steelers before being traded to Oakland last March, because the Steelers were tired of his antics. In getting released from the Raiders and signing with New England, he gave up a most lucrative three-year contract worth up to \$50 million for a guaranteed 1-year \$9 million deal. Incentives can drive that up to \$15 million, but still it's leaving a lot of money on the table. What was his motivation? We don't know other than a bizarre tweet he sent out upon being released by Oakland about how he was now free. We'll just have to see how he shows up on the field and how it all turns out.

And to close the column on a heart-warming grade school story from Florida: An elementary school was having a college colors day in a class. One boy loved Tennessee but didn't have a T-shirt. He took an orange t-shirt and drew a UT on paper and pinned it to the shirt. At the table next to him at lunch, several girls made fun of his effort. His teacher felt awful and put out a request for a shirt on social media, and word got back to Tennessee. They sent him a box of Tennessee shirts, caps and paraphernalia. The boy was thrilled and shared them with his classmates. But that's not all. Tennessee took his homemade UT design and made it an official logo of the school, with profits going to an anti-bullying campaign. Demand was so high for the T-shirt that the website briefly crashed. That's the way to come together!

*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@islandsunnews.com](mailto:press@islandsunnews.com).✱*



This sedan can be won on a designated par three hole

photos provided

## CROW Classic Golf Tournament Benefits Wildlife

**T**he Clinic for the Rehabilitation of Wildlife (CROW) will host its annual CROW Classic Golf Tournament on Saturday, October 5 at The Sanctuary Golf Club on Sanibel. Check-in begins at 11:30 a.m. with a shotgun start at 12:30 p.m.

The tournament will be a scramble format. Be sure to register by Monday, September 16 to guarantee shirt size. Entrance fee is \$250 per player or \$1,000 per foursome and includes 18 holes of golf with a cart, golf shirt sponsored by The Bait Box, a boxed lunch and 19th hole with hors d'oeuvres.

Proceeds from the event help support CROW's mission to save wildlife through state-of-the-art veterinary care, research, education and conservation medicine.

"What better way to show your support of CROW and wildlife than to enjoy an October afternoon on the beautiful Sanctuary golf course among Southwest Florida's amazing creatures? We'd love to have you join us," said CROW's Executive Director Alison Charney Hussey. "Of course, you can also show your love for "birdies and eagles" even if you're not a golfer. Sponsorship opportunities are still available."

Thanks to the Hole-In-One Sponsor, Scanlon Auto Group, golfers will have the opportunity to drive away in a new car if they sink a hole-in-one on the designated par three hole.

The day will conclude with a helicopter ball drop sponsored by Lee County Mosquito Control District. Numbered golf balls will be dropped from the sky and the closest to the pin



One of CROW's Animal Ambassadors, like Lola, the American Kestrel, will make an appearance at the 19th hole

will win fabulous prizes. Up to 400 balls are available for purchase at \$25 a piece or a "nest" of five for \$100. They can be purchased at CROW's Visitor Education Center or online at [www.crowclinic.org](http://www.crowclinic.org).

Sponsorships are still available with levels that include registration of a foursome as well as targeted opportunities. Sponsorships start at just \$250.

To register a foursome or to become a tournament sponsor, contact Mary Schoeffel, development director, at 472-3644, ext. 232, or [mschoeffel@crowclinic.org](mailto:mschoeffel@crowclinic.org).✱

## SPORTS QUIZ

1. For how many major-league teams did pitcher Bartolo Colon win at least one game during his 21-year career?
2. Which Cincinnati Reds player had a .750 batting average (12 at-bats) in the 1990 World Series?
3. Who is the only UCLA football player to have won a Heisman Trophy?
4. Name the last rookie before Utah's Donovan Mitchell in 2018 to lead an NBA playoff team in scoring during the regular season.
5. When was the last time before 2019 that the Dallas Stars scored at least five goals in back-to-back NHL playoff games?
6. In 2019, Christian Pulisic became the youngest player in U.S. men's national soccer history to reach 10 international goals (20 years, 189 days). Who had been the youngest?
7. When was the last time before 2019 that the Kentucky Derby winner did not run in the Preakness?

## ANSWERS

1. Eleven teams. 2. Billy Hatcher. 3. Gary Beban, in 1967. 4. Denver's Carmelo Anthony, during the 2003-04 season. 5. It was 1991, when the franchise was located in Minnesota. 6. Jozy Altidore was 20 years, 337 days old when he did it in 2010. 7. It was 1996.

Our email address is [press@riverweekly.com](mailto:press@riverweekly.com)



Michelle Grunsted

photo provided

## New Manager At Cypress Cove

Fort Myers resident Michelle Grunsted was recently appointed assisted living manager at Cypress Cove, a life plan community located on the south Lee County HealthPark Florida campus complex.

Grunsted previously served as admissions coordinator at The Lodge (Cypress Cove's skilled nursing facility). She holds a degree in healthcare administration and management. She also is a licensed practical nurse.

In her new role, Grunsted is primarily responsible with overseeing staffing, staffing scheduling, programming and training of personnel at both The Inn and at The Cottage.

A Southwest Florida native and mother of two children, she started her career with Cypress Cove working as a floor nurse at The Lodge.✱

## Sponsors Named For Becoming Cosmopolitan

Community Cooperative recently announced sponsors for the 14th annual Becoming Cosmopolitan Fire & Ice fundraising event scheduled to be held at the Barbara B. Mann Performing Arts Hall on October 3.

