



New Study Hall Helps Students And Parents

Edison and Ford Winter Estates in Fort Myers is offering a place for Lee County virtual students to study so parents are able to go to work. The new Study Hall program will provide a place for students to attend their virtual classes in a small group setting of no more than eight students. Students will be separated into two grade groups (third through fifth graders and sixth through eighth graders).

Study Hall is available to students in the Lee Virtual School or Lee Home Connect program. It will be run by the same education staff who teaches the summer camp classes and will be open on all days that Lee County schools are open. Cost is \$125 per week, or \$100 per week for members. Cost will be prorated during weeks with a school holiday.

For third through fifth graders, drop-off time is 8 a.m. and pick-up time is 3 p.m. For sixth through eighth graders, drop-off time is 9 a.m. and



Virtual school students can attend the new Study Hall program

photo provided

pick-up time is 4 p.m. To register, visit www.edisonfordwinterestates.org/education/k-8-programs.

"This is a great opportunity for parents that have to go to work but don't feel comfortable sending their children

back to school," said Mike Cosden, vice president of interpretation.

The following will be provided:

Small group setting (eight students or less) for virtual schoolwork;
Social distancing protocols for

students and staff;

Structured daily routine;
Reliable computers, Internet connection and printers (students may also bring their own laptops, headphones, etc.);

Regular outside time on the 20-acre historic site;

Field trips to the museum and historic structures during off-peak times;

Trained education staff supervision at all times (tutoring not available, but basic assistance and direction provided);

Strict staff safety protocols in place (masks and other personal protective equipment (PPE) are used at all times, all staff receive daily temperature and wellness screenings, regular interaction limited to small group of education staff);

Daily sanitizing of work spaces, bathrooms and common areas.

The following is what parents are expected to provide:

Child drop-off and pick-up;

Virtual school registration;

Daily snacks and lunches;

A mask (students will get breaks for snacks, water and specific outside time when a mask is not required).

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard.✧

Food Pantry Relies On Support From Community

Community Cooperative received \$50,000 in emergency COVID-19 grants, in both March and May, from the Richard M. Schulze Family Foundation, to provide emergency food and other assistance to those in need.

"As part of our response to the crisis created by COVID-19, the Richard M. Schulze Family Foundation awarded emergency grants to select nonprofits who are working to address some of the most vital needs in our community, including food insecurity," said Mary Beth Geier, Florida director for the foundation. "Community Cooperative has had a long history of successful outcomes and our foundation is pleased to support their efforts during this time of great need."

Community Cooperative has seen visits to mobile food pantries triple during the pandemic. With federal unemployment supplements expiring at the end of July, the first mobile food pantry in Cape Coral served 415 people on August 4. Before the pandemic, food pantries averaged about 150 households per pantry. In August, 17 food pantries are planned, up from 16 in July, with eight new locations.

"The Richard M. Schulze Family



A food pantry visit

photo provided

Foundation's quick response really helped us enhance our programs quickly to meet the increasing need for food as people were laid off or furloughed and forced to stay at home at the beginning of the pandemic," said Tracey Galloway, chief executive officer of Community Cooperative. "It is because of the significant support from our community partners like the Richard M. Schulze Family Foundation that we are able to

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Hundreds Of Students Receive School Supplies

The Heights Foundation/The Heights Center's annual back to school outreach on July 25 provided backpacks and school supplies for 580 low-income children living in the Harlem Heights neighborhood.

"Our goal is to ensure that every child in Harlem Heights has the necessary supplies to succeed in school," said Kathryn Kelly, president and CEO of The Heights Foundation. "The poverty rate for children in Harlem Heights is more than twice the county average. Parents are out of work due to the COVID-19 crisis and cannot provide all the things their student will need. We want to send our students back to school, ready to learn. We are so grateful for our supporters."

Businesses, organizations, communities and individuals that supported the outreach include:

ABC Young Professionals Group; Air Mechanical & Services Corp.; Bell Tower Park; Colonial Charitable Foundation; Crown Colony; Edison National Bank; Estero Island Chapter, Daughters of the American Revolution; Florida Blue; Fort Myers High School - NHS; Gatewood Glass; Gulfshore Cooling; Hertz Corp. Revenue Management Team; HomeTeam Inspection Service; Jason's Deli-Reflection Lakes; Kelly Brothers, Inc.; Kelly Greens;



Children from the Harlem Heights neighborhood with their school supplies

photo provided

Mathnasium of Fort Myers; OAK Florida; Peace Lutheran Church; RE/MAX Realty Group; RG Architects; Scotlynn Group; Viking Construction; Wells Fargo; Westminster Presbyterian Church; and Zion Lutheran Church.

The Heights Center is located at 15570 Hagie Drive in Fort Myers. Visit www.heightsfoundation.org or call 482-7706.✧

Historic Downtown Fort Myers, Then And Now:

Farewell To Another Historic Building



by Gerri Reaves, PhD

On August 5, another boom-time building disappeared from the Fort Myers landscape. The Seaboard Air Line Railway (SAL) passenger depot on East Riverside Drive didn't manage to make it to 100.

The Mediterranean-style building, pictured in the historic photo shortly after it opened on East Riverside Drive, had been completed in 1926 at a cost of \$75,000.

In addition, SAL had built a freight station nearby on Michigan Avenue and begun freight service in late 1926. That structure is also expected to disappear to make way for an apartment project.

It's difficult to exaggerate the hoopla surrounding its opening in January 1927, when the celebrated Orange Blossom Special crossed the Caloosahatchee on the railroad trestle and rolled into East Fort Myers, inaugurating passenger service.

The celebration actually began when a train left New York City on January 5, stopping in cities as it headed south, adding train sections, celebrities, prominent business people and dignitaries as it went. By the time it reached Fort Myers, approximately 600 people were onboard. Press coverage repeatedly estimated that they represented 60 percent of the country's wealth.

In the train section named "the President's Special" traveled Seaboard President S. Davies Warfield and Florida Governor John W. Martin. Also onboard was Warfield's niece, socialite Wallis Warfield Simpson, who in 1936 would reach the height of scandal when King Edward VIII of England abdicated the throne for the divorcee, famously saying that he could not fulfill the duties of king "without the help and support of the woman I love."

Upon reaching Fort Myers on January 7, the train was welcomed by a tremendous celebration, but stayed only an hour or so before continuing to Naples. However, the entourage returned later that day for ceremonies at the downtown Royal Palm Hotel before continuing on to Miami.

The SAL depot ceased to function as such in November 1952, when the rail line



Much of the historic depot was gone two days after demolition began on East Riverside Drive photo by Gerri Reaves

discontinued service to Fort Myers. SAL's tracks were removed and the railway bridge subsequently salvaged for a new Pine Island span.

The rival Atlantic Coast Line Railroad, which had established Fort Myers service in 1904, continued until 1971, however.

Today, many people remember the former depot as Reilly Brothers' "House of Parts." That business supplied hard-to-find items for home repair from 1968 to 2007. If you needed jalousie window panes, for example, you could find them there. It was fun just to walk around and explore the jam-packed buildings whose content paid homage to old Florida homes.

As recently as 2011, a group of local artists planned to repurpose the depot site into a campus featuring studios, galleries, a sculpture garden, rehearsal space for musicians, continued on page 10







The Seaboard Air Line Railway's passenger depot opened on January 7, 1927, when the Orange Blossom Special arrived. It is pictured soon after opening. photo courtesy SWFL Historical Society



Until recently, this emblem over the entrance recalled decades of the depot's history, Seaboard and Reilly Brothers "House of Parts" photo by Gerri Reaves

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Local Girl Scouts Earn Prestigious Gold Award

Six Girl Scouts from Lee County have earned the highest and most prestigious honor available to Girl Scouts – the Gold Award.

The Gold Award is earned by girls in ninth through 12th grade who demonstrate extraordinary leadership in developing meaningful, sustainable solutions to local, national or global challenges.

Three of the award recipients are students at Fort Myers High School. For her project titled Girls Take a Stand, Carolina Cicotte organized a program to build 20 boat stands for her school's sailing club. Isabella Ramirez's project, Family Cycle Day, incorporated monthly bike and pedestrian safety events in her community to help educate adults and children about safely sharing the road. For her project titled Music for Memory, Savannah Duff organized live musical performances at local memory care facilities after learning that listening to nostalgic music can help trigger the memory of Alzheimer's and dementia patients.

For her Bat Houses project, Kaylee Kirchberger, a 2020 graduate of Cypress Lake High School, designed, built and installed bat houses in her local parks to help sustain the bat population in her community. She also created a blog that explores the important role bats play in the ecosystem.

Recent Bishop Verot High School graduate Shavonne Schrickel created a short video to help a local quadriplegic man share his story and inspire others. Her project is titled The Mind of a Quadriplegic.

Melissa Gonzales, a student at East Lee County High School, hosted a seminar that encouraged open and honest conversations about child sexual abuse, and created an ongoing blog with resources for victims. Her project is titled There's No Excuse.

The benefits to these extraordinary young women – and, by extension, the world – are substantial. Research from the



Carolina Cicotte



Savannah Duff



Melissa Gonzales



Isabella Ramirez

Girl Scout Research Institute finds that Gold Award Girl Scouts display more positive life outcomes than other young women, including those that pertain to sense of self, life satisfaction, leadership, life success, community service and civic engagement.

"Gold Award Girl Scouts are the dreamers and doers who take 'make the world a better place' to the next level," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian. "These Lee County Girl Scouts tackled issues that are important to them and their communities, and we congratulate them on this momentous accomplishment."

A total of 14 Girl Scouts from the Gulfcoast Council earned the Gold Award in 2020. To learn more about the Girl Scout Gold Award, local award recipients, and their projects, or for more information about Girl Scouts of Gulfcoast Florida, visit www.gsgcf.org.✱



Shavonne Schrickel

recycled clothing and accessories donated by DFSSWFL, a live and silent auction, Trash to Treasure and mystery swag bags. Sponsors will receive a watch party kit, a specialty dessert, a mystery swag bag and other surprises.

"I am excited that local celebrity auctioneer Rick Gallo will present our amazing offering of experiences for viewers to bid on, and I would like to thank our event honorary chair, Christina Schwinn, a partner of Pavese Law Firm, for her ongoing support," said Nickole Hendra, executive director of DFSSWFL.

Since opening in 2010, DFSSWFL has impacted and empowered over 3,500 women in Lee, Collier and Hendry counties. Its goal is to serve more women, provide more services and programs, and ultimately mentor them right into a job.

To register for the virtual event, visit www.blackandwhite2020.eventbrite.com. For more information, call Hendra at 689-4992 or email nickole@dfsswflorida.org.✱

Registration Open For Virtual Fashion Show

Dress for Success SW Florida (DFSSWFL) will be hosting A REcycled Night in Black and White to raise funds to empower disadvantaged women in Lee, Collier and Hendry counties. The virtual event is scheduled to stream live on Thursday, October 15 from 6 to 7:30 p.m.

With the community's support, women who are survivors of human trafficking, domestic violence, residing in shelters and unemployed will receive professional attire for a job interview, counseling and career development tools to help them achieve economic independence.

This one-of-a-kind event will include local designers that will showcase runway-ready ensembles crafted from bags of

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Fort Myers Art:

Call To Artists For ArtFest Fort Myers



by Tom Hall

ArtFest Fort Myers is now accepting applications from professional artists for participation in its 2021 juried show. At this time, ArtFest is considering multiple scenarios to maximize both safety

and success, but besides the potential impacts of the COVID-19 pandemic, new this year will be completion of the Luminary Hotel between Bay and Edwards on the western side of the 1.8-acre water basin.

Well over 1,000 artists vie for the 200 spaces historically allotted for this show. Why? It's simple. It's because ArtFest's year-round friendly and professional staff places the focus on the artist and the art-selling experience. Targeting art buyers throughout Southwest Florida and beyond – from Marco Island to Sarasota and east to West Palm Beach – ArtFest's promotional campaign includes all forms of media. Judging from each year's turnout, they're clearly doing something right. No other art festival in Florida comes close to pulling in the number of people or the concentration of collectors that ArtFest does.

The organizers also understand the



A crowd gathers during a previous ArtFest Fort Myers

photo courtesy www.artfestfortmyers.com

importance of providing great artist amenities over the festival weekend to ensure that its exhibitors are stress-free and ready to share their work with the festival's dedicated and enthusiastic attendees.

How are festival artists chosen?

Each October, ArtFest Fort Myers brings together a panel of professional artists who view submitted images and score each applying artist on a range of one to seven points. The artists with the highest scores are then invited to participate in ArtFest.

"Our jury panel varies each year but always represents a broad base of expertise with regard to artistic mediums," an ArtFest panel member points out. "Theirs is the difficult task of evaluating who is

the 'best-of-the-best' from the hundreds of artists who wish to join ArtFest Fort Myers. Our jury process is open to artists and patrons – please contact us for more information."

Application deadline is Monday, September 28. The fee is \$35, with booth fees for a single 10-inch by 10-inch space costing \$454 plus 6.5 percent Florida sales tax and a \$10 city business fee.

