



## Tribute Bands Top Off Summer Music Series

Two tribute bands will recreate the British invasion during the Sounds of Summer series finale at the Sidney & Berne Davis Art Center on Friday and Saturday, August 21 and 22. The Nowhere Band will perform on Friday, while zSTONEz will be in concert on Saturday. Doors open at 7 p.m. with performances at 7:30 p.m. Due to CDC guidelines, seating is strictly limited and masks are strongly recommended.

The Nowhere Band is Southwest Florida's premier Beatles tribute band, covering the full spectrum of The Beatles' long and varied career. They create an unparalleled reproduction, entirely live (with no pre-recorded material), of '60s Beatles performances. The band blends period costumes, authentic instruments, modern lighting and a talented quartet of musicians to create an experience any true Beatles fan, young or young at heart, can't afford



**The Nowhere Band**

to miss. For more information, visit [www.thenowhereband.com](http://www.thenowhereband.com).

The group zSTONEz is the leading

photos provided

Rolling Stones tribute band. They will perform legendary rock and roll hits like *(I Can't Get No) Satisfaction*, *Ruby*



**zSTONEz**

*Tuesday, Wild Horses and Jumpin' Jack Flash.*

Tickets are \$22 and available at the box office, by phone at 333-1933 or the day of show at the door.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.✪

## Tickets On Sale For Love That Dress Benefit

Tickets are now on sale for the PACE Center for Girls, Lee County Love That Dress! event at Embassy Suites by Hilton on Wednesday, September 30. The 12th annual event will begin at 6 p.m. with social distancing guidelines and safety protocols in place.

Described as the ultimate feel-good shopping spree of the year, the highly anticipated event features shopping, music, silent auctions and cocktails, with all proceeds benefiting PACE programs and services.

Admission is \$30 in advance and a limited number of VIP passes are available for \$150, allowing shoppers to gain early access to the shopping and exclusive access to the VIP Suite Level, which features private dressing areas, express check-out and complimentary beverages, hors d'oeuvres and desserts.

Advance registration is required and tickets are available for purchase at [www.lovethatdressleecounty.com](http://www.lovethatdressleecounty.com).

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



**Organizers of this year's Love That Dress! benefit for PACE Center for Girls, Lee County**

To help build an expansive inventory of fashion-forward apparel for Love That Dress!, PACE is inviting Southwest Floridians to clean out their closets for a cause with the #MakeSpaceForPace virtual dress collection. Donations of new or gently loved dresses, shoes, handbags and accessories will later be sold at

deeply discounted prices to attendees of the Love That Dress! event.

"We are thrilled to already have an expansive collection of truly great dresses and accessories, but we are not done yet," said Amy McQuagge, co-chair of the 2020 event. "We encourage the community to drop off their donations

photo by Red Door Photography to help us reach our goal of 4,000 incredible pieces."

To contribute to the #MakeSpaceForPace virtual collection, drop off donations between 10 a.m. and 2 p.m. Monday through Friday at PACE Center for Girls, Lee County, located

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Historic Downtown Fort Myers, Then And Now:

# Gilded Age Comes To Fort Myers



by Gerri Reaves, PhD

The U.S.'s Gilded Age spanned from the end of the Civil War to the first decade of the 20th century. The period was marked by materialism, greediness, outright political corruption, the rise of industrialism and corporate growth. Monopolies were created and great fortunes were made by what came to be called captains of industry or robber barons. John D. Rockefeller, Andrew Carnegie, Cornelius Vanderbilt, Leland Stanford, George Pullman and JP Morgan are among the luminaries of the era who were both celebrated and maligned. The Gilded Age reached even the remote small town of Fort Myers in the form of a luxury hotel, pictured here soon after it opened in January 1898. The grand Royal Palm Hotel's original name was the generic Fort Myers Hotel, but the name soon changed to reflect one of the hotel's best assets, the lush grounds on First Street at the foot of today's Royal Palm Avenue.

As the photo shows, at the turn of the twentieth century, a Victorian aesthetic reigned in women's clothes among the monied traveler. Women covered themselves head to toe, and long dresses and hats were the custom.

Sitting on the front porch, or veranda, to use a fancier name, was one of the main pastimes of the well-off female tourists.

Although it was built to accommodate only 50 guests, over the decades the hotel greatly expanded. Rooms were added, as well as a swimming pool, casino, clubhouse, a recreation pier with bathhouses and other facilities. Its grandness and style were incongruent in a town that didn't even have a paved street.

Although officially categorized as a Henry B. Plant hotel, it was a joint project with Hugh O'Neill, a New York City department-store magnate. Industrialist Henry Flagler and rail-steamboat-hotel mogul Plant were two of the ultra-rich entrepreneurs who set out to develop Florida and make plenty of money doing so.

Both built their hotels as they pressed their rail lines ever farther into wild Florida. The hotels put the new town on the map, so to speak.



The Royal Palm Hotel, pictured circa 1900, was built on the site of the Hendry House Hotel on First Street at the foot of what later became Royal Palm Avenue

photo courtesy Florida State Archives



Today, Campo Felice's parking garage occupies the former grounds of Fort Myers' Gilded Age hotel

photo by Gerri Reaves

Flagler's projects dotted the state's east coast, among them the Hotel Ponce de Leon (1888) and Hotel Alcazar (1889) in St. Augustine, Hotel Royal Poinciana in Palm Beach (1894), the Breakers, which he bought, expanded, and renamed in 1901, and the Hotel Royal Palm (1897) in Miami. Plant's eight hotels in the state's interior and on the gulf coast included the Tampa Bay Hotel (1891), the Seminole (1891) in Winter Park, and the Ocala House (1895). The Fort Myers Hotel was Plant's last.

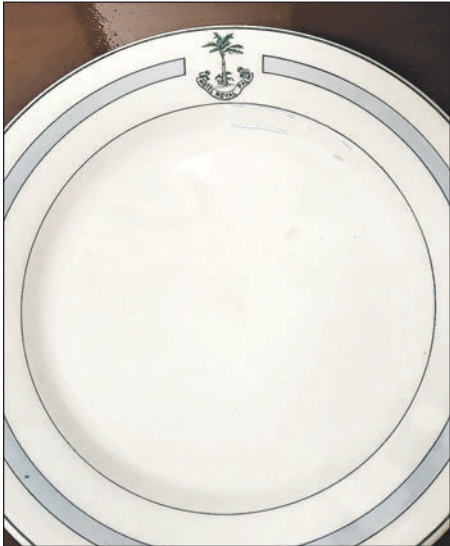
Oddly enough, until the Royal Palm's grand opening on January 15, 1898, it was not generally known that Plant was a secret investor in the project.

He and O'Neill had a social and business relationship and the exact investment details of the venture are not known. At least one historian suggests that that they purposely kept the details of the arrangement obscure.

In contrast to Flagler's east coast development model, the hotel's opening preceded the arrival of the railroad in Fort Myers by six years. Nevertheless, Plant still all but controlled the town's transportation by buying up a steamboat line the year before the hotel opened.

Despite the absence of a railroad, there's no doubt that the economic and cultural activity kick-started by the hotel was a major factor in the town's development. The hotel brought not only elegance and opulence; it brought wealthy tourists eager to experience relatively unknown South Florida. It also brought the first publicly funded electricity to town by lighting both the hotel and First Street. (Thomas A. Edison's private home had had electricity all along, however.)

As had been the case on the east coast, some tourists liked Fort Myers so well that



This hotel plate bears the royal palm logo and the name "Hotel Royal Palm" at the top. Collection of the Southwest Florida Historical Society, photo by Gerri Reaves

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Elks Lodge members present Lee Health officials with Dairy Queen treats photo provided

## Sweet Treats For Lee Health Units

Members of Fort Myers Elks Lodge 1288 recently made gifts of \$2,000 and personal protective equipment to Lee Health Foundation to assist in Lee Health's ongoing battle with the COVID-19 pandemic.

The gift took a sweet twist when members of the Elks Lodge directed that the cash donation be used to purchase and distribute Dairy Queen treats for caregivers in the system's Intensive Care Units (ICUs).

"As an organization dedicated to community service, we've monitored Lee Health's efforts to combat COVID-19, particularly the demands it has placed upon the system's ICUs," said Roger Spencer, president, Fort Myers Elks Lodge 1288. "It's our hope this gift will let our front-line heroes know we appreciate their sacrifices and provide some measure of relief to boost morale and encourage their continued good works and lifesaving efforts."

Elks Lodge representatives were on hand when the frozen treats arrived for

distribution at the system's Lee Memorial Hospital campus in downtown Fort Myers mid-day on July 29. Dairy Queen – a strong supporter of Lee Health's Golisano Children's Hospital through Children's Miracle Network – coordinated delivery at all system ICUs and provided the treats at deep discount.

Community support such as that provided by the Elks Lodge has allowed non-profit Lee Health to address the immediate and ever-changing needs arising as a result of the COVID-19 pandemic. I-Pads to maintain communication for isolated patients, personal protective equipment, meals for caregivers, supplies and medical equipment have all been provided through the generosity of the local community.

"We are grateful the Elks Lodge stepped forward of their own accord to help in this way," said Ken Shoriak, Lee Health Foundation. "Their support – along with that provided by other organizations, individuals and businesses – shines a bright light upon the willingness of the Southwest Florida community to help those in need."

To learn more about making a local impact by supporting Lee Health, visit [www.leehealthfoundation.org](http://www.leehealthfoundation.org).

## Back-To-School Virtual Sessions

Kids' Minds Matter is hosting several sessions on Facebook Live to help prepare families as children transition back to school in an ever-changing landscape. The sessions are part of Mental Health Mondays, a virtual series providing information, discussion and resources about mental health topics to the Southwest Florida region and beyond.

Upcoming sessions include:

Prevention in Today's World: Just Say No to the Old Paradigm: August 17, 5 p.m. – Deborah Comella, executive director of Lee County Coalition for a Drug-Free Southwest Florida and Jonathan Engh, senior vice president, team leader of Commercial Banking at Busey Bank and chair of the board for Lee County Coalition for a Drug-Free Southwest Florida;

Tips for Helping Kids Stay Safe at Home During Virtual Learning: August 24, 9:30 a.m. – Julie Noble, child advocate for Golisano Children's Hospital;

Using Aromatherapy for Upleveling Kids' Mental Health: August 31, 4 p.m. – Kari Davis, holistic life coach, essential oil

educator and founder of The Well Team;

How Mental Health Navigators are Making a Difference in SWFL Schools: September 7, 12:30 p.m. – Peggy Jugmahansingh, Joseph R. Craig, Jeannine Sparkes, mental health navigators, and Richard Keelan, child advocacy supervisor for Golisano Children's Hospital;

"Children and the community have been impacted by changes to continue education during the pandemic, and Kids' Minds Matter is dedicated to providing resources to help parents and children navigate these changes successfully," said Dr. Paul Simeone, vice president and medical director of behavioral health at Lee Health.

The Mental Health Mondays series is streamed live from the Kids' Minds Matter Facebook channel at [facebook.com/kidsmindsmatter](https://facebook.com/kidsmindsmatter). Community advocates, partners and viewers are encouraged to create "watch parties" to join the experience and share the live stream with friends and family. Those who are unable to view live can later watch a video of the presentation on Kids' Minds Matter's Facebook. To learn more, visit [www.kidsmindsmatter.com/mentalhealthmondays](http://www.kidsmindsmatter.com/mentalhealthmondays).

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Fort Myers Art:

# Three Finalists Announced For Mural Project



by Tom Hall

The Fort Myers Mural Society (FMMS) has announced the three finalists for Buck's Backyard, a mural project that will be painted on 17 concrete panels on the eight-foot-tall wall that separates

McCullum Hall from the residential neighborhood just to the north. During its heyday, the two-story 10,000-square-foot Art Deco building was considered the jewel of the Dunbar business community.

During the 1930s and 40s, McCollum Hall became Southwest Florida's most famous entertainment venue. Part of the "Chitlin' Circuit," the second-floor dance hall hosted such internationally renowned musicians as Count Basie, Louis Armstrong, BB King, Lionel Hampton, Otis Redding, Lucky Milliner, and Duke Ellington and his orchestra. During performances, many area residents would gather in the parking lot outside, where they would play along with the musicians inside on slap boxes, harmonicas and other instruments, eat barbeque, drink beer and smoke cigars. The venue was also the site of boxing matches, dances and



Artwork by Michael Rosato

other social events. Affectionately named Buck's Backyard after the building's owner, Clifford "Buck" McCollum Sr., the grounds and parking lot also became the epicenter of impromptu jam sessions, socializing and just plain hangin' out.

Michael Rosato, JP Almonacid and Erik Schlake were chosen from a field of nine applicants by a gold star five-member selection committee who scored the artists' submissions on the basis of originality, technical ability, visibility by motorists passing by on Martin Luther King, Jr. Boulevard, style and how well their designs express the Buck's Backyard theme. The finalists were all within three points of each other, scoring 102, 100 and 99 out of a possible 125 total points.

Each finalist will receive \$500 to further develop their concepts and be given 15 minutes to present their final designs to the committee at its meeting on Tuesday, September 15, which is open to the public. After the presentations, stakeholders, community members and other interested parties will be given a chance to provide input on which of the three finalists should be commissioned to

render the mural before the committee selects the winning design.

The committee is also exploring the possibility of relocating two of the city's Cor-Ten steel Edgardo Carmona sculptures, *Duo Sinfonico* or Flute Player and *Sintonia* or Nostalgic Tune on the Radio, to the McCollum Hall site in an effort to convert the location into an "art hub." In so doing, Fort Myers will join Florida cities like Miami, Tampa and Gainesville, which are bringing art and artists into residential neighborhoods to make art accessible to everyone and convert previously ho-hum spaces into centers of creativity that appeal to creative class workers and residents. The McCollum Hall hub will be linked to the city's other creative centers and outdoor public artworks through Otocast, a free mobile app that provides information, audios and maps showing the location of each of the nearly 70 works of art that comprise the city's public art collection.

The City of Fort Myers designated McCollum Hall as a historic landmark in 1998 and the Fort Myers Community Redevelopment Agency purchased the property 10 years later, immediately undertaking to restore the property to its original grandeur. It passed the baton to McCollum Redevelopment Associates,

LLC/REVA Development Corporation in 2018. The developer expects to complete the interior restoration of the dance hall and retail spaces by the end of 2020.