For the seventh consecutive year, FineMark National Bank & Trust has signed on as the presenting sponsor. Additional sponsors include: Aloia, Roland, Lubell & Morgan, Chico's FAS, Custom Packaging & Products, Family Thrift, Florida Power & Light, *Florida Weekly*, Franzese Plumbing, *Gulfshore Life Magazine*, LadyCake's Bakery, Lipman Family Farms, Living Local, McGriff Insurance Services, Millennium Physician's Group, Prestige Printing, Radiology Regional, Ralph Garramone, MD, Riverside Realty Group/Staging Matters, Sam Galloway Ford/Lincoln, Seminole Casino Hotel, Sharp Family Foundation, Simmons Law Firm, State Farm Sullivan Agencies, Studio RK, The Flower Path and Waste Pro.

"Becoming Cosmopolitan has truly become the ultimate Girls Night

Out of fundraising events," said Tracey Galloway, CEO of Community Cooperative. "I am always amazed at the incredible energy and the generosity that flows throughout the evening. We are blessed that after 14 years this event is still going strong."

Tickets are now on sale for Becoming Cosmopolitan, which benefits Community Cooperative's critical programing for women and children facing hunger and homelessness in Lee County. This year's returning theme of Fire & Ice promises to have guests experiencing the allure and intrigue of one of Southwest Florida's hottest fundraisers.

Becoming Cosmopolitan Fire & Ice will offer signature cocktails, food delights, silent and live auction items, entertainment as well as the popular Key to the Closet raffle where one lucky individual will win over \$4,000 worth of items including a designer handbag.

Tickets for the event are \$150 for general admission and \$250 for VIP tickets, and are available now for purchase at [www.communitycooperative.com](http://www.communitycooperative.com). A special Girlfriends Package, which includes four general admission tickets for \$500, is also available.

For more information about the event, to donate or to purchase tickets, contact Stefanie Edwards at 461-2802 or [stefanie@communitycooperative.com](mailto:stefanie@communitycooperative.com).✱

## Hope Parkinson Program Fall Conference

Registration is open and seats are available for the annual Hope Parkinson Program Fall Conference, scheduled to be held at Florida SouthWestern State College on Friday, October 25 from 1 to 3:30 p.m.

The Power of Non-medical Therapies for PD will feature presentations from neuropsychologist Dr. Mabel Lopez; Jim Matula, MSW, LSW of Lee Health; and Dr. Rob Sillevs of Florida Gulf Coast University, followed by an informative question-and-answer session. The conference is open to the community at no cost.

Light refreshments will be served. Seating is limited, and preregistration is required.

To RSVP, visit [www.hopeparkinson.org/events](http://www.hopeparkinson.org/events) or contact Michelle Martin at [michelle.martin@hopehcs.org](mailto:michelle.martin@hopehcs.org) or 985-7727 by Friday, October 18.

Hope Parkinson Program provides essential services for people affected by Parkinson's disease. Since its launch in 2009, the Hope Parkinson Program has helped more than 3,000 people in Lee County experience the fullness of life through knowledge, movement, emotional support and fellowship. As a community service provided by Hope Healthcare, the program is offered at no charge to participants and care partners.

Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers. For more information, call 985-7727 or visit [www.hopeparkinson.org](http://www.hopeparkinson.org).✱

## Chief Information Officer Appointed

Lee Health has named Rick Schooler as its new chief information officer (CIO). In this role, Schooler will oversee operational management, planning, organizing and strategic direction of the information systems/information technology (IT) function.

"Rick brings a wealth of leadership experience to this role and has a proven track record of driving success wherever he's gone," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "We're fortunate to have someone with his background and expertise in this essential role and look forward to his vision for Lee Health's digital direction."

Schooler's career spans 28 years in healthcare and nine years outside of healthcare. He joined Lee Health after serving as vice president and CIO at Orlando Health where he was responsible for information technology, telecommunications, clinical informatics, enterprise analytics, quality reporting, biomedical engineering, supply chain and a group-purchasing organization. Before joining Orlando Health, he was the vice president and CIO at Central Georgia Health System (Navicent Health).

Schooler is active in a variety of professional activities, including membership in the American College of Healthcare Executives, the College of Healthcare Information Management Executives and the Healthcare Information Management and Systems Society. He previously served on the boards of HIMSS




Rick Schooler


photo provided

Analytics, HIMSS North America, CHIME, the Coalition for the Homeless of Central Florida and the Healthcare Center for the Homeless. He is also an Emeritus Advisory Board member of KLAS, a healthcare IT research firm.

Schooler has received multiple awards and recognitions including the prestigious John E. Gall Healthcare CIO of the Year, CHIME Innovator of the Year and was named a Purdue University Distinguished Technology Alumnus.

Schooler earned a master of business administration degree from the University of Indianapolis and a bachelor's degree in computer and information technology from Purdue University. He is also a certified healthcare CIO and a board-certified executive coach.✱




 JOIN ROSS HAUSER, MD FOR  
**3 FACEBOOK LIVE WEBINARS!**

**OSTEOARTHRITIS**  
TUESDAY, OCT 8 | 2-4PM

**CERVICAL INSTABILITY**  
TUESDAY, NOV 5 | 2-4PM

**VAGUS NERVE FUNCTION**  
TUESDAY, DEC 3 | 2-4PM



Sponsored by Caring Medical Regenerative Medicine Clinics  
9738 Commerce Center Ct.  
Fort Myers, FL 33908  
239-308-4725 | [CaringMedical.com](http://CaringMedical.com)

Dr. Hauser will cover both basic and in-depth information about these conditions and how Prolotherapy is used for resolving them, with research and information from his upcoming book *Joint Instability: The Missing Diagnosis*. Send your questions in live via Facebook, or email them ahead of time to [DrHauser@CaringMedical.com](mailto:DrHauser@CaringMedical.com).

dearRPharmacist

# Antidepressants: Some Work And Some Don't



by Suzy Cohen, RPh

**D**ear Readers: First let me say that I am not a fan of medicating normal, regular sadness that we encounter in our life, such as the melancholy associated with losing a job, or when

someone unfriends you, or for hormonal cycles. There are people who are truly depressed and suppressing the urge to harm themself. We need to be loving and gentle with them, and if they need medicine, then so be it.