ArtFest opens Friday, February 5 with a limited preview and VIP event and continues on Saturday and Sunday, February 6 and 7 from 9 a.m. to 5 p.m.

For application information, contact ArtFest Fort Myers at 768-3602, email info@artfestfortmyers.com or visit www.artfestfortmyers.com.

Submissions Being Accepted For Southwest Florida Art Festivals

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

Bonita Springs Invitational Art Festival (November 21 and 22); application deadline August 30;

Sanibel Masters Art Festival (November 27 and 28); application deadline August 30;

Peace River National Art Festival (December 5 and 6); application deadline October 20;

The Sanibel SCA Art Festival (January 17 and 18); application deadline October 4;

The Art Festival at Mercato (January 22 and 23); application deadline October 10;

The Art Festival at University Village Shops located by Miromar Lakes Country Club on Ben Hill Griffin Parkway (February 5, 6 and 7); application deadline not given;

Sarasota Masters Art Festival (February to dates TBA soon); deadline September 21;

Bonita Springs Fine Arts at The Promenade (February 13 and 14); application deadline October 15;

Boca Grande Masters Art Festival (March 6 and 7); application deadline October 14;

Bonita Springs Masters Art Festival (March 13 and 14); application deadline November 1;

Peace River National Art Festival (March 20 and 21); application deadline October 26; and

Sanibel-Captiva Lions Club Arts and Crafts Fair (March 26 and 27); application deadline October 15.

To register and apply online, visit www.boulderbrook.net.

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

Lee Clerk Offers Virtual Lines For Court Services

The Lee County Clerk of Court office now offers ClerkExpress, a new service that allows customers to check in via text message to avoid waiting in the lobbies for court services.

Before customers leave their house, they can text "getinline" to 866-915-9224. They will receive a text message prompting them to choose a location and service. Then they are prompted to text back when they arrive at the clerk's office. Once ready to be served, the customer will receive another text message advising them to proceed to the lobby.

"We encourage online services whenever possible but if you do need to conduct your court business in house, with social distancing guidelines in place, there is limited space in our lobbies," said Lee County Clerk of Courts Linda Doggett. "Now customers can wait in the convenience and safety of their own car until they are ready to be served."

For added convenience, the clerk's office also provides customers with a QR code that auto-populates the text message to the ClerkExpress system.

Currently, the new service is available only for court service appointments at the downtown Justice Center complex, located at 2075 Dr. Martin Luther King Boulevard in Fort Myers.

Before making the trip, customers are advised to check the clerk's website to see if any specific documents or payment methods are required.

For more information, visit www.leeclerk.org.*

Master Gardener Online Training

The UF/IFAS Lee County Extension Service will hold its next Master Gardener Volunteer Training program online from 9 a.m. to 3 p.m. on Thursdays, September 3 through December 10.

Classes are coached by experts from around the state on gardening topics including soils, pest control, composting, landscape design, vegetables, tree fruit and turfgrass. Participants are expected to contribute 75 hours of volunteer time in educational projects within the first year of taking the training.

The application for the program can be found at www.leegov.com/parks/extension. Cost is \$200 and includes the student manual.

For more information, contact Lee County Extension Master Gardener Coordinator Ana Bonstedt at 634-3864 or abonstedt@ufl.edu.*

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New Music And Arts Center To Open This Fall

The Gulf Coast Symphony (GCS) recently announced plans for opening of the new Music & Arts Community Center (MACC) in Fort Myers. The MACC will be a creative hub where people of all ages and abilities can share music and arts as common ground. This undertaking allows for a major expansion of programming and educational outreach.

The mission of the new MACC is to provide access to music education and arts experiences and that every youngster in Southwest Florida will have access to music instruction both during the day and after school.

The new MACC is on the 12.5-acre campus of the Unitarian Universalist Church of Fort Myers, off Daniels Parkway on Shire Lane. Advanced theatrical lighting, robotic cameras, a video recording suite and modern audio equipment are being installed to reshape the sanctuary into a 400-seat theatrical venue. Additional renovations and technical upgrades are planned for the existing classrooms, large social hall and outdoor enclosed patio to create better learning and performance spaces.

Renovations are expected to be complete this fall so that virtual or limited capacity programming can begin. A key adjustment due to the pandemic is the livestreaming of

programs, allowing for small (or empty) audiences, while providing a way for fans to safely enjoy programs. The new onsite video recording suite will allow for performance recordings and livestreams, as well as distance learning instruction opportunities.

Initial offerings at the MACC include the creation of a new professional chamber orchestra, MusicWorks!, after-school orchestral education program, a new ArtsWorks! visual arts education program, year-round classes for all ages and musical performance programming.

The MACC will be home to the GCS's new professional chamber orchestra (GCCO), whose members will both perform in concert as well as serve as teachers for the education programs and participate in engagement activities.

MusicWorks! provides free music instruction to disadvantaged youth. This will be the second site for this program; the first started six years ago in the Harlem Heights community. This is being paired with ArtsWorks!, and summer camps will be held when school is out.

The MACC will be the only full-time orchestral space in the county and will offer programs from day to night for all ages.✱

Graduate

Abigail Thoreson of Cape Coral recently graduated with a bachelor of science degree in nursing from The College of St. Scholastica in Duluth, Minnesota.✱

Creative Works Sought For Publication

Love Your Rebellion's (LYR) biannual zine is seeking submissions of art and writing with the theme Technical Difficulties. Submissions may be submitted through October 17.

The theme deals directly with the upheaval so many people are experiencing this year. Artists and writers are asked in the prompt for Issue 14 submissions: What elements of yourself have you inspected? What framework in your life have you rebuilt? What interconnected systems have you tried to debug? LYR wants artists and writers to show how they have hacked 2020 to rewrite their dysfunctional scripts. Works by authors and artists from marginalized groups are encouraged.

In addition to art and writing by people from marginalized groups, LYR Issue 14 will feature therapeutic arts activities created by founder Angela Page, visual artists Michelle Caraway and Annie Pritchard, and Rebecca Martinez-Thomas., licensed marriage and family therapist. The issue also marks an increase in the publication's print run. Thanks to a project grant from the City of Fort Myers, LYR will increase the zine's print amount from 100 to 500 issues beginning with Issue 14. Fifty percent of print run will be donated to organizations that support the communities LYR serves.



Rebecca Martinez-Thomas photo provided

The LYR zine began in 2011 as a cut-and-paste literary arts booklet handmade by Page. In 2015, Page met a group of women who wanted to work on the zine as well, including Caraway. In 2018, Page and Caraway were joined by Pritchard and, in early 2020, Martinez-Thomas came aboard to complete the team. Now, the LYR zine is transformed into a stunning 11-by-17-inch full color mass market publication that showcases art and writing, and provides accessible therapeutic arts activities.

For submissions, visit www.loveyourrebellion.org/zine-submissions.✱

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Pine Manor community children with their arts and crafts

photo provided

Donor Support Provides Summer Fun For Children

With the help of Arby's Foundation, First Citizens Bank in Fort Myers, Wildcat Run Charitable Foundation and many others who donated funds, the Children's Advocacy Center (CAC) of Southwest Florida was able to provide a summer camp for the young children in Pine Manor, and a back-to-school supply

drive-through event for the children in East Fort Myers.

For many summers, CAC has run a free summer camp for children ages 5 to 11 who reside within the Pine Manor Community. Typically, each week features a field trip or experience such as a visit to a museum or live theater show. This summer, CAC was in need of extra arts and crafts supplies, board games and other items designed to safely entertain and engage the children at the Pine Manor Community Association building – and for several extra weeks due to the delayed start of school.✧

Community Mask Drive To Support School Heroes

The School District of Lee County is partnering with local organizations and community members to hold a Community Mask Drive in support of school heroes as they go back to face-to-face instruction. New, reusable cloth masks (both youth and adult sizes) will be collected at specified locations in designated district mask bins from August 17 to 28. The masks will later be distributed to schools for students or personnel who need them.

In consultation with health officials, the district has mandated the use of masks in an effort to promote the health and safety of students and staff. Disposable masks will be provided to those that need one.

"We helped to organize this drive at the request of board members and community members who wanted to support students as they return to school," said Community Engagement Coordinator Adam Molloy. "We know that wearing masks is one of the many things that will make school different this year, and this is just one way we can come together as a community to show our support for our students as they transition into this new normal. We are stronger together."

Masks can be dropped off in designated district mask bins in front the lobby at 2855 Colonial Boulevard or any of the other following locations:

ACE Hardware – 1004 Cape Coral Parkway East, Cape Coral, FL 33904
Alliance for the Arts – 10091

McGregor Boulevard, Fort Myers
Barrington Terrace (Assisted Living) – 9731 Commerce Center Court, Fort Myers
Beef O'Brady's – 20301 Grande Oak Shoppes Boulevard Suite 108, Estero
Calusa Harbor (Assisted Living) – 2525 First Street, Fort Myers
Denny Grimes & Team – 11900 Fairway Lakes Drive, Fort Myers
First Christian Church/
Connection Point Early Learning Center – 2061 FL-867, Fort Myers
Lee County Black History Society – 1936 Henderson Avenue, Fort Myers,
Lee County Housing Authority – 14170 Warner Circle, North Fort Myers
City of Fort Myers Community Redevelopment Agency – 1400 Jackson Street, Fort Myers
Edison's Lab Restaurant and Bar – 2431 Cleveland Avenue, Fort Myers
Papa Joe's Pizza – 814 East Cape Coral Parkway, Cape Coral
The Opal (Assisted Living) – 4920 Viceroy Court, Cape Coral
Next Level Church – 11081 Gateway Boulevard, Fort Myers; and 12400 Plantation Road, Fort Myers
My Shower Door – 14261 South Tamiami Trail, Fort Myers, FL 33912; and 2708 Barbara Boulevard, Cape Coral
For business and community partner donations, fill out and submit a donation form with your reusable masks so that your support can be recognized. Large business/community donors will be recognized by the following donation levels: Bronze – 50+ masks; Silver – 100+ masks; Gold – 200+ masks; Platinum – 300+ masks.✧

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

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

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

CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.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, 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, 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.fpcfortmyers.org, 2438 Second Street, 329-334-2261

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

JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10

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

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

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

PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.

PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, 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, 567-9739.

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

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

SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.org, 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, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswf.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, 1619 Llewellyn Drive, 334-4978.

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

UNITY OF FORT MYERS
Sunday 10 a.m., 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, 7401 Winkler Road, 481-4040.

Email changes to press@islandsunnews.com or call 395-1213.✧

Plant Smart

Lessen Yardwork And Protect Water Quality

by Gerri Reaves

Reduce summer yardwork and protect our local waterways by following Lee County's enticing advice: "Do more by doing less."

From June 1 to September 30, the county's fertilizer ordinance is in effect.

Summer rains can wash fertilizer into swales, lakes, ditches, canals and other waterbodies. That nutrient-rich runoff can feed harmful algal blooms.

So, if you use fertilizer at all, be sure to buy the correct type and apply it properly to avoid creating a toxic soup that impacts the environment, our economy and quality of life.

The key is the "double zero" fertilizer number. The three-number system refers to nitrogen, phosphorus, and then potassium or potash.

Use a number beginning with a double-zero to avoid phosphorus and nitrogen during the ordinance period.

A useful and memorable admonition from Lee County is, "Don't feed the monster," meaning don't contribute nutrients to harmful algal blooms.

Some of the ordinance guidelines are to avoid applying fertilizer within 10 feet of water or when rain is expected, or on impervious surfaces like sidewalks and driveways.

But the main question is, do you need to fertilize at all?

Many home and business owners landscape their properties to save not only time, but money too, by choosing native and Florida-friendly plants, that, once established, survive with little maintenance.

The mantra is "right plant, right place."

Survey your yard for soil properties, light conditions and rain flow, and choose plant species that will do well with little maintenance and, ideally, no fertilizer at all.

Pictured here are three of the best native shrubs to use in a buffer zone. They will tolerate wet conditions, cleanse runoff before it leaves your property and attract wildlife. They are suited for freshwater conditions, but salt-tolerant



Birds love wax myrtle's fruit

photos by Gerri Reaves

wax myrtle can be used in coastal habitats too.

Fast-growing wax myrtle (*Myrica cerifera*) is a multibranched shrub of the bayberry family with smooth gray bark and dense fine-textured foliage. It can be trained as a small tree reaching 20 feet or more. Spring brings clusters of tiny greenish white flowers, followed by masses of waxy bluish berries loved by various bird species.

The foliage provides cover and nesting sites for birds. It is also the host plant for the red-banded hairstreak butterfly. It has nitrogen-fixing roots that enable it to thrive in nutrient-poor soil.

American beautyberry's (*Callicarpa americana*) clusters of shiny magenta berries are consumed by more than 40 species of songbirds, as well as small mammals. This member of the verbena family reaches five to eight feet tall with an almost equal width, an open form, and arching branches. Clusters of lavender or pink flowers attract butterflies and bees.

Common buttonbush (*Cephalanthus occidentalis*) is a water lover, so it's a good choice for a bog garden or poorly drained area. It can tolerate standing freshwater so it can grow beside a pond or other waterbody.