When it is placed back in service, McCollum Hall is projected to create 75 jobs (43 of which will be permanent) and introduce one restaurant, up to five retail spaces and a multi-use event space. By paying homage to the property's backstory, the mural project will compliment REVA's restoration effort and add to the site's storied legacy.

FMMS anticipates that work on the mural will begin in early January and be completed on or before April 30, 2021.

"Our goal is to become one of the key mural destinations for tourism in Southwest Florida," said FMMS Director Shari Shifrin. "In the next five years, through our annual Art Stumble event, chalk competition and other fundraising avenues, we plan to facilitate the painting of several murals that will boost tourism, which results in significant tax revenues."

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

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## Socially-Distanced Learning Program

The IMAG History & Science Center announces its new IMAG SOS (Students On Site) Socially-Distanced Learning Program designed especially for third through eighth grade students beginning August 31.

With individual work areas for your student, the IMAG is offering students a safe, supervised environment for socially-distanced learning for their online schooling programs including Florida Virtual School, Lee Virtual School and Lee Home Connect. IMAG educational staff will provide students with educational support and scaffolding, assistance and encouragement, and tips for planning, doing and accomplishing their work. In addition, IMAG educational staff provides students with brain breaks, lunch breaks, and indoor and outdoor activities; organized and structured interactivity and fun; as well as additional STEM challenges, games and projects.

During the summer, IMAG carefully and successfully hosted eight weeks of Camp IMAG with groups of campers limited in size, minimizing risks of exposure and viral spread and enhancing camper and staff safety with preventative measures. IMAG is using the same Camp IMAG practices and safety protocols for the

IMAG SOS Socially-Distanced Learning Program. To that end, IMAG continues to take extensive steps to help ensure a clean, safe experience for all students and staff in a clean, safe environment with best practices for promoting good hygiene, encouraging social distancing, wearing protective face coverings when appropriate, providing safety information, and performing daily, hourly cleaning, disinfecting and deep-cleaning protocols using hospital-grade, ionized, hydrogen peroxide fogging technology.

Students bring their Chromebooks or laptops (with earbuds or headphones) to IMAG SOS learning sessions and log into their online schooling programs. Students are also expected to bring any necessary supplies needed for their studies as well.

IMAG SOS learning sessions are open Monday through Friday with earliest drop-off and latest pick-up hours from 7:45 a.m. to 5:15 p.m. in an effort to accommodate working families. Hot lunches and snack packs can be purchased or, if you prefer, students can bring their lunch and snacks. Weekly fees for IMAG members are \$100 and \$115 for non-members.

To register for the IMAG SOS (Students On Site) Socially-Distanced Learning Program, visit [www.theimag.org/studentonsite](http://www.theimag.org/studentonsite). Register early since participation in each IMAG SOS Learning session is limited in number.\*





Southwest Florida Symphony rehearsals from its 2019-20 season

photo provided

## Musicians Gain Economic Relief From Payroll Plan

When the Southwest Florida Symphony cancelled the remainder of its 59th concert season in early March as a result of COVID-19, this left more than 100 professional musicians without work and facing an uncertain financial future through the summer.

Sanibel Captiva Community Bank Chief Financial Officer David Hall worked with Amy Ginsburg, the orchestra's executive director, to secure a federal Payroll Protection Plan loan, enabling the orchestra to pay its musicians 71 percent of what they would have earned if the remainder of the season had been executed as planned.

"This was an unbelievable relief to all of us," Ginsburg said. "We prepared for the application process before applications even became available. As soon as we received funding, our first order of business was to provide financial support for our invaluable artistic staff."

When unemployment skyrocketed at the onset of the pandemic, the federal government made the Payroll Protection Program Loan application process available to businesses that employ fewer than 500 individuals. The Southwest Florida Symphony employs 70 per-service musicians, 34 substitute and extra

musicians and, pre-pandemic, employed a staff of 13 full and part-time employees. Only 3.6 percent of Florida applicants were approved for this emergency funding. Though this is considered a loan, businesses that meet certain criteria for spending the money they received through this program – using 60 percent or more to retain or pay furloughed employees and the remainder to cover operating expenses – will have 100 percent of the loan forgiven.

The Southwest Florida Symphony met that criteria by paying its furloughed musicians and retaining all of its full-time administrative employees.

"I worked closely with Amy to get the application done, get it in, and we're working with her to make sure the documentation is in order for the Small Business Administration forgiveness to flow through to the symphony to get the loan forgiven," Hall said. "I'm just really tickled that we were able to pay out the contracts to the musicians for the concerts that were canceled."

"This was the most innovative season we had ever planned," Ginsburg said. "Fortunately, we were able to postpone performances until 2021. Maestro Nir Kabaretti also graciously agreed to return for a proper farewell to his fans, but imagine spending a year planning, practicing and dreaming about these celebratory communal events, and then the world slams on its brakes, particularly jolting the arts and entertainment industry."☆☆

## Food Donation Drive Fundraiser

In partnership with Lee Health's Kids' Minds Matter, Healthy Lee, Costco and the Midwest Food Bank, this year's "Normal Is Overrated" students are hosting a food donation drive at Costco at Gulf Coast Town Center on Saturday, August 15 from 9 to 11 a.m. The drive supports the Midwest Food Bank – Southwest Florida Division to bring in donations to help local families in need. All donations are welcome.

There is an electronic benefits transfer (EBT) card donation option. Lee County students who recently received EBT cards with funds to cover the free meals they missed at school and are not in need of the funds have expressed an interest in donating the funds to families who are less

fortunate. Students can donate the EBT card funds, by purchasing food at Costco and delivering it to the Midwest Food Bank truck stationed in the Costco parking lot.

The food donation drive helps the community's most vulnerable families and ensures that no one has to go hungry. Students will also introduce Normal Is Overrated 2020 and share what they are doing to help out the community.

Normal Is Overrated is an annual mental health event that allows high school students to speak about their mental health issues. The event takes place in September and is meant to create awareness for student mental health and reduce the stigma surrounding this topic.

Costco at Gulf Coast Town Center is located at 10088 Gulf Center Drive in Fort Myers. For more information, contact Lauren Walker at lauren.walker@leehealth.org or 252-412-2548.☆☆

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# Beer Sales Benefit Cape Coral Boy Battling Leukemia

Fort Myers Brewing Company is introducing Adyn Strong, a new light and refreshing German Pilsner brewed for a special cause.

“Fort Myers Brewing fans likely remember our friend Adyn Pickett, the Cape Coral boy who is fighting leukemia,” said Jen Whyte, co-owner of Fort Myers Brewing Company. “Last year, we hosted a silent auction and fundraiser in our taproom that raised more than \$15,500 for the Pickett family. Now, we are releasing a limited edition Adyn Strong six-pack that will help this family with mounting medical bills.”

Pickett was first diagnosed with leukemia at age 4, then again at 6 and 7. His intense treatments included multiple rounds of chemotherapy, transfusions, radiation and a bone marrow transplant made possible after his younger sister was a donor match. However, the family learned this summer that the leukemia had returned. This week, he and his mom head to Johns Hopkins All Children’s Hospital for a three-and-a-half-month stay for treatment while his father and sister remain home for work and school.

“No child should have cancer, and no family should be worried about medical bills when their child is fighting for their life,” Whyte adds. “The Pickett family



Adyn Strong 6-Pack photo provided

had already been through so many highs and lows, and we ask the community to join us in helping ease the burden.”

Adyn Strong will be sold exclusively at Fort Myers Brewing Company’s taproom in Gateway and available for to-go pickup. The limited-edition craft beer sells for \$12 with \$10 from every six-pack sold going directly to benefit the Pickett family as 8-year-old Adyn prepares for his fourth battle with cancer.

The limited-edition label for the Adyn Strong brew, which was inspired by Adyn’s love for LEGOs, was created by Jeromy Boutwell of Boutwell Designs with printing services donated by Blue Label Packaging Company.✪

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownofflifelutheran.com](http://www.crownofflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

**REDEEMER CHURCH**  
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.

**FORT MYERS CHRISTIAN CHURCH**  
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.fpcforymyers.org](http://www.fpcforymyers.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

# Mosquito-Borne Illness Advisory

The Florida Department of Health in Lee County (DOH-Lee) is advising residents that there has been an increase in mosquito-borne disease activity in areas of Lee County.

Several sentinel chicken flocks have tested positive for West Nile virus infection. The risk of transmission to humans has increased. Lee County Mosquito Control and DOH-Lee continue surveillance and prevention efforts.

DOH-Lee reminds residents and visitors to avoid being bitten by mosquitoes and to take basic precautions to help limit exposure.

Drain standing water to stop mosquitoes from multiplying.

Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren’t being used.

Empty and clean birdbaths and pet’s water bowls at least once or twice a week.

Protect boats and vehicles from rain with tarps that don’t accumulate water.

Maintain swimming pools and keep them appropriately chlorinated. Empty plastic swimming pools when not in use.

Cover skin with clothing or repellent. Wear shoes, socks, long pants and

a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

**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.

long sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.

Apply mosquito repellent to bare skin and clothing. Use repellents according to the label. Products with concentrations of up to 30 percent DEET (N, N-diethyl-m-toluamide) are generally recommended. Other U.S. Environmental Protection Agency-approved repellents contain picaridin, oil of lemon eucalyptus, para-menthane-diol, IR3535, or 2-undecanone. These products are generally available at local pharmacies.

Some repellents are not suitable for children. Use mosquito netting to protect children younger than 2 months old.

Cover doors and windows with screens to keep mosquitoes out of your house.

Repair broken screening on windows, doors, porches and patios.

The department continues to conduct statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, eastern equine encephalitis, St. Louis encephalitis, malaria, chikungunya and dengue. Residents of Florida are encouraged to report dead birds via the Florida Fish and Wildlife Conservation Commission’s site at <http://legacy.myfwc.com/bird/default.asp>. For more information, visit DOH’s website at <http://www.floridahealth.gov/%5C/diseases-and-conditions/mosquito-borne-diseases/index.html> or contact your county health department.

Follow on Twitter at @HealthyFla and on Facebook. For more information, visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).✪

**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 BETH EL 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.

**THOMAS A. EDISON CONGREGATIONAL**  
Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

**UNITARIAN UNIVERSALIST**  
Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 278-1511.

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

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

**ZION LUTHERAN**  
Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.  
*Email changes to press@islandsunnews.com or call 395-1213.*✪





Native Everglades palm has palmate, or fan-shaped, leaves photos by Gerri Reaves

Plant Smart

## Palmate But Not Always A Palm

by Gerri Reaves

Look at your open palm, and you'll find a clue as to why palm trees are called palms.

The fingers and thumb all extend or radiate from a common center, just as the leaflets of many palm fronds do.

Palms with that basic leaf structure are called palmate, or sometimes fan-shaped.

Many palm species are palmate, including Florida natives such as threatened silver palm (*Coccothrinax*



Native red maple's palmate leaves are deeply incised

*argentata*), threatened Keys thatch, or brittle thatch, palm (*Leucothrinax morrisii*) and Everglades, or paurotis, palm (*Acoelorrhaphie wrightii*); cabbage, or sabal, palm (*Sabal palmetto*); saw palmetto (*Serenoa repens*); needle palm (*Rhapidophyllum hystrix*); and endangered Florida thatch palm (*Thrinax radiata*).

However, not all palms, native or not, are palmate. Some are pinnate, meaning that their arching fronds are arranged like a feather and have numerous slender leaflets along the main stem.

For example, two native pinnate palms are the Florida royal palm (*Roystonea regia*) and Sargent's cherry palm (*Pseudophoenix sargentii*), both listed as endangered.

Florida slash pine, live oak hammock, mesic hardwood hammock dominated by laurel oaks, cypress forest and some fresh water marshes.

The site has wading birds in the fresh water marshes including mature and immature wood storks, sandhill cranes, glossy ibis, white ibis, snowy egrets, little blue heron, tricolored heron and great blue heron. The purchase price is \$1.3 million.

2) Approximately 15 acres of land on Pine Island contiguous to the Pine Island Flatwoods Preserve, as well as Calusa Land Trust's conservation land. The parcel consists of native pine flatwoods and mangrove forest. The purchase price is \$52,500.

For more information, visit [www.conservation2020.org](http://www.conservation2020.org).✱



Invasive balsam apple has ornate palmate leaves

But in size or weight, those fronds are definitely not feather-weights. A royal palm frond can be 10 feet long, and you don't want to be under it when it falls. A hefty falling frond has broken more than one car windshield.

The word palmate, however, can also refer to the leaves of plants other than palms.

Take, for example, the red maple leaf (*acer rubrum*). The three or five lobes are incised, or deeply cut, and the main veins clearly extend from a common point where the stem attaches to the leaf's underside.

Two invasive examples of palmate leaves are balsam apple, or balsampear (*Momordica charantia*) and castorbean (*Ricinus communis*), both listed as category II invasive species by the



Castorbean's lobes radiate from a central point for an umbrella effect

Florida Exotic Pest Plant Council.

The five to seven lobes of the balsam apple's filigreed leaves appear to radiate from a large deep rounded notch. The sheer size of castorbean's leaves suggest its invasive potential. In only three or four months, it can grow to tree size. The leaves have five to 11 finely toothed pointed lobes radiating from a central point.

Don't hesitate to eliminate these two invasive and toxic species from your yard if they volunteer, particularly castorbean, whose seeds contain toxic alkaloid ricinine, or ricin.

While it's obvious that the word palmate is apt to describe many palm trees, it's by no means limited to them.

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

## Conservation Lands Purchase

The Lee Board of County Commissioners approved the purchase of two parcels totaling 216 acres for Conservation 20/20. The parcels, one in eastern Lee County and one in Pine Island, are contiguous to existing preserves. The parcels are:

1) Roughly 201 acres contiguous to Imperial Marsh Preserve-Galloway Tract. The land is about a mile south of State Road 82 and about three miles west of the eastern county line. The parcel consists of a diverse mix of upland and wetland native plant communities, including flatwoods dominated by south

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**I**'m often asked by clients if I still just go fishing for fun? The answer is yes. My favorite thing to do is sight fishing tarpon from my small flats skiff. While having a couple of days

On a perfect day off, I wake up about 5 a.m. and head to the marina by 5:30 a.m. with my skiff in tow and a few dozen perfect tarpon baits tied at my dock in a holding pen. After heading out of the canal, we rode a few miles in the dark down the sound to where I'd hope the tarpon would be. I dropped the trolling motor and started to search just as it's getting light. This week was easy and just a matter of returning to the same area again and again to visit these happy tarpon.