Medication treatment should be based upon the neurotransmitters that are imbalanced. Doctors tend to throw a dart in the dark by prescribing popular drugs without actually measuring metabolites of neurotransmitters (for example Homovanillate or 5-HIAA) that provide a glimpse behind the curtain.

So let's get to it, what do you think is better, an SNRI or an SSRI? Or an MOA inhibitor? The answer is unclear. One category of meds will work great for you, and be an epic fail for your friend.

Why is that? ... because Zoloft (sertraline) works by making serotonin linger longer, and that's great if you have reduced serotonin activity. But what if that's not your problem? What if you're depressed because you have low DHEA, a youth hormone that declines after age 40? What if it's low testosterone or estrogen? And what if your levels of serotonin are fine, but you have super low levels of norepinephrine or dopamine? In the latter case, Zoloft would not work, and might be harmful, whereas Wellbutrin (bupropion) would be great.

Some of you could benefit from a med that raises serotonin, dopamine and norepinephrine. Remeron (mirtazapine) works in this regard. There are so many possibilities, so do not lose hope!

Someone else reading this needs lifting of serotonin and norepinephrine but not the dopamine. Effexor (venlafaxine) is an SNRI that does exactly that.

What I'm trying to say is that each of you respond to the medication that restores activity of the particular neurotransmitter you are deficient in. Not everyone with depression is deficient in one specific thing.

I have readers today that are in bad shape and feeling isolated and hopeless. I want to help you. Keep doing a little more 'trial and error' with medications (and other therapies outside the pill). There are tests you can take today to measure metabolites. I have a more comprehensive version of this article that you can receive via email if you sign up for my newsletter at [www.suzycohen.com](http://www.suzycohen.com).

In closing, I couldn't possibly know what's right for everyone because neurotransmitter levels are like fingerprints in people. Sometimes depression is caused by folate or B12 deficiency, or thyroid illness. Sometimes it's from very high inflammatory compounds, or from a biotoxin like mold. This may surprise you but sometimes it's medication-induced, like from The Pill.

If you feel like you're at your wit's end and you've tried everything and it's just time to go (and stop being a burden to others), then you need to stop thinking that immediately because it simply isn't so. You haven't tried everything. There are people who love you and need you. The National Suicide Prevention Line is 800-273-8255 or text HELLO to 741741.

*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).✽*

To reserve a spot at an upcoming meeting, contact Lorrie McCann, licensed mental health counselor, at 985-7716 or email [lorrie.mccann@hopehcs.org](mailto:lorrie.mccann@hopehcs.org). Walk-ins are welcomed.

With generous community support, Hope is able to offer additional counseling programs including grief support for adults, teens and children, bereaved parents, and those who have experienced the suicide of a loved one or the loss of a pet. Hope also offers an LGBT group, crisis support for community schools and businesses, and a Spanish language group. To learn more, visit [www.hopehcs.org/counseling](http://www.hopehcs.org/counseling).

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

Doctor and Dietician

# Let's Dance In The Rain



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

**"L**ife is like a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when the storm comes." – Alexander Duma

Don't wait for bad things in life to go away, but instead, have a positive attitude and meet challenges head on and enjoy the journey. But, sometimes, this is hard to do.

Do you ever feel life is good, but you don't really feel good? Our ability to handle things can dictate our mental state, as well as reveal our overall health status. At Caring Medical, we utilize tools like HRV (heart rate variability), monitoring to check our patients' autonomic nervous system function. If

you are not handling stress well, what could be some potential causes?

Habits that may bring you down:

1. Looking at social media – research shows that the more people use social media, the more likely they are to feel depressed.

2. Watching TV for hours – studies show that excessive TV watching results in feelings of disorganization, lack of accomplishment and comparing.

3. Not getting enough sleep – lack of sleep can make you feel depressed or anxious, leading to chronic fatigue and irritability.

4. Worry – habitually thinking of scenarios can lead to chronic anxiety and negative thoughts.

5. Attempting to be perfect – basically, nothing is good enough.

6. Spending too much time alone – can increase your risk of depression and raise stress hormones.

7. Focusing on feelings versus facts – feelings are transient and, at some point, will pass. Don't lose track of reality.

8. Eating or drinking to deal with stress – can worsen anxiety, reduce serotonin levels and lead to depression.

Let's dance in the rain instead! We certainly have had enough of it.

*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 are some differences from left brain and right brain traits?

**A:** The left brain has to do with your analytical side. This side is mathematical and detail oriented. It reasons, is factual,

practical, strategic, sequential and uses both spoken and written language. The right brain is the creative and intuitive side of the brain. Traits of the right brain include artistic, imaginative, use of symbols and images, musical, carefree, spiritual, appreciates life, sees possibilities and uses feelings.

There are benefits of the left and right brain functioning in harmony. Numerous EEG studies have shown that humanity's greatest philosophers, thinkers, inventors and artists use both the right and left hemispheres together.

Meditation works to balance both hemispheres of the brain, forcing them to work in harmony. This is referred to as "whole brain synchronization." When this synchronization is achieved, your brain can experience extremely beneficial

changes in hemispheric blood flow and chemistry.