This fast-growing member of the madder family is multibranched, reaching about 10 feet tall with an equal breadth. The foliage provides cover for birds and the dense clusters of fragrant



Beautyberry offers food and cover for wildlife

white globular flowers attract bees, hummingbirds and butterflies.

If you're ready to have a lazier summer, you'll find valuable information and assistance at your local native nursery or local Florida Native Plant Society chapter, the Lee County Extension Service, or the Florida Yards and Neighborhoods program.

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



Common buttonbush's flowers resemble a pincushion

later, due to the COVID-19 pandemic, it was forced to close to the public, doing adoptions by appointment only. Under trying circumstances, staff saved hundreds of animals, provided medical care and found forever homes. By early August, less than five months after opening, CCAS reached its 370th adoption.

To support the lifesaving work of the shelter and to provide a much-needed service to the community, CCAS will open a low-cost, state of the art veterinary clinic within the next month. "We believe now more than ever people are going to need a low-cost alternative to keep their pets healthy, happy and out of the shelter. Services will include vaccines, spay/neuter surgery, illnesses and wellness visits, and the sale of flea and heartworm preventive and prescription food," said Liz McCauley, executive director of CCAS. "The grant from Bailey and Friends will be used to purchase the remaining supplies and equipment needed to open the clinic, which could not have come at a better time. We are extremely grateful to Bailey and Friends for their support of our mission."*

Animal Shelter Awarded Grant

The Cape Coral Animal Shelter (CCAS) is the recipient of a grant from Bailey and Friends – a new trust component of the Golisano Foundation.

This grant was awarded specifically to support animal welfare organizations that incurred unexpected operating expenses due to the COVID-19 pandemic.

After years of planning, fundraising, building and preparing, the shelter opened its doors on March 19. Four days

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Experience The Recovery



by Capt. Matt Mitchell

Some of the most rewarding trips as a guide come while introducing new clients to our fishery. Oftentimes, it's kids or even people who have just never had the opportunity to get out in our amazing backyard. With our waters being as clear, pristine and full of life as I can remember, options are endless. It's a great feeling to show off our healthy fishery once again.

The improvement in the management of Lake Okeechobee has been a major factor in the recovery of our fishery over the past few years. Having a South Florida Water Management District that has more than just farming interests in mind has slowed the flow of polluted water from the lake. Clean, clear water in the sound has allowed many of the grass flats that are the life of our estuary to gradually recover. Keeping lake levels low during our dry winter months so more water can be stored during our rainy season has been the difference.

The rebound of our trout fishery is a big telltale sign of the recovery being in full swing. For more than a year after the water woes of roughly three years ago, we simply just did not see any trout. Trout are one of our more fragile species of fish, and they were decimated by poor water quality. Trout have become one of our go-to species, and there are massive amounts of them throughout the sound once again. These fish are one of the species that flourish when our grass flats are healthy. Being able to catch trout after trout is heart-warming.

If you have not had a chance to get out on the water recently, now is the time to do it. The next few months are generally the slowest times out on the water with very little boat traffic. Even if your not fishing, just getting out to see all the wildlife is a testament to how quickly Mother Nature can repair its self with better water management. Water is our biggest resource and keeping it healthy should be our number one priority.

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.✱



The return of healthy trout makes everyone smile

photo provided

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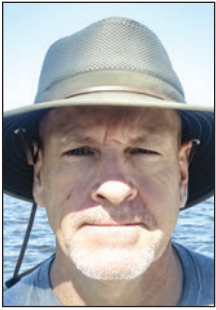
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CROW Case Of The Week:

Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) is a grayish, small stocky bird that appears to be neckless. Since it is known for its camouflage techniques in hiding in nooks and tree

crannies, you may be able to hear its trilling call more than you can spot it.

At CROW, an adult eastern screech owl was admitted from Fort Myers after it was observed sitting under a vehicle and later laying on its side and not attempting to evade being captured. Upon intake, it was unclear whether the patient was suffering from an unknown trauma or a systemic disease. The patient was noted to be lethargic and weak with mild dehydration, but no obvious signs of infection.

"Various diagnostic tests were run during this patient's course of treatment which included blood draws, fecal samples and radiographs. The blood tells us if there are toxic changes to the cells which could indicate infection. Fecal samples can show us if there are parasites present or issues involving the GI (gastrointestinal tract)," said CROW Rehabilitation Manager



Patient #20-3529 needs to put on more weight before being released

photo by Brian Bohlman

Breanna Frankel. "By utilizing all of these tools on multiple occasions, we were able to monitor his condition very closely."

Veterinarians placed the owl in an oxygen chamber overnight and radiographs were taken the next morning. There were no significant findings on the radiographs, but there was evidence of a possible ruptured air sac, leading the team to suspect trauma caused its condition.

"When this screech owl was admitted, it was placed in an oxygen chamber due to its depressed mentation and unknown

history of potential trauma. It became stressed during the physical exam and was placed in oxygen to help with any associated breathing issues," said Frankel. "It was suspected that this patient had a previous rupture – based on some internal gas present on x-rays – that caused the issues it came in with."

Frankel stated the patient's trauma treatment was based on its admittance and pointed out that no two traumas are alike. "It consists of a multitude of treatments that are offered based on how the patient has presented. In general, our patients

receive multimodal pain medications, fluid therapy, assisted feedings, assisted cleaning and oxygen therapy. Based on presentation, we may or may not place an IV catheter to bolus fluids and medication to critical patients. We also utilize x-rays, blood diagnostics, fecal analysis, ultrasound and endoscopy as needed to determine a course of treatment for each patient."

The owl was started on a re-feeding plan and received oral fluids. Since intake, it has slowly improved and is now eating on its own and gaining weight. It was moved outside where it has been more active and making small flights.

"We offer food both during the day and at night in case it needs extra calories to heal, but it has shown no interest in daytime snacks. It does sleep during the day but will fly around when someone is cleaning/feeding inside the enclosure. Since we don't have cameras in this enclosure, we don't see the nighttime activity but it regularly vocalizes in the enclosure," said Frankel. "The owl is flying well and has been doing well in an outdoor enclosure. It is still a little thin and underweight, but continues to make good progress. We don't have any information about release at this point since it is still recovering."

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.

Speed Limit Changes On Two Roadways

The Lee County Department of Transportation (DOT) asks drivers to take note of two speed limit adjustments on separate roadways.

The speed limit adjustments are on:

Crystal Drive – Lee County has increased the speed limit on Crystal Drive between U.S. 41 and Metro Parkway to 35 mph from 30 mph. A speed study on this segment by Lee County DOT determined the appropriate speed for safe operations is 35 mph.

Bass Road – Lee County will reduce the speed limit on Bass Road between Summerlin Road and Park Royal to 35

mph from 40 mph. New speed limit signs are expected to be posted the first week in September. A speed study on this road segment by Lee DOT determined the appropriate speed for safe operation is 35 mph.

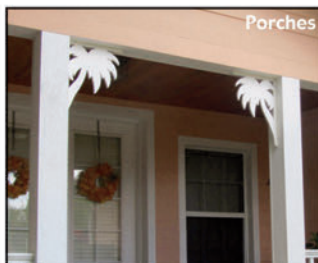
Although speed enforcement is within the purview of the Lee County Sheriff's Office, Lee County DOT monitors crashes and speed incidents on all the roads it maintains.

Earlier this summer, the speed limit on Del Prado Boulevard from Coronado to Hancock Bridge Parkway was reduced to 40 mph from 45 mph for safety reasons. Studies showed that if the average speed on the road were reduced by three miles per hour, there would be a reduction of 15 to 20 injury crashes per year.

For more information, visit www.leegov.com/dot.



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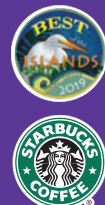
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Grants Awarded To Artists And Organizations

The Alliance for the Arts has announced the recipients of The Arts are Vital Grant, an emergency relief program for Lee County's arts organizations and individual artists formed in partnership with the Meisenberg Family Trust to ensure the sustained impact of the arts during a time when we need them most.

The program provides one-time grant awards of \$5,000 to arts organizations and \$500 to professional artists located in Lee County with urgent financial need due to COVID-19. These funds are unrestricted and may be used by the organizations and artists to help with financial issues due to the impact of COVID-19 on their organizations, lives and livelihoods.

Individual artist grantees include: Kara Ackley, Cesar Aguilera, Jan Atkielski, Marli Brockington, Renee Rey, EllaEllis, Lily Hatchett, Monique Olsen, Brendan Powers, Rachel Powers, David Rode, Caitlin Rosolen, Terry Lynn Spry, Timothy Torres, Gregory

Van Kirk, Warren Van Kirk and Jeffery Whidby.

Arts organization grantees include: ArtFest Fort Myers, BIG ARTS, Cultural Park Theatre Company, Sidney & Berne Davis Art Center, Florida Repertory Theatre, Fort Myers Symphonic Mastersingers, Gulfcoast Symphony Orchestra, Gulfshore Ballet, Laboratory Theatre of Florida, Lee County Black History Society, Players Circle Theatre and Southwest Florida Symphony.

The grant awards were made possible by a gift from the Meisenberg Family Trust and was facilitated by Jeremy and Paul Meisenberg, in memory of their mother, Deborah Meisenberg, former Alliance board member and cultural supporter.

"We are honored to partner with the Meisenberg Family Trust, to help sustain the work of artists and cultural organizations in these uncertain times," said Alliance for the Arts Executive Director Lydia Black. "Our cultural sector is struggling to survive the massive financial and job losses caused by COVID-19. We understand how urgent the crisis is and how essential the arts are to our economy, our recovery and to our everyday lives."

For more information, visit www.artinlee.org/grant or call 939-2787.✱

Virtual Wine Tasting To Benefit Local Children

SWFL Children's Charities, Inc. is hosting a virtual wine tasting with Saint Helena Winery out of Napa Valley, California on Friday, August 21 at 6:30 p.m. Saint Helena Winery has attended the SWFL Wine & Food Fest numerous times and is a favorite among event attendees.

Food pairings especially for the wines will be offered by Chef Gloria Jordan of La Trattoria Café Napoli. Guests can choose to order a two or three pack of wine by Saint Helena Winery and order food from La Trattoria Café Napoli. Guests will learn about wines and food pairings, listen to live entertainment and also receive an update from the organization's main beneficiary, Golisano Children's Hospital of Southwest Florida. A portion of the wine sales from the tasting will benefit SWFL Children's Charities, Inc. The sponsor of the event is Brooke Denson and Dina Marie Realty. To order your wine and cuisine, visit

www.swflwinefest.org/winetasting.

Because of COVID-19 concerns, supporters of SWFL Children's Charities, Inc. gathered virtually for the annual check presentation with a virtual wine tasting. More than 60 people attended, and three beneficiaries received more than \$1.4 million in funds raised at the 12th annual Southwest Florida Wine & Food Fest at Hyatt Regency Coconut Point Resort and Spa in February. The colorful, paint-themed event brought the community together in support of SWFL Children's Charities, Inc.'s mission to save children's lives and advance pediatric health care across the region. This latest donation to Golisano Children's Hospital makes the total donated by SWFL Children's Charities, Inc. more than \$20 million since 2009.

"We just feel so very fortunate to have been able to host our event to raise much-needed funds for children and families in our region. With the latest donations, we are really just so proud that we have been able to make such an impact by uniting under one cause for the benefit of children," said Sandy Stilwell Youngquist, president of SWFL Children's Charities, Inc. and longtime supporter.✱

From page 2

Historic Downtown

a cafe, a television-production studio, a farmers market and more. The campus, it was thought, would add to the energy in that revitalized part of town, where high-rise condos like the Oasis across the street, as well as Beau Rivage, San Tropez, and the Riviera, were establishing a new residential population along the riverfront near Billy's Creek.

The art collective's plans never materialized and the depot sat idle. The justification for demolishing it were the usual for a building that had suffered neglect.

The site will become a self-storage facility.

Perhaps it's a sign of the times that Americans with homes and garages over-flowing with stuff need storage more than historic structures. Sometimes history is simply sacrificed for progress.

Visit the future site of a self-storage facility and ponder the loss of another link to the boom, when the Seaboard's Orange Blossom Special was the biggest news around.

Then learn more about the town's second railroad line at the following research centers. 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.

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.4

Sources: The Archives of the Southwest Florida Historical Society, the Fort Myers Press, and *The Story of Fort Myers* by Karl H. Grismer.✱



After nearly a century, the railroad emblem is gone

photo by Gerri Reaves

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Book Review

The Guest List



by Di Saggau

I found *The Guest List* by Lucy Foley to be a fun read with twists and turns galore. It's about the wedding of the year, but someone will not survive it. And oh those interesting characters, each

with secrets that eventually rise to the surface. There's the bride, the best man, the wedding planner, the bridesmaid and, of course, the body. The location is a remote island off the coast of Ireland. The wedding planner is Aoife (pronounced EE-fa). She and her husband Freddy made special arrangements so she could hold the wedding affair in this exact location. The bride and groom are Julia Keegan and Will Slater. Slater is a rising television star. He's handsome and a little too charming. Keegan is an ambitious magazine publisher. Every detail has been fashioned to perfection. It's what you'd expect of a young power couple. Designer dress, four-tiered cake, boutique whiskey and vintage champagne. But people are too human for perfection and everyone has a motive and a secret. And someone won't leave the wedding alive.