There is very little angler pressure on these tarpon this time of year. Most days, we have had them almost all to ourselves. Being there early to enjoy that first few magic hours after sunrise is

Getting on these late summer tarpon has been about locating the big schools of fry bait that have feeding mackerel, ladyfish and trout on them. Watching this fry bait spray as predators gorge on it usually means the tarpon are close by. Groups of tarpon move around this feeding frenzy and sometimes even breach as they come through these huge bait schools. Watching these fish go airborne is just about as exciting as hooking up. Some days, we cast into the frenzy while other days we pitch at rolling fish. Either way, this tarpon fishing is as good as it gets. Though we do not have the numbers of tarpon we see in May when they are mating, these fish are eating and much more cooperative than in the spring.

The small flats boat with a high power trolling motor makes us fast, quiet and agile. Spotting rolling or laid up fish is the first step, followed by being able to quickly get within casting distance. When we are able to get a pinfish or crab to these fish, it doesn't take long to get bit. We jumped 10 tarpon and sadly only managed to land one during the three mornings we fished this week. These tarpon have mad moves. They pick up the bait and jump as they come right at the boat, all before we could get tight on them. On several occasions, we had them almost come in over the bow right before they got loose. We stared them down eye to eye less than 10 feet away.

Most days by 10 a.m., the bait schools and feeding fish have usually



photo provided

disappeared, and its time to call it a day. We beat the heat and head in to air conditioning. As business slows down in September and October, I will be out any morning I get a chance to do this if conditions are right. It just never gets old. I can't think of a more quality way to start any day off then by spending time

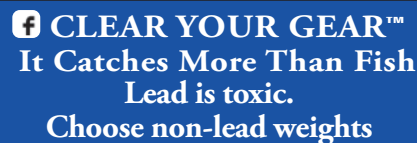
with these amazing fish.

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

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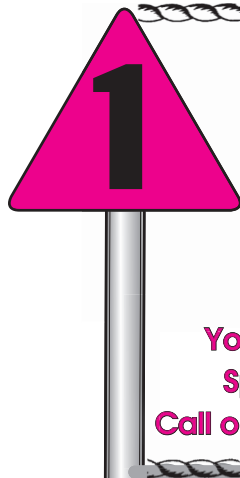
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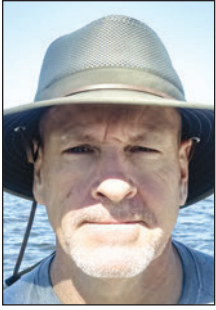
# Dave Doane

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## CROW Case Of The Week:

## Pine Warbler



by Bob Petcher

The pine warbler (*Setophaga pinus*) is so named for its love of pines. This bird is reportedly rarely seen away from evergreen trees and nests in branches high above. This

yellowish songbird is stout with a long tail and prominent bill.

Pine warblers are the only species of warbler that actually visits bird feeders. They are also the only warbler to stay in the continental U.S. during migration before winter and the first to return to northern states in the spring.

At CROW, a pine warbler was admitted to the hospital from Cape Coral after reportedly hitting a window. It was also said to have been attacked by a larger bird. The finder reported the patient to have an injury to the eye.

Upon examination, CROW hospital staff did confirm the warbler to have a corneal ulcer in its left eye. No further injuries were reported.

"For this patient, the eye injury was the only problem found. In other cases like this, patients can sustain fractures or severe neurologic signs due to brain



Patient #20-3728 stares at the camera with its good eye. The pine warbler had a slight squint in its left eye as a result of an injury.

photo by Missy Fox

swelling," said Dr. Robin Bast, CROW staff veterinarian. "A corneal ulcer is an abrasion to the outer layer/surface of the eye. Even though it is superficial, if left untreated it can worsen and end up rupturing the globe of the eye."

The examination included the use of a

fluorescein stain. The patient was started on anti-inflammatory and antibiotic eye drops to treat the ulcer.

"The fluorescein stain sticks to any defects in the corneal surface, exposing the underlying layer of tissue. When you shine a blue light on the eye after applying this stain, corneal ulcers will 'glow' a light green color," said Dr. Bast.

"This patient did not have any foreign debris in its eye."

After a few days, the ulcer was said to have improved, but there was still a small area of stain uptake. The patient was also sporting a slight squint.

"When the eye was stained, a pinpoint area of the cornea had stain uptake, meaning it glowed light green under the blue light. This is a small, superficial corneal ulcer or abrasion," said Dr. Bast. "(The squinting) often occurs because of the pain and inflammation associated with the ulcer. As the ulcer heals and you treat with topical antibiotics and anti-inflammatory pain medications, the patient becomes more comfortable and this squinting behavior resolves."

The bird successfully passed a flight test in an outdoor enclosure. CROW staff members said it would be ready for release once the ulcer has fully resolved.

"Superficial corneal ulcers like this can heal in two to three days, which is what happened for this patient," said Dr. Bast. "Once the bird's eye injury healed and it was able to navigate around a small flight enclosure with no problems – assuring us it had no vision deficits) – it was cleared for release."

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

## Enrollment Office Reopens

The School District of Lee County Student Enrollment Office has reopened for parents that need to register students new to the district. Select staff will be available for in-person registration for new students between 8:30 a.m. and noon and 1 p.m. to 4 p.m. Monday through Friday.

A number of precautions will be in place to protect both the employees and families:

Only one family member is allowed in the office with a max of 10 people waiting in the lobby;

Masks are required;

Social distancing enforced in the office and for those waiting outside in line;

Registration information (English and Spanish) brochures will be available for pickup; and

Lockbox located outside the entrance for paperwork needed to be dropped off.

The documents required to register a student include: child's original birth certificate; child's immunization record; child's wellness physical (dated within one year); child social security card (optional); parent photo ID, proof of current address (recent utility bill or lease); and custody documents if applicable.

Office staff continues to work remotely to assist families at [studentenrollment@leeschools.net](mailto:studentenrollment@leeschools.net). Emails should include parent's name, student's full name, student's date of birth and nature of the concern or inquiry.

For more information, visit [www.leeschools.net/our\\_district/departments/academic\\_services/student\\_enrollment](http://www.leeschools.net/our_district/departments/academic_services/student_enrollment).

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## Health First

# Vitamin D May Be Protective Against COVID-19



by Julie Rosenberg, MD

**V**itamin D is a fat-soluble vitamin in a family of compounds that includes vitamins D-1, D-2 and D-3. Your body produces vitamin D naturally when it's directly exposed to

sunlight, or rather, the ultraviolet B (UV-B) radiation that the sun emits. You can also get vitamin D through certain foods and supplements to ensure adequate levels of the vitamin in your blood. Foods rich in vitamin D include fatty fish (salmon, mackerel and tuna), herring, sardines, cod liver oil, and fortified foods such as orange juice and cereals.

Vitamin D has several important functions including regulating the absorption of calcium and phosphorus and facilitating normal immune system function. Getting a sufficient amount of vitamin D is key for normal growth and development of bones and teeth, as well as improved resistance against certain diseases, including respiratory diseases, flu, heart disease, diabetes and even cancer.

Because vitamin D is important for immune system health, it has been postulated that supplementing your diet

with vitamin D may help to reduce the risk of contracting the novel coronavirus (SARS-CoV-2) that causes COVID-19. A growing body of circumstantial evidence now also specifically links outcomes of COVID-19 and vitamin D status. Researchers have shown a link between low levels of vitamin D and a higher number of COVID-19 infections and death in various European countries. A role for vitamin D in the response to COVID-19 infection could be twofold. First, vitamin D helps to prevent against respiratory infections. Second, vitamin D might help to reduce the respiratory inflammatory response to infection with COVID-19.

Many factors can affect your ability to get sufficient amounts of vitamin D, and unfortunately, about 42 percent of the American population is deficient in vitamin D. Primary reasons for vitamin D deficiency include:

You don't consume enough vitamin D in your diet.

Your exposure to sunlight is limited. Being exposed to the sun for about 15 to 20 minutes three days per week is usually sufficient. However, many people have been homebound or at least spending more time indoors in recent months due to the COVID-19 pandemic, which may lead to a higher risk for vitamin D deficiency.

You have dark skin. The pigment melanin reduces the skin's ability to make vitamin D in response to sunlight exposure.

Being in an area with high pollution.

Living in big cities where buildings block sunlight.

These factors contribute to vitamin D deficiency in an increasing number of people not only in the United States, but

worldwide. That's why it's important to get some of your vitamin D from sources besides sunlight.

The symptoms of vitamin D deficiency in adults include:

Fatigue, aches and malaise (a general sense of not feeling well);

Bone or muscle pain;

Muscle weakness;

Stress fractures, especially in your hips, pelvis or legs.

Vitamin D adequacy is best determined by measurement of the 25-hydroxyvitamin D concentration in the blood. Knowledge of the 25-hydroxyvitamin D blood level provides an accurate assessment of vitamin D body stores, helps to identify the need for vitamin D therapy, and may help to determine an effective dose. Alternatively, empiric vitamin D supplementation without testing can also be justified for people who have inadequate sun exposure or dietary intake.

In summary, the role of vitamin D in the prevention or as adjuvant treatment of COVID-19 has not been fully clarified. However, if you have concerns that you may not be getting enough vitamin D, you may want to discuss the situation with your doctor. Vitamin D supplementation is a clinical decision that has many potential health benefits, including the possibility of decreasing your risk or severity of COVID-19.

*Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at [www.drjulierosenberg.com](http://www.drjulierosenberg.com). For consulting and speaking requests, email your inquiry to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).✱*

## Bank Donates Office Space To Local Nonprofits

**S**anibel Captiva Community Bank is donating rent-free office space to two Southwest Florida not-for-profit organizations in Fort Myers. The bank's operations center recently relocated from 7500 College Parkway to their newest branch at 9311 College Parkway, creating approximately 2,700 square feet of available office space. The bank has arranged for the Southwest Florida Chapter of Blessings in a Backpack and the Southwest Florida Symphony to use the space rent-free.

"We're avid supporters of both of these tremendous nonprofits and offering this space to them just made natural sense for us," said David Hall, executive vice president, chief financial officer and chief operating officer at Sanibel Captiva Community Bank. "Particularly now, when nonprofits are facing increased difficulties to fulfill their missions, we are very pleased to be able to support their efforts."

Blessings in a Backpack works to provide food on the weekends for elementary-aged children who would otherwise go hungry. Every Friday afternoon, children receive backpacks filled with kid-friendly, ready-to-eat items.

As Lee County's only professional orchestra and one of the oldest symphony orchestras on Florida's Gulf Coast, Southwest Florida Symphony now has a new home to settle into for its administrative and library accommodations.✱

## Marketing Firm Hires Director

**C**ONRIC PR & Marketing recently hired Kirsten O'Donnell as the agency's marketing director, according to president and chief marketing officer Connie Ramos-Williams.

"Kirsten is a wonderful addition to our expanding CONRIC PR & Marketing team," said Ramos-Williams. "Her integrity, leadership, knowledge, experience and professionalism make her not only a perfect fit for our agency but also an asset to both our long standing loyal clients and new clients alike."

In her role, O'Donnell will develop, implement and measure strategic marketing, communications, public relations and advertising campaigns. She will collaborate closely with CONRIC team members and clients to manage accounts and projects.

"After a dozen years working in the nonprofit and government sectors, I couldn't pass up the opportunity to work with the broad variety of clients that the CONRIC team serves," said O'Donnell.



Kirsten O'Donnell

"This agency's reputation speaks for itself, and I'm really excited to be a part of this great group of professionals."

O'Donnell brings two decades of award-winning public relations, marketing and journalism knowledge to the position. Most recently, she served as director of communications and outreach at the Area Agency on Aging for Southwest Florida, where she led internal and external communications and managed three community outreach programs. Her public relations and marketing experience also include positions at the City of Fort Myers and Goodwill Industries of Southwest Florida. Shel also spent eight years as a television sports journalist, reporting and anchoring at stations in Missouri, Georgia and Southwest Florida.

O'Donnell holds a bachelor of arts degree in communication arts from Oakland University, and a master of arts in interpersonal and public communication from Central Michigan University. In 2018, O'Donnell completed her master of business administration degree with a concentration in marketing from the University of Phoenix.

O'Donnell and her husband have been Cape Coral residents for 15 years. She has served as an appointee to the Lee County Community Action Agency and is currently vice president of communications for the Florida Public Relations Association SWFL chapter. In her free time, she volunteers at the Cape Coral Animal Shelter.✱

## Local Named To FPRA State Executive Board

**L**isa Murray, APR, CPRC, has recently been appointed to the Florida Public Relations Association (FPRA) State Executive Committee. She will serve as vice president of accreditation and certification.

Aside from her professional volunteerism, Murray is senior manager of corporate communications at Interop Technologies in Fort Myers.

FPRA is a statewide organization of public relations professionals with 15 chapters, including the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), covering Lee, Collier, Charlotte, Hendry and Glades counties.

Murray's responsibilities will include promotion and management of accreditation and certification programs for the association and to serve as a resource for chapter accreditation chairs across the state. She is currently



Lisa Murray

completing the 2019-20 term on the Southwest Florida chapter board, where she is the chapter's immediate past president.

The Southwest Florida Chapter of the Florida Public Relations Association meets monthly for professional development luncheons and networking. Visit [www.fpraswfl.org](http://www.fpraswfl.org) for more information.✱

## Bank Promotion

**S**anibel Captiva Community Bank has promoted Keegan Power to vice president and office manager of the College Parkway Branch, located at 7500 College Parkway. In his new role, Power manages daily operations and customer relationships, including business and consumer banking.

