



Exhibits Spotlight Cuban Culture, Works In Isolation

The Sidney & Berne Davis Art Center is celebrating the colorful Cuban culture through Art Looking North by the Miami Rodriguez Collection in the Grand Atrium and artwork that was created during isolation of the COVID-19 pandemic in the Artsolated exhibit in the Capital Gallery in September. An opening reception for both exhibitions will be held on Friday, September 4 from 6 to 10 p.m.

Sidney & Berne Davis Art Center staff and Art Curator Cesar Aguilera selected pieces of Cuban art from the Miami Rodriguez collection, which showcases the work of 21 hand-selected artists (known both locally and internationally) that have established the key tenets of visual language with global implications that reach beyond the island that is Cuba and its diaspora. The diversity of styles and media represent so much more than a Cuban identity as they come to be recognized in international venues as an affirmation of the island's long tradition of creativity, academic and technical excellence, even under the worst of



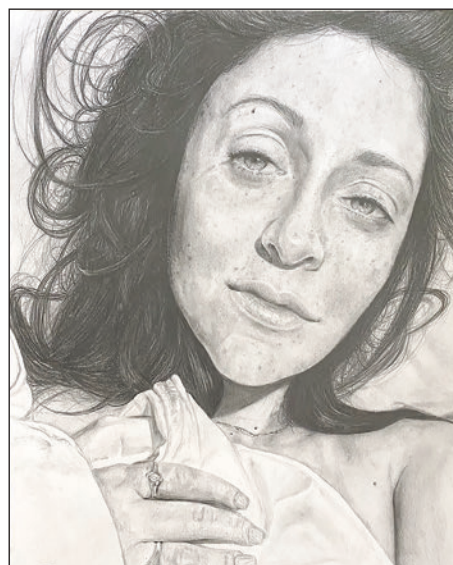
Equilibrio by Winnie Purple

images provided

circumstances.

Containing pieces spanning over 50 years, the Rodriguez Collection is dedicated to preserving the history and significance of Cuban art, and is an ever-expanding gathering of works from artists representing the best of Cuba.

Artsolated is a juried exhibition that showcases some of the works created by local artists during the pandemic. While the world has shut down for most social activities, artists are used to working in



Laying in wait by Heather Sharp

isolation. But this time is different – the stress, the insecurities, the uncertainty, the fear has led to a different kind of “inspiration.” This exhibition celebrates the artists that pushed through the stress and uncertainty and the amazing artwork created during the COVID-19 pandemic.

Both exhibitions will be on display until Thursday, September 24 at 3 p.m.



Siete Apariciones de Alicia serie sillones de mimbre by Pedro Pablo Oliva

Viewing hours are Monday through Friday from 10 a.m. to 3 p.m. To learn more about the Rodriguez Collection, visit www.kendallartcenter.org/.

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



Brian Weaver and Cesar Aguilera of Artsemble Underground

photo by Mila Bridger

Traveling Murals To Adorn Local Businesses

Love Your Rebellion (LYR) and Artsemble Underground have joined forces to bring a new traveling mural project to Southwest Florida. Murals on Tour will feature four new mural-sized artworks that focus on issues facing marginalized groups at local businesses and organizations. Artist submission for Murals

on Tour is open through October 20.

The Murals on Tour project will select submissions by artists from marginalized groups to create mural-sized pieces painted on vinyl canvases. The pieces will then be displayed on a schedule at different businesses and organizations throughout Southwest Florida.

One piece will show in a business or organization at a time on a monthly basis between November 2020 and March 2021. After the tour dates are complete, the pieces will be shown together in a homecoming celebration at Neenie's House

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The Show Goes On



From left, Seth Abrahms, Nick Drivas and Solomon Kee portray Dean Martin, Frank Sinatra and Sammy Davis Jr.

photo provided

by Di Saggau

Broadway Palm is back in business with its production of *Dean Martin Variety Hour*, written by the multi-talented Victor Legarreta. It was such a treat to travel back in time with songs we all remember from the good old days. The cast was full of energy and great voices as they performed a two-hour musical revue with songs like *You're Nobody 'Til Somebody Loves You*, *Mr. Bo Jangles*,

Mambo Italiano, *That Old Black Magic*, *New York, New York* and so many others.

Seth Abrahms, in the key role of Dean Martin, did a splendid job of making us all feel like we were listening to the famous crooner. His voice and mannerisms were right on. He's the best Dean Martin impersonator I've ever seen. Of course, that usually included having a drink in his

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Historic Downtown Fort Myers, Then And Now:

Billy’s Creek Bridges



by Gerri Reaves, PhD

As this 1920 photo illustrates, it was then possible to ride a bicycle down the middle of First Street and not have a care in the world.

Also apparent in this scene is just how much the streetscapes of Fort Myers improved during the pre-boom years.

The photo was evidently taken in early fall, after the completion of bricking First Street from the Atlantic Coast Line depot on Monroe Street to the Billy’s Creek Bridge.

The street was in deplorable shape, especially at the two end points, where holes a foot or more deep increasingly worsened and threatened life and property.

The royal palms along both sides of the street are a project of the city’s first park commission, formed in June 1915.

That hump in the road in the photo’s background is the Billy’s Creek Bridge constructed in 1917, a vast improvement over the old wooden one that had deteriorated into a safety hazard.

It should be noted that the creek is named for Seminole Chief Billy Bowlegs. In 1858, he camped with his people by the creek just north of the U.S. Army Fort Myers, whose footprint was today’s business district, while they negotiated the terms of the Seminoles’ abandonment of their land before being shipped to Indian Territory in Oklahoma.

That departure effectively ended the third and last Seminole War.

An historical plaque at the bridge’s east side commemorates this significant local history.

As early as 1873, members of the Hendry and Blount families were arriving in Fort Myers and living near the creek’s banks east of town.

It’s difficult to pinpoint exactly when the very first bridge, however rudimentary, crossed the creek, but it’s likely that there was some kind of crossing structure as early as the Seminole War period.



In 1920, two people bicycle westward on First Street, recently lined with royal palms and paved with bricks. The road hump in the middle distance marks the Billy’s Creek Bridge, completed in 1917. At right is the intersection with Palm Avenue, leading to the relatively new Dean Park subdivision.

photo courtesy SWFL Historical Society

The first widely known mention of an actual bridge is Joseph Vivas’s oft-told story of how he lost money on a contract to build bridges across both Billy’s Creek and Whiskey Creek in 1886 for only \$949.

The Billy’s Creek Bridge was 223 feet long and the other 66 feet, so it’s no surprise that he lost money.

Historical accounts up to then refer to difficulties at those “crossings,” implying that any existing structure – rafts, walkways, etc. – were not bridges, as such.

In fact, according to Karl H. Grismer in *The Story of Fort Myers*, just prior to Lee County being formed by splitting from Monroe County in 1887, there were no bridges or good roads in the Fort Myers region.

Travel conditions were so bad that during the rainy season, many trails or crossings were impassable.

Ox and mule teams often bogged down crossing both Billy’s and Whiskey creeks, and the need for better roads and bridges was a perennial topic in local government.

As early as 1913, bids for new bridges across both creeks were approved by the county commissioners, but not until 1917 did a new steel and concrete bridge at Billy’s Creek open.

The scene on that eastern edge of town was so improved by the new bridge, street surface and royal palms, that it’s easy to understand why in his 1926 Fort Myers city plan, renowned planner Herbert S. Swan recognized the creek as a beautiful natural asset and recommended the acquisition of property for wide parkways along Billy’s Creek.

Fast-forward to the pre-World War II (WWII) days, when as early as 1940, politicians cited the need for the rebuilding or the replacement of the 1917 bridge, which was deemed a traffic hazard, in part because it was narrower than the road.

In addition, the draw had been inoperative for 15 years. The state approved the project, bids went out for a new draw-span bridge and, in August, the U.S. Engineers Office held a public hearing. Subsequent discussions emphasized the need for sufficient clearing for boats.

In January 1941, it was announced that the State of Florida’s road department would soon begin construction of a new steel lift bridge with walkways on both sides.

It was meant to be completed in only 90 days, but the project was plagued by delays, mainly due to supplies being late. Because it was not a defense project, it did not have priority.

Finally, on January 30, 1942, the bridge opened, just in time to facilitate travel to the flexible gunnery school at Buckingham Army Air Field, which was established immediately after the Japanese attack on Pearl Harbor on December 7, 1941, and the U.S. entering WWII.

The bridge was 116 feet long with a 32-foot lift span.