Foley delivers a page-turning thriller somewhat like Agatha Christie's *Murder on the Orient Express*. There is always



image provided

something lurking in the shadows in this complex plot that deals with the perspectives of eight main characters. Others are Johnno, the best man who delivers a bridal speech to remember; Olivia, the bridesmaid and step-sister of the bride, who harbors a deep secret; and Hannah and her husband Charlie. There are so many secrets, and they are carefully not fully revealed until the books end.

Foley expertly flushes out the backgrounds of numerous wedding-goers

and the ensemble cast of sinister figures. Once the cake is cut and the champagne popped, resentments and petty jealousies come out. A wedding party turns dark

and deadly. To make things worse, there are dark clouds looming overhead as the weather shifts from fair to changeable. *The Guest List* is an entertaining book.✱

School Smart



by Shelley M. Gregg, NCSF

Dear Shelley, My 9-year-old son has always been anxious about the start of a new school year and, of course, he's even more anxious this year. Usually he

won't say much about how he's feeling or what is going on. I try to ask questions but, somehow, I'm not getting through. I need some suggestions on what to do to help me connect better with my son.

Angela S, Fort Myers

Angela,

It's hard work connecting with kids when they are anxious, finding the right words to say when they are upset. Parents often worry that talking about the situation will make it worse, yet they want to offer support and encouragement.

Sometimes asking questions isn't the right approach to calm anxious children. Questions can increase anxiety for some kids. It is sometimes easier to connect by using supportive statements to let your children know that you support them. You can make a statement and then wait for their response. Here are a few examples of this strategy.

Instead of asking, "How was school today?" You could make a statement commenting on the effect. For example, you could say, "Looks like you had a long day. Or looks like you had a great day."

Another question parents will typically ask is about testing. So instead of asking, "How did your math, science, reading etc., test go today?" You could open the door to conversation by saying, "I was thinking about you today while you were taking your _____ test," and give your child the opportunity to open up about the test.

Peer relationships are often a source of stress for kids and their parents. So instead of asking, "Who did you play with at recess?" perhaps you could make a statement reflecting this long-standing peer issue. You might say something like, "I remember you were worried about recess last night or I remember that you said you had fun playing with Jesse at recess," and see what evolves from your statement.

Commenting on your child's non-verbal communication may also be a good way to make statements that they can relate to. So instead of saying, "How do you feel?" you could say, "You look happy/sad/angry/tired," all words that could elicit a response.

It's important to listen to your children talk, without interrupting, or prompting them to say what's bothering them. It's hard to see our kids suffer with worry. Many parents rush in to rescue their child from an anxiety-producing situation.

But by having your child talk about a situation, they will have the time to process their thoughts and think about a possible solution that works for them.

Everyone likes to hear positive supportive comments so use affirmations with your child like, "You are so brave, or smart or thoughtful." Affirming your children's ability to handle a situation, empowers them to succeed in the future.

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

Media Breakfast Rescheduled

The media breakfast for the Southwest Florida Chapter of the Florida Public Relations Association (FPRA) at CareerSource Southwest Florida, previously scheduled for September 8, has been rescheduled to Tuesday, December 8 from 8 to 11 a.m.

Mapping Your Media – Navigating through the Changing PR Landscape will include presentations from speakers and breakout networking opportunities. The lineup of speakers will be announced at a later date.

Public relations and communications professionals, nonprofit groups and others will benefit from the opportunity to meet news representatives face-to-face and get expert advice on effective communications approaches, tips for story pitching and how to develop authentic relationships with the media.

Cost is \$35 for students, \$50 for members and \$60 for future members.

CareerSource Southwest Florida is located at 6800 Shoppes at Plantation Drive, unit 170, in Fort Myers. For more information or to register, visit www.fpraswfl.org/2020-media-breakfast.

Masks will be required and Centers for Disease Control and Prevention guidelines will be followed.✱

From page 1

Food Pantry

bridge the gap beyond what we could provide with our normal operating budget."

Community Cooperative expects the need to grow and is planning for long-term recovery efforts. To contribute, visit www.communitycooperative.com. Monetary donations can be made at www.communitycooperative.com, or mailed to: Community Cooperative, P.O. Box 2143, Fort Myers, FL 33902.✱

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

"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

Webinar Offers Strategies For Leadership

Dr. Brian Moffitt, owner of The Leadership Forum and adjunct communication professor at Keiser University, will offer strategies to develop leadership influence through persuasive communication at the upcoming Association for Talent Development (ATD) Southwest Florida Chapter webinar on Wednesday, August 26 from noon to 1 p.m.

Moffitt will share four communication strategies that address the needs of audiences on every level of Maslow's Hierarchy of Needs to connect and inspire others. His approach will address the ATD Capability Model through the Professional Capabilities section for career and leadership development.

The ability to influence others verbally and in writing is a vital skill for ATD practitioners and leaders at all levels in an organization. In this interactive session, participants will:

- Define persuasion and understanding your audience/listener(s);

- Explore the different types of persuasive messages/speeches; and

- Review different methods of persuasion, including credibility, evidence, reasoning, needs satisfaction, motivation



Dr. Brian Moffitt

photo provided

and emotional appeals.

Registration for the online program is \$15 for members and \$20 for non-members. Members are allowed one guest for free. Students are \$10. Register online at www.atdswfl.org. Deadline to register is Tuesday, August 25. This session is eligible for one ATD educational credit.

For more information about ATDSWFL or becoming a member, visit www.atdswfl.org.

Marketing Firm Hires Digital Coordinator

CONRIC PR & Marketing has hired Chelsea Castoria as digital marketing coordinator.

"Chelsea's diverse background and dynamic personality make her a great addition to our growing digital marketing department," said Connie Ramos-Williams, president and chief marketing officer. "I look forward to seeing the creative ideas she has in store for our clients and am very excited to collaborate with her in launching our company podcast, something I have envisioned for the past couple years."

In her role, Castoria will be responsible for enhancing the company and its clients' online brand presence. She will collaborate closely with the marketing team and clients to manage accounts and projects. She will work with the company president to launch the first podcast that will align with the agency's #SWFLStrong campaign.

"Years of radio experience has given me great tools to use in the digital and marketing field. I have a real passion for helping local brands succeed and am glad to be working with the CONRIC team who shares that passion," said Castoria. "I look forward to getting to know the CONRIC clients and, of course, building a



Chelsea Castoria

podcast that will feature business and life in Southwest Florida."

Castoria brings more than 10 years of radio, community relations and social media management experience to the team.

Airline To Add Seven Nonstop Destinations

The Lee County Port Authority announced that United Airlines will inaugurate new service between Fort Myers and seven destinations this winter season. Starting November 6, United Airlines will start nonstop daily service to Boston (BOS), Cleveland (CLE) and New York-LaGuardia (LGA) from Southwest Florida International Airport (RSW). On December 17, they will add daily nonstop flights between RSW and Columbus, Ohio (CMH), Indianapolis (IND), Milwaukee (MKE) and Pittsburgh (PIT).

"We are extremely pleased United Airlines is adding flights from popular cities in the Midwest and Northeast to bring travelers to Southwest Florida to experience our beaches and relaxing atmosphere," said Ben Siegel, acting executive director for the Lee County Port Authority. "RSW appreciates United's commitment to customer feedback and is proud to be part of their large expansion plans for additional routes this winter season."

For more information, visit www.united.com.

For more information about Southwest Florida International Airport, visit www.flylcpa.com.

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Will Power

Retaining Your Trusted Financial Advisor



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

What many clients don't realize is that they may lose their trusted financial advisor when they become disabled, although it doesn't have to be that way. Allow me to explain.

Assume that Oswald has a revocable living trust. He serves as his own trustee, and then ABC Trust Company is his named as successor trustee. Further, Oswald has a longstanding relationship with Pamela, his financial advisor. She works at XYZ Brokerage Firm. Pamela has been through the ups and downs with Oswald and his family, and Oswald has great confidence in Pamela.

If Oswald should become disabled and unable to make financial decisions, his successor trustee, ABC Trust Company, steps in and assumes the role of trustee. Because ABC Trust has the legal responsibility for all of the investment decisions, they will move all of the assets in the account from XYZ Brokerage Firm to ABC Trust Company. This is common practice.

Sometimes, the Oswalds of the world don't realize that's what they've set up when they name a corporate (bank or trust company) as their successor trustee. There are alternatives. Some trust companies, for example, will serve only as the administrative trustee, and allow the investments to remain with the client's preferred investment advisor. As administrative trustee, the trust company will write checks, pay bills and decide upon distributions. The investment advisor retains the assets in this scenario, and is responsible for the day to day investment decisions. This is possible due to "directed trust" laws that allow the liability associated with the different responsibilities to be bifurcated.

Florida enacted directed trust legislation so the ABC Trust Company, if they are so willing, can take on only the administrative role and allow XYZ Brokerage Firm to continue to manage the investments after Oswald resigns from serving as his own trustee. You should know, however, that these split duties don't just happen. The attorney drafting the trust needs to be familiar with the directed trust laws and include

the necessary language to segregate financial investment responsibilities from the distribution responsibilities. Not only must the trust be drafted correctly, but the trust company and the financial firm must both be willing to serve in their respective roles. Further, there should be a clear understanding on Oswald's part as to what the charges and fees will be from both ABC and XYZ. Since the responsibilities are bifurcated, usually the fees are also divided.

Offentimes, the financial firms will have required language that must be drafted into the trust instrument before they will agree to serve in the limited role provided. This required language commonly includes indemnification provisions that not only exonerate the trustee from the investment advisor's actions (and vice versa), but also allows the trustee to use trust funds to defend itself if it is sued by the grantor or by a trust beneficiary.

Yet another common issue confronting investment advisors is a tug-of-war between the advisor and their own trust department. Suppose in my example with Oswald that Pamela, an advisor with XYZ Brokerage Firm, advises Oswald that he can name the affiliated XYZ Trust Company as his successor trustee, and not worry about the assets moving if Oswald should become incapacitated or die. When Oswald does become incapacitated, sometimes there is a struggle between Pamela and her brokerage firm against their own affiliated trust company over who manages the assets and gets paid to manage the assets. Some companies work well with their own advisors while others don't. Then there is another issue as to how much the client gets charged. You don't want to be charged full freight by both the advisor and the trust company in this example. If Pamela suspects that her trust company may step on her toes, she may look into affiliating with another company that will agree to perform the administrative tasks in a directed trust scenario.

Finally, there's the issue of naming your spouse or children as successor trustee. In Oswald's example, if he wants Pamela to continue on as his financial planner, he should express his expectations to whomever he names as his successor trustee. I've seen several children of clients move the client's brokerage account to the child's trusted broker and away from their parent's broker when the child takes over as trustee.

So, there's a lot to think about when you name a successor trustee in your documents, including some very specific coordination with your long-term financial advisor. If this is an issue for you, bring it up with your estate planning attorney so that he can discuss it with the parties involved, and draft the appropriate language into your trust documents.

©2020 Craig R. Hersch. Learn more at www.sbshlaw.com.✧

Promotion At University

Hodges University promoted Jesse Meyers to director of student accounts and veteran services.

In his new role, Meyers continues to manage the student and institutional receivables as well as department of veteran affairs (VA) benefits programs for the university's veteran students. This role allows him to facilitate assisting students to select the best financial options available to



Jesse Meyers

them for their college expenses. He and his team also work with the university's veteran students to help ensure they maximize their military education benefits. For alumni and donors, he helps ensure that their support is directed in a strategic, fiscally responsible way.

Meyers served 10 years in the United States Army, including six years as a military police officer, and four years in talent acquisition. He joined Hodges University in May 2018 as the assistant director of student accounts and veteran services. He graduated from Minnesota State University with a bachelor of science degree in law enforcement and psychology, and is now working on his master's degree in business administration.

In addition to his responsibilities at Hodges University, Meyers serves as the vice president of the Collier County Veterans Council.✧

Financial Aid Director Named

Denise Herrera has been promoted to director of financial aid and auxiliary services at Hodges University.

In her new role, Herrera ensures the university's receiving, posting and disbursement compliance for funds with the department of education. She is also responsible for the timely administrative data files from the U.S. Department of Education and the State of Florida. She joined Hodges University in 2018 as the assistant director of financial aid and veterans services.

Herrera has 13 years of experience in higher education financial aid. She earned her associate's and bachelor's degrees in accounting, and an

associate's degree in business marketing and management from Southwest Florida College. She is also a notary public.✧



Denise Herrera

New Hire At Community Bank

Michelle Ramirez has joined Sanibel Captiva Community Bank as a customer service representative at the McGregor Branch in Fort Myers. She is responsible for assisting customers with personal and business banking transactions.

With nearly 15 years of experience, Ramirez has held numerous positions with community banks, large financial institutions and credit unions, including teller, customer service and loan originator.✧



Michelle Ramirez

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Superior Interiors

Give Your Sunroom A New, Improved Look



by Linda Coin

Whether your home came fully equipped with a sunroom or you recently took the plunge and made the addition to your house, consider yourself lucky.