Power has been with the bank for nearly six years, serving most recently as the McGregor Branch assistant office manager. Prior to joining Sanibel Captiva Community Bank, he worked at a First Community Bank of Southwest Florida/C1 Bank and Wells Fargo as a teller and customer service representative.✱

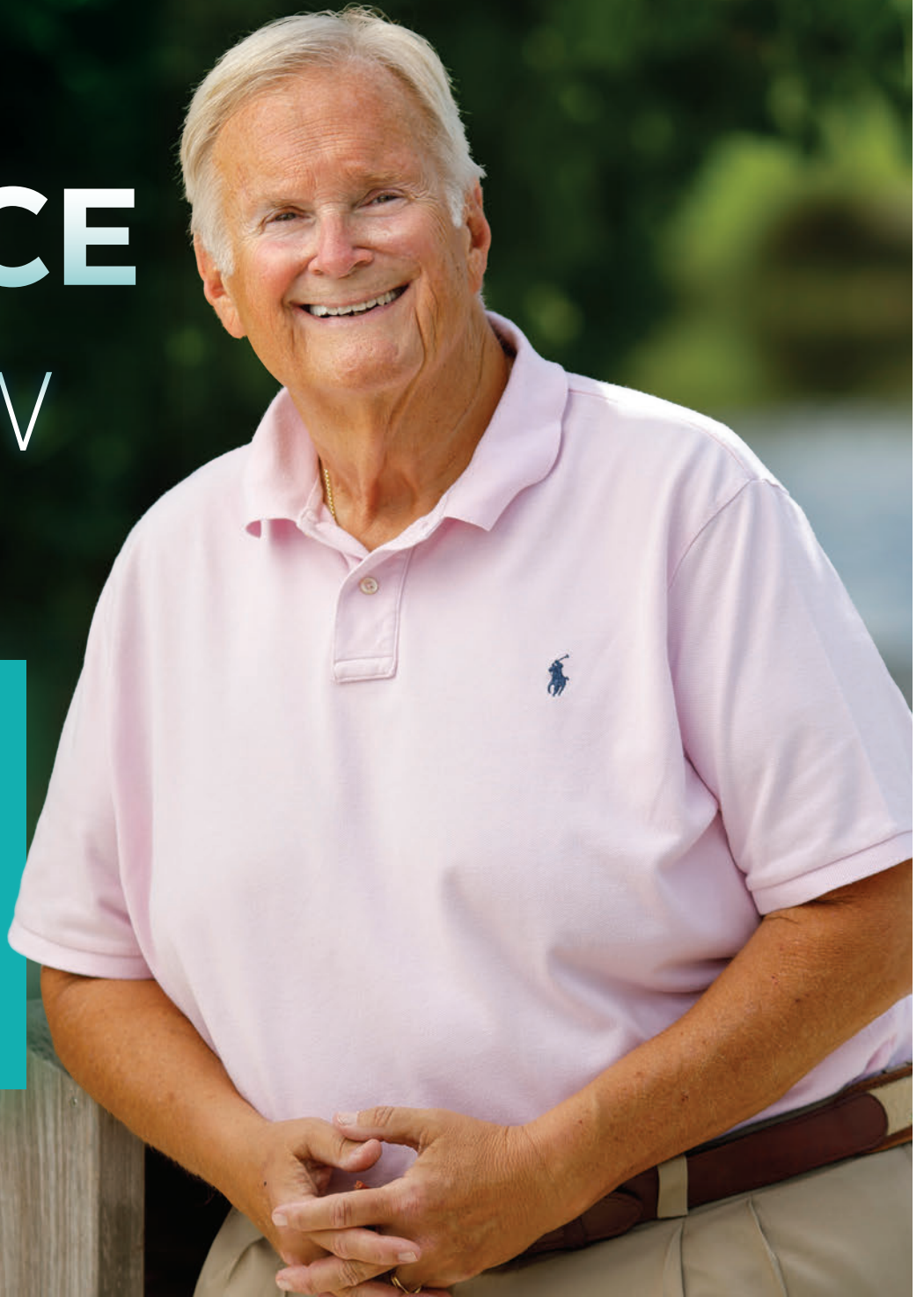


Keegan Power





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## Book Review

# The Order



by Di Saggau

Whenever a new Daniel Silva book is released, I am reminded that he's one of the most gifted novelists of our time. In his latest, *The Order*, popular character Gabriel Allon, legendary spy

and master art restorer, has gone to Venice for a much needed vacation. However, rather than relaxing and recharging, he is contacted by an old friend who urgently requests his help.

Pope Paul VII has died suddenly, and everyone is told that it's a heart attack that occurred while he was praying in his chapel. But Archbishop Luigi Donati, loyal private secretary to the Pontiff, believes there's more to the story and he intends to find out with Allon's help. When viewing the Pope's body, he whispers in his ear: "Speak to me, old friend. Tell me what really happened here tonight."

Donati tells Allon that the Holy Father passed away on the one night he was not at his side, and there were also other oddities: like a missing member of the Swiss Guard and a letter the Pope had been writing prior to his death that was intended for Allon. The letter has gone missing. The real mystery is why the Holy Father visited the Vatican archives late at night. Donati thinks he perhaps found



image provided

something that some would kill to keep hidden.

Allon discovers that the most likely culprits in the Pope's death are connected to far-right leaders throughout Europe. The lost Gospel, if discovered, would shed a new light on Christian anti-Semitism. Using history as background, Silva delves into the ancient hatred of the Jewish people, something that is rooted in the *New Testament*. While *The Order* is fiction and written for entertainment, there are many things that make the plot seem believable.

The Order of St. Helena will stop at nothing to keep the long-suppressed gospel out of Allon's hand. They plot to seize control of the papacy. While the cardinals gather in Rome for the start of the conclave, Allon begins a desperate search to prove the order's conspiracy and

to find the long-lost gospel that can put an end to 2,000 years of murderous hatred. *The Order* will keep you spellbound from the start to the stunning final plot twist. The "Author's Note" at the end of the book is worth reading several times, as is the book.\*

## School Smart



by Shelley M. Greggs, NCSP

### Dear Readers,

This article is to make you aware of how important a vision screening is for all children, especially younger children. Seeing the board

or computer screen is one of the most basic functions in education. Research has shown, repeatedly, that if a child can't see, they're going to have an awfully hard time in school. And yet too often this simple procedure is overlooked.

Very recently, research showed that children with a vision problem during the preschool years perform significantly worse on tests of early literacy. And that poor performance early on affects their reading scores when they reach the third grade, says Kira Baldonado, director of the National Center for Children's Vision and Eye Health. She also says that most educators and parents know it's important to identify vision problems for children, but there just hasn't been a national consensus and unification around the approach for screening.

Here are some guidelines about vision screening from the National Center for Children's Vision and Eye Health. For preschool and kindergarten children, vision screening at ages 3, 4 and 5 is recommended. The primary purpose of screening this age group is to detect amblyopia and uncorrected amblyopia risk factors, including hyperopia, myopia, astigmatism and anisometropia. Vision screening begins with a review of signs and symptoms – or red flags – indicating a child may have a vision or eye health disorder that requires attention from a primary care provider or eye care professional.

For ages 6 to 17, a vision screening at ages 8, 10, 12 and 15 years is recommended. The purpose of screening the vision of school-aged children shifts from a primary focus on prevention of amblyopia and detection of amblyopia risk factors to detection of uncorrected refractive errors and other eye conditions that could potentially impact the student's ability to learn or to affect their academic performance. Periodic vision screening during the school years is important for school-aged children because refractive errors, such as myopia, and other visual disorders may emerge for the first time throughout these years.

There are only 15 states that require vision screening for preschool-aged children in the developmental time period that experts say is critical for identifying vision problems that can cause permanent blindness or vision impairments for life. "Knowing you've seen a child too late is very frustrating," said Millicent Peterseim, a pediatric ophthalmologist and the chair

of the vision screening committee for the American Association of Pediatric Ophthalmology and Strabismus.

It's important to note that screening early doesn't mean states and schools should stop screening later. "We like to make sure that every child has their vision checked every year," said Peterseim. "Children's eyes change as they grow. If a student received glasses in first grade, they may have a completely different prescription in third grade."

"Schools play an important part in making sure vision screenings happen. For families that don't seek regular medical care, or are unsure of the medical system, schools can be a place they trust, where people already know their child," said Baldonado. Schools can also make sure kids are connected to care by providing information on where to receive a full eye exam or on organizations that provide free glasses. This is a critical function for schools because some children fall through the cracks. They are picked up at the school screening but, for whatever reason, there is no follow through, and some kids never get the necessary complete vision exam. So, schools are instrumental in making sure screening data gets into a child's health record, and that outside partnerships with nonprofits and health organizations exist.

Minimum vision screening regulations for Florida schools are not required for preschool, but required for kindergarten, grades 1, 3, 6, transfer students and kindergarten through fifth grade students being considered for special education.

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. Not all questions submitted can be addressed through this publication.\*

From page 1

## Love That Dress

at 3800 Evans Avenue in Fort Myers. A donation bin is located behind the PACE building, providing a completely contact-free donation experience.

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

Embassy Suites by Hilton is located at 10450 Corkscrew Commons Drive in Estero. For more information, visit [www.pacecenter.org/locations/lee](http://www.pacecenter.org/locations/lee) or call 425-2366.\*

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**THOMAS P. HALL**  
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"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams



## New Team To Lead SCCF Efforts On Water Quality

Sanibel-Captiva Conservation Foundation (SCCF) announced recently that two well-known leaders in Southwest Florida water quality issues will deepen and expand the organization's work to restore and protect the region's waterways.

Starting September 8, James Evans, director of natural resources with the City of Sanibel, and Chad Gillis, environmental reporter with the *Naples Daily News* and *The News-Press*, will lead policy and advocacy work at the Sanibel-based nonprofit.

"James and Chad each bring 20 years of expertise in Southwest Florida's environment to SCCF. Individually, these professionals would be extraordinary additions to our team, but when combined, SCCF benefits from a supercharged policy team," said SCCF CEO Ryan Orgera.

Evans will take on a new title at SCCF as environmental policy director. He will direct water quality policy as it impacts the islands and region at the local, regional, state and federal levels, as well as growth management and other topics affecting Sanibel and Captiva. He will take over the portfolio of SCCF's first natural resource policy director, Rae Ann Wessel, who retired in May after serving 14 years, and will carry forth her legacy by continuing to expand upon SCCF's tradition of environmental policy.

"I am elated to join the talented team at SCCF and be a part of the foundation's rich history of conservation and advocacy rooted in science," said Evans. "I look forward to continuing the strong regional partnerships that we have built over the years to protect and restore our natural systems from the Everglades to the coasts."

Having focused his award-winning journalism on the Caloosahatchee, Lake Okeechobee and Everglades restoration, Gillis will take on a newly-created position at SCCF as policy advocate. He will be primarily focused on water quality and will promote SCCF policy positions through various media as he continues to write.

"I've written about environmental issues in this region for two decades and am both excited and proud to advocate solutions for our precious resources," said Gillis. "I look forward to becoming part of the



James Evans



Chad Gillis

Sanibel-Captiva community and working on behalf of residents, visitors and our treasured environment."

As a team, Evans will work with the city as part of SCCF's long-standing partnership, as well as regional, state and national partners to create meaningful policy positions for SCCF, while Gillis will be instrumental in all policy communications.

"Together they will allow us to advocate for our islands and watershed with a megaphone. I want to thank our policy donors and our board of trustees for their strategic investment in our water quality," said Orgera. "This could not be better news for Florida's waters. I feel very lucky to welcome these two powerhouses to SCCF."

Appointed as director of the natural resources department in 2012, Evans joined the City of Sanibel in 2000 as a conservation officer. In 2003, he was promoted to environmental planner and, in 2006, was appointed as environmental health and water quality specialist. Evans earned his bachelor's degree in environmental studies and a master's degree in environmental science from Florida Gulf Coast University.

Gillis moved to Southwest Florida in 1999 and holds a bachelor's degree in mass communications from Middle Tennessee State University. He will provide overall communications support at SCCF in collaboration with Barbara Linstrom, communications director.

Evans and Gillis will be joined on the policy team by Leah Reidenbach, SCCF Marine Lab research associate, who has a strong background in water quality science and science communications, and Holly Schwartz, SCCF policy assistant, who worked with Lee County for 11 years and specializes in growth management issues.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. Learn more at [www.sccf.org](http://www.sccf.org).

## National Recognition For Philanthropy

Duane Chaney, financial advisor at Raymond James in Fort Myers, has been announced as one of three national finalists for the Community Service Award as part of the 14th annual Invest in Others Awards.

Chaney is being honored for his work with the Lee Health Foundation, which will receive a \$10,000 donation from the Invest in Others Charitable Foundation. If Chaney wins his category, the donation will increase to \$40,000.

The Invest in Others Awards program recognizes the charitable work of financial advisors in communities across the country and around the world. Advisors are nominated for actively giving back to nonprofits to improve their communities and make a difference in the lives of others. Finalists are selected based on their leadership, dedication, contribution, inspiration and impact on a nonprofit and the community it serves. There



Duane Chaney

are five categories of awards: Catalyst, Community Service, Global Impact, Volunteer of the Year and Lifetime Achievement.

The Lee Health Foundation raises money to ensure quality health care at Lee Health, a public not-for-profit system in Southwest Florida consisting of four acute care hospitals and two specialty hospitals. One of Lee Health Foundation's most prominent annual fundraising events is Madisen's Match, a thriving pro-class tennis tournament featuring some of the best tennis players worldwide. Madisen's Match has raised more than \$1.3 million for the hospital system's foundation.

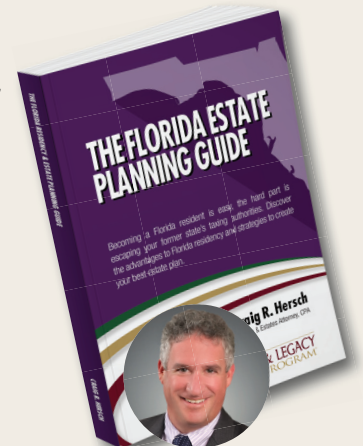
Chaney is the driving force behind Madisen's Match. In 2008, Chaney's niece Madisen was diagnosed with an inoperable brain tumor at the age of three. Chaney decided to use the energy and emotion from this experience to create a fundraising event benefiting the Lee Health Foundation and better equip doctors to fight pediatric cancer. He logs hundreds of hours each year organizing the many facets of the event and connects with the very children who have benefited directly from the fundraising efforts of events like Madisen's Match.

The Invest in Others Awards will be presented digitally this year over the course of five days, from Monday, September 21 to Friday, September 25. The video awards presentation for the Community Service Award will be unveiled Tuesday, September 22 at 4:45 p.m. at [www.investinothers.org](http://www.investinothers.org).

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by **Craig R. Hersch**  
Florida Bar Board Certified Wills,  
Trusts & Estates Attorney, CPA &  
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## Are Our Children Equal?



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

Any parent of more than one child knows how different our kids are – even if they have the same mother and father and were raised in the same household. One's an athlete, the other a bookworm. One's an A+ student while another struggles to get Bs and Cs. One handles stress easily while another melts down at the slightest provocation.