The bridge connected downtown Fort Myers to the fast-growing East End, or East Fort Myers, which in the boom was forecast to eclipse downtown’s prominence.

Today, the 1941-42 bridge’s draw is permanently closed, and the riverfront in the



That car in the distance is crossing the steel bridge over Billy’s Creek that opened in January 1942. At left is the entrance to three condo towers.

photo by Gerri Reaves

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Artwork by Kristina Jackson

ACT Gallery Show And Recpetion

Arts for ACT Gallery will host an opening reception for Kristina Jackson and the resident volunteer artists on Friday, September 4 from 4 to 6 p.m.

Jackson will have her art displayed in the main gallery. She said, “Today’s women are called to be super heroes. Work 40 hours a week, raise children as if we’re home all the time, make Facebook worthy gourmet dinners every night, volunteer, have a social life, keep our homes decorated and clean so that they could pass as models, and be a loving, supportive partner. I found myself in this daily push and, when my body started to give way to Type 1 diabetes, I had to slow down. It was late one night, and I decided to pull the easel out that I had lugged around with me unused for the past 16 years, I sat there in the dark and it poured out – *Lady in Wai6ng*.

“My style of painting represents how I feel about being a Type1 diabetic, it

images provided

ravages the entire body inside and out and yet, through the struggle, it creates beauty. My next few paintings were a further celebration of being a woman. *Ms. Surrender* is not about giving up but about letting go and handing ourselves over to the beauty of ourselves and life; for me it’s about giving myself to God.

“My paintings are a story told in color. I paint every day and often come home to my teenagers and their friends sitting around the table drawing, painting or outside doing chalk art. Art has permeated our home, winding its way into everything we do, it’s not just about the canvas, it’s about enjoying life and projecting those feelings into something tangible.”

A group exhibit by ACT volunteer artists will be on display in the White Gallery for the month of September. The new works will be involved in an eclectic group show with mixed media, fine crafts, art journaling, jewelry, art clothing, oil and acrylic paintings.

Both exhibits will be on view until September 28 at Arts for ACT Gallery, located at 2265 First Street in Fort Myers. Visit www.artsforactgallery.com.✧



Artwork by Shah Hedjebi

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Fort Myers Art:

Embarking On A Hybrid Model Of Theater-Film



by Tom Hall

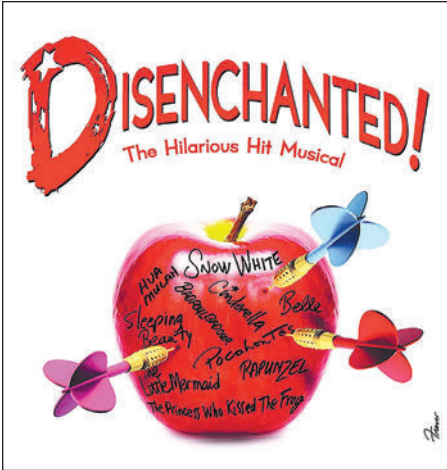
With no end to the pandemic in sight and Broadway closed until after the first of the year, area theaters are having to come up with new ideas to produce and

actors need to perform and creatively respond to our fast-changing world. In this vein, Laboratory Theater of Florida has embarked upon a hybrid theater-film model.

After experimenting with a number of Zoom productions, Lab has shifted to a format that entails filming a small cast of actors as they perform a theatrical show. The format is premised on four supporting pillars that may provide a template for the way in which theater is performed for the foreseeable future.

The model's first pillar involves adopting a strict pandemic protocol that not only imposes a high level of in-theater safety precautions, but requires the entire team to quarantine so that they do not become exposed to the virus during the course of rehearsals and the culminating performance. Rehearsals will be conducted primarily via Zoom or on an individual in-theater basis. So will most scenes. Not only will the number of people on stage and in the frame be limited, but so will the overall number of people who are in the theater given the increased risk of infection that is attendant on breathing recirculated air.

The second leg in the hybrid format involves show selection. In a COVID-interrupted world, there may be a huge demand for one- and two-actor shows like John Logan's *I'll Eat You Last: A Chat with Sue Mengers* and EM Lewis' *The Gun Show*. There are also plays that string together a series of monologues in which but a single actor is on stage at any given point in time (think *The Vagina Monologues*). But shows like these may not translate well



to a filmed format because of their lack of action and interpersonal interplay. So Lab will seek out shows that involve a larger overall cast size but can be staged or choreographed in such a way that allows only a couple or three actors to be on stage together at any given point in time.

This will place an even greater premium on imaginative, out-of-the-box direction and choreography.

The third foundational column of this new hybrid film-theater model is, of course, in the filming itself. Of utmost importance in this aspect is creating and maintaining a sharp line of demarcation between making a film and filming a live theater production. Whereas motion pictures are typified by moving shots that follow the actors as they move about the set and closeups that zoom in on an actors' eyes, mouth and facial features, traditional live theater features a head-on, full-frontal perspective in which the actors and action are viewed exclusively from a fixed point in the proscenium. But an audience member can pivot their head and follow the action unfolding on stage with their eyes. The lens of a stationary camera has no peripheral vision and doesn't follow what's happening on stage the way the human eye does. It only reveals whatever falls within the four corners of the viewfinder or frame. To compensate for this rigidity, multiple cameras and multiple takes are required, which places a premium on editing all of the pieces together to produce smooth, cohesive, seamless segments, and scenes which accentuate and augment the interaction, chemistry and energy exchanged by the actors in a way that's conspicuously



images courtesy www.artswfl.com

lacking in Zoom productions of staged readings.

No matter how talented the direction, action, camera work and film editing, this yeoman effort is all for naught if people fail to tune in to the finished product. This requires more than mere promotion. It requires a marketing and publicity campaign that inculcates a desire to view what remains, in essence, a substitute for the live-theater experience. One way Lab Theater will attempt to do this is by offering the filmed production on three separate days spaced out over three consecutive weekends – an opening on Friday evening followed by a Saturday night screening eight days later and concluding with a Sunday afternoon matinee eight days after that. This will give viewers and reviewers the chance to talk up the show among friends and on social media, and see it again a week or two later. This will also afford people a range of viewing options similar to those offered by the theater.

The spaced out viewing dates are likely to deliver added benefits. For example, they will give Lab, its cast and crew and Lab's loyal patrons the opportunity to organize watch parties, home deliveries from their favorite pre-theater restaurants and apres-theater discussions via social media, cell phones, or easy-access VoIP platforms. Lab might even offer Q&As with cast, crew and directors via Zoom to amp up the hype.

Lab Theater has four projects in the hopper: *Disenchanted: A New Musical Comedy* (September 18 and 26, and October 4); *Rest Stops of America* (October 9 and 17, and November 7);

Realish Housewives of Fort Myers (October 30, November 7 and 15); *The Eight: Reindeer Monologues* (November 27, December 5 and 13).

So save the dates and start making pre- and post-viewing plans now. The possibilities are endless. The stakes are high. Not just for Lab and other theaters that are searching for revenue streams that will enable them to remain financially viable, but for actors and playwrights looking for outlets for their creative output and theatergoers desperate for the intellectual and emotional stimulation that only live theater can provide.

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.*

Deadline Nears For Environmental Funding Award

September 1 is the deadline to apply for LCEC's 2020 Environmental Funding Awards. To apply for an environmental funding award from LCEC, organizations can visit www.lcec.net/about-lcec/community-and-education/environment to download the application.

Interested organizations must meet certain criteria to be considered for the award, including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds.

Funding is awarded twice a year with deadlines happening in March and September. The March 2020 LCEC Environmental Funding Award recipients included the Sanibel-Captiva Conservation Foundation (SCCF), Monofilament Busters, I Will Mentorship Foundation, Sanibel Sea School and the Clinic for the Rehabilitation of Wildlife (CROW). More than \$110,000 has been awarded since the program's inception in 2013.

LCEC's Environmental Funding Award Program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.*

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Banner being installed at the corner of the church campus

photo provided

Church Justice Committee Installs Banner

The Unitarian Universalist Church of Fort Myers (UUCFM) posted a Black Lives Matter banner on top of its signboard on Daniels Parkway recently. Both UUCFM and the church's social justice committee have long welcomed diversity and supported racial justice, and the recent death of George Floyd and subsequent protests inspired the justice committee to reach out to the

congregation for feedback and approval for posting the Black Lives Matter banner. The effort received overwhelming support and, once approved, the justice committee sought out a black-owned business to create and install the banner. Everyone agreed that the perfect place for the banner was at the corner of the church campus on top of the UUCFM signboard that faces Daniels Parkway.