An all-weather

“outdoor” living space is not only perfect for those who live in colder climates, but it’s also great for those of us who reside in the warmer regions of the U.S. and love the idea of being outside without getting too much exposure to heat and sun. With less inclination to get out and about this summer, a sunroom is an ideal place to relax and spend time in the weeks ahead.

The sunroom is meant to be bright and inviting. While deeper hues may be present in the main area of the home for a cozier experience, they’re not necessarily beneficial in an outdoor setting like this. We recommend pale neutrals, but if you want to go with something more colorful or vibrant, shades like aqua and coral can make a major statement and bring that beachy vibe you might be craving. If you like the idea of utilizing both, consider

painting neutral walls and accessorizing with one, or more of the brighter, saturated tones.

The great thing about a sunroom is your ability to utilize indoor patio furniture that resembles the style you’d use throughout your home. This allows you to take advantage of different options that not only look great, but also maximize comfort. Rattan wicker can be used in this covered area, but you can opt for cozy cushions covered in performance fabrics. Consider chaise lounges, sofas, chairs, side tables and coffee tables in this space depending on the amount of room you have to work with.

Because you’re likely working with eye-catching hues that make the room feel fresh and inviting, the last thing you want to do is clutter the space with too many accessories. The sunroom should always be kept simple, as less is more is the phrase to remember when decorating here. A few house plants, an area rug and throw pillows can complete the room with ease.

While you’ll get ample natural lighting through the floor-to-ceiling windows, you need something extra to make up for the lost lighting when the sun goes down. Candles are great for ambient lighting, but standing lamps can be very useful if you want to illuminate the space to a greater extent without using too much artificial light. If you desire a bit more drama, you can include a gorgeous modern chandelier to install in the space (remember to add a dimmer) for added ambiance.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeden.com.✱

Scholarship Fund Created At LARC

The family of Lori Carroll-Collins has established The Lori Carroll-Collins Scholarship Fund at Lee Association for Remarkable Citizens (LARC). A resident of Fort Myers for 35 years, Carroll-Collins cared deeply for her community and people in need, and led her life by example when it came to generosity and philanthropy. She passed away on August 2.



Lori Carroll-Collins

“Lori was an inspiration to many, as she lived her life to the fullest, despite living with a disability,” said her husband, Marc Collins. “She never saw herself as different and fought for equal access for herself and others. Lori spent her life in a wheelchair, but the limitations of her body did not define her life.”

“This fund will light the way for people of all abilities for generations to come,” said Angela Katz, director of development and communications at LARC. “It will allow individuals with disabilities and economic limitations to access innovative services designed to help them reach their full potential. We are deeply grateful to the Carroll-Collins family.”

Donations can be mailed to LARC: 2570 Hanson Street, Fort Myers, FL

33901 (include Lori Carroll-Collins Scholarship Fund in the memo) or donate online at www.larcleecounty.org.

To learn more about LARC, visit www.larcleecounty.org or contact Katz at 334-6285 ext. 229 or angelakatz@larcleecounty.org.✱

Promotion At Marketing Firm

Pushing the Envelope, Inc., (PTE) a strategic marketing communication firm based in Fort Myers, has promoted Hannah Anderson to senior communication coordinator. In her new role, Anderson will lead implementation of marketing and communication plans, as well as act as a liaison with clients.

Building on her nearly two years with PTE, Anderson will continue to assist with executing public relations and marketing services, including, but not limited to: media relations, strategic community outreach, reputation management, video strategy and digital communication for a variety of clients and industries.

Anderson holds a bachelor of arts degree in English from Florida Atlantic University.✱



Hannah Anderson



From left, Jesse Meyers, Hodges University; Chief William Carl, Collier County Veterans Council; Tish Pizarro, Hodges University; and Mitch Watson and Mike Overway of Collier County Homeless Coalition

photo provided

Clothing Drive Held For Homeless Veterans

Hodges University collaborated with the Collier County Homeless Coalition, Wounded Warriors of Collier County and the Collier County Veterans Council for a COVID Closet Cleanout Drive during the month of July. Hodges University’s Naples and Fort Myers campuses served as drop-off sites for the much-needed items for local homeless veterans.

As a result, community members donated over two large truckloads of items including clothing, sleeping bags, blankets, shoes, canteens and tents.

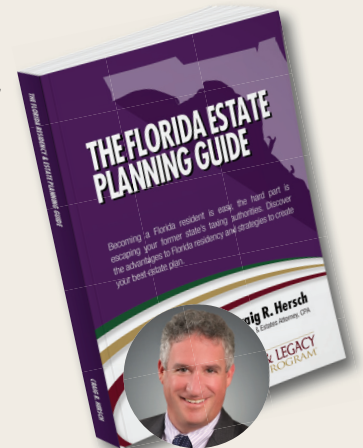
“It’s rewarding to work with other organizations to help our vulnerable veteran population,” said Jesse Meyers, director of student accounts and veteran services at Hodges University.

“Our event motivated the widow of a retired Marine to donate his things because she knew they would help area veterans,” added Tish Pizarro, manager of veterans services of the Dr. Peter Thomas Veterans Services Center at Hodges University. “We hope to do another donation drive later this year.”✱

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

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Frankly Speaking



by Howard Prager

NCAA football couldn't be more confusing. Two of the Power 5 conferences are postponing fall football. Last weekend, nine University of Oklahoma football

players tested positive. Their starting running back opted out this season. Three student housing buildings at North Carolina had large outbreaks of positive tests. The list goes on. Let's see what happens as it gets closer to starting ACC, Big 12 and SEC football.

The parents of 81 players from the University of Nebraska wrote a letter to the Big Ten commissioner questioning the decision to postpone Big Ten football to the spring. They want to know the medical reasons behind the decision. They believe the precautions Nebraska and the Big Ten have taken are sufficient for their sons.

We all have decisions to make during this epidemic every day. Many athletes think they can battle through everything. So do their parents. But, it's not so.

Indiana University freshman lineman Brady Feeney, for example. His mother said on Twitter last week that, "My son was negative when he got tested at the beginning of volunteer workouts.

Within three weeks, he and multiple others tested positive. His university has done everything right by shutting down workouts and retesting the whole team. Unfortunately, this virus hit my son very hard compared to most of his teammates. Here was a kid in perfect health, great physical condition and, due to the virus, ended up going to the ER because of breathing issues. After 14 days of hell battling the horrible virus, his school did additional testing on all those that were positive. My son even received extra tests because he was one of the worst cases. Now we are dealing with possible heart issues! He is still experiencing additional symptoms and his blood work is indicating additional problems. Bottom line, even if your son's schools do everything right to protect them, they can't protect them!!" Nebraska parents and fans, what do you say to Feeney's mom? And what about the other students on campus who don't play football, don't get tested regularly but live with, study with and go to classes with team members? The only answer I see is to keep them safe.

On the other hand, the sports bubble has been a success thus far. No NBA players have tested positive. It has also worked out for the MLS and NHL. Baseball has no bubble, and players are not quite so lucky. The Cardinals finally restarted play last weekend after missing 14 games. But the Reds-Pirates games were postponed due to a player on the Reds testing positive. Baseball finishing this season is still in doubt.

But what about the NFL?

There's at least one player from every NFL team that has opted out of playing. There's no bubble. Some stadiums will have fans, others won't. For a league trying to look uniform, it's anything but. Here are some suggestions I have to remake the NFL a bit safer.

Play two quarter games twice a week. That's right, two quarters instead of four. Sunday-Monday and Wednesday-Thursdays. NFL fans and TV will love it because that's four nights of programming. Players, although still not safe, will play half as long in a game. Hopefully the shorter games will allow them to play two games a week and complete the season in eight weeks. Why shorten the game? So that teams can play more than one game each week and speed up the season, as well as keeping players a little safer.

I propose 40-man rosters, with a 25-to 30-person "taxi" squad. Fewer players, fewer risks. Even though 40 is still a lot, it cuts down by one-third and provides for almost four different lines – kicking game, receiving game, offense and defense. And a taxi squad ready to replace someone that gets injured with someone who knows the playbook.

Create four semi-bubbles with eight teams each. NFL East playing in New York, Washington D.C. and Baltimore; NFL South playing in Texas and Florida; NFL Midwest playing in Chicago, Milwaukee and St. Louis, and NFL West playing in Los Angeles and Las Vegas. Teams from both the AFC and NFC are in each bubble area playing one another. Teams play the other seven teams in their bubbles twice for a 14-game season. If we want 16, they play two more outside their bubble. Players stay in one of the cities that has a stadium for the shortened season that can be played in eight weeks – November and December (after baseball, basketball and hockey finish). Playoffs are East versus South and Midwest versus West. The Superbowl would be East/South winner vs. Midwest/West winner.

Here's who I'd put where:

NFL East – Baltimore, Buffalo, New England, New York, New Jersey, Philadelphia, Pittsburgh, Tennessee;
NFL South – Miami, Tampa, Jacksonville, New Orleans, Dallas, Houston, Atlanta, Carolina;
NFL Midwest – Chicago, Green

Bay, St. Louis, Detroit, Minneapolis, Cleveland, Cincinnati, Indianapolis; NFL West – LA Chargers, LA Rams, Las Vegas, Seattle, San Francisco, Arizona, Denver, Kansas City.

What do you think? All other sports have modified to some extent during these times, why not the NFL while still bringing all of us live football?

The good news story of the week happened on Sunday, when the Washington Football Team made a move that some thought they'd never see. They activated quarterback Alex Smith from the PUP list. Physically unable to perform (PUP) is a roster designation used for players who suffered injuries during football-related activities prior to training camp. Smith spent nearly two years on Washington's injured list as a result of a brutal leg injury suffered in a 2018 game against the Houston Texans. The injury required 17 surgeries and, along the way, he faced life-threatening sepsis, spent a month in the hospital, was confined to a wheelchair for three months and spent eight months on an external fixator. Can you say "comeback player of the year?!"

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.

LeeTran Mobile Fare System

The Lee Board of County Commissioners recently approved an agreement that will allow LeeTran riders to use a new mobile app to both plan their trip and pay fares with their mobile device.

The mobile app will be developed by SBX Corp and is expected to be available in November, allowing riders to plan their trips and manage their account easier than ever before.

To follow service-related updates or learn more about LeeTran, visit the www.rideleetrans.com.

Riders are asked to observe guidelines from the Centers for Disease Control (CDC).

For more information, visit www.leegov.com/covid-19.

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SPORTS QUIZ

1. How many times did Iceland's Magnus Ver Magnusson win the title of World's Strongest Man?
2. How many consecutive scoreless innings did the Los Angeles Dodgers' Orel Hershiser pitch during his record-breaking streak in 1988?
3. What boxer handed Joe Louis his first loss as a pro with a 12th-round knockout at Yankee Stadium in 1936?
4. Former NFL running back O.J. Simpson played the character of T.D. Parker in what football sitcom that aired on HBO from 1984-91?
5. Nine-time NBA All-Star and 1996 NBA Defensive Player of the Year Gary Payton was known by what nickname?
6. The California Commotion, Aussie Peppers, Chicago Bandits and Cleveland Comets are teams competing in what women's pro sports league?
7. What two Chicago Bears greats had their jersey numbers retired at halftime of a 33-6 loss to the Green Bay Packers on a windy, rainy Halloween night at Soldier Field in 1994?

ANSWERS

1. Four (1991, 1994-96). 2. 59. 3. Max Schmeling. 4. I, Dick Butkus and Gale Sayers. Fastpitch (NPF) softball. 7. Dick Butkus and Gale Sayers. 5. "The Glove." 6. National Pro

dearRPharmacist

Do You Have Chronic Fatigue, Breathlessness?



by Suzy
Cohen, RPh

Dear Readers: We've all felt tired at one point or another, but today's article is about a different kind of exhaustion. Fatigue is sometimes

self-limited and temporary. That is unless you've ever had a virus. In that case, the fatigue is more persistent and, in some cases, disabling.

If you've ever had a bad cold, the flu, COVID-19, a tick bite, chickenpox, EBV which causes mononucleosis, flea bites, Bartonella (from a cat scratch), West Nile or any other virus, you could have what's called post viral fatigue syndrome or PVFS. Sometimes people with panic attacks or sleep apnea will have issues with the breathing, as will those who have taken chemotherapy.

PVFS is very real, and intractable fatigue is associated with it. Some of you reading this have the fatigue that I'm talking about, and don't even know it. It could be related to hyperventilation, or more aptly termed "overbreathing." You may have experienced this when you got up to do something, for example, getting the mail from the mailbox and you came back breathless and tired. You don't feel well, yet you're mentally astute and physically capable and strong. Yet, you feel so weak!

This overbreathing will induce low levels of carbon dioxide in your blood, termed hypocapnia, which causes the symptoms below. An example you might relate to is that you go to Pilates, and 15 minutes in, you feel short of breath (or

breathless), and perhaps slightly dizzy. You might feel a strong, racing heartbeat. Or maybe you try to jog three miles like you used to, but you have to stop with less than a mile to go and walk back home breathing very heavily.