It's almost mind blowing, until one considers how different one's own siblings are from oneself.

But then again, most parents won't admit to loving one of their children more than another. We may love them in

different ways, but we love them nonetheless.

But are they equal? And more to the point of this column, should we treat our children equally inside of our estate plans? Is treating our children the same in our will or trust an implicit obligation to demonstrate – through our very last words and actions – that we really did love them all the equally?

There is no right or wrong answer here. Suppose that you have a daughter, Veronica, who is a world renowned neurosurgeon. Veronica has speaking engagements in London, lives in a mansion and enjoys the good life. Your son, Thomas, is an eighth grade schoolteacher. He works very hard but struggles to take modest vacations with his family and to save for his children's college education.

Should you leave more money to Thomas than you leave to Veronica?

John Sheppard, my retired law partner, commonly counseled his clients to treat his children equally when making these types of decisions. He would say that the children made their own choices in building their lives, and that we are all just stewards of everything that we own anyway. It was his thought that when leaving more to one child than to another, one makes an implicit nod favoring that child that can leave a hole in the other child's heart.

I don't know if I agree with his philosophy. I can tell you from firsthand experience that when children are treated differently in an estate plan, the one

who is treated less favorably will commonly ask if I knew of anything that they may have said or done to upset their parent. Unfortunately, the parent isn't around any longer (or we wouldn't be reading his or her will) to provide assurances that their love was just as strong for the one child as the other who was left more assets or money.

But that shouldn't preclude one from leaving more to one child than another, particularly where there is a real need. Consider the child who has a disability and, because of decreased lifetime earning potential, may not be able to accumulate sufficient savings to take care of himself in retirement. Leaving that child a larger chunk of one's inheritance would certainly be justified.

Or how about another child who needs a little more help to educate her children? Or the other child who experienced unfortunate medical problems?

There are all sorts of reasons for treating our children differently inside of our estate planning documents.

The key to avoiding any emotional trauma that may result from our decision is communication. Whether that communication is through a heart-to-heart with a son or daughter to ensure that they know your estate plan is not representative of your love for him or her, or through a letter that is only to be opened at the time of your death, a few words of explanation can go a long way.

If it were up to me, I would suggest the lifetime heart-to-heart as opposed to the letter to be opened later. A letter doesn't allow for the give and take that a conversation does. It's best to look your child in the eyes and tell him or her what you really feel.

What about a punitive situation? You and the child have had a falling out. Or you don't like his or her spouse and fear that the spouse will squander the inheritance that you leave your child. These situations are much more volatile.

Here, I usually suggest that the parent take a few days or even weeks to consider the emotional impact of reducing that child's inheritance or leaving them out altogether. There's no moral judgment here, just a pause to make sure that the emotions and thoughts are true and consistent. This is never an easy decision to make.

So, in the end, there's a great deal of emotion in our estate plans, whether we are leaving everything equally to our children or not. Whatever you do, make sure that your heart is in sync with your mind, and that you've done your best to communicate your intentions where appropriate.

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## Next Round Of Assistance Programs

The Lee Board of County Commissioners has authorized the next round of LeeCARES programs to assist individuals, families and businesses impacted by the COVID-19 pandemic.

The board approved plans to:

1) Launch Round 2 of LeeCares Assistance for individuals and families providing for broader eligibility and increased award amounts up to \$3,000 per household. Grant recipients from earlier rounds of assistance are also eligible for Round 2 funding. Round 1 closed to applications on August 7 and Round 2 opens Monday, August 17.

2) Enhance the Business Rehire program by increasing grant sizes by up to \$8,000 awarded to each full-time equivalent rehire according to wages paid.

3) Double the maximum scholarship amount allowed for each child that qualifies for childcare expenses to \$2,500 in order to extend the program through the remainder of calendar year 2020.

4) Distribute personal protective equipment (PPE) to county residents in partnership with the municipalities.

5) Enhance CARES Act funding by \$1.8 million for the existing Rapid Re-housing Program currently administered by Lee County's Department of Human

& Veteran Services; this includes adding additional partnering agencies to increase program capacity.

The LeeCARES programs are funded through the federal Coronavirus Relief Fund through the Coronavirus Aid, Relief and Economic Security Act (CARES).

The funding includes:

\$45 million to human services programs including the Individual Assistance

\$25 million to Business Relaunch and Rehire programs and PPE.

\$23,950,000 for public safety and medial expenses, including contact tracing, EMS transport and quarantine housing.

\$20 million for governmental COVID-19 direct expenses for Lee County and constitutional offices, including PPE, facility safety, public education and messaging, data collection, elections, telework, etc.

\$20.5 million for general reserves for COVID-19 costs.

A dashboard that shows assistance statistics is available at [www.leeflcares.com/transparency](http://www.leeflcares.com/transparency).

Visit [www.leeflcares.com](http://www.leeflcares.com) for additional information about all available programs.

Application instructions also are available in Spanish by calling 533-2273; applicants without internet access can also call the number.

Hours are 8 a.m. to 5 p.m. weekdays.

Updates about the county's response to coronavirus can be found at [www.leegov.com/covid-19](http://www.leegov.com/covid-19).✧

## Commencement Rescheduled

Due to the continuing uncertainty surrounding COVID-19 and capacity restrictions, the administration at Hodges University has decided to reschedule the 2020 Commencement Ceremony, which had already been postponed from June 7 to October 4. Plans are now underway to combine the 2020 and 2021 commencement ceremonies on Sunday, June 20 at Hertz Arena.

"Clearly, we must put the safety and well-being of everyone first, so the decision to cancel the 2020 Commencement Ceremony wasn't made lightly," said Dr. John Meyer, president of Hodges University. "It's disappointing not only for our graduates, but also for all of us at Hodges."✧

From page 2

## Historic Downtown

they built elegant winter homes.

Little Fort Myers won its share of wealthy snowbirds who stayed at the hotel or docked their yachts at its pier, liked what they saw and invested.

Two of the more notable ones were Montanan cattle barons John T. Murphy and Daniel AG Floweree. They bought adjoining riverfront lots east of Fowler and, in December 1899, completed construction of what were the most palatial homes Fort Myers had ever seen.

Murphy's home still stands and is listed on the National Register of Historic Places, although it is now named the

Murphy-Burroughs Home.

Floweree's home, said to have been a more impressive structure, was demolished in 1963.

The wood-frame hotel had a long run, but in its final years was condemned, only to have a last gasp when it was reopened to house soldiers in World War II. It was demolished in 1948.

Walk down to First and Royal Palm to see where the Gilded Age made its mark in Fort Myers. Then learn more about the influential people who came as tourists and ended up helping to shape the town's history.

Hours might be affected by the coronavirus pandemic, so call first.

The Southwest Florida Historical Society is an all-volunteer, nonprofit 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 nonprofit 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: *The Architecture of Leisure* by Susan R. Braden, the Archives of the Southwest Florida Historical Society, *The Story of Fort Myers* by Karl H. Grismer, and [www.britannica.com](http://www.britannica.com).✧



## Superior Interiors

## Designing In Transitional Style



by Katie Frederick

**D**o you love the sophisticated elegance of the traditional design style? Maybe you've decorated your living room (north or south) with rich, dark wood furniture to establish this enduring

head-turning theme. However, have you considered freshening up your living space with a few modern furnishings or accents to add a sense of chic flair to your room? If so, the transitional style may be right for you, as it combines both classic and contemporary designs to establish a unique, curated look.

The transitional style is all about evoking a sense of serenity and tranquility. Therefore, rooms that flawlessly represent the design theme tend to have a neutral color palette. This allows your furnishing's sleek lines and edges to take center stage, which is an important aspect of the contemporary side of the transitional style. Consider recommended hues like an earthy deep taupe, which will add depth to the area when paired with light shades like tan, taupe or cream. If you want to go neutral but stay bright and airy, how about incorporating a few navy or baby blue and white furnishings, as these are classic pairings that never seem to go out of style.

Even more classic is a white and black combo that would really pop when complemented by a bold accent that introduces an unexpected splash of color. The best thing about neutral color schemes is that, in addition to creating the elegant, traditional look, they match almost any furniture style or hue you may choose to introduce to the area in the future.

To effectively mix the traditional and

modern styles, you must focus on what defines them. For example, contemporary furnishings consist of straight lines, defined edges and an all-around tailored look. Traditional furniture, on the other hand, is associated with ornate details, such as curved lines, turned feet and rolled arms. To achieve the transitional style, choose an equal amount of straight-lined and curved furniture. Perhaps a sofa with a tufted back and out-turned feet paired with a sleek glass coffee table featuring smooth metal legs. It is best to make selections to ensure you have an even balance of classic and contemporary home furnishings.

Get creative and introduce a combination of textural elements to your living room, such as glass, fabric, metal, lacquer and wood. The lack of bright colors leaves plenty of room for intricate, head-turning textures. Consider incorporating a variety of unique fabrics, such as linen, chenille, raffia and real or vegan leathers to establish the eye-grabbing element that color usually achieves.

Layer your textures to bring depth and dimension to the space. This ultimately creates a sense of comfort and softness that will make your room warm and inviting, a key component to a functional living room. Choosing one statement furniture piece as a foundation will work best for your gathering area. Consider layering one area rug over another, mixing shapes, patterns and materials to create a truly captivating space.

To establish more visual interest, select accessories, furniture and designs of different shapes and sizes. As the traditional design style often consists of square or rectangular furnishings for consistency, try mixing various furniture shapes for a more contemporary feel. For example, arrange a circular coffee table alongside a linear window treatment. You may also want to choose a combination of three patterns varying in size and scale for a successful play on fabrics used within the design.

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coindecaden.com](mailto:katie@coindecaden.com).* ✨

## Webinars Feature Strategic Growth And Wellness

**T**he Above Board Chamber of Florida will feature a robust lineup of August webinars focused on strategic growth and wellness from experts across Lee and Collier counties.

The Zoom webinar Strategies for Growth and Expansion going forward! will be held on Thursday, August 13 from noon to 1:30 p.m., followed by the Zoom webinar What You Need to know about Wellness Now! on Thursday, August 27 from noon to 1:30 p.m. .

For the webinar on growth and expansion, planning a strategy during the coronavirus pandemic and then post-COVID-19 is critical in sustaining an effective business model. Offering their industry-leading advice will be panelists: Patrick H. Neale, attorney and certified circuit civil mediator at Patrick Neale & Associates Attorney at Law; Tami Cindrich, a partner and certified public accountant at Markham Norton Mosteller

Wright & Company, PA; Brian Chapman, Jr., CEO of Chapman Insurance Group; Brian Rist, executive chairman and founder of Storm Smart; and Bill Daubmann, president of MY Shower Door.

The emcee will be Jeanne Sweeney, CEO/founder of the Above Board Chamber of Florida. The meeting sponsors are Markham Norton Mosteller Wright & Company, P.A.; Patrick Neale & Associates and the Chapman Insurance Group.

The professional health of any business or organization dealing with the current crisis and preparing for its aftermaths will be the focus on the August 27 webinar. Sweeney will guide the discussion on this critical topic from: Deb Logan, executive director of the Blue Zones Project; Sharon Bruno, vice president at Longevity Solutions, Inc.; and Peggy Sealfon, wellness specialist, noted speaker and author at Paradise Coast Wellness Alliance.

The meeting sponsor is Scott Leamon, president of TJS Janitorial Service, formally Trinity Janitorial Services.

Cost to register for each event is \$10. To register for these webinars, visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com). ✨

## Horizon Foundation Slate Of Officers

**S**even Lee County business leaders have been named to the board of the Horizon Foundation in Lee County.

The board will be led by president Dan Eveloff of Regions Bank, the past Horizon Council chair.

Gail Markham of Markham Norton Mosteller Wright & Company PA will serve as vice president. The secretary role will be filled by Kristy Knupp of Chico's FAS. Mark Stevens of Stevens Construction was named as the Horizon Foundation treasurer.

Voting members of the Horizon Foundation board also include Wayne Kirkwood, the immediate past president of the Horizon Foundation; David Barton, the chair of the Lee County Industrial Development Authority; and John Talmage, the director of the Lee County Economic Development office. In addition, two additional members at-large will be elected at the foundation's



Dan Eveloff

annual meeting. These two individuals will represent Horizon Foundation investors and will be nominated and elected by peer investors.

Horizon Council chair Chris Spiro will serve as an ex-officio member and advisor to the board. Dilman Thomas, CFO of the Horizon Foundation, is the organization's business community liaison.

The Horizon Foundation is a charitable organization that raises private sector money to support the Lee County Business Community. Horizon Foundation acts as the primary funding partner to the Horizon Council, which is an advisory board to the Lee County Board of County Commissioners and the Lee County Economic Development Office.

"Although the pandemic may have slowed us down and placed many of our public events and meetings on hold, Horizon Foundation directors have been working behind the scenes to develop and execute new bylaws that will allow us to better support our Lee County business community and grow our local economy," said Eveloff. "Our positive community and business impact is a direct result of the investment Horizon Foundation members and investors make each year."

For more information, contact Thomas at 810-1948 or [dthomas@horizon-foundation.com](mailto:dthomas@horizon-foundation.com) or visit [www.leecountybusiness.com](http://www.leecountybusiness.com). ✨

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# Frankly Speaking



by Howard Prager

**F**ighting, figuring, finishing and a photo. That's what's in store for you today. The Astros seem to have benefitted the most from a season without fans, for after their sign stealing saga became public last winter, they incurred the wrath of many people who thought their teams would have beaten the 2017 World Champs otherwise. Without a chance to jeer, it's up to the players from other teams to bring attention to the Astros' thievery. As destiny would have it, the Astros and A's are in the same division and it was the A's who alerted the world to the Astros' sophisticated thievery. They played each other last weekend leading to a bench clearing brawl, social distancing at its weakest. And it was not the A's going after the 'Stros, it was the other way around. Astros pitchers hit A's outfielder Ramon Laureano three times in three days as well as two other players, which led to angry words with Astros hitting coach Alex Cintron, and resulting mayhem. Several players were thrown out including manager Dusty Baker. What happens next is up to Rob Manfred. Meanwhile, the Astros had lost five straight games, including three to the A's. Amazing what playing fairly can do to a team.