It is well known that our brains generate more than 60,000 thoughts a day. The issue with this for many of us is that our brain has the same 60,000-plus thoughts the next day and the next. If our minds feel stressed, are in fear, or living in the past or future, we are robbing ourselves of the present moment, right here, right now. For example, thoughts of not being or doing enough, feeling inadequate, not worthy, powerless or helpless, then we are not using our brains wisely. To compound the problem, we create even more resistance by attaching good/bad labels to our incoming thoughts.

Dr. Carl Jung said it well, "What you resist persists." This effect creates a stress-related downward spiral. Instead, train your brain to use meditation techniques to quiet your mind and be mindful of your thoughts and aware of your inner dialogue. By shifting to this inner awareness, your dominant level of consciousness will be calm, yet powerful, and your true self can come to the forefront.

*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).✽*

# Grief Toolkit Series For Men Coping With Loss

**H**ope Healthcare is offering Men's Grief Toolkit, a special six-week series designed especially for men coping with loss.

Open to the community at no cost, Men's Grief Toolkit provides an opportunity to discuss feelings and learn from the experiences of others. A professional Hope counselor will lead the bi-weekly group through topics including Grief 101, Defining a New Normal and Strategies for Dealing with Loss.

Sessions are scheduled in the Hope Community Room at 9470 HealthPark Circle in Fort Myers for Wednesdays on October 2, 16 and 30; November 13 and 27; and December 11 from 6 to 7:30 p.m.

# PETS OF THE WEEK

photos provided

## Lee County Domestic Animal Services

### Hulk And Trina

Hello, my name is Hulk. I am a 9-year-old male German shepard mix who is a 'Super Senior' that came to Lee County Domestic Animal Services (LCDAS) in need of some tender, loving care. The dedicated staff of LCDAS volunteers have been giving me medicated baths twice a week, and I am blossoming into the ruggedly handsome fellow they knew I would be. And I absolutely love the attention and am perfectly content just being near people. I am a quiet and laid-back guy whose soulful nature will make you relax and enjoy your time with me.



Hulk ID# A494936

My adoption fee is \$10 to \$25, depending on which mini football you pick. Since I am a senior, my highest fee is only \$25.

Hi, I'm Trina. I am a 1-year-old female domestic shorthair who is a beautiful calico with unique markings. I am a petite gal weighing just 5 pounds. I am very attentive and will follow your hand wherever it goes. My gorgeous green eyes will draw you in and have you fall in love with me. With our adopt-one-get-a-feline friend at no



Trina ID# A790591

additional charge, I can help you pick out a friend for me to take home as well.

My adoption fee is \$10 to \$40, depending on which mini football you pick. And, you can get a feline friend at no additional charge.

It's 'Game On' at Lee County Domestic Animal Services. 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.

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

## Haven on Earth Animal League

### AbbyCaDabby And Winter



AbbyCaDabby



Winter

Hi, I'm AbbyCaDabby. After six years, my family decided they didn't want me anymore. I have a beautiful snowshoe coat and piercing blue eyes. I'm up to date on all vaccines and very healthy. I just need someone to give me a chance. My adoption fee is \$100.

Hello, I'm Winter. I'm a 4-year-old female with a sad story. My owner died, and the family surrendered me. I am very sweet and really need to find someone to love me forever. I'm up to date on all vaccines and healthy. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information,

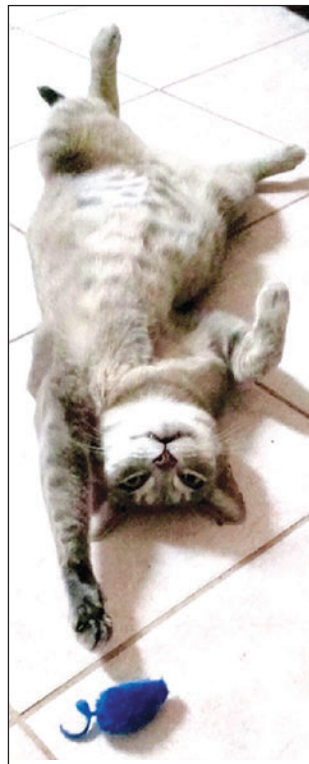
call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).\*

## PAWS Of Sanibel

### Sweetie Pie

PAWS 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



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 Symphonc 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

DOUBLE-CHEDDAR

- ACROSS
- 1 Simple floater

5 Declare

11 Declines

15 Harvesting yield

19 Aruba, e.g.

20 Alfred E. — (magazine mascot)

21 One-player card game

23 Pompom or mega-phone?

25 Fine white gypsum

26 Actor Reeves

27 Cain or Abel, to Adam

28 Soft, white limestone used as cat litter?

29 Hen product

31 Give a casual greeting

34 Cup rim

35 Shortage of maraschinos in a busy cocktail bar?

42 It's factual

46 Cyber-giggle

47 Dada artist

48 Act humanly

49 Petition

51 Golfer — Aoki

52 Sothern of the screen

53 Roadies work on it

55 "This has me angry like a Prague native might be!"

58 It has pores

60 Poker option

62 Radio or TV spots

63 — Rico

64 Certain Asian capital

66 Spay, e.g.

69 Fleur-de- —

70 Slow-moving land reptile sitting on a recliner?

77 Arctic seabird

78 Balances evenly

79 Community hangouts

81 "The King of Queens" actor Patton

85 Mother of Cain and Abel

87 Greek love god

89 — Le Pew (skunk toon)

90 Areas where certain salad greens are grown?

94 Pet dog of Sgt. Snorkel

96 Mailroom container

97 Scented powder

98 Brain tests, in brief

99 "Well, how about that!"

101 "Say what?"