Sound familiar?

It comes with excessive production of cytokines, peroxynitrites and hydrogen peroxide. This is like a little bomb going off in your body.

Potential symptoms of overbreathing or hyperventilation include: lightheadedness; dizziness; weakness; confusion or brain fog; feeling like you cannot catch your breath; racing or pounding heartbeat; tingling or numbness in the fingers or toes; muscle cramps; and excessive yawning.

Ask your personal physician if any of the following treatment ideas are right for you. Make sure you have done a complete cardiovascular evaluation to rule out heart trouble. Because I couldn't possibly know what is right for each of you, discuss these ideas with your doctor:

1) Breathe slowly into your mask, if you're wearing one, or cupped hands during these episodes to help raise CO2 levels;

2) Do some diaphragmatic breathing;

3) Consider Catalase supplements once daily, to break down hydrogen peroxide and turn it into oxygen and water intracellularly.

4) Consider NAC (N-acetylcysteine) 600 milligrams twice daily to support glutathione levels.

5) Consider taking a sublingual ATP supplement which offsets the damage done by the lack of oxygen to your brain.

If you're interested in more solutions and in learning more about this topic, I have a longer, comprehensive version of this article that I will email to you if you sign up for my free newsletter at www.suzycohen.com.

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.✱

Department Of Health Distributes Facemasks

The Florida Department of Health received millions of washable, fabric facemasks. Thousands of those were passed on to Healthy Start of Southwest Florida – a maternal/child nonprofit headquartered in Fort Myers.

Susan Beauvois, executive director of Healthy Start, said, "As we continue to learn more about COVID-19 and its effect on pregnant women and infants, we wanted to ensure that these vulnerable families had facemasks. In addition to handwashing and social distancing, facemasks are still the most effective means to prevent spread of the virus. Masks should not be used on children under the age of 2."

To protect pregnant women and their families, facemasks have been distributed

to maternal/child home visiting services in Lee, Collier, Hendry and Glades counties. Those include Healthy Start, Nurse-Family Partnership and Healthy Families. In addition, facemasks have been provided to obstetric and pediatric offices, the Children's Network and the Department of Children and Families.

Recently, Healthy Start provided Community Cooperative with 12,500 masks to distribute through their mobile food pantries. "We believe that partnering with Community Cooperative will ensure facemasks are distributed very quickly and widely to families who need them most," said Beauvois.

"Many of the families and individuals we serve don't have access to personal protective equipment items like masks," said Tracey Galloway, chief executive officer of Community Cooperative. "Healthy Start of Southwest Florida's donation of masks will ease that burden, and we can't thank them enough for their continued partnership to help meet that need."✱

Doctor and Dietician

Find Peace And Positivity In Difficult Seasons



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

These have been trying times for everyone, right? We have been experiencing situations beyond our wildest imaginations, making it difficult to navigate the uncharted waters. We want to encourage you to stay strong and rise above the world of negativity. We know the people of Southwest Florida, and particularly, Sanibel, are a special group of people. They have been through lots of tough times and have come out strong.

We want to encourage you to hang in there and keep the faith. Here are a few tips we find helpful:

Turn to God for comfort and strength daily. Search for promises in the Bible you can hold onto – Psalms is a good place to start. If you follow a different faith, find

strength in your scriptures.

Gather your tribe. Grief and stress are difficult, but you are not alone. Find a tribe of people to talk and share your feelings with. Nothing beats the love and support of those who love and accept you.

Practice good health for yourself. Stop the binge-watching of bad news. Make sure you sleep, eat well, exercise, drink water and not just coffee, and get outside and enjoy nature.

Become adaptable. We cannot control this pandemic or any other bad situation. We can, however, do our part by staying close to God, remaining optimistic, spreading positivity and adapting to changing times. Truth is, nothing stays the same. Once you accept that, it makes adaptation easier.

Surround yourself with positive people. Sometimes we have to distance ourselves from those who bring us down. Do not be afraid to protect yourself.

Watch your words. What you speak, you become. If you find yourself constantly speaking negative words, complaining, judging... stop. Get a buddy to hold you accountable.

Speak life to one another. Tell someone that you believe in them. Be a blessing to those around you. Help another human being.

Choose to be positive.

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.✱

New Application Cycle Begins For Grant Assistance

Additional local grants and financial assistance has become available for Lee County families, individuals, businesses and nonprofit organizations impacted by COVID-19. These funds are in addition to the first round of LeeCARES grants. The amount of the grants and the eligibility levels to receive the grants have also been increased.

The Lee Board of County Commissioners approved plans to:

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 opened August 17.

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.

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.

Distribute personal protective equipment to county residents in partnership with the municipalities.

Enhance CARES Act funding by \$1.8

million for the existing Rapid Re-housing program currently administered by Lee County's Department of Human and 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 and teleworking;

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

A dashboard that shows assistance statistics is available at www.LeeFLcares.com/transparency.

Visit www.LeeFLcares.com for information about all available programs.

Application instructions are available in Spanish by calling 533-2273 (or 239-LEE-CARES); 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.✱



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	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
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

My Stars ★★★★★

FOR WEEK OF AUGUST 17, 2020

Aries (March 21 to April 19) A previous misunderstanding continues to taint the atmosphere to some extent in the early part of the week. But cooler heads prevail, and the situation eases by week's end.

Taurus (April 20 to May 20) While the artistic aspect of the Divine Bovine is well-served this week, that practical side is also getting the sort of recognition that could lead to a new and well-deserved opportunity.

Gemini (May 21 to June 20) With home-related matters taking on more importance this week, now could be the time to make some long-deferred purchases. But shop carefully for the best quality at the best price.

Cancer (June 21 to July 22) Congratulations. While that family problem might still rankle, it should be easing thanks to your efforts to calm the waters. Also, a workplace situation seems to be moving in your favor.

Leo (July 23 to August 22) The Big Cat's energy levels should be rather high these days, and you might do well to tackle any tasks that still need doing. This will clear the way for those upcoming projects.

Virgo (August 23 to September 22) Someone's criticism might not be as negative as you perceive. Actually, it could be helpful. Discuss the matter with your critic, and you both could learn something valuable.

Libra (September 23 to October 22) A business matter could cause some friction among your colleagues. But once again, that logical mind of yours comes to the rescue. And the sooner it does, the better!

Scorpio (October 23 to November 21) There might still be some heated temper flare-ups out there. But your sensible self should advise you to stay out of these situations until things cool down and calm is restored.

Sagittarius (November 22 to December 21) Changing your mind could be the right thing to do if you can't resolve your doubts. You might want to discuss the matter with someone whose advice you trust.

Capricorn (December 22 to January 19) You still need to demand those answers to your questions. Remember, your wise counseling earns you respect, but it's your search for truth that gives you wisdom.

Aquarius (January 20 to February 18) An educational opportunity could lead to something other than what you had planned. But keep an open mind, and before you decide to turn it down, check it out.

Pisces (February 19 to March 20) The Piscean wit and wisdom helps you work through a situation that might have been accidentally or even deliberately obscured. What you unravel could prove to be very revealing.

Born This Week: Loyalty is important to you. You demand it, but you also give it generously and lovingly.

MOMENTS IN TIME

• On Aug. 30, 30 BC, Cleopatra, queen of Egypt and lover of Julius Caesar and Mark Antony, takes her life following the defeat of her forces against Octavian, the future first emperor of Rome. She may have committed suicide by means of an asp, a poisonous Egyptian serpent and symbol of divine royalty.

• On Aug. 29, 1876, Charles F. Kettering, inventor of electric self-starter, is born in Ohio. Kettering's inventions spread far beyond the automotive industry: He helped develop the refrigerant Freon and an incubator for premature infants.

• On Aug. 27, 1883, the most powerful volcanic eruption in recorded history occurs on Krakatau, an uninhabited volcanic island west of Sumatra in Indonesia. The explosions threw 5 cubic miles of earth 50 miles into the air, created 120-foot tsunamis and killed 36,000 people.

• On Aug. 26, 1920, the 19th Amendment, guaranteeing women the right to vote, is formally adopted into the U.S. Constitution. The amendment was the culmination of more than 70 years of struggle by woman suffragists.

• On Aug. 25, 1944, after more than four years of Nazi occupation, Paris is liberated by the French and the U.S. infantry. Gen. Dietrich von Choltitz, commander of the German garrison, defied an order by Adolf Hitler to burn Paris to the ground and instead signed a formal surrender.

• On Aug. 28, 1968, at the Democratic National Convention in Chicago, thousands of Vietnam War protesters battle police in the streets, while the Democratic Party falls apart over its stance on Vietnam.

• On Aug. 24, 1981, Mark David Chapman is sentenced to 20 years to life for the murder of John Lennon, a founding member of The Beatles. After the shooting on Dec. 8, 1980, Chapman stayed at the scene, reading *The Catcher in the Rye*, a book he was obsessed with, until the police arrived. His requests for parole have all been denied.

NOW HERE'S A TIP

• A tip from our good friend ASM: "When buying berries packed in a basket, check the bottom to see if there's a juice stain. This means that the strawberries at the bottom are crushed."

• "Here's a great tip for use at bath time with baby: I have a sippy cup that changes color when the drink is hot. Oddly enough, it changes at the perfect temperature for baby's bath. So, I fill the tub and toss in the cup. When the cup starts to change back to its original color (blue), I know the bathwater is not too hot. I always swish the water around and check with my wrist also, but it is a good visual clue to check." – PB in Idaho

• "To remove muffins or rolls from a pan, set it on an old, damp towel for a minute. The steam must loosen the bottoms because they just slide right out. I thank my mom for this tip." – JR via e-mail

• When heating milk in a pan, "seal" the pan with unsalted butter to keep the milk from filming and sticking to the sides. Lightly coat all sides of the pan with butter, and the milk is sure to not leave scum, which can take away from the rich flavor of the milk.

• Do you find yourself throwing away unused and spoiled fruits and veggies at the end of the week? Try setting aside time after you come home from the grocery store for prepping fruits and vegetables. Pre-bag snack sizes of carrots, celery, strawberries, grapes, cantaloupe and apples. Pre-cut veggies for meals to make later in the week. Slice tomatoes and onions for sandwiches, and tear and separate lettuce for salads. They all make great, healthy treats, and having them ready to go makes it easier to get that five a day.

STRANGE BUT TRUE

• A Florida waitress was promised a new Toyota after winning a sales contest at her restaurant, but was given a toy Yoda, a *Star Wars* doll, instead. She sued the company, and received more than enough to buy herself a new Toyota.

• Fear of dolls is called "pediophobia."

• Alchemist Hennig Brand is thought to have used upwards of 1,500 gallons of human urine in his quest to make gold. After he evaporated, boiled and distilled it multiple times, it started to glow in the dark and burst into flames. He had

PUZZLES

Answers on page 23

Super Crossword

NO CLOUDS
UP NORTH

- ACROSS
- 1 Sheep kin

5 Rick Blaine's love, in film

9 Certain vacuum tube

16 Crunches work them

19 Item added, as to a library

21 Decks out

22 Statute

23 Start of a riddle

25 Certain Ivy Leaguer

26 Split nation

27 10% of XXX

28 "— smile be your umbrella"

29 SAT, for one

30 Not taut

34 List-curtailling abbr.

36 Solo, in a way

38 Brick-hauling trough

41 Riddle, part 2

46 — Plus (razor brand)

48 Off-road vehicles, informally

49 Egypt, once: Abbr.

50 Aged person

51 Riddle, part 3
- 57 Pal of Pooh

58 Nebraska city on the Platte River

59 Never, in Germany

60 Batman

61 Any of 12 popes

62 Blew it

63 "Got it, dude"

65 Maiden

66 Pace

67 Riddle, part 4

72 The impish Simpson

75 Daredevil

76 Neap, e.g.

77 Bay State sch.

81 Regrets bitterly

82 It's looked up in a dict.

83 Tall, graceful tree

84 Resort with snowy trails

86 "Ooky" TV cousin

87 Riddle, part 5

91 Satellite-tracking prog.

93 Cereal grain

94 Scuttle stuff

95 Mitigate
- 96 End of the riddle

102 The, in Nice

103 Certain book page size

104 Ramp (up)

105 Start

107 Some are unsaturated

108 Guesses at SFO

111 Create a hem, e.g.

113 Actor Sam

117 Exiled Amin

118 Riddle's answer

123 TV room

124 Painter Manet

125 Fully informed

126 Assn.

127 TV talk great Phil

128 Reassuring touches

129 Earring type
- DOWN
- 1 Stare openly and stupidly

2 Eight, in Lima

3 Rent- — (Hertz's business)

4 Heads, in France

5 Prefix with thermal
- 6 "Charlie's Angels" co-star Lucy

7 Pine- —

8 "You — both know ..."