"It is our hope that the surrounding community will support and be inspired by our banner," said UUCFM President-elect Lane Cook.

UUCFM is located at 13411 Shire Lane in Fort Myers. For more information, visit www.uucfm.org.

Virtual Learning Assistance Program

To help support the families who have chosen one of the Lee County School District's distant learning options for the 2020-21 school year, the Boys & Girls Clubs of Lee County is offering a new virtual learning assistance program in its clubs for children ages 6 to 14 beginning Monday, August 31 from 7:30 a.m. to 2 p.m.

The program offers a safe, positive environment for students to execute their distant learning plans with adult supervision. Cost of the program is \$40 per month. To assist families in need and ensure clubs are accessible to all children, the Boys & Girls Clubs of Lee County is partnering with the United Way to offer tuition scholarships.

"We wanted to be able to support our families, no matter what learning option they have selected," said Denise Gergley, CEO of the Boys & Girls Clubs of Lee County. "This school year, we are offering a new virtual learning assistance program in addition to our traditional after school programs. We hope to meet the needs of our community and expand our reach during these uncertain times."

The Boys & Girls Clubs of Lee County offers programs that support education, the arts, health and wellness, leadership

and service, and sports and recreation.

Safety is the Boys & Girls Club's highest priority. They continue to adhere to all local, state and federal guidance. Enhanced safety and sanitation protocols are in place, which include daily temperature checks and wellness screenings, handwashing and sanitizing stations, frequent cleaning of all program and high touch areas, reduced capacity and group size, social distancing and mandatory masks for both staff and members.

When asked about the start of the virtual learning assistance program, one of their Lehigh Acres members, Ahnyah, said: "I will have fun, make the other kids feel like they are in a good spot, encourage them and I'm finally allowed to get out of the house!"

The Boys & Girls Clubs is continuing to serve the youth of the community in helping them reach their full potential. For club locations, hours of operation, registration and additional information such as tuition scholarships, visit www.loveleekids.org or call 334-1886.

College Graduate

Robert Preseau of Cape Coral recently graduated with a master of science degree in data science from Rochester Institute of Technology (RIT) in Rochester, New York.

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We also donated \$100,000+ to support SWFL programs serving the ongoing needs of children and hunger relief efforts. We're committed to supporting our community through these unprecedented challenges.

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OBITUARY



CAROL ROSSNER HANAU

Carol Rossner Hanau of Madison, Connecticut and Sanibel Island, Florida passed away peacefully at her home on Wednesday, July 29, 2020, basked in love. Her beloved husband, Kenneth John Hanau, Jr., predeceased her by 20 years. They were married for 51 years.

Carol was born on January 9, 1929 in Allendale, New Jersey, and was the daughter of the late Michael Clinton Rossner and Elsa Schmidt Rossner.

No one had a greater love for life than Carol. She adored the adventure. Whether she was dancing the night away

with friends at the Madison Beach Club, traveling the world with her devoted husband, or gathering with dear friends from Ridgewood, Madison and Sanibel, everything was done with pure joy and passion. Her star burned bright and fully, with a long, sparkling tail. Carol was utterly original and authentic.

Carol was resilient, full of unconditional love and forgiveness. She was a true matriarch and "Auntie Mame" to countless people, drawing people in with genuine curiosity, dignity and care. One of Carol's greatest strengths was her capacity to really listen and offer wise counsel. Her generosity of spirit was extended to not only family and friends, but to anyone in need.

Living on the water was a balm for her soul. Whether she was sea glassing in Madison, shelling in Sanibel, or watching sunsets with her husband, the beach was one of her greatest joys.

Above all else, Carol's family was the most important thing in her world. She was never happier than when family gathered. She loved family dinners, cookouts on the beach, game nights, Christmas, children's sporting events, vacations and birthday parties; any reason to bring the clan together. No one could have been a fiercer supporter of her family. That spirit and love continues to live on through her children and grandchildren.

Carol is survived by three daughters, a son, a son-in-law, and a daughter-in-law: Holly Hanau Koncz and David Koncz of Madison, Connecticut, Jill Hanau of South Norwalk, Connecticut, Lori Hanau of Keene, New Hampshire, and Kenneth J. Hanau III and Ranson Hanau of Bronxville,

New York.

Carol had 10 grandchildren: David Koncz, Matthew Koncz and his spouse Elizabeth J. Koncz, Adam Koncz, Reed Newton and his spouse Moriah Tullier, Ritchard Swain, Alex and Robby Minicucci, Lindsay, Hollin and Jack Hanau. She also had two great-grandsons: Charlie and Graham Koncz.

Carol was predeceased by her siblings Michael and Paul Rossner, and Viola Fookes.

A private family funeral was held on August 8, with plans for a memorial service and celebration of her life next summer, 2021.

Donations in honor of Carol Rossner Hanau can be made to: The Women & Family Life Center, 96 Fair St., Guilford, CT 06437 or to: Monadnock Mindfulness Practice Center, 103 Roxbury St., Suite 301, Keene, NH 03431.✽

Reimagined Programs At History Center

In response to the continued impact of the COVID-19 pandemic on the community and the changing needs of families, students and schools, the IMAG History and Science Center is expanding non-traditional program offerings through virtual and onsite programs including reimagined homeschool programs, STEM enrichment programs, Boy Scout and Girl Scout programs, workshops and IMAG at Home. Officials hope to provide much needed educational and enrichment

opportunities in a safe and appropriate manner.

IMAG SOS (Students On Site) Socially-Distanced Learning Program is one of the new offerings designed for third to eighth grade students. IMAG SOS provides students a safe, supervised environment for socially-distanced learning for their online schooling programs including Florida Virtual School, Lee Virtual School and Lee Home Connect. Moreover, students experience educational support and scaffolding, assistance and encouragement, and tips for doing their work with IMAG education staff as well as organized and structured interactivity and fun, along with STEM challenges, games and projects.

In addition, the IMAG is further expanding virtual and onsite programming with IMAG homeschool programs, Boy Scout and Girl Scout programs and Merit Badge workshops, IMAG at Home programs, IMAG field trips and special events, IMAG birthday parties and IMAG member events.

"Many parents and families have recently expressed an increased interest for more opportunities and better programs to ensure their kids can safely continue their education, pursue their interests, improve their learning, develop, and grow," said Matt Johnson, executive director of IMAG.

Due to the expansion of targeted programs and events and to ensure the safest environment, general daily admission to the IMAG History and Science Center will be limited effective September 1. IMAG suggests checking in advance for times when the museum is open and to register for these new opportunities. For more information, visit www.theimag.org or call 243-0043.✽

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.crownofflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 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.

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10

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

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.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER

Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., www.taecc.com, 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

Havana Skullcap

by Gerri Reaves

Native Havana skullcap's (*Scutellaria havanensis*) status is dire, and it is listed as an endangered species by the State of Florida.

That means, in the words of the Preservation of Native Flora of Florida Act, that it is "in imminent danger of extinction within the state, the survival of which is unlikely if the causes of a decline in the number of plants continue."

Furthermore, it is federally listed as threatened and as imperiled by the Institute for Regional Conservation.

It's no wonder that native plant enthusiasts have tried to make this wildflower and its seeds more available.

Florida is the only state where it's found in the wild. However, as rare as it is, it is not endemic, for it is native in other parts of the Caribbean.

A member of the mint family, this herbaceous perennial's habitat is pine rocklands, one of the state's most endangered eco-regions, and wet flatwoods.

Other familiar members of the mint family are sage, rosemary, thyme, catnip, marjoram, pennyroyal, lavender and basil.

Havana skullcap is suitable for a wildflower garden or natural landscape, where it will attract bees, butterflies and birds. Only six to 12 inches tall, it has a moderate growth rate and spreads via suckers, forming mats wider than its height.

The pairs of opposite ovate leaves are only about a half-inch long. The slender stems are square and hairy.

The purple-blue flowers can appear any time of year in the upper leaf axils, but they rarely bloom during summer. The flowers measure less than an inch long and about a half-inch wide and have two parallel white stripes on the three-lobed lower petal.

They resemble those of its showier and larger relative, the native rough skullcap (*Scutellaria integrifolia*). The odd name skullcap refers to the calyx's structure, which protrudes over the base of the flower like a cap or helmet.

The term scutellaria comes from the



The name Havana skullcap refers to the structure of the calyx that resembles a tiny dish, bowl, or helmet, as seen here

photo by Gerri Reaves

Latin "scutella," which means "little dish."

Once the "caps" fall away, the nutlets, or seeds, are released.