102 Walk- — (brief roles)

103 Ferency

105 Map showing southern U.S. states?

109 Bit of A/V equipment

111 Arrange

112 Marshland

113 Let some printed, glazed fabric fall to the floor?

119 Clandestine U.S. org.

121 Ghana's capital

125 Device used to store an electric charge

126 Totally wild about grain husks?

129 Lifeless

130 Sitting room

131 Kemo — (the Lone Ranger)

132 How doodles are drawn

133 Flies, to spiders

134 Not alluring

135 Special periods

DOWN

1 Singer Astley

2 Court king Arthur

3 Dog botherer

4 11th-grader, e.g., slangily

5 DiFranco of folk rock

6 Part of SLR

7 Actor Bela

8 Spring (from)

9 Tom yum — (Thai soup)

10 With 43-Down, software buyer, e.g.

11 Morales of films

12 Door locker

13 Sheep's call

14 Female seer

15 \$1,000 award, say

16 Poet Dove

17 Dodger Hershiser

18 Exec's extra

22 Unstated

24 Little 'un

28 Model shop buy

30 Street cart sandwiches

32 Vostok 1's Gagarin

33 Impair

35 Be at odds

36 Warn with a toot

37 Cause of odd weather

38 Orbiter in 1957 news

39 Apple's Air, e.g.

40 Part of REO

41 3 R's org.

43 See 10-Down

44 Social skill

45 Tubular snack cake

50 Molded jelly

54 Wishes one could undo

56 — Gras

57 Like a really easy job

59 And not

61 Expected

65 Author Calvino

67 Get narrower

68 Rocker Brian

69 African country

71 Very unusual

72 Mao — -tung

73 Deli sub

74 Band blaster

75 Fridge, old-style

76 Broccoli-like vegetable

80 See or touch

81 Eight: Prefix

82 — -Pei

83 Untamed

84 Escort

85 D-I link

86 Rose holder

88 Overfill

91 Despite that

92 Comic Jay

93 Silvery fish

95 "My, my!"

100 Mine vehicles

104 Actress Christina

106 Aunt's son, informally

107 Trinket

108 Lest

110 Orang's kin to Ovid

114 — McNally

115 Pendant gem

116 — -TASS

117 Memo

118 Low card

120 As sly as —

122 Ruler of yore

123 McEntire of music

124 Fruit drinks

126 PC's core

127 — Solo

128 Sob
- |     |     |     |    |    |     |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----|----|----|-----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4  |    | 5   | 6  | 7  | 8   | 9   | 10  |     | 11  | 12  | 13  | 14  |     | 15  | 16  | 17  | 18  |     |     |
| 19  |     |     |    |    | 20  |    |    |     |     |     |     | 21  |     |     |     | 22  |     |     |     |     |     |     |
| 23  |     |     |    |    | 24  |    |    |     |     |     |     | 25  |     |     |     |     |     |     |     |     |     |     |
| 26  |     |     |    |    |     |    | 27 |     |     |     |     | 28  |     |     |     |     |     |     |     |     |     |     |
|     |     |     | 29 |    |     | 30 |    | 31  |     |     | 32  | 33  |     |     |     | 34  |     |     |     |     |     |     |
| 35  | 36  | 37  |    |    |     |    | 38 |     |     |     |     | 39  | 40  | 41  |     | 42  |     | 43  | 44  | 45  |     |     |
| 46  |     |     |    |    | 47  |    |    |     | 48  |     |     | 49  |     |     | 50  |     | 51  |     |     |     |     |     |
| 52  |     |     |    |    | 53  |    |    | 54  |     | 55  |     | 56  |     |     |     |     | 57  |     |     |     |     |     |
| 58  |     |     |    | 59 |     | 60 |    |     | 61  |     |     | 62  |     |     |     | 63  |     |     |     |     |     |     |
| 64  |     |     |    |    | 65  |    | 66 |     |     | 67  | 68  |     |     |     | 69  |     |     |     |     |     |     |     |
|     |     | 70  |    |    |     |    | 71 |     |     |     |     |     | 72  | 73  |     |     | 74  | 75  | 76  |     |     |     |
|     |     |     |    |    | 77  |    |    |     |     | 78  |     |     |     |     |     |     | 79  |     |     | 80  |     |     |
| 81  | 82  | 83  | 84 |    |     |    |    | 85  | 86  |     |     |     | 87  |     |     | 88  |     | 89  |     |     |     |     |
| 90  |     |     |    |    |     |    | 91 |     |     |     | 92  | 93  |     | 94  |     |     | 95  |     | 96  |     |     |     |
| 97  |     |     |    |    |     |    | 98 |     |     |     | 99  |     | 100 |     | 101 |     |     |     | 102 |     |     |     |
| 103 |     |     |    |    | 104 |    |    | 105 |     |     | 106 |     |     |     | 107 |     |     | 108 |     |     |     |     |
|     |     |     |    |    | 109 |    |    | 110 |     |     |     | 111 |     |     |     |     |     |     |     |     |     |     |
| 113 | 114 | 115 |    |    |     |    |    | 116 | 117 | 118 |     |     |     | 119 |     | 120 |     | 121 |     | 122 | 123 | 124 |
| 125 |     |     |    |    |     |    |    |     |     |     |     | 126 | 127 |     |     |     | 128 |     |     |     |     |     |
| 129 |     |     |    |    |     |    |    |     |     |     |     | 130 |     |     |     |     |     |     | 131 |     |     |     |
| 132 |     |     |    |    |     |    |    |     |     |     |     | 134 |     |     |     |     |     |     |     | 135 |     |     |
- King Crossword
- ACROSS

1 "30 Rock" role

4 Dressed

8 Wrinkly fruit

12 Raw rock

13 Bigfoot's cousin

14 Bellow

15 Slight touch

16 Ski resort in the Poconos

18 Same

20 Vast expanse

21 Comfy foot-wear, for short

24 Make into law

28 Group of submarines

32 Continental coin

33 Alias abbr.

34 Decelerates

36 Kanga's kid

37 Deposited

39 Pancake

41 Hammerstein's contribution

43 God, in Grenoble

44 Upper limit

46 Getting on

50 Type of shoulder bag

55 Anti

56 "American —"

57 Pivot

58 Greek H

59 Roly- —

60 Layer

10 Varnish ingredient

11 Annoy

17 Appomattox loser

19 Bowling alley inits.

22 A little lower?

23 Berate

25 Emanation

26 Gator's cousin

27 Snatched

28 Partition

29 Fine

30 Hideaway

31 "The Bridge on the River

35 House VIP

38 In a pleasant way

40 Moonshine container

42 Automobile

45 "Hey, you!"