9 Papeete's island

10 Summer, in France

11 Texter's "bye now"

12 Cereal grain

13 Gifted speaker

14 Franklin — Roosevelt

15 Subj. for U.S. newcomers

16 Chief port of Egypt

17 Become even

18 Take a dip

20 Milan's La —

24 Knotted

29 Actor Jannings

31 Sharp

32 Actress — Lee Crosby

33 Leg joint

35 Lead to

37 Preholiday nights

38 "Gattaca" actor Ethan

39 Additional

40 Gloomy, in verse
- 42 Pack-toting equine

43 "Prob'ly not"

44 Nonpublic

45 Uneven, as leaf edges

47 Collars

52 Prefix with thermal

53 Military group

54 Each evening

55 Ogden with funny poetry

56 Additional

61 Created in advance

63 Frozen sheet in the sea

64 FedEx alternative

65 English "Inc."

68 Healing drugs, briefly

69 Eye layer

70 Goals

71 Destroy

72 Lead to

73 Luger pistol, e.g.

74 Drawing back in

78 Sans-serif typeface

79 Intuit

80 Wise sorts

83 One dining

84 Done in, as a dragon
- 85 Brick bakers

87 Concept

88 Extension for PC music files

89 Statute

90 — -chic (fashion style)

92 Part of B.A.

97 Go too far on

98 Concept

99 Live (at)

100 YSL part

101 Subdivision in taxonomy

106 Short-term staffers

107 Pal of Rover

109 Water, in Spanish

110 Old ruler of Iran

112 Larrup

114 "Oh, ri-i-light"

115 "In — of flowers ..."

116 "Charlie's Angels" co-star Cheryl

118 Napping spot

119 Mr. Capote, to his pals

120 W-2 pro

121 Ex-Giant Mel

122 Part of L.A.

1	2	3	4		5	6	7	8		9	10	11	12	13	14	15		16	17	18
19				20						21									22	
23									24										25	
26								27				28						29		
			30		31	32	33		34		35			36		37				
38	39	40		41				42				43	44							45
46			47		48					49					50					
51				52					53	54				55	56			57		
58								59					60					61		
62							63	64				65						66		
			67		68	69					70					71				
72	73	74			75					76						77		78	79	80
81					82				83					84	85					
86				87					88				89	90						
91			92				93					94						95		
96					97	98				99	100						101		102	
	103								104					105				106		
107					108		109	110		111		112				113		114	115	116
117					118				119					120	121	122				
123					124															
126					127													129		

King Crossword

ACROSS

- 1 Height of fashion?

4 First victim

8 Expansive

12 Retirement plan acronym

13 Sushi bar soup

14 Grooving on

15 Plaid garment

17 Greek vowels

18 Small barrel

19 Irish overcoats

21 Wunderkind

24 Thither

25 Atmosphere

26 — sauce

28 Florida city

32 Mid-month date

34 Chow down

36 Painter

37 Archaeologist's find

39 Cushion

41 Opposed

42 Plaything

44 Malign

46 Young child

50 Mongrel

51 Hodgepodge

52 Yankee

56 Doodle's feather?

57 "Zounds!"

58 Erstwhile
- acorn

59 Knitting need

60 Scruff

61 "Science Guy" Bill
- locale

9 Initial stake

10 Celebrity

11 Pitch

16 Barbie's companion

20 Drunkard

21 Twosome

22 Stash

23 Curly's brother

27 Shriill bark

29 Coconut cookie

30 Senior moment?

31 Zits
- 33 Take a chair

35 Slight amount

38 Army rank (Abbr.)

40 Ten-year period

43 Sanaa's land

45 Bear hair

46 Country singer Keith

47 — podrida

48 A-line designer

49 Sitarist's rendition

53 Upper limit

54 Aye rival

55 Mamie's man

1	2	3		4	5	6	7		8	9	10	11
12				13						14		
15				16						17		
		18				19		20				
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
				42		43		44		45		
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

MAGIC MAZE ● ISMS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Favoritism Shown to Relatives**

- Altruism
- Autism
- Cronyism
- Cubism
- Cynicism
- Daoism
- Dualism
- Egotism
- Embolism
- Fascism
- Heroism
- Humanism
- Organism
- Racism
- Tourism



Vegetable Pasta
photo courtesy Fresh From Florida

Vegetable Pasta
4 large tomatoes, diced small
1 zucchini, diced small
2 yellow squash, diced small
1 dozen mushrooms, washed and sliced
6 ounces fresh spinach

12 ounces whole-wheat penne pasta (or your favorite)
1 cup heavy cream
5 garlic cloves, chopped fine
2 tablespoons fresh herbs (rosemary, thyme, basil, oregano, or your favorite), chopped
1 lemon, juiced
Freshly grated Parmesan cheese for garnish
Olive oil for cooking Sea salt and fresh ground pepper, to taste
Bring a medium stockpot of salted water to a boil and cook pasta to desired tenderness. Drain pasta let it cool completely. Preheat a large sauté pan over medium-high heat. Add 1 tablespoon olive oil to preheated sauté pan. Add diced zucchini, squash, mushrooms and garlic to the preheated pan and cook for 2 minutes. Add the diced tomato, lemon juice and cream. Bring ingredients to a boil; add spinach and cooked pasta. Stir ingredients and continue to cook for another 2 to 3 minutes. Taste and adjust seasoning with salt and pepper. Stir in the chopped herbs. Serve hot, garnished with lots of Parmesan cheese. Serve with herbed garlic bread.*

PETS OF THE WEEK



Digiorno ID# A824109
Lee County Domestic Animal Services

Digiorno And Rita

My name is Digiorno, a 4-month-old male orange shorthaired tabby. I get my name from my love of “making bread” with my paws. I am one of the Pets of the Day, and my adoption fee is waived with an approved application.

Hi, I’m Rita, an 8-year-old sassy senior female American bulldog mix. I prefer to sit next to you and watch the world go



Rita ID# A823444

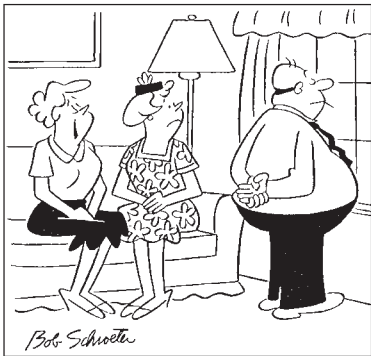
by rather than running around. If you are over the puppy thing, I am your girl. My adoption fee is waived.

Lee County Domestic Animal Services has joined NBC-2 and Edison National Bank for this year’s Clear the Shelters campaign, which runs through August 31 and features a different Pet of the Day with no adoption fee. During that time, adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. Cats and kittens are adopt one, get a feline friend

continued on page 22

PUZZLES

Answers on pages 22 and 23



“He’s doing pretty good for someone who _____ my cooking.”

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!

Attack
CHEATS

Incline
POLES

Drape
WASHET

Echo
PARTEE

TODAY’S WORD

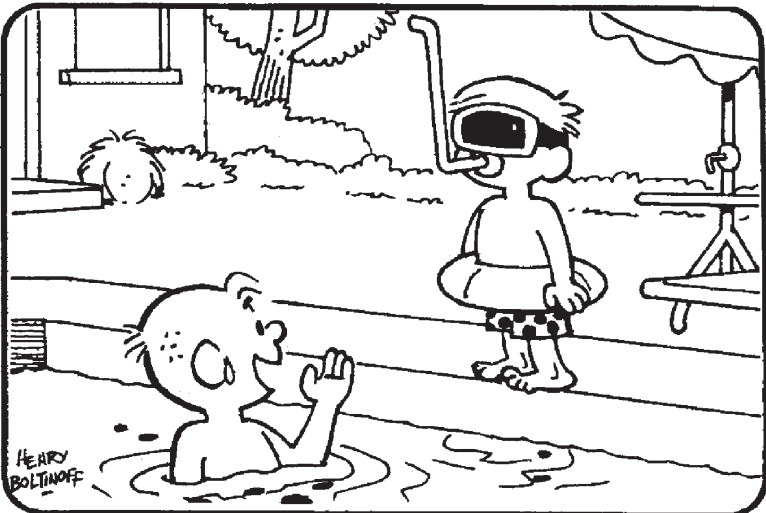
7			1				4	
	2			9		8		
		1			3			7
	3				6		9	
		8	4					5
5				1		7		
	1		3			2		
3				5				4
	7	4			1		8	

SUDOKU

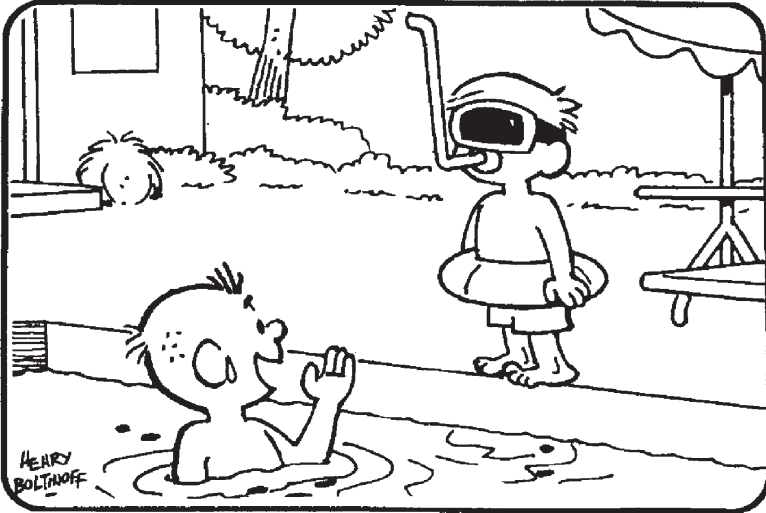
To play Sudoku:
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree limb is missing. 2. Swim trunks are different. 3. Walkway is missing. 4. Boy’s hair is different. 5. Umbrella handle is gone. 6. Windowill is missing.

 FRIDAY Cloudy High: 90 Low: 82	 SATURDAY Few Showers High: 84 Low: 77	 SUNDAY Cloudy High: 90 Low: 81	 MONDAY Partly Cloudy High: 89 Low: 82	 TUESDAY Cloudy High: 88 Low: 80	 WEDNESDAY Cloudy High: 90 Low: 83	 THURSDAY Few Showers High: 86 Low: 77
--	--	---	--	--	--	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:48 am	8:41 am	3:25 pm	9:57 pm	Fri	2:53 am	8:43 am	2:30 pm	9:59 pm	Fri	4:08 am	9:55 am	4:11 pm	10:32 pm	Fri	5:58 am	12:40 am	5:35 pm	11:57 am
Sat	4:12 am	9:42 am	4:24 pm	10:29 pm	Sat	3:17 am	9:44 am	3:29 pm	10:31 pm	Sat	4:40 am	10:39 am	5:04 pm	11:05 pm	Sat	6:22 am	1:13 am	6:34 pm	12:58 pm
Sun	4:41 am	10:48 am	5:31 pm	10:59 pm	Sun	3:46 am	10:50 am	4:36 pm	11:01 pm	Sun	5:09 am	11:24 am	5:54 pm	11:36 pm	Sun	6:51 am	1:45 am	7:41 pm	2:04 pm
Mon	5:15 am	12:04 pm	6:57 pm	11:28 pm	Mon	4:20 am	12:06 pm	6:02 pm	11:30 pm	Mon	5:37 am	12:12 pm	6:43 pm	None	Mon	7:25 am	2:15 am	9:07 pm	3:20 pm
Tue	5:56 am	1:30 pm	9:02 pm	11:53 pm	Tue	5:01 am	1:32 pm	8:07 pm	11:55 pm	Tue	6:05 am	12:08 am	7:34 pm	1:09 pm	Tue	8:06 am	2:44 am	11:12 pm	4:46 pm
Wed	6:49 am	3:00 pm	None	None	Wed	5:54 am	3:02 pm	None	None	Wed	6:36 am	12:41 am	8:28 pm	2:13 pm	Wed	8:59 am	3:09 am	None	6:16 pm
Thu	7:56 am	4:21 pm	None	None	Thu	7:01 am	4:23 pm	None	None	Thu	7:13 am	1:25 am	9:29 pm	3:17 pm	Thu	10:06 am	7:37 pm	None	None

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The New Math:
\$1 = \$8

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

Thank you for your generosity!

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

From page 18

Strange But True

instead discovered the element phosphorus.

- “Phantom Vibration Syndrome” is the name for when someone thinks their phone is vibrating, but it isn’t.
- Cats have more than 100 vocal sounds, while dogs only have about 10.
- Astronaut John Young caused a small scandal in 1965 when he smuggled a corned beef sandwich aboard

Gemini 3. When he took it out in zero gravity and tried to eat it, it broke up, sending crumbs flying around the cabin. No harm was done, but the incident sparked a safety review by the U.S. House of Representatives Committee on Appropriations and a statement from NASA assuring that steps had been taken “to prevent recurrence of corned beef sandwiches in future flights.”

- Jim Carrey’s make-up routine for *How the Grinch Stole Christmas* was so intense and his costume was so uncomfortable that he underwent training

from the CIA’s torture experts.

- Take a good look at Disney princesses and you’ll notice that they’re all essentially attired in typical princess garb of gown, tiara, etc. But here’s a small difference you might not have picked up on – some wear gloves, and some don’t. What’s up with that? The ladies without gloves are commoners who married into royalty.