This wildflower prefers moist well-drained limestone soil and will grow in nutrient-poor soil. It likes full sun and is highly drought-tolerant but not salt-tolerant.

Cultivate it with seeds, cuttings, or by clump division.

It has not been observed to be subject to pests or disease.

Skullcaps have a variety of medicinal uses.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, www.edis.ifas.ufl.edu, <http://hawthornhillwildflowers.blogspot.com>, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✱

Volunteers Finish Extended Tax Season

United Way of Lee, Hendry, Glades and Okeechobee's Volunteer Income Tax Assistance (VITA) program has concluded the extended 2019 tax season with tremendous results. United Way's VITA volunteers provided free tax assistance service to over 5,700 individuals and families who received approximately \$8 million in tax refunds and saved over \$1.7 million in tax preparation fees. That's money that goes back into the community, which is especially helpful during the pandemic. This year, 194 volunteers were trained and certified in partnership with the IRS and assisted at over 30 locations, including 10 United Way Houses and special events during the tax season.

"The 2019 tax season saw many challenges as COVID-19 forced us to suspend services until we could adapt and offer safer alternatives for volunteers and clients," Jeannine Joy, United Way's president and CEO. "We prevailed by offering a drive-up/drop-off service that allowed us to maintain CDC as well as IRS program guidelines."

The VITA program serves households earning \$66,000 or less by the preparation and e-filing of federal tax returns. United Way's IRS certified volunteers help determine if clients are eligible for the Earned Income Tax Credit (EITC), education and/or childcare credits when they file.

For those who still need to file their



A volunteer conducts a drop-off carside interview photo provided

2019 tax return, United Way has four year-round VITA sites located in Estero-San Carlos, LaBelle, Lehigh Acres and Fort Myers to help. All sites operate by appointment only. Call 433-3900 to schedule an appointment. To file on their own, as long as total household income is under \$66,000, visit www.myfreetaxes.com.

United Way will be recruiting volunteers to serve as tax preparers, greeters and interpreters for the 2020 tax year over the next few months. Volunteers will complete free classroom and online tax preparation training and certification using the TaxSlayer software. To join the VITA team, visit www.unitedwaylee.org/become-vita-volunteer.✱

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Make A Plan For Success



by Capt. Matt Mitchell

Great morning tides this week meant amazing fishing. Having a game plan based on the day's tide was a major part for successful fishing trips. The day's plan, no matter how well thought out, can often evolve during the trip. This proved true all week with unpredictable morning coastal showers. Despite being on some fish at the northern end of the sound, we opted to fish some places closer to home until the weather improved. This plan panned out well as my clients caught several Pine Island slams that included quality snook,

redfish and trout.

I always have a game plan before I pick up clients. Ideally, I like to start a trip with high activity fishing and get everyone on board before upping the difficulty level and targeting larger species. Trout on the flats have been ideal to get everyone catching fish. This fast-paced bite gives everyone confidence and takes the pressure off. In these high-action areas of the sound, you should always have a larger rod ready and rigged with a float and a large pinfish or even a chunk of fresh ladyfish. Some days, we are lucky enough to have tarpon and larger sharks working these same areas where we are catching trout.

Being on the water daily means being able to return to places you caught fish on the previous day. Going back to these places on the same stage of the tide is a major advantage to catch fish day in and day out. Taking what you have learned over the past few trips are big pieces to the puzzle. Wind and weather can quickly put a stop to a location no matter how good the bite has been in previous days.

When moving locations, keep your eyes open for feeding birds as they are a sure sign of feeding fish. Once located, this surface action will offer anglers a variety of species. Plan your day not only around the day's tide but also the weather forecast. To take full advantage of your time on the water, you should have not only a variety of tackle but also of baits. Being able to quickly pounce on a opportunity can make or break a trip. Try to stay open-minded while sticking to the day's plan, and see how the trip plays out.

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.✪



Pam Murray with a big snook she caught while fishing with Capt. Matt Mitchell this week

photo provided

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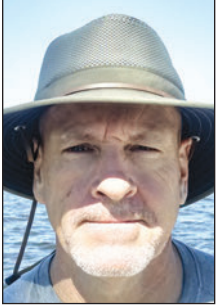
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CROW Case Of The Week:

Cooper's Hawk



by Bob Petcher

The Cooper's hawk (*Accipiter cooperi*) is medium-sized with a grayish colored back, reddish-barred chest and red eyes. Its bill is not prominent but has a sharp hook.

Cooper's hawks are said to be very skillful fliers, possibly the most skillful flier in the bird world. They are also known as fierce hunters and will attack smaller birds at bird feeders. If one takes up residence near your feeder, it is recommended to take it down for a few days to allow the hawk to move on.

At CROW, a Cooper's hawk was admitted from Cape Coral after it was found at the base of a tree unable to move. Upon intake, it was suspected that the patient may have spinal trauma due to the minimal use of its legs. After full radiographs were taken, there were no signs of fractures, but the patient had enlarged kidneys likely due to dehydration or possible kidney disease.

"The enlarged kidneys are not directly contributing to the hydration status of this patient, but may be an indication of underlying kidney disease," said Dr. Robin Bast, CROW staff veterinarian. "Because the kidneys live near the spine, if they become enlarged in severe cases,



Patient #20-3310 has rebounded from weakness in its legs but needs to continue to improve to be considered for release

photo by Brian Bohlman

the concern is they could press on the spine and result in neurologic signs like weakness in the legs. If a patient is severely dehydrated, the kidneys may appear brighter on an x-ray."

The patient was given fluids and was started on physical therapy to help the movement in its legs.

"Physical therapy initially for this patient involved putting its legs through normal range of motion exercises since it was too weak to do this itself. As the patient gained back muscle strength and started trying to stand, it was encouraged to grip a perch repeatedly. Once it started standing for brief periods, its body weight

was supported as it was encouraged to take steps across yoga mats on the porch until it was walking well on its own. At that stage, it was moved to an outdoor enclosure to start attempting flights and encourage it to do its own self-physical therapy," said Dr. Bast.

"You want to minimize stress since they're wild, so we will often cover their head with a raptor hood to help calm them down while doing physical therapy. Once they are at the stage of needing assistance to walk, staff wears protective gloves due to the bird's sharp talons. Once the bird has graduated to an outdoor enclosure and does its own physical therapy, we use

GoPro cameras to monitor the patient's progress over time."

After a few weeks of physical therapy, the patient was doing much better and regaining movement in its legs, and was moved outside for "day camp."

"The patient spends the daylight hours in an outdoor enclosure to encourage normal behavior and increased activity level at a time where it can be closely monitored by staff if it needs assistance," said Dr. Bast. "Overnight, it is brought back inside the hospital for rest."

Since the patient has been going outside for day camp, it has become more active, making small flights and has been regaining strength.

"This hawk is continuing day camp since it only eats consistently indoors overnight right now. We are continuing to use GoPro cameras to assess its progress with physical therapy and assess ability to regain full function," said Dr. Bast. "We continue to assess this patient daily. Although it has made a lot of progress from intake when it couldn't stand at all, it appears to be plateauing or not making continued improvements. Time will tell if this hawk is able to regain enough function in its legs that it will be able to hunt on its own and survive in the wild."

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.

Repairs Begin On Bridge Into Matlacha Park

A contractor for the Lee County Department of Transportation has begun to perform maintenance and repairs to the small timber bridge at the entrance to Matlacha Community Park. The park is currently closed, and the county plans to reopen the 26-foot bridge, the park and the boat ramp in time for Labor Day weekend.

Although the park will be closed to the public, work will continue on the Matlacha Fishing Pier, which also is being rebuilt. Staging for that project is at

nearby Bat House Park, which remains open for anglers while its parking lot is being used for the pier project. Once the bridge into the park is repaired, construction vehicles will be able to use it, and the lot at Bat House Park will reopen.

The fishing pier will reopen in spring 2021, replacing the prior structure that was more than 50 years old and had deteriorated from the elements. The project will include new benches, garbage cans, lighting, fish cleaning stations and ADA accessibility features. The pier project is funded largely by Tourist Development Taxes on short-term lodging.

Visit www.leegov.com/DOT or www.leeparks.org for more information.

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Top Overall Shooter (tie), Bruce Strayhorn and Dave O'Neil photos provided



Top Female Shooter, Jenna Persons

\$10,000 for LARC's newest program – LAB: Learn, Achieve, Become.

Plaques were awarded to the best individual shooters, and the first, second and third place teams. The plaques were made by LARC woodshop and engraving enterprise participants. The top female shooter was Jenna Persons. The overall top shooter was a tie between Bruce Strayhorn and Dave O'Neil. The first-place team was Auto Express South. The



First place team, Auto Express South

second-place team was Grampy's Charities and the third-place team was Sunset Air.