The MAC conference is the first major FBS conference to cancel fall football. Encouraging that is the president of Northern Illinois University, Dr. Lisa Freeman, with a medical background and well aware of the risks. This led to many



Ian Happ takes a selfie with a cardboard cutout of Luke Fynaardt photo provided

conferences meeting last weekend without any definitive answers. Over two dozen college players and 66 NFL players have opted out of playing this season (if there is one). The Big Ten was voting this past Tuesday, which is past my deadline, on whether to delay the season or cancel, possibly until the spring. The Pac-12 was going to follow their decision. The rest of the Power 5 including the SEC, ACC, and Big-12 remain undecided. Last weekend, the Big-10 first said practice must be helmets only, no pads. To me that means they want to keep hitting and physical contact in practice to a minimum. My niece goes to Indiana University, and four of her five classes are online only. Her one in-person class is fencing, with people socially distanced through their sabers. As schools welcome students back and figure out how to keep all safe, football coaches

and presidents are wondering how to keep their coffers full and students safe. Dr. Anthony Fauci said the contact in football is absolutely going to lead to the spread of COVID-19 among team players. An added wrinkle is that it has led to heart problems, myocarditis, among several college athletes who have contracted the virus. I believe that has led to this new decision. How much risk (liability) are colleges willing to bear from athletics? And what happens to students and faculty on campus as these players go to dorms and classes during the week? The possibility of disaster looms like an ammonium nitrate warehouse in Beirut. Without a proper bubble at the least, the exposure to thousands more will make the Ozarks Memorial Day swim party seem like a kiddie pool. Folks, make it safer or postpone to the spring or some other time when we have a better understanding of the virus and keeping people safe.

On the flip side is a growing student athlete movement, #WeWantToPlay and #WeAreUnited. They popped up in a big way online last Sunday night with the growing National College Players Association started by some Pac-12 players who threatened to boycott the season if their demands were not met. This movement has grown across the leading FBS schools and top 5 power conferences, according to *The Athletic*. Among the listed demands was to create a College Football Players Association. Players want a voice in the decision and feel that football is their life. After their meeting Sunday night, RB Darien Rencher from Clemson posted: "I think there needs to be some change to the structure of college football and everything that goes with it. At the same time, we do want to play." Playing and playing safely may be two different things, and where I believe players should have input into the decision, this decision affects everyone on campus. With games

scheduled to start within a month, this will all play out quickly. Finishing first is 23-year-old Collin Morikawa. The first major PGA championship was held last weekend and surprise, after several players were tied going into the 16th hole, Morikawa eagled and a winner emerged who had not won a championship before. Morikawa finished with a bang, scoring the lowest final round by a PGA Champion in 25 years. And to think last year he was in college at UC-Berkeley.

The good news story is about baseball, courtesy of the *Kansas City Star*. Seven-year old Luke Fynaardt lives in Iowa, home of the Chicago Cubs AAA team. Luke's parents brought him to the Chicago Cubs convention a couple of years ago where he met Cubs outfielder Ian Happ, who quickly became Luke's favorite player. When Happ was sent down to work out some kinks last year to Iowa, Luke's family took him to see Happ in a game. In line for an autograph, Happ said, "Didn't I meet you at the Cubs Convention?" Luke was thrilled to be remembered. This season with stadiums closed due to the virus, Luke's parents wondered how Luke could "see" Happ play. They did the next best thing. The Royals are one of the teams that allows fans to buy cardboard cutouts and have them in the stands. They arranged for a photo of Luke at one of the Cubs-Royals games last week. They received an email from the Royals as to where the cutout was located, texted it to Ian Happ, who then took a selfie "with" Luke and sent it to him. What a great connection, story and happy 7-year-old.

*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).*✱

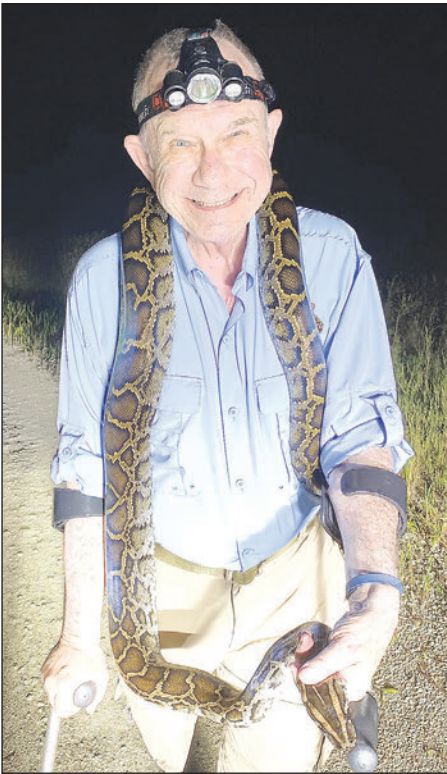
## Business Leaders On The Hunt For Burmese Pythons

**L**ee County businessman Tom Uhler joined his friend Geoff Roepstorff – Bank of the Islands CEO and licensed python hunter on the South Florida Water Management District (SFWMD) Python Elimination Team – for a recent late night python hunt. Their efforts resulted in removing yet another invasive python from the Everglades.

This hunt was the seventh for Uhler, founder of Uhler and Vertich Financial Planners, LLC. He previously accompanied longtime friends on earlier, also successful hunts – SFWMD Chair Chauncey Goss, Waterman Broadcasting Executive Vice President Steve Pontius, and Roepstorff.

"This group of environmentally sensitive friends is not only removing dangerous exotic species under our district python removal program," said SFWMD Project Manager Mike Kirkland. "They're also helping us get the word out about how significant the python threat has become for the Everglades."

The invasive Burmese python has now officially become the apex predator in the Everglades, a position previously



Tom Uhler captures python photo provided

held by native Florida alligators within that ecosystem.

"Seven was my lucky number," said Uhler. "I have enjoyed hunting pythons

with my friends, doing our best to remove these dangerous invasive snakes from the fragile Everglades ecosystem.

"We were about 10 hours into the hunt and at approximately 3:15 a.m., I spotted this python out in the water. We were able to grab the python in the water as it was trying to get away. At just over eight feet, it was slightly under the nine-foot average for pythons found in the Everglades. As it turns out, it was number 3,221 for the SFWMD team of hunters in Governor DeSantis' terrific environmental program."

Uhler's friends and fellow hunters joined him in praising the SFWMD python elimination program championed by Florida Gov. Ron DeSantis.

"Governor DeSantis has been a great supporter of the Everglades, both in water quality and invasive species issues," said Goss. "District python hunters are a highly experienced group. Their success in taking pythons out of the Everglades is unprecedented. They're making a real impact for the native species threatened in their Everglades habitat by these predator pythons."✱

## SPORTS QUIZ

1. In 2001, what Arizona Cardinals placekicker suffered a season-ending knee injury caused by celebrating a successful 42-yard field goal?
2. What kind of bird did New York Yankees outfielder Dave Winfield strike and kill with an errant warm-up throw in Toronto in 1983?
3. What boxer achieved one of the sport's greatest upsets by beating Muhammad Ali to win the undisputed world heavyweight championship in 1978?
4. The Sid Waddell Trophy, named after the legendary English sportscaster, is presented to the world champion in what sport?
5. What player, nicknamed "Mr. White Sox," became the second player in major-league baseball history to play in five decades (1940s-80s)?
6. Where did Tony Mandarich, the Green Bay Packers' first-round pick in the 1989 NFL Draft, play college football?
7. Boston Red Sox great Wade Boggs made a guest appearance as himself in a 1988 episode of what TV sitcom?

## ANSWERS

1. Bill Gramatica. 2. A ring-billed gull. 3. Leon Spinks. 4. Darts. 5. Minnie Minsoso. 6. Michigan State University. 7. *Cheers*.



deaRPharmacist

## The Thyroid Statin Connection



by Suzy Cohen, RPH

**Dear Readers:** The thyroid gland is shaped like a butterfly, and it regulates your body temperature, how fast you burn fat and your energy

levels. Most people with hypothyroidism do not even know they have the condition because they are not doing the correct labs, or misinterpreting the results.

There is a good correlation between the thyroid gland's functioning and your total levels of cholesterol and low-density lipoprotein (LDL). A rule of thumb is that the lower your thyroid hormone, the more lipid (cholesterol and triglyceride) abnormalities you have.

Anyone who has been diagnosed with cholesterol (lipid) abnormalities should have a complete thyroid hormone profile conducted. Cholesterol drugs may affect your thyroid gland and reduce thyroid levels. This possibly causes or contributes to hypothyroidism. The reason this could happen is through the drug-nutrient depletion effect, what I call the "drug mugging" effect. Statins reduce CoQ10, vitamin D and selenium-containing proteins (think glutathione). Statins don't vacuum cholesterol out of your arteries, they just reduce the amount you produce moving forward.

Side effects associated with statin drugs very much mimic the picture of a selenium deficiency. You cannot make adequate thyroid hormone without selenium, by the way. So if you take a statin type of medication, I urge you to take high-quality

versions of these nutrients and eat a healthy well-balanced diet. Doing so will mitigate some of the side effects of the statin.

Speaking of side effects, muscle problems are top of the list. Statins are far more likely to cause muscle pain, cramps and skeletal muscle damage if you already have hypothyroidism (diagnosed or not). So you can see why it's important to have a thyroid profile done at least once a year and more often if you take a statin.

If you're a practitioner, then please always consider your patient's thyroid status before you prescribe a statin drug, or any lipid-lowering medication. If you're a patient trying to make sense of this, then ask for a complete thyroid profile. It's a blood test. Today's laws actually permit you – the patient – to visit some qualifying labs and get this type of test all done by yourself.

The clinical pearl I want to relay today is that taking a statin if you have hypothyroidism could be harmful because there is a situation called thyroid-induced myopathy, and it will be exacerbated by the statins. The reason is because statins are well-known to induce myopathies galore! It's probably their No. 1 side effect.

Finally, I want to point one thing out. Some of you don't respond to lipid-lowering medications. There could be a reason, and you should know it before you raise your statin dosage over and over. If you'd like to read the longer version of this article, sign up for my newsletter at [www.suzycohen.com](http://www.suzycohen.com). In closing, if you find yourself resistant to statins (meaning your cholesterol ratios remain high during statin therapy), it could be due to you having hypothyroidism. Dyslipidemia related to low thyroid will not respond well to statins, no matter how high the dose.

*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).✱*

Doctor and Dietician

## Why Eat Fish?



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

**W**e live in fresh fish country. Let's make sure we eat it. Fish provides an important source of omega-3 fatty acids, as well as a lean source of good quality protein and fat-soluble vitamins. Let's look at some of the amazing health benefits of eating fish regularly:

Many studies show that consuming fish can lower heart disease and stroke risk and can reduce systemic inflammation, protect the heart and prevent chronic disease. Fish and its essential fatty acids and nutrients are also fuel for the brain. A 2016 study in *JAMA* showed that moderate fish consumption was associated with a lower risk of Alzheimer's Disease. The study also stated that regular fish consumers showed more brain grey matter which we need to sustain strong brain function.

Fish is a great source of vitamin D which helps keep our immune systems strong and regulate blood glucose levels. Fish has been shown to lower the risk of GI-related cancers, helps nourish the GI tract and has a positive effect on our metabolic rates and fat oxidation,

especially as we age.

The use of fish oil supplements has been shown to lower blood pressure, help strengthen immune function, improve concentration, alleviate menstrual irregularities, strengthen the liver and boost post-exercise recovery. Consuming fish will provide the same positive results.

Many people state that they do not like the taste of fish. First, we recommend you try some of our fresh local catches: hog snapper, tripletail, grouper, redfish, snook, mahi, cobia, king mackerel, to name a few. If you have friends with a boat, take them up on a fishing excursion.

If you cannot catch your own fish, many great sources exist for a fresh catch. Some of our favorites include Bailey's, The Timbers and Trico Shrimp Company on Fort Myers Beach.

Secondly, fish preparation should involve fresh ingredients. Our favorite method is very simple: mix good olive oil with chopped herbs, lemon zest and juice, and minced garlic. Brush on dry fish 15 minutes prior to cooking. Then cook on the stovetop or grill with your favorite oil for just about two to three minutes per side. Brush with additional olive oil/herb mixture after cooking. We love to serve with zoodles, rice, cauliflower mash, risotto and/or roasted veggies, particularly asparagus, cherry tomatoes and/or green beans. Top with a few capers or a splash of white wine during cooking for some added flavor. Salute! To your health!

*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).✱*

Beautifulife:

## If Animals Could Talk



by Kay Casperson

**I**often wonder and silently wish I knew what my animals were thinking or wanted to say in so many instances. I have had many dogs and horses over the years, and I love how they

communicate with me in their own way. It might be a loud yawn, a bark, a cry, or a neigh, but I can only imagine what they really would say if they could talk to me.

Regardless of whether you have had dogs, cats, horses, birds, or any other animal as your pets, I bet you have wondered what they are trying to tell you. Some of you already have your own communication with your animals, whether through eye contact, tone of

voice, actions, and when you give the most desired treats!

Animals express themselves in so many different ways, and somehow without words, we know what they need, how they feel and how much they love us unconditionally. From the snuggles, the purrs, the nose rubs, the tails wagging and the look in their eyes, there is a word or feeling expressed in each and every one.

We, as humans, try to communicate back to our animals by talking to them. Do they understand us? I like to think that they do. Not just from our words, but also from our actions and tone of voice. My horses understand from my confidence, my composure and my caring. My dogs understand from my excitement, my direction and my dedication.

What I know for sure is that the unconditional love you get from your animals is beyond priceless. If they could talk, I am sure they would say how much they love you and appreciate the beautiful life you have given to them each and every day.

My affirmation for you this week is:  
"I am blessed to have the opportunity to love animals and embrace the

unconditional love they give."

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

## Free Autism Screening

**G**olisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, August 14 from 8 a.m. to 12:30 p.m. A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✱

## Alzheimer's Virtual Forum

**F**lorida Department of Elder Affairs (DOEA) Secretary Richard Prudom, U.S. Assistant Secretary for Aging Lance Robertson and Alzheimer's Association Chief Strategy Officer Joanne Pike, Dr.P.H., are just a few of the noteworthy speakers slated to participate in Florida's Project VITAL Virtual Forum: Combating Social Isolation on Thursday, August 20. The forum will address the needs of Florida's socially isolated seniors both at home and in long-term care facilities who have been separated from their families due to COVID-19.

The discussion will be moderated by Michelle Branham, vice president of public policy for the Alzheimer's Association's Florida region. At the end of the program, attendees will have the opportunity to ask questions.