THOUGHT FOR THE DAY

“In a complex world, intelligence consists in ignoring things that are irrelevant.”

– Nassim Nicholas Taleb

From page 20

Pets of the Week

at no additional charge. The featured Pet of the Day is on Facebook at Lee County Domestic Animal Services.

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 or call 533-7387.

CLASSIFIED

COMMERCIAL RENTAL

PELICAN PLACE SHOPPING CENTER
Palm Ride Road on Sanibel
3 units available or combined 2,400 sq. ft.
(2 at 700 sq. ft., 1 at 1,000 sq. ft).
Call 703-593-7024
6/21 ★ TFN

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Highly visible ground floor space,
534 square feet. Move in condition.
Formerly Buyer’s Choice Realty.
\$ 900 per month.
Landlord pays all common.
Area Maintenance.
Call 973-726-3213
7/31 ★ TFN

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Island Vacations
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Million \$ Views Await You!
• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
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1-888-451-7277
1/4 ★ TFN

SANIBEL NEW TO MARKET!!!
Gorgeous...
Private Home – Designer Updated & Furnished. 3/2+ pool. 6 month minimum rental period. between 10/1 – 6/1/21. Overlooks creek and Conservation land. Wildlife abounds around you.
Walk to Beach!! \$9,000/month
Call NOW to reserve.
AVAILABLE NOW!!!
\$1,500 a Month. 2BR/1BA duplex, scrn. Porch, Laundry, Walk to Beach 2 Blocks. Pet friendly. Available to Nov. 1.
Call NOW to reserve!!!!
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8/21 ★ TFN

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1/26 ★ TFN

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ANNUAL RENTAL
CALL TODAY!!! SANIBEL
This updated 3BR/2BA Executive Home with split plan, offers tile thru-out, paver scr. enclosed Pool, overlooking water to golf course. Short walk to beach access.
\$3,500. UF.
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8/14 ★ TFN

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6/5 ★ TFN

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978 Sand Castle, Sanibel, Florida.
\$3,000 per month including utilities.
417-310-2401
6/5 ★ TFN

SCRAMBLERS ANSWER

1. Scathe 2. Slope;
3. Swathe; 4. Repeat

Today's Word
LOATHES

RENTAL WANTED

LONG TERM RENTAL
Female looking to rent Oct-May. Master gardener/landscaper able to do yard work or pet sit if needed. Will consider all types of rentals: house, apt, boat etc.
Debbie 815-302-7668
7/24 ★ 8/28

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A Full Service Landscape Co.
• Landscape Design,
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• Tree Trimming by a Licensed Arborist
• Professional Irrigation Repair
• Licensed & Insured Home Watch Service
Residential & Commercial
239-896-6789
11/29 ★ TFN

NURSING ASSITANT
Mature lady with good sense of humor, common sense, background in psychology, 23 years experienced nursing assistant is available for stay in position.
239-265-0409
8/21 ★ 9/11

SCARNATO LAWN SERVICE
Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
1/25 ★ TFN

SANIBEL MATERIAL GIRL
Beautiful - Whimsical - Delightful
Treasures to remind you of your visit to the Sanibel Island area:
Jewelry
Wrapped Cloth Bowls
Face Masks (did you buy one on the Island and need another?)
Oversized hot pads
Shell Ornaments
and More!
Shop now at www.SanibelMaterialGirl.com
7/10 ★ 9/25

SERVICES OFFERED

ROGER NODRUFF ELECTRIC
Dock Lighting, affordable LED conversion.
FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.
Call or text Roger 239-707-7203
State License #13002788
4/20 ★ TFN

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

EDLER LIVE-IN FOR 3-12 MONTHS
Elder Care for a very vibrant woman 80 years old, in a private community within Ft. Myers's area. Candidate will have own bedroom, private bath and be provided with food, utilities, internet and Netflix. English speaking preferred, references please. Cheerful personality monitoring of daily meds, 3 daily meal preparation, collecting mail and tidy housekeeping are essential. Preferably you will have your own car and insurance. This and salary payment can and will be negotiable upon initial meeting with potential candidate.
Call Chris 917-770-5747
8/14 ★ 8/21

LOST/FOUND

LOST CAT
Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of “Bushy.”
Reward.
If seen, please call 239-980-3592.
8/7 ★ TFN

SAINT JUDE

SAINT JUDE
St. Jude will help you like he helped me.
Pray to him.
And when he answers your prayer, thank him in print.
8/21 ★ 8/21

LEGAL NOTICE

FICTITIOUS NAME
ROSALYN FRANCES WENTLAND
NOTICE IS HEREBY GIVEN
That the undersigned, desiring to engage in business under The fictitious name of ROSALYN FRANCES WENTLAND, located in Lee County, Florida, with an address of 5166 Pimlico Ln., Unit 418, Ft. Myers, FL 33966, has registered said name with The Divisions of Corporations of the Department of State, Tallassee, Florida. Dated the 11 day of August 2020
Wentland, Rosalyn Frances
Wentland, Thomas Peter
8/21 ★ 8/21

FICTITIOUS NAME
THOMAS PETER WENTLAND
NOTICE IS HEREBY GIVEN
That the undersigned, desiring to engage in business under The fictitious name of THOMAS PETER WENTLAND, located in Lee County, Florida, with an address of 5166 Pimlico Ln., Unit 418, Ft. Myers, FL 33966, has registered said name with The Divisions of Corporations of the Department of State, Tallassee, Florida. Dated the 11th day of August 2020
Wentland, Thomas Peter
Wentland, Rosalyn Frances
8/21 ★ 8/21

FICTITIOUS NAME
STIEG GRINDING
NOTICE IS HEREBY GIVEN
That the undersigned, desiring to engage in business under The fictitious name of STIEG GRINDING, located in Lee County, Florida, with an address of 9804 Bodego Way #105, Ft. Myers, FL 33908, has registered said name with The Division of Corporations of the Department of State Tallassee, Florida. Dated the 11th day of August 2020
MATTHEW DAVID STIEG
ROBERT W. STIEG
8/21 ★ 8/21

FICTITIOUS NAME
ROBERT W. STIEG TRUST
NOTICE IS HEREBY GIVEN
That the undersigned, desiring to engage in business under The fictitious name of ROBERT W. STIEG TRUST located in Lee County, Florida, with an address of 9804 Bodego Way # 105, Ft. Myers, FL 33908, has registered said name with The Divisions of Corporations of the Department of State, Tallassee, Florida. Dated the 11th day of August 2020
ROBERT W. STIEG
MATTHEW DAVID STIEG
8/21 ★ 8/21

1. **Geography:** Which country is the only one whose name ends with the letter “Q”?
2. **Comics:** What was the name of Dennis the Menace’s dog?
3. **Government:** Which Cabinet department oversees the National Park Service?
4. **Anatomy:** What is a common name for metacarpophalangeal joint?
5. **Science:** What is absolute zero?
6. **Music:** Which famous musician’s nickname was Bocephus?
7. **Movies:** What was the setting for Alfred Hitchcock’s film *The Birds*?
8. **Astronomy:** Which moon is the largest in our solar system?
9. **Language:** What does the Latin word “veritas” mean?
10. **U.S. Presidents:** Who was the only U.S. president who also served later as chief justice of the Supreme Court?

TRIVIA ANSWERS

1. Iraq 2. Ruft 3. Interior 4. Knucke
5. The lowest temperature theoretically possible. -273.15 Centigrade or -459.67 Fahrenheit 6. Hank Williams Jr. 7. Bodega Bay, California 8. Jupiter's Ganymede 9. Truth 10. William Howard Taft

PUZZLE ANSWERS

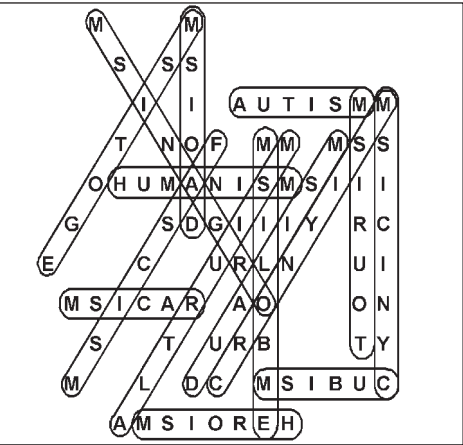
SUPER CROSSWORD

[illegible]

KING CROSSWORD

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

MAGIC MAZE

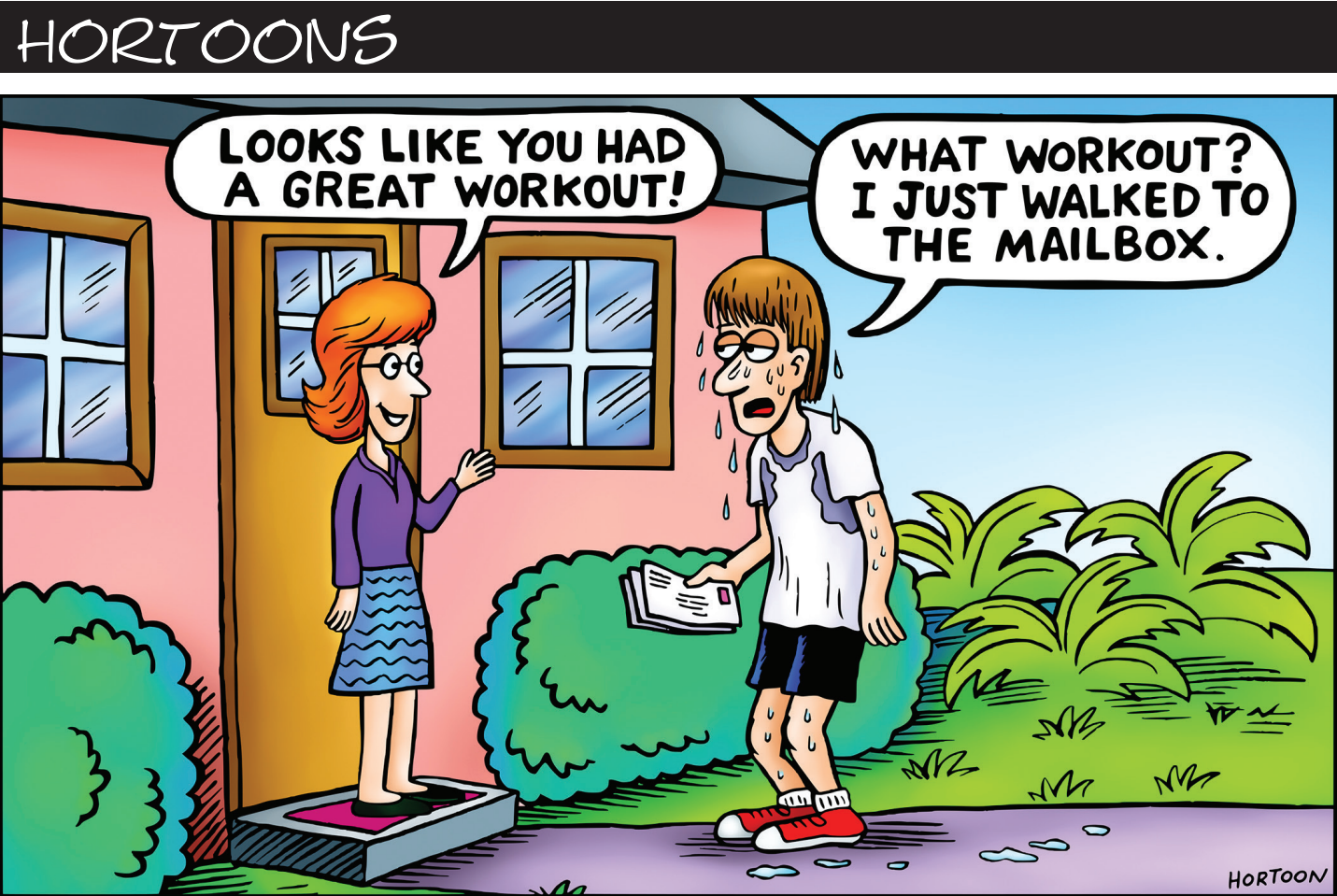


SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Flamingo Park	Fort Myers Beach	1978	3,116	\$2,450,000	\$2,250,000	171
Carolands	Bonita Springs	2004	3,618	\$2,250,000	\$2,125,000	39
Island Shores	Fort Myers Beach	2019	3,995	\$2,100,000	\$1,000,000	228
Useppa Island	Useppa Island	1978	2,582	\$1,800,000	\$1,785,000	146
Tidewater Island	Fort Myers	2016	4,513	\$1,795,000	\$1,725,000	31
Mcphie Park	Fort Myers Beach	2016	3,392	\$1,630,000	\$1,550,000	97
Bonita Beach	Bonita Springs	2005	2,654	\$1,395,000	\$1,200,000	196
Not Applicable	Sanibel	1966	3,138	\$1,325,000	\$1,200,000	156
Hérons Landings I	Sanibel	1993	2,932	\$1,095,000	\$1,035,000	78
Cape Coral	Cape Coral	1969	3,038	\$1,075,000	\$1,025,000	12





Randy Wayne White ©

WE'RE OPEN!

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