Sarasota Trap Skeet and Clays is an outdoor venue and all necessary precautions were taken for social distancing, cleaning and disinfecting.

"Shooters of all skill levels joined us for this fun morning benefiting LARC's newest program, LAB," said Angela Katz, LARC development and communications director. "LAB offers an experiential

learning environment for individuals with intellectual and developmental disabilities. LAB transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. Five labs will focus on skills that maximize independence and employment success."

Next year's tournament is scheduled for Friday, May 7, 2021.

To learn more about LARC, visit www.larccounty.org.✧

Clay Shooting Tournament Raises \$10,000

Lee Association for Remarkable Citizens (LARC) hosted its 2nd annual Aiming for Ability Clay Shooting Tournament on June 19 at Sarasota Trap Skeet and Clays. The event raised

Mound House Events

submitted by Gary Mooney

While COVID-19 forced the closure of many of our region's family nature-related activities, the Historic Mound House, on Fort Myers Beach at 451 Connecticut Street and on the National Register of Historic Places, still offers several outdoor events for all ages, complete with COVID-19 precautions. The Mound House itself, however, is closed to the public for the foreseeable future. For reservations, updates and a program schedule, call 765-0865 or visit www.moundhouse.org.

Family Fun Kayak Tour: Friday, August 28; ages 6 and older; weather permitting; 9 a.m. – Fun for the whole family on a specially-designed environmental educator-guided kayak tour. See birds, dolphins, manatee and other wildlife, and paddle through the Estero Bay mangroves. Families must have children between the ages of 6 to 11 to qualify, with advance registration necessary. Cost is \$25 per person for age 13 and older; \$15 per person ages 6 to 12. The Mound House provides all equipment. All participants must wear a mask on land. Maximum of eight people per program.

Mangroves by Kayak Tour: Saturday, August 29; ages 12 and older; weather permitting; 8:30 a.m. – Explore the winding mangrove creeks and the hidden waters of the Estero Bay Aquatic Preserve as only a kayaker can on this environmental educator-guided tour of the ancient realm of the Calusa. Witness birds, fish, manatee and dolphins as you paddle through the natural beauty of Estero and Hell Peckney Bays in a tandem kayak. All

paddling & safety equipment provided, with kayak tours in accordance with Florida Society of Ethical Ecotourism guidelines. Cost is \$45 per person; Mound House members \$15. Advance reservations necessary; private tours available. All participants must wear a mask on land. 8 paddlers per tour.

Gardens of the Mound House Outdoor Tour: Saturday, August 29; all ages; weather permitting; 11 a.m. – See what is blooming and growing in the Mound House gardens that make them a great place for local wildlife. Perfect for families and adults. All participants must wear a mask. Cost is \$5-per-person, Mound House members free.✧

Goodwill Disability Services Expand

With safety concerns mounting as the number of reported positive cases of COVID-19 continue to climb, Goodwill Industries of Southwest Florida (SWFL) is one of the few non-profit organizations in Florida still hosting full-day training programs for adults with disabilities.

In April, Goodwill's Pathways to Opportunity (PTO) went virtual and moved 50 of the 80 participants onto a distance learning experience they call PTO-2-GO. Using Chromebooks, Google Classroom and Zoom to connect, instructors were able to continue working on daily goals and keep the participants connected, helping them acquire the needed skills to lead more independent lives.

When participants were able to come back to campus, only 12 could be accommodated due to space limitations with social distancing. Thanks to the United Way and a few generous teams,

PTO-2-GO instructors now have a new virtual learning instruction space allowing more space on campus to bring back additional PTO participants.

In the new cubicle spaces, up to four PTO-2-GO instructors can simultaneously use the virtual learning classroom to teach online classes.

"A special thanks to the United Way "Gifts-in-Kind" program and Craig Norling who provided the donated cubicle workstations; Jonathan James and the team at Workspaces provided the design and labor to assemble the cubicles, and our own Goodwill IT team who got the instructors up and running in their new spaces," said Jessica Tursi, PTO program manager.

Daily, nearly 50 adults with intellectual and developmental disabilities log in for a full day of virtual class. PTO-2-GO participants have a variety of guest speakers in their classes from Special Olympics to the Lee County Library system. They have also partnered with the Looking Glass Fort Myers, a local interactive museum, to provide safe community involvement through virtual outings.

"We have really enjoyed the PTO-2-GO option for being able to continue to connect with their teachers and classmates during this time of COVID-19. We appreciate the Chromebooks that have been provided to make the process easier as well," remarked a PTO parent who wishes not to be identified.

Program staff have seen participants flourish in this new environment. Participants who would struggle with communication, have found this method of programming more comfortable and are now communicating verbally with more confidence.

Goodwill Industries of Southwest Florida is a nonprofit organization committed

to serving people with disabilities and disadvantages by providing life-changing opportunities toward independence. For more information, visit www.goodwillswfl.org.✧

Update On Stone Crab Regulations

At its July meeting, the Florida Fish and Wildlife Conservation Commission (FWC) approved changes to recreational and commercial stone crab regulations.

Florida's stone crab fishery has experienced a long-term decline in harvest and is likely undergoing overfishing. FWC staff worked with stakeholders on these changes that are intended to increase the stone crab population and build resiliency in the fishery.

The following approved changes go into effect October 1:

Moving the season end date from May 15 to May 1, closed on May 2;

Requiring a 2 3/16-inch escape ring in all plastic and wood stone crab traps before the start of the 2023-24 season;

Increasing the minimum claw size limit by 1/8 inch from 2 3/4 inches to 2 7/8;

Limiting possession of whole stone crabs on the water to two checker boxes, each up to 3 feet by 2 feet by 2 feet or a total volume of 24 cubic feet. Checker boxes are used to hold crabs onboard a vessel before they are measured and legal-sized claws are removed.

Learn more about stone crab regulations at www.myfwc.com/marine.

For the full July 22 through 23 agenda, including links to background reports, go to www.myfwc.com/about and click on "The Commission" and "Commission Meetings."✧



The Piper plane that made an emergency landing on the beach off West Gulf Drive had to release its advertising banner, which was retrieved from the gulf photo provided

Effort Successful In Retrieving Ad Banner From Gulf

On August 12, there was an unusual sight on the beach – a small Piper plane near Access 6 off West Gulf Drive.

The single-engine plane, which tows banner ads, was experiencing engine trouble and was forced to make an emergency landing on the unoccupied stretch of Sanibel beach. The pilot dropped the advertising banner before landing with no injuries. After the appropriate inspection and repair of the aircraft, the beach was cleared of citizens and the plane took off eastbound with no further complications.

While Sanibel-Captiva Conservation Foundation (SCCF) staff was on standby to assist if needed, officers from the Lee County Sheriff's Office (LCSO) marine

unit and the Sanibel Police Department arrived quickly on the scene and sought to locate and recover the 45-foot by 90-foot banner that landed in the gulf, as it posed an entanglement risk to marine wildlife such as sea turtles and manatees.

"Removing a banner so large and heavy was no small feat, and we are very grateful that LCSO went above and beyond to ensure the safety of our marine life," said SCCF Coastal Wildlife Director Kelly Sloan. "We are also appreciative of the ongoing support from officer Steve Royka and the Sanibel PD who consistently go the extra mile to serve not only humans in our community, but to protect the wellbeing and safety of our wildlife and environment."

"This was an all hands on deck event for our environmentally-minded community," added Sloan. "The success of our program would not be possible without the stewardship of Steve and his fellow law enforcement officers on Sanibel and Captiva."✱

Free Meals For Lee Home Connect Students

The School District of Lee County will make Grab & Go Breakfast and Lunch meals available to students using the Lee Home Connect Instructional Model beginning on Tuesday, September 1. Middle and high schools will be used as the main distribution sites for these meals.

Five breakfasts and five lunches, all meeting USDA nutritional requirements, will be picked up once a week. Families will have the option of either Tuesday or Thursday morning. Middle school sites will distribute meals from 7:15 to 8 a.m. and high school sites from 7:45 to 8:30 a.m. Four schools distributing meals to only their students have set unique times. Students will only be allowed to pick up meals on one of those days, not both.

Families will drive through their assigned school's distribution line to pick each week's meals. Schools will pass out a form for parents to fill out that must be

visible through their car's front windshield for proper identification. Parents will need to add their student's last name, student's ID number and the school they are enrolled in to be compared with the roster of Lee Home Connect students assigned to each school's meal distribution.