To register for Florida's Project VITAL Virtual Forum, visit <https://primetime.bluejeans.com/a2m/register/zuwftapp> or contact the Alzheimer's Association 24/7 Helpline at 800-272-3900.✱





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
<b>ARTS</b>	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
<b>CLUBS &amp; ORGANIZATIONS</b>	
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	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale 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
<b>AREA ATTRACTIONS</b>	
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)

My Stars ★★★★★

FOR WEEK OF AUGUST 10, 2020

**Aries** (March 21 to April 19) Avoid adding to the tension around you. Even a well-meant reaction against something you perceive as unfair could be misunderstood. Let things calm down, and then talk about it.

**Taurus** (April 20 to May 20) It's a good time for romance for unattached Bovines, and a good time for reinforcing the bonds between partners. Children's needs are important during the latter part of the week.

**Gemini** (May 21 to June 20) A compliment from a surprising source sends you wafting way up into the clouds, where – sorry to say – your view of what's going on is obscured. Come on down and face some reality.

**Cancer** (June 21 to July 22) Even a family-loving person like you sometimes can feel you're at the end of the line with contentious kinfolk. But things can work out. Remember that it's better to talk than walk.

**Leo** (July 23 to August 22) A job-related move might hold more positive surprises than you'd expected. Go into it with confidence, and look for all the advantages it offers. Then decide what you'll do with what you find.

**Virgo** (August 23 to September 22) Driving yourself too hard to get something done on a deadline you set up can backfire. Ease into a more realistic finish date, and add more breaks to your work schedule.

**Libra** (September 23 to October 22) Your sense of humor can brighten any dark period, and your laughter can dispel those gray clouds swirling around you. The weekend presents a surprising but welcome change.

**Scorpio** (October 23 to November 21) Be careful about the words you use, especially in touchy situations. The old Chinese saying that the spoken word is silver, but the unspoken gold could well apply here.

**Sagittarius** (November 22 to December 21) Some facts could emerge to shed light on unresolved past problems. What you learn also might help explain why a once-warm relationship suddenly cooled down.

**Capricorn** (December 22 to January 19) Don't let your pride get in the way of checking into what could be a great new opportunity. Get the facts first, and worry about procedure and protocol later.

**Aquarius** (January 20 to February 18) A health problem in the family might have other relatives assuming that, as before, you'll take over the health-care duties. Surprise them and insist they share in the caretaking.

**Pisces** (February 19 to March 20) A series of changes can be unsettling, but in the long run, it can pay off with new perspectives on what you plan to do. Keep your mind open to the possibilities that might well lie ahead.

**Born This Week:** You might be under a "royal" sign, but you have a wonderful way of embracing everyone as an equal.

MOMENTS IN TIME

- On Aug. 23, 1784, four counties in North Carolina declare their independence as the state of Franklin. The counties lay in what would become Tennessee. In defiance of Congress, Franklin survived as an independent nation for four years with its own constitution, Indian treaties and legislated system of barter.
- On Aug. 21, 1911, theft of the Mona Lisa is discovered. After a two-year search for the painting, former employee Vincenzo Perugia was captured attempting to collect a ransom.
- On Aug. 20, 1920, seven men, including legendary football star Jim Thorpe, meet to

organize a professional football league. The meeting led to the creation of the American Professional Football Conference, the forerunner to the National Football League.

- On Aug. 22, 1933, the notorious Barker gang robs a Federal Reserve mail truck in Chicago and kills Officer Miles Cunningham. Netting only a bunch of worthless checks, the Barkers soon returned to a crime with which they had more success – kidnapping. Their first victim, William Hamm, had earned the gang \$100,000 in ransom.
- On Aug. 18, 1958, Vladimir Nabokov's controversial novel *Lolita* is published in the U.S. The novel, about a man's obsession with a 12-year-old girl, had been rejected by four publishers before GP Putnam's Sons accepted it.
- On Aug. 19, 1960, in the USSR, captured American U-2 spy plane pilot Francis Gary Powers is sentenced to 10 years imprisonment for his confessed espionage. Only 18 months into his sentence, the Soviets released him in exchange for Rudolf Abel, a senior KGB spy who was caught and convicted in the U.S. five years earlier.
- On Aug. 17, 1978, the *Double Eagle II*, with three pilots, completes the first trans-Atlantic balloon flight when it lands near Paris after lifting off from Presque Isle, Maine. The helium-filled balloon had flown 3,233 miles in the nearly six-day odyssey.

NOW HERE'S A TIP

- "Technology is going to be a significant part of our back to school strategy. So, this year, we made sure we have extra chargers and headphones, plus set up a charging station for all school items. We are doing everything we can to be prepared!" – MK in Louisiana
- Double crust pies should be cooked on the bottom rack. This will ensure the pie is cooked from the bottom and the top crust will not overbrown.
- Cane-bottom chairs feeling a little bit loose? You can tighten the cane by taking them outdoors, thoroughly wetting the seat from the underside with hot water, then letting them dry in the full sun. The drying process can shrink the cane, causing it to tighten.
- "I recently inherited a beautiful cedar chest from my grandmother, who is downsizing. To freshen the smell of cedar, we lightly sanded the interior and buffed out the dust with a rag that we put a little cedar oil on. It's totally renewed and ready for all my heirloom quilts!" – TF in South Carolina
- Use a bit of shaving cream to spot clean a carpet. The "soap" is easily controlled and doesn't spread unless you make it spread. Use a damp, clean sponge to rinse.
- Things you can do with chunks of Styrofoam: Use them as filler in a large garden pot so that you don't need as much potting soil; create a stamp for a fun art project; set a square of thick foam into a small box and poke holes to hold a set of colored pencils upright.

STRANGE BUT TRUE

- Sociologists have discovered an interesting correlation between economic health and women's clothing: The worse the economy, the longer women's skirts become, while the better the economy, the shorter they rise.
- Coca-Cola owns all website URLs that can be read as ahh, up to 62 h's.
- The world's shortest escalator is the one in the basement of the More's Department Store in the city of Kawasaki, Japan. It's 33 inches tall and has only five steps.
- Realizing that surgical antiseptics were marketable to just a small group of professionals,

continued on page 22



PUZZLES

Answers on page 23

Super Crossword

APT ALPHABET SUBSET

- ACROSS
- 1 Inc. article subjs.

4 Pharmacy chain

7 "— fair in love and war"

11 Luau guitar, informally

14 Actress Skye

18 Lure

20 Tournament sit-outs

21 Rebelled

23 \* "High gravity" lager brand

25 Questioning intensely

26 Tattered

27 Sasha

28 \* Home to Nashville

29 Place in a row

32 Actor/singer Gordon

34 Prefix with hazard

35 \* "The Good Body" playwright

37 \* He played Uncle Leo on "Seinfeld"

42 Prefix with hazard

43 Deliberately disregarding

46 "That's —!" ("Not true!")

48 Source of some syrup

53 \* Tense situations make them rise

57 Kitchen cover-up

58 Not as hard

60 Noble's crown

61 \* Horizontal supporting piece on a ship's lower mast

64 First-class

65 Leaves off

66 Be nuts over

68 Woman's office outfit

73 \* Actor who played Hercules in 1958

79 At odds with

80 Biology slide specimen

82 Accord

83 \* Unease

85 Solidified

88 Asia's — Sea

89 Think up

91 Part of TMI

92 \* Fitted forearm cover

96 \* Not even a single time

102 — populi

103 Pluses

106 Strauss one-act opera

107 \* Short-pile cotton fabric

112 Instruments of angels

114 Left amazed

115 Push away

116 \* The answers to the starred clues are all drawn from a certain set of them

119 Troubadour relative

120 Busy as —

121 Live through

122 Cooped (up)

123 Cen. parts

124 Part of BMI

125 ER staffers

126 Census stat

DOWN

1 King's home

2 13th-century German king

3 "Tristram Shandy" novelist

4 "Silent" prez

5 Outdated TV hookup

6 Pipe part

7 Husband of Héloïse

8 Bit of a song's words

9 Actor Burton

10 Dir. opposite NNW

11 Push along

12 Corn piece

13 Show plainly

14 Misfortunes

15 Redding of R&B

16 Hawaiian state bird

17 Outer limit

19 Zellweger of films

22 Butter substitutes

24 Identical

28 Wobble

30 Not crooked

31 Omegas' precursors

33 Actress Woodard

36 Mauna —

38 Denials

39 Relish

40 Kagan of the court

41 Made angry

44 Snaky curves

45 End in — (finish evenly)

47 Punta del —, Uruguay

48 Gymnast's landing pad

49 Fourth mo.

50 Nuptial lead-in

51 — Alamos

52 — four (little cake)

54 Get points

55 One running easily

56 Unit of work

59 Gallery work

62 Scoundrel

63 Gives off

64 Actress Feldshuh

66 Nuclear trial, in brief

67 Cotillion star

68 Legal aide, for short

69 Golden — (retirees)

70 Like "m" and "n" sounds

71 Duke, e.g.

72 NBC hit since '75

73 Sammy of baseball

74 Author Welty

75 Suffix with phenyl

76 Actor Diesel

77 Summer, to the French

78 Pink Floyd's Barrett

80 Like Peru's peaks

81 Assembles

84 The "S" of RSVP

86 Off-road bike, in brief

87 Some deer dishes

90 Filling

93 Incident

94 Religious adherent

95 Phillips — Academy

97 U.S. Open airer

98 Bring joy to

99 Oath takers

100 Come forth

101 Boston ball team

104 "Come Back, Little —"

105 Roof

107 Improvise jazz-style

108 Writer Wiesel

109 "Perfect Strangers" co-star Mark — -Baker

110 Waistcoat

111 Twisting fish

113 Squalid district

116 U.S. "Uncle"

117 Outer limit

118 NFL stats

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	
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88							89					90		91						
	92			93	94	95						96	97				98	99	100	101
107	108	109	110				111							113			114			
115																117	118			
119																				
122					123															

King Crossword

- ACROSS
- 1 Autumn mo.

4 "— Breckinridge"

8 Drag along

12 That girl

13 Quite some time

14 Shrek is one

15 Remiss

16 Flattery

18 Eye-related

20 Marry

21 Hen pen

24 Famous

28 Flowering vine

32 Clinton veep

33 Standard

34 Billow

36 Watch chain

37 Sister of Osiris

39 Grump

41 Eighth Greek letter

43 Rip

44 Historic period

46 Healthy

50 Dairy item

55 Aye opponent

56 Heap

57 Carte

58 Conk out

59 Choir member

60 Vail gear

61 On in years

22 Piece of work

23 1992 presidential candidate

25 Bean curd

26 Cupid's alias

27 Society newbies

28 Skewer

29 Laundry

30 One of HOMES

31 Chills and fever

35 Dutch Renaissance scholar

38 Audiophile's setup

40 Expert

42 Joan of —

45 Weaponry

47 Loosen

48 Catch red-handed

49 Changed the color

50 Hot tub

51 Painter's medium

52 Last (Abbr.)

53 "A mouse!"

54 Blackbird
- DOWN
- 1 Norway's capital

19 Lemieux milieu

MAGIC MAZE ● FOUND IN A BARBER SHOP

H B Y V T Q O L I G D B Y W T

R P M T K I F D S B Y W U S Q

O M K E I F J R D S B Z X W U

S C S L E W O T Q R O N L J S

H L F E D R K C A I Y W V R B

T I S V R Q E P N A L K E I M

H P H I L O S O P H Y T F E O

C P M S R O S S I C S B Z Y C

S E N I Z A G A M O W U V U S

R R T O N I C E P A C Q R P N

M S E N I H S E O H S L J B I

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: SCATTERED ON THE FLOOR

Brush  
Cape  
Chairs  
Clippers

Combs  
Jokes  
Magazines  
Mirrors

Philosophy  
Posters  
Scissors  
Shoe shine

Television  
Tonic  
Towels





**Grilled Spiny Lobster with Arugula Pesto**

- 2 spiny lobsters, cut in half length-wise
- 1/2 cup bell peppers, diced fine
- 1/3 cup onions, diced fine
- 4 tablespoons arugula pesto
- 1 lemon, juiced
- 2 tablespoons unsalted butter, softened
- 2 cups brown rice, cooked
- 2 tablespoons unsalted butter
- Sea salt and fresh ground pepper, to taste

Heat grill to medium-high. Add grill pan over direct heat and add 1 tablespoon butter. Add peppers and onions and saute until soft. Add cooked rice and stir to combine, cook until warmed through. Remove from heat and set aside. Brush 1 tablespoon butter onto lobster meat and season with salt and pepper. Grill over direct heat (meat side down) for 4-5 minutes depending on size of lobster. Do not overcook. Turn



**Grilled Spiny Lobster with Arugula Pesto**

over and brush on arugula pesto to coat. Remove from grill, drizzle lemon juice, and serve with rice or vegetables.

**Arugula Pesto**

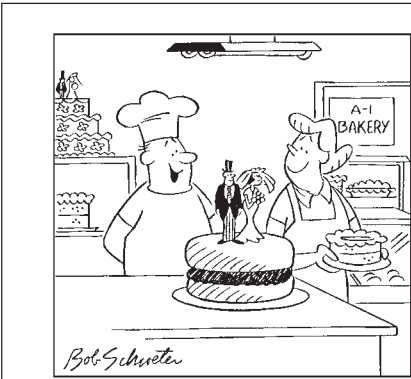
- 2 cups, arugula leaves
- 1/2 cup pecans
- 1/2 cup fresh Parmesan
- 1/2 cup olive oil

6 cloves garlic  
1 lemon, juiced  
Dry roast the pecans in a pan with no oil, over medium heat, for 2-3 minutes. Be careful not to burn, they will turn bitter. In the same pan over medium heat, lightly toast the garlic cloves in 1 teaspoon of olive oil. Place the arugula,

photo courtesy Fresh From Florida  
pecans, and garlic into a food processor. Process this mixture while drizzling in the olive oil and the lemon juice. When thoroughly combined, remove and stir in the Parmesan cheese. Store in the refrigerator. Serve over pasta, fish, or vegetables.✪

**PUZZLES**

Answers on page 23



"It's for a couple who met at a \_\_\_\_\_."