47 On the rocks

48 Memorandum

49 Eat away (at)

50 With it

51 Big bother

52 Encyc. portion

53 Foreman foe

54 Prompt

DOWN

1 Source of wealth

2 Mideastern nation

3 Ox of India

4 One-eyed beast

5 Grazing ground

6 24-hr. money provider

7 Conks out

8 Suave

9 — long way
- MAGIC MAZE ● AFFECTIONATE NICKNAMES
- T U Q S N J G D Z W T Q N K H  
D R A W X U R P M J G D S A X  
V S A E Q N K G I F D U A X V  
T Q O E M J H F N D O L L C A  
Y W U T H R T P N I K P M U P  
N L J I H T S F C D L E G N A  
B E A E P T E E W S R R Z I X  
V T I R Q O R E B M K A A D I  
H F D V B P A Z W A Y W G D V  
T R Q (H O N E Y) O S B N L U K  
I H F S E L D D U C D C A P S
- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- Angel

Babe

Cuddles

Darling

Dear

Dearest

Honey

Lovie

Precious

Puddin'

Pumpkin

Sugar

Sweet Pea

Sweetheart

Sweetie



"Some \_\_\_\_\_  
YOU turned out to be!"  
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!

Notice  
**GRADER** \_\_\_\_\_

Hover  
**ALOFT** \_\_\_\_\_

Clout  
**WAYS** \_\_\_\_\_

Hunt  
**ECRASH** \_\_\_\_\_

TODAY'S WORD

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

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.

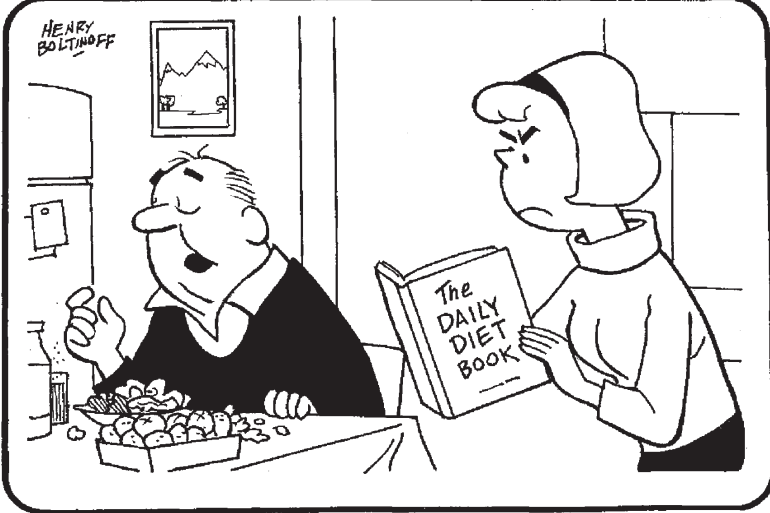
answer on page 29

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Book title is different. 2. Woman's hairdo has changed. 3. Picture is added to wall. 4. Man's fork is gone. 5. Woman's apron is missing. 6. Woman's right hand is hidden.



Lobster Bites with Avocado-Lime Puree

- 2 (9-ounce) spiny lobster tails, removed from shell and cut into 1-ounce bites
- 1/2 red bell pepper, diced fine
- 1/2 avocado
- 20 (3-inch) bamboo skewers
- Canola or olive oil for cooking
- 2 limes, juiced
- Sea salt and fresh ground pepper, to taste

Preheat a medium-sized sauté pan over medium-high heat. Skewer each lobster bite onto the bamboo skewers and lightly season with salt and pepper. In a blender or food processor, add avocado, lime juice and season lightly with salt and pepper. Puree the avocado mixture until smooth, adding 1 tablespoon of water at a time until the desired thickness of avocado puree is reached (the avocado puree should be smooth and creamy and should be thin enough to pour into a small bowl or shot glasses). Add 1 tablespoon of the cooking oil to the hot pan. Carefully add



Lobster Bites with Avocado-Lime Puree

the skewered lobster bites to the hot pan being careful not to overcrowd the pan. Cook lobster bites for just 30 seconds on each side (the lobster bites will cook quickly so it is important to keep a close eye on them). Once the lobster bites are

cooked, remove them from pan, and let drain on a paper towel. Repeat the cooking process until all the lobster bites are cooked (this cooking process can be done ahead of time and the lobster can be served cold if desired). To serve, arrange

the lobster bites on a plate with a bowl of avocado puree, or add a small amount of avocado puree into the bottom of several shot glasses and top each glass with the cooked lobster bites. Garnish the lobster bites with the fine diced red pepper.\*

photo courtesy Fresh From Florida

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## My Stars ★★★★★

FOR WEEK OF SEPTEMBER 16, 2019

**Aries** (March 21 to April 19) It might not be wise to pursue goals involving others, unless you can stop impulsively rejecting new ideas. Either open your mind or wait until next week, when this "ornery" mood passes.