The list of schools and their distribution sites is available on the district's website at www.leeschools.net/parent_portal/back_to_school/lee_home_connect/grab_and_go_meals.

Breakfast and lunch are free of charge at all 80 traditional Lee County public schools and four special centers through the Food and Nutrition Services Department Community Eligibility Program (CEP). Parents do not need to apply, and "Free and Reduced" meal applications will not need to be completed or processed for this benefit.

The Community Eligibility Provision is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.✱

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Book Review

A Good Marriage

by Di Saggau



One reviewer says *A Good Marriage* is a book where *Big Little Lies* meets *Presumed Innocent*. That's certainly one way of looking at this riveting novel. The plot centers on the investigation into

the murder of Amanda Grayson, who is found dead at the bottom of the stairs in her newly renovated home. She was last seen at a party where couples sometimes swap partners in the upstairs bedrooms. Zach Grayson, husband of the deceased, is charged with assaulting a police officer at the murder scene, and is put in Riker's Island prison. He calls an old friend from law school, Lizzie Kitsakis, and asks her to represent him. He fears it's only a matter of time before he will be charged with murdering Amanda.

Kitsakis doesn't feel she is the one to handle the case, but she meets with Grayson, and he manages to press her into representing him. He remains in police custody for the entirety of the novel but remains a major character. The author, of course, focuses on other characters and why they might have killed Amanda. This includes Maude and her husband Sebe who hosted the party; Sarah, who works for the Grayson foundation, and

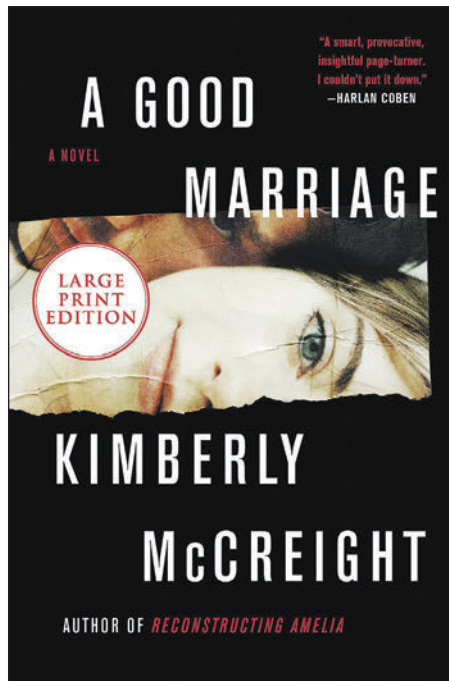


image provided

her husband Kerry, who recently lost his job; Sam, Lizzie's husband, a drunk who doesn't remember where he was the night of the murder; and Amanda's abusive father who she feels was stalking her.

There's another plot involving a data breach at the expensive school attended by children of some of the suspects. Personal information is stolen, and some are being blackmailed as secrets and information are leaked. The real mystery in the novel is the way these wives and husbands define a solid marriage. Sarah

says, "A good marriage is the one that survives. And none of us will know that until all is said and done." You could say the same as to the identity of Amanda's killer because you do not see it coming.

As for Lizzie, she's left wondering not only about her own marriage, but what defines a good marriage in the first place. *A Good Marriage* is a compelling mystery page-turner.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I'm really worried about my children's social skills development through this COVID-19 pandemic. They have good social skills, but they are

not perfect, and I worry about them losing the skills they have. What suggestions do you have for working on social skills while at home?

Melinda G, Fort Myers

Melinda,

This is such an important question. I think most parents are very concerned about their children's social and emotional stasis and skills as they are now so much more isolated and gazing all day at screens instead of people.

Dr. Elizabeth Englander is a professor of psychology and the director of the Massachusetts Aggression Reduction Center (MARC) at Bridgewater State University. She has researched this topic and has the following suggestions.

One important social skill is the ability to pay attention to another person while you're interacting with them. Dr. Englander's research found that "regular, daily activities apart from technology can help kids focus in general and pay attention to other people. For example, when families do things together, such as cooking meals and gardening, or have a designated time when everyone reads at the same time, it can help children maintain the social skill of paying attention to others."

Another suggestion is about outdoor play. Naturally, children find it easier to focus on their friends when they play together in person – something that is harder to do while social distancing. Research has suggested that when children play outdoors, or even just spend time outdoors, they become more able to pay attention to their friends and, later on, focus on schoolwork. Additionally, yoga and other relaxation activities, like breathing exercises, can help children practice focusing in general.

The daily give and take of conversation and other interactions that kids experience at school help children learn to read facial expressions and body language and how to change or initiate topics of conversation. These informal but frequent encounters are one way that kids learn how to meet and greet people. While there's no perfect substitute, there are some activities that can help kids learn how to perceive others' emotions. One very easy way to do this is to turn on the TV to a soap opera/drama show, turn off the sound and guess the emotion that person is experiencing. This can be done very quickly, and it can become a fun activity.

Family time, of course, is an excellent

time to learn and practice social skills. Plan to eat dinner together, without the distraction of any screens or phones, because research has shown that kids who eat dinner with their families tend to form stronger relationships with their peers, marked by less fighting and bullying.

Dr. Englander suggests an additional strategy of, "writing letters by hand, instead of relying on electronic devices for written communication. Parents can encourage kids to find new friends in faraway places through 'snail mail,' by taking advantage of a pen pal website. Exchanging letters with a stranger builds conversational skills, since writing a letter to get to know someone involves posing questions such as asking about favorite activities and foods."

Dr. Englander suggests that children can maintain friendships despite having to socially distance, by connecting with others outdoors, which research supports as much safer than being indoors. Set up outdoor visits that keep children, teens and their friends six feet apart from each other and make sure that masks are worn. Kids can play croquet, bocce, cornhole or just run through sprinklers for some good fun. Many outdoor games can work while distance is maintained. Even just a small group of friends hanging out while social distancing can preserve friendships.

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.*

From page 1

Traveling Murals

in East Fort Myers in conjunction with LYR and Artsemble Underground.

The organizers' goals are to participate through the arts in an ongoing conversation about the challenges facing marginalized groups; create works of public art that are easily accessible due to their mobility; support Florida artists from marginalized groups via exposure and compensation; and build partnerships between businesses and organizations that want to increase the presence of public art in Southwest Florida and further conversations via public art about challenges facing marginalized groups. Plus, LYR and Artsemble Underground want to help bring foot traffic into businesses that are struggling amid the pandemic.

LYR and Artsemble Underground are seeking businesses and organizations that are interested in being a part of the Murals on Tour dates or in sponsoring the project. For more information, email loveyourrebellion@gmail.com.

For submissions, guidelines and full details, visit www.loveyourrebellion.org/murals-on-tour.*

EPIC FIRES OF FORT MYERS

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Davis School Of Music Now Open For Fall Enrollment

Instructors at the Sidney & Berne Davis Art Center's (SBDAC) Davis School of Music have begun enrollment for the fall 2020 semester. The school offers piano, harp, violin, voice, DJ mixing and songwriting.

Suzuki Violin instructor Kara Walker Griffith is currently available to teach students via Zoom, while in-person lessons will resume when it is safe to do so. Griffith has a bachelor of music degree from Indiana University where she studied with internationally renowned string pedagogue Mimi Zweig. She has been a prominent violin instructor in the area since 1988. She was the founding instructor at the Edison Park Elementary violin program, and was also a founder of Gulf Coast Music School, and currently Grace Strings, her home-based violin studio. Griffith has been a violin section member of the Southwest Florida Symphony, the Naples Philharmonic, and Nautilus Chamber Music. Currently, she directs the SBDAC's Davis School of Music, and is the education and outreach director for the Southwest Florida Symphony.

Piano Instructor Sabrina Gruber is a graduate of Florida State University, where she received her bachelor of music degree specializing in music therapy. Gruber completed her clinical music therapy internship at Hope Hospice, where she



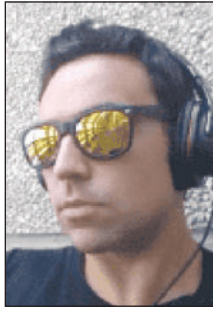
Kara Walker Griffith

worked with children and adults with life-threatening illnesses. She teaching introductory through early-advanced level pianists. In addition, Gruber recently received a grant to work with VSA (Very Special Arts) to visit low-income schools and provide music classes for kindergarten through 12th grade students with special needs. A current board member of the Southwest Florida Music Foundation, she is also a member of the Florida Music Teachers and National Music Teachers Associations. Her principal piano teachers include Leonard Mastrogiacomo and Heidi Louise Williams.