**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!

Ahead  
**ENBODY**

Pang  
**WETING**

Tremor  
**KASHE**

Beast  
**NIFED**

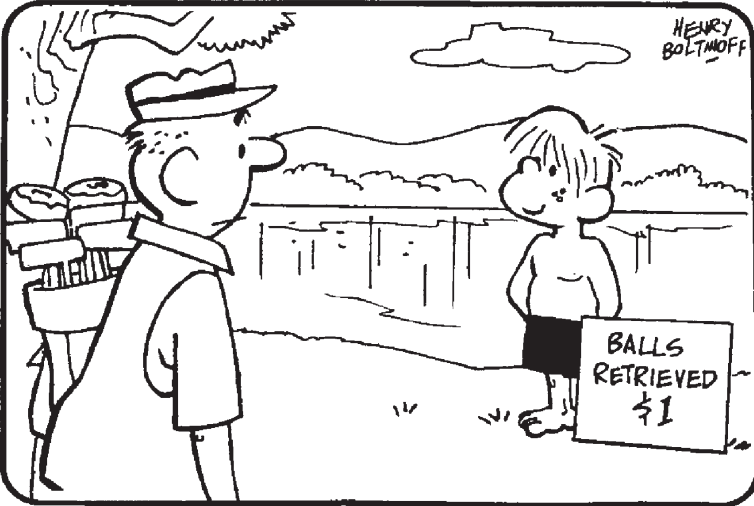
**TODAY'S WORD**

**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Golf club is missing. 2. Swim trunks are different. 3. Cloud has moved. 4. Boy's hair is different. 5. Shrub is gone. 6. Hat is different.

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

**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.





**FRIDAY**  
Sunny  
High: 93 Low: 83



**SATURDAY**  
Sunny  
High: 94 Low: 82



**SUNDAY**  
Partly Cloudy  
High: 93 Low: 81



**MONDAY**  
Sunny  
High: 94 Low: 82



**TUESDAY**  
Partly Cloudy  
High: 92 Low: 81



**WEDNESDAY**  
Partly Cloudy  
High: 93 Low: 80



**THURSDAY**  
Partly Cloudy  
High: 90 Low: 78

**Redfish Pass Tides****Point Ybel Tides****Punta Rassa Tides****Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	9:06 am	5:16 pm	None	None
Sat	10:08 am	6:08 pm	None	None
Sun	2:07 am	4:09 am	11:06 am	6:54 pm
Mon	2:31 am	5:07 am	12:00 pm	7:35 pm
Tue	2:50 am	6:01 am	12:51 pm	8:13 pm
Wed	3:08 am	6:52 am	1:41 pm	8:49 pm
Thu	3:27 am	7:45 am	2:32 pm	9:24 pm

Day	High	Low	High	Low
Fri	8:11 am	5:18 pm	None	None
Sat	9:13 am	6:10 pm	None	None
Sun	1:12 am	4:11 am	10:11 am	6:56 pm
Mon	1:36 am	5:09 am	11:05 am	7:37 pm
Tue	1:55 am	6:03 am	11:56 am	8:15 pm
Wed	2:13 am	6:54 am	12:46 pm	8:51 pm
Thu	2:32 am	7:47 am	1:37 pm	9:26 pm

Day	High	Low	High	Low
Fri	7:41 am	12:58 am	10:12 pm	4:20 pm
Sat	8:28 am	1:37 am	None	5:37 pm
Sun	12:06 am	2:24 am	9:32 am	6:48 pm
Mon	1:17 am	3:20 am	12:11 pm	7:45 pm
Tue	2:08 am	7:04 am	1:14 pm	8:35 pm
Wed	2:54 am	8:11 am	2:11 pm	9:18 pm
Thu	3:34 am	9:06 am	3:11 pm	9:57 pm

Day	High	Low	High	Low
Fri	11:16 am	8:32 pm	None	None
Sat	12:18 pm	9:24 pm	None	None
Sun	4:17 am	7:25 am	1:16 pm	10:10 pm
Mon	4:41 am	8:23 am	2:10 pm	10:51 pm
Tue	5:00 am	9:17 am	3:01 pm	11:29 pm
Wed	5:18 am	10:08 am	3:51 pm	None
Thu	5:37 am	12:05 am	4:42 pm	11:01 am

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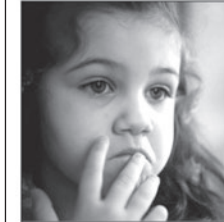
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3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007 or donate online at:  
harrychapinfoodbank.org



**Harry Chapin Food Bank**  
OF SOUTHWEST FLORIDA

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**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA



PETS OF THE WEEK

Lee County Domestic Animal Services

Sheba And Pinky

Hello, my name is Sheba. I am a 2-year-old female orange tabby who is super playful. I love my cat toys and keep myself amused sitting at the window of my cattery and watching the comings and goings of Lee County Domestic Animal Services (LCDAS). I definitely have the curiosity of a typical cat. My adoption fee is waived.



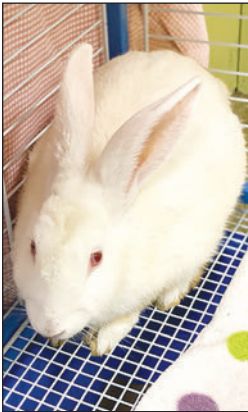
Sheba ID# A761332

Hi, I'm Pinky. I am a 1-year-old female shorthair rabbit who is a not-so-pink white rabbit. My ears pique with interest at every sound. This adorable ball of fur would love to hop on into your home. My adoption fee is waived.

LCDAS has joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign. To help individuals and communities continue to practice safe social distancing measures, this year's

initiative will run from August 1 through August 31, and feature a different Pet of the Day whose adoption fee will be waived with an approved application. During that time, the adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. And as always, cats and kittens are adopt one, get a feline friend at no additional charge. The featured Pet of the Day is featured on Facebook at Lee County Domestic Animal Services. The adoption center has reopened by appointment only. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online adoption application prior to calling 533-7387 to make an appointment. The center is open Monday through Friday from 10 a.m. to 4 p.m.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. For more information, visit [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or call 533-7387.\*



Pinky ID# A824366

From page 18

Strange But True

the makers of Listerine began to market the product as a floor cleaner – as well as a cure for gonorrhea. While we won't necessarily vouch for the latter, in a pinch, just add a capful for every gallon of water and mop away. Other uses include dandruff elimination, deodorant, a numbing agent for toothache pain and tick removal.

- The famous Battle of Hastings didn't take place in Hastings, but a town seven miles away, today called Battle.
- A 1938 issue of *Mademoiselle* magazine had a handy bit of advice for college gals seeking suitors: have your mom send you some flowers to trick all the boys into thinking they have competition. No word on whether it worked.
- According to an American study, Californians are less likely to barbecue on a Tuesday than any other day of the week.
- Ferdinand Demara, aka "The Great Impostor," posed as a surgeon aboard a Navy destroyer in the Korean War, where he was forced to operate on 16 people. He proceeded to speed-read a textbook on general surgery and was able to successfully perform all the operations without losing a single patient.

THOUGHT FOR THE DAY

"Wisdom is the reward you get for a lifetime of listening when you would rather have talked."  
– Mark Twain

TRIVIA TEST

1. **Geography:** What is the capital of Hungary?
2. **Movies:** What is the name of the necklace given to Rose in the movie *Titanic*?
3. **Television:** Which TV comedy led to a spinoff series called *The Andy Griffith Show*?
4. **History:** The Motion Picture Association of America established modern movie ratings in which year?
5. **Advertising:** What is the name of the rooster in the Kellogg's Cornflakes advertisements?
6. **Measurements:** How many gills are in a pint?
7. **Food & Drink:** What is spumoni?
8. **Literature:** Which 20th-century poet once wrote, "August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time"?
9. **Bible:** How many times did Noah send a dove from the Ark to seek land?
10. **Anatomy:** What is a common name for the clavicle?

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7/10 \* 9/25

HELP WANTED

**CAREGIVER NEEDED FOR LIVE-IN ON SANIBEL ISLAND**  
Take care of elderly woman 100 years old.  
Contact Alan at 732-259-6629 or Patricia at 732-259-6631.  
7/10 \* TFN

HELP WANTED

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Call Chris 917-770-5747  
8/14 \* 8/21

LEGAL NOTICE

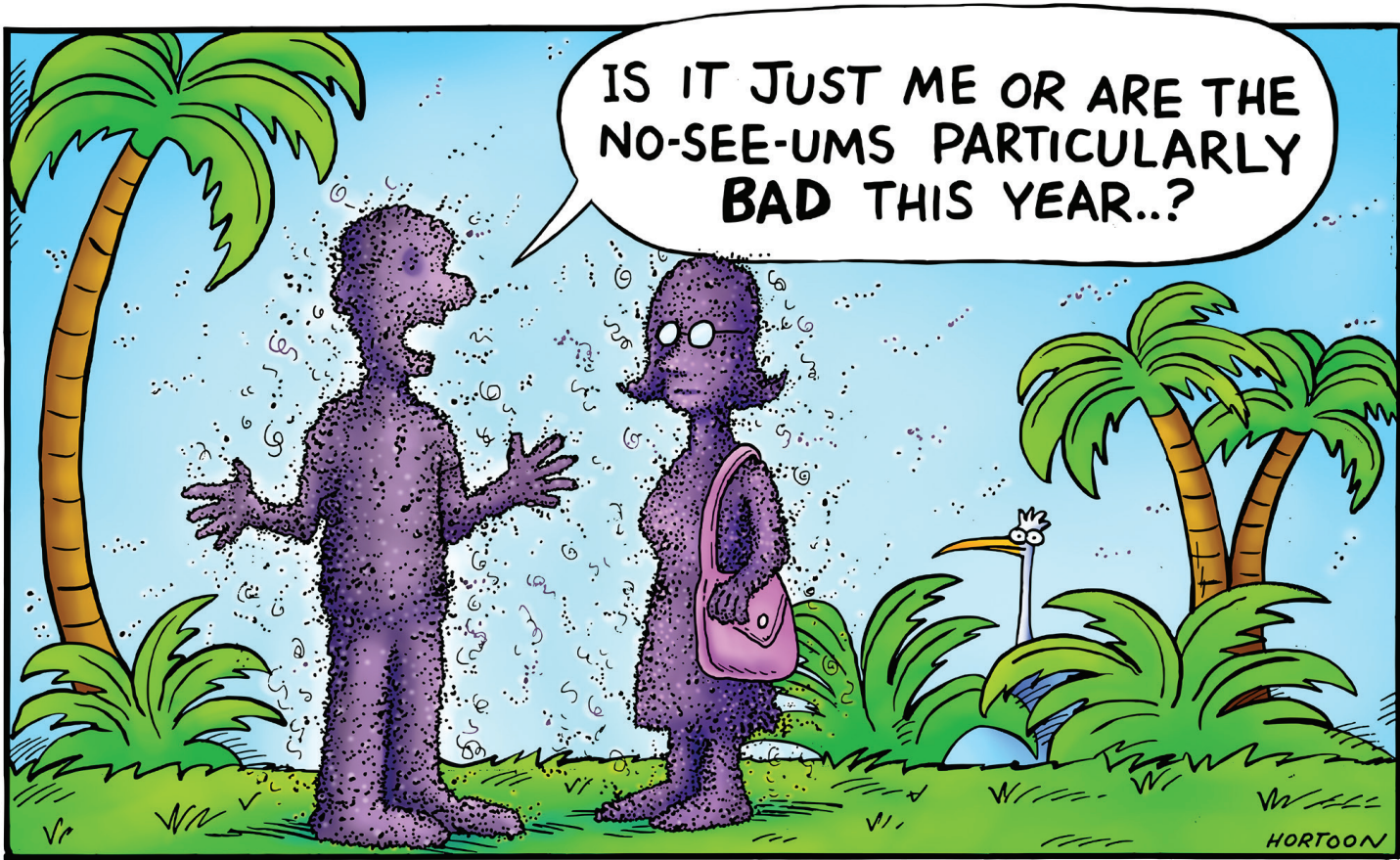
**FICTITIOUS NAME NOTICE IS HEREBY GIVEN**  
that the undersigned, desiring to engage in business under the fictitious name of Disinfecting 4 U, located in Lee County, Florida, with an address of 1667 Swan Terrace, North Fort Myers, FL 33903 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 10th Day of August, 2020.  
William R Neal and Dale K Goodwin  
8/14 \* 8/14



1. Budapest 2. The Heart of the Ocean
3. *The Danny Thomas Show* 4. 1968
5. Cornelius 6. Four 7. A layered Italian
- ice-cream dessert 8. Sylvia Plath 9. Three
10. Collar bone

## SCRAMBLERS ANSWER

- Today's Word*  
**WENDY'S**



## PUZZLE ANSWERS

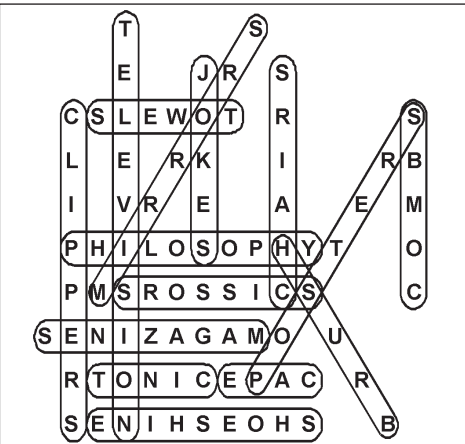
SUPER CROSSWORD

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## KING CROSSWORD

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

## MAGIC MAZE



## SUDOKU

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

# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sanctuary At Wulfert	Sanibel Island	2002	7,513	\$2,999,999	\$2,895,000	211
Island Shores	Fort Myers Beach	2019	3,995	\$2,200,000	\$2,200,000	168
Tuscany Isle	Bonita Springs	2002	5,062	\$2,099,000	\$1,890,000	136
Sanctuary At Wulfert	Sanibel Island	1997	5,362	\$1,799,000	\$1,700,000	255
Chateaux Sur Mer Unrec	Sanibel Island	1977	2,294	\$1,499,000	\$1,499,000	0
Yacht Club	Cape Coral	2011	3,324	\$1,585,000	\$1,475,000	21
Cape Coral	Cape Coral	2012	3,868	\$1,375,000	\$1,375,000	275
Cape Coral	Cape Coral	1984	3,267	\$1,495,000	\$1,350,000	15
Bayview Acres	St. James City	1983	3,483	\$1,500,000	\$1,300,000	88
Orchid Ridge	Estero	2001	4,228	\$1,349,000	\$1,280,000	27





*Randy Wayne White ©*

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