**Taurus** (April 20 to May 20) It's a good time for the Bovine to be creative and practical for yourself and your surroundings. Shop wisely, not impulsively, and keep your Bull's eye focused on quality, not quantity.

**Gemini** (May 21 to June 20) You should feel more confident about moving ahead with plans that had to be delayed by an unexpected turn of events. Also, family matters might need more time than first anticipated.

**Cancer** (June 21 to July 22) Be considerate of others as you move into a new area in your professional life. Take time to meet people and discuss mutual goals. The more you get to know each other, the better.

**Leo** (July 23 to August 22) Creating a fuss could get your ideas noticed quickly. But it would be best to present your case, and then wait for a reaction to follow in due course, rather than try to force it to happen.

**Virgo** (August 23 to September 22) Unkept promises might cause plans to go awry this week. You can either grumble about people "letting you down" or find a way to make the best of it and move on. The choice is yours.

**Libra** (September 23 to October 22) Putting off making a commitment early in the week could be a good move. Best to act when you know you're making an informed decision. Expect more facts to emerge by the week's end.

**Scorpio** (October 23 to November 21) A recent act of kindness on your part could take on special meaning this week. Also, look for signs of upcoming changes in both your personal and professional relationships.

**Sagittarius** (November 22 to December 21) Many of the tougher communication barriers between you and others in the workplace or at home could begin breaking down this week. Expect some surprises to emerge.

**Capricorn** (December 22 to January 19) Your "tough love" attitude toward someone you care for could be misunderstood. Try to be less judgmental and show

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2. Mars and Jupiter
3. Upper arm
4. White Russian
5. Four
6. Beryl
7. Waylon
8. *Chariots of Fire*
9. Punxsutawney, Pa.
10. Paul Theroux

# Final Summerjazz On The Gulf Concert

The final SummerJazz on the Gulf concert will be held at the Naples Beach Hotel & Golf Club on Saturday, September 14 from 6:30 to 9:30 p.m. Ari & The Alibis will be performing for the first time on Watkins Lawn.

Hotel guests receive complimentary parking at the resort. For those not staying at the resort, there will be parking just north of the hotel at Lowdermilk Park, with free parking provided to those with a Naples beach sticker, and free trolley service to the resort and back. Guests may bring lawn chairs or blankets for seating, however no outside food and beverage is allowed.

Ari & The Alibis has been receiving impressive accolades since it formed in 2013. This includes being nominated for Best Local Band in the



Ari The Alibis

photo provided

Tampa Bay area, with vocalist Arielleh “Ari” McManus for Best Jazz Vocalist in the Tampa Bay area. Infusing funk, jazz and samba with blues, soul and rock, the band has performed throughout the U.S. and Canada. For band information, visit [www.ariandthealibis.com/](http://www.ariandthealibis.com/).

“Ari & The Alibis is the perfect way to conclude our 34th annual SummerJazz concert series,” said Susan Savino, the resort’s director of conference services, and organizer of the annual concert series. “They are so talented and will put on a wonderful show. It promises to be a terrific concert.”

The September concert is sponsored by BSSW Architects Inc. and Naples Global Advisors.

The Naples Beach Hotel & Golf Club is located at 851 Gulf Shore Boulevard North in Naples. For more information, call 800-237-7600 or 261-2222, and visit [www.naplesbeachhotel.com](http://www.naplesbeachhotel.com).☆☆

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### SCRAMBLERS

1. Regard; 2. Float;  
3. Sway; 4. Search

*Today's Word*

**WATCHDOG**

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**ROOMMATE WANTED**

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9/13 ☆ 9/20

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9/6 ☆ 9/13

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# Safety Tips When Using A Generator

Although Dorian may not impact the area with category 5 strength winds, there may be some isolated outages. Crews from Lee County Electric Cooperative (LCEC) are ready to respond and are not expecting extended outages requiring backup power supply. Just in case, when operating a generator, safety is of the utmost importance. Consider the following tips to keep you, your family and utility workers safe while using a generator:

Don't connect your generator directly to your home's wiring at the breaker panel or meter or a regular household outlet. Connecting a portable electric generator directly to your household wiring can be deadly to you and others. A generator that is directly connected to your home's wiring can 'back feed' onto the power lines connected to your home. You could also cause expensive damage to utility equipment and your generator.

The only safe way to connect a portable electric generator to your existing wiring is to have a licensed electrical contractor install a transfer switch. The transfer switch transfers power from the utility power lines to the power coming from your generator.

Connect individual appliances that have their outdoor-rated power cords directly to the receptacle outlet of the generator, or connect these cord-connected appliances to the generator with the appropriate outdoor-rated power cord having a sufficient wire gauge to handle the electrical load.

Don't overload the generator. Do not operate more appliances and equipment than the output rating of the generator. Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs. A portable electric generator should be used only when necessary, and only to power essential equipment.

Never use a generator indoors or in an attached garage. Just like your automobile, a portable generator uses an internal combustion engine that emits deadly carbon monoxide. Be sure to place the generator where exhaust fumes will not enter the house, in a well-ventilated, dry

area, away from air intakes to the home, and protected from direct exposure to rain, preferably under a canopy, open shed or carport.

Do not store fuel indoors or try to refuel a generator while it's running. Gasoline (and other flammable liquids) should be stored outside of living areas in properly labeled, non-glass safety containers. They should not be stored in a garage if a fuel-burning appliance is in the garage. The vapor from gasoline can travel invisibly along the ground and be ignited by pilot lights or electric arcs caused by turning on the lights. Avoid spilling fuel on hot components. Always have a fully charged, approved fire extinguisher located near the generator.