Harp Instructor Barbara Fischer holds a bachelor of arts degree in communication and a master of arts degree in English. She has no memory of a home without a harp, and has earned superior ratings



Sabrina Gruber



Tommy Giaime

in competitions, even before beginning formal study. Fisher gigs and maintains an active teaching schedule in Southwest Florida. In addition to teaching harp and beginning piano, she has experience working with beginning band and orchestra instruments. She regularly posts to her YouTube channel and blog, and publishes sheet music arrangements.

Disc Jockey (DJ) Instructor Tommy Giaime is a New York born DJ/producer who currently resides in Southwest Florida and teaches classes as well as private lessons on music theory and the art of DJing at SBDAC. Previous to that, Giaime taught Denver youth in private lessons and classes. He is the preferred DJ for multiple wedding venues throughout Southwest Florida and has exclusive partnerships with top local photography, videography and bridal companies. He provides music for annual events such as the Fort Myers Film Festival, Art Walks The Runway fashion show and events for the Chico's, White House Black Market & Soma fashion brands. Nationally, Giaime creates music programming for motivational empowerment conferences set to launch in 2020. Currently, he is the East coast instructor for the academies national after school program called The School Of Beats.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, contact Griffith at kara.griffith.kg@gmail.com or visit www.sbdac.com/davis-school-of-music.

Deadline Nears For Responding To 2020 Census

Lee County residents who have not yet responded to the U.S. Census 2020 survey have until September 30 to complete the survey by phone at 844-330-2020 or online at www.my2020census.gov. It is easy and secure.

Through September, Census field workers will visit addresses where residents have not yet responded. Once a response is received, no in-person visit from a Census worker is needed.

The COVID-19 pandemic typifies the need for an accurate population count. Participating in the Census now ensures that Lee County receives its share of federal funding, such as the \$134 million targeted for Lee County COVID-19 relief through the CARES Act.

So far, approximately 57 percent of the Lee County population has responded, lagging behind the state rate of 60 percent. Based on estimates from the Florida Department of Economic Opportunity, every uncouned household represents a potential loss of approximately \$1,500 in federal assistance annually. Lee County could be missing out on about \$199 million in federal assistance to the county, cities, hospitals, schools, nonprofits and other local agencies.

For more information about Census field work, visit www.2020census.gov/en/census-takers.html.

Raising Funds For Scholarships With Virtual Bingo

The Greater Fort Myers Chamber of Commerce Women in Business Committee will host an afternoon of fun and networking with virtual Bingo at 4 p.m. on Wednesday, September 2. Guests from across the region are invited to play for a chance to win prizes, and all proceeds will benefit the Women in Business Scholarship Fund, supporting scholarships for area students.

Registration is \$15 for members and nonmembers, and includes one Bingo card to play in each of three

games. Additional cards are \$5 per game. Registration is available at www.bit.ly/wibbingo. Sponsorships are also available for \$150 each and will provide opportunity to lead two 10-minute networking breakout sessions.

Women in Business scholarships are awarded annually to nontraditional students from Florida Gulf Coast University, Florida SouthWestern State College and Hodges University.

Three games of Bingo will be played during the approximately two-hour event. The third game will have multiple chances to win. Bingo cards are limited, so guests are encouraged to register early.

To make a donation or for more information, contact the Greater Fort Myers Chamber of Commerce at 332-2930 or email debra@fortmyers.org.



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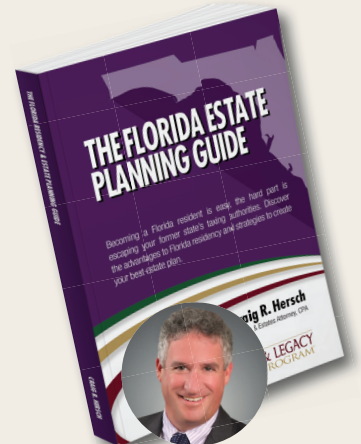
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by **Craig R. Hersch**
Florida Bar Board Certified Wills,
Trusts & Estates Attorney, CPA &
Island Sun Columnist

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Will Power

Nine Tips For Meaningful Last Words



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

My client, let's call him Pascal, complained to me recently while reading over his estate planning documents. "These seem so... cold... so... 'legal,' he said slowly, searching for the right words. "I understand that these documents have to use this legal language so that my estate gets the benefits of the law, but I'm having a hard time knowing that these will be my last words that I communicate to my family."

I understood Pascal completely. Who wants their last words to read: "I instruct my trustee to distribute a fraction of my estate, the numerator of which is comprised of the largest amount that would not be taxable... blah blah blah?"

I am sure no one wants that.

Today, I'm going to propose that you consider an alternative. This alternative can be made into a very meaningful and fun exercise.

What I'm referring to is to leave a separate document – apart from your will – for each of your most important loved ones.

This document shouldn't be about "who gets what" from your estate – that's for your will and trust. Besides, you don't want to inadvertently say anything that might contradict what's in your legal documents that could lead to beneficiary disputes. It can even be technologically advanced, like a personal video uploaded to a secure place like our new client portal, getting ready to launch for clients this winter.

What I'm talking about here is for you to create something really special. Too often we don't share our true emotions with those closest to us. We often tell our spouses that we love them, but we don't tell them why we love them. We might tell our children that we are proud of them, but we don't tell them why we are proud of them. We may truly admire something about a lifelong friend, but we are often afraid to open up and tell them what we've admired about them – or even that we harbored admiration to begin with.

How great would it be if we shared all of those thoughts with those closest to us? So I propose that you do just that. Write a letter or record a message and tell our loved ones how much they've meant to us. Then securely store that document or video, like on our new portal, to be opened concurrently with your will.

I thought that I'd suggest a few basic thoughts for those who might not be as comfortable putting words on paper or speaking them aloud:

Keep it Positive – Particularly when you are composing communication that you don't intend for a loved one to receive until after you have departed this earth, it's a good idea to keep it positive. Everyone is subject to valid criticisms for our faults and unfulfilled expectations. Don't use this letter as a means to review those. These are your last words. Don't you want to leave them with a smile? But do be sincere. Don't heap praise where

praise really isn't believable. Everyone has positive qualities. Talk about those here.

Write Separate Letters – Don't combine everything into one letter or video. Make one for your spouse, another to each child or other loved one. That way your last words can be very personal for that particular person.

Open a Spousal Letter with How You Fell in Love – You might open a letter or video to your spouse recalling the first time that you met, and how you knew that you were in love. Talk about the qualities that she or he possessed and how those qualities grew better over time.

Recall Your Child's Early Years – For your children, you might open a letter or video about their early years – how much you cherished having them in your life. There may have been certain traits, characteristics or events that foreshadowed later successes they achieved. Talk about those and how you noticed them.

Tell Them Why – Don't be shy telling your loved ones the "whys." Why you are so in love. Why you are so proud. Why you smile when you think about them. With kids, it might even be fun to tell them why you wanted to have kids in the first place, and how different it was raising them as opposed to what you expected before you ever had kids.

Review Fun Family Times or Accomplishments – Every relationship has its ups and downs. Many of the ups can be chronicled as happening during a certain event; a vacation, a sporting event, a holiday gathering. While everyone might have already grown tired of hearing the same stories around the dinner table over and over, you might be able to provide a twist. Relay why that story meant so much to you and how it demonstrates your loved one's special qualities.

Express Your Regrets – Generally speaking, it's not a good idea to create a list of regrets. But you might have some that would have a positive spin. "I regret that I didn't tell you this earlier, and hope that by telling you this now, you'll know how much you meant to me," for example. You may regret certain incidents and want to apologize for them. If this is the case, do your best to keep it concise while not trying to place blame or guilt on your loved one.

Recount Your Hopes and Dreams – Talk about your hopes and dreams for your loved one, particularly if they are young. If they aren't young anymore, you can talk about how proud you are of their accomplishments. Maybe they've raised great kids of their own. Perhaps they've overcome a lot of obstacles and you've noticed how far they've come. That's great stuff. Let them know it.

Wind it Up – Make sure that you leave them with a warm statement. I saw one letter where a father told each of his children that he wanted them to know that he believed in an afterlife, and although his children may no longer be able to touch him or hear him, they could talk to him and he would be there to listen. He told them that he trusted their judgment, and he hoped that they would live the rest of their life with confidence that everything happens for a reason. It struck me as a powerful confirmation of his love, devotion and admiration.