Turn off all equipment powered by the generator before shutting down your generator.

One surefire way to protect yourself, your home and our hard-working utility

workers is to invest in GenerLink. Offered by LCEC, GenerLink eliminates the use of extension cords and other hazardous connections by providing a safe connection from the electric meter directly to the generator. It also detects when a generator is operating and automatically disconnects from the utility grid, eliminating dangerous backfeed.

Additional benefits of GenerLink include:

Easiest and safest generator connection; Allows customers to run virtually any appliances up to the capacity of their generator;

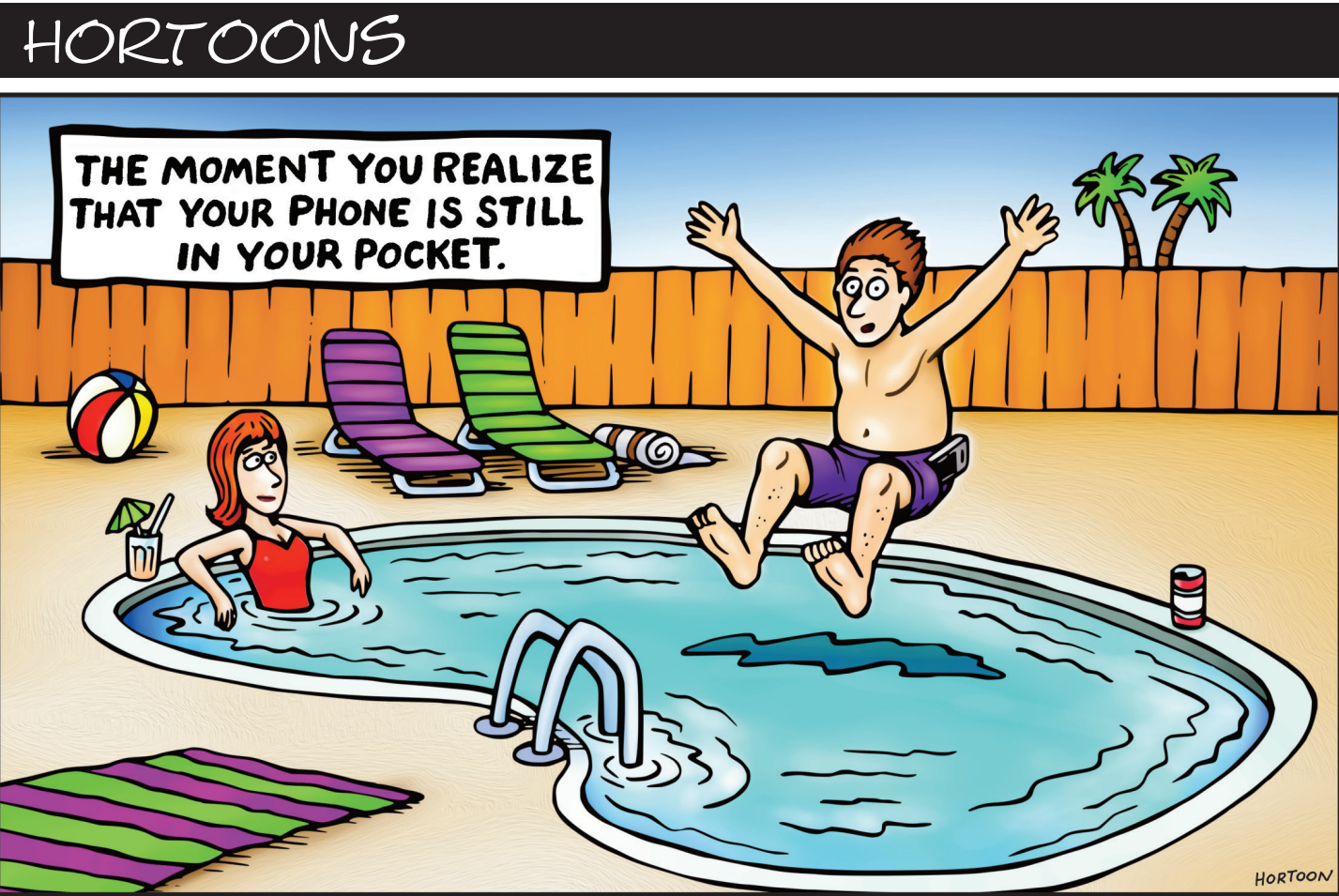
Easily installed behind the electric meter by a certified LCEC technician;

Connection at the meter keeps your portable generator outside where it is safe; and

Seven-year manufacturer's warranty.

Generators can make a huge difference following a major storm, but injury or

fatality can result from improper use. Visit [www.lcec.net](http://www.lcec.net) or call 656-2300 for more information about GenerLink and even more tips about using generators safely.\*



## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1997	3,262	\$2,095,000	\$1,800,000	13
Gulf Shores	Sanibel	1999	2,419	\$1,539,000	\$1,420,000	137
North Captiva Sands	Other	2018	2,829	\$1,215,000	\$928,000	32
Yacht Club	Cape Coral	2001	2,383	\$1,100,000	\$1,045,000	50
Cape Coral	Cape Coral	2002	2,800	\$989,900	\$927,000	59
Sunset Trace	Estero	2006	3,267	\$849,000	\$810,000	0
Cape Coral	Cape Coral	2004	3,606	\$845,000	\$827,000	18
Grande Estates	Estero	2005	2,870	\$839,000	\$820,000	144
Cape Coral	Cape Coral	2006	3,453	\$749,900	\$710,000	10
Country Club Estates	Fort Myers	1954	3,321	\$739,000	\$650,000	392



Randy Wayne White ©

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