I hope that this column helped provide the start of an outline if you should feel this important to do for your loved ones. I'm working on a video for my wife and for each of my children, which I intend to update as the years go by. I'm hopeful that these memories will mean more to them than anything material that I leave behind.

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Auto Shop Supports Humane Society Program

Legendary Automotive and Truck Service will be sponsoring the Spay it Forward program that is conducted by the Gulf Coast Humane Society. Between now and September 30, Legendary Automotive will be accepting donations for the Gulf Coast Humane Society (GCHS).

GCHS Events Coordinator Aimee McGlaughlin noted that this program is for local families that would be unable to spay or neuter their pet on their own. "Our goal is to never say 'no' to a family in need. We are super grateful for all members of the community that choose to contribute – we couldn't do it without your help."

Legendary Automotive owner Jason Stretch believes that controlling the pet population is the best way to save animals from poor treatment and neglect. "At Legendary, we offer a service that helps people – Gulf Coast Humane provides a service that helps animals. We cannot think of a better way to support the local community than to help the people that help these animals."

Legendary Automotive, located at 1921 Courtney Drive in Fort Myers, is donating \$5 from each oil change that is performed in their shop through September. They will

also be accepting independent donations.

When someone offers a donation, that person will be entered into a drawing to win a custom pet portrait from noted local artist Robin Vernada. The person who makes the single largest donation will also be given a complimentary custom pet portrait. You can view Vernada's artwork at www.robinvernada.com and on her Facebook page.

To make an independent donation that enters you for the custom pet portrait, visit www.gulfcoasthumanesociety.org, select "Spay it Forward" under "Donate" and dedicate the donation to Legendary Automotive.✧

Chamber To Hold Webinars

The Above Board Chamber of Florida will present two webinars that will provide useful information for local business leaders.

The Zoom webinar Bringing Life to Webinars/Podcasts and Create an Audience! will be held from noon to 1:30 p.m. on Tuesday, September 3, followed by the Zoom webinar Respecting the Trades from noon to 1:30 p.m. on Tuesday, September 10.

Knowing the difference between podcasts and webinars and how they function is important for individuals and organizations to benefit from them.

Attendees at the September 3 webinar will hear how these platforms function and how to build audiences for podcasts and webinars. The expert panel will include: Jennifer Trammell, director, NextGen speaking series; Connie Ramos-Williams, chief marketing officer and president, CONRIC PR & Marketing and host of the SWFL Strong podcast; Cory O'Donnell, co-owner/co-host of the Florida Freakshow podcast; and Erica Queenie Castner, founder, Castner Consulting and host of Love the Work You Do podcast.

Trade industries are vital to keeping the local economy thriving. From plumbers to electricians, tradespeople are in high demand across the region. Experts from across the region will reveal more about these highly skilled jobs and discuss their importance to our local economy in the September 10 webinar. The expert panel will include: Tim Dupre, CEO of Conditioned Air; Todd Everly, academy director at Southwest Florida Public Service Academy; Dorin Oxender, director of iTech Immokalee Technical College; and Yolanda Flores, administrative director post-secondary, adult and community education at Lorenzo Walker Technical Institute.

The emcee for both webinars will be Jeanne Sweeney, CEO/founder of the Above Board Chamber of Florida. Registration fee for each webinar is \$10. To register, visit www.aboveboardchamber.com.✧

From page 2

Downtown

creek's vicinity is filled with condominiums.

Walk over the Billy's Creek Bridge and imagine the time when bicyclists owned the newly bricked roadway.

Then learn more at the following research centers about the Seminole Chief who gave the creek its name.

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.

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

Superior Interiors

How To Decorate A Room With An Amazing View



by Marcia Feeney

Finding the home of your dreams is an indescribable feeling. Whether it's the location, the exterior and landscaping, the foundational floor plan or a combination of all three, settling into a

place that brings you comfort, relaxation and total serenity is one of the most valuable things that anyone can ask for. What's one feature that can take your dream home to the next level, though? A floor-to-ceiling window that offers a picturesque view.

When you have such a natural statement available in your home, however, how do you decorate the room it exists in? Simple, by just following a few key points your view will take center stage.

Make it the focal point of the room. If there's no hesitation in pointing out that the view is the focal point of the living space, make sure to accentuate it. Don't add something that could potentially put a shade over the light this view is bringing to the room; be more modest with furniture, decorate with neutral colors and be subtle with the window treatments you'll use. Beautiful sheers over heavy treatments will make a major difference in your ability to soak up the view for all it's worth.

Accessorize around it. In choosing accessories for the living space, think about what colors, textures and designs will correlate well with the view. For instance, if you're looking out into a picturesque seaside landscape, a dark and woodsy color template doesn't make sense for the room and offer consistent flow. Instead, you would focus on a light and airy scheme made up of white and pastel shades.

Arrange furniture strategically. The type and amount of furniture you bring into the living space has a major impact on your ability to take in the view. You may consider setting up a large sectional sofa so that it's directly facing the view, think about this with surrounding furniture as well. This shows you're fully aware of the natural focal point and want family members and guests to enjoy it.

Remember that less is more. With such a gorgeous view available in your house, the last thing you want to do is overwhelm the living space and make it so that your visitors are focused on something completely different when they're in the presence of the view. Less is more is a valuable expression to remember as you decorate and declutter this room in your home. Let the natural scene speak for itself no matter the time of day.

Consider professional assistance. While decorating the home of your dreams can be an exciting venture to take on your own, it can be very intimidating without the right tools, resources and insight needed to accessorize around a large feature window. Assistance from a design professional will not only save you time, but also keep you from making costly mistakes.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.

Begin A Career In Healthcare At Online Event

FutureMakers Coalition partners are teaming up to hold a free online informational event through Zoom on Thursday, September 10 from 2 to 4 p.m. To register and learn about essential careers as a certified nursing assistant (CNA) or medical assistant (MA), visit www.bit.ly/33XavwQ.

Anyone interested in getting a start with a career in healthcare is encouraged to register for the online event. The goal is to find interested students and help them get their tuition and related fees paid for so that they are ready for a new career in just one year. The event is open to current high school students that meet eligibility requirements. Potential students are encouraged to complete the FAFSA at www.studentaid.ed.gov/sa/fafsa.

Careers in healthcare continue to be in high demand and CNAs and MAs benefit from tremendous opportunities with leading organizations that offer high wages as well as benefits such as insurance, vacation and tuition assistance for continuing education. They are also careers that offer growth, hands-on training and intimate time caring for patients in a hospital or a nursing home.

FutureMakers Coalition partners include Cypress Cove, Hope Healthcare, Lee Health, NCH Healthcare System, Physicians' Primary Care of Southwest Florida, Shell Point Retirement Community, Cape Coral Technical College, Fort Myers Technical College, iTECH - Immokalee Technical College, Lorenzo Walker Technical College and Career Source SWFL.

According to Lee Health, there are currently 95 CNA positions open and 20 MA positions needing to be filled. NCH currently has 25 CNA and 15 MA openings. Other employers are also seeking CNAs and MAs for open positions.

"It feels good to go home and say I helped someone today; I made them feel good today," said Dershay Brown, a certified nursing assistant with Lee Health. "As a CNA you can go into LPN (licensed practical nurse), you can go into RN (registered nurse), you can do home health. I'm able to sit down with my patient and actually talk to them, and they feel good about it afterward."

Representatives and recruiters will be online to discuss MA and CNA qualifications, tuition assistance and scholarship opportunities with prospective candidates.

All participating organizations are drug/tobacco-free workplaces and equal opportunity employers.✱

Top 10 Finalist For Florida Women's Hall Of Fame

Samira K. Beckwith, president and CEO of Hope Healthcare, has been named among the top 10 finalists for the 2020 Florida Women's Hall of Fame by the Florida Commission on the Status of Women.



Samira K. Beckwith

Created by Florida Statute in 1982, the Florida Women's Hall of Fame honors women who have made significant contributions to the improvement of life for women and all Florida citizens.

Gov. Ron DeSantis will select up to three inductees into the Florida Women's Hall of Fame, who will be recognized at a ceremony on Wednesday, November 18 and immortalized on an honorary wall in the halls of the Florida Capitol.

"Through Hope, I've had the privilege of helping to provide special care for those who need our compassion most within our community, as well as the opportunity

to improve the quality of life for people throughout the state," said Beckwith, who was nominated by former Gov. Jeb Bush. "To be recognized by Florida Commission on the Status of Women, and to be included among this esteemed group of women who have accomplished so much on behalf of our state, is truly an amazing honor."

With more than 40 years of experience in hospice and health care, Beckwith's leadership on local, state and national levels is broadly recognized. She is a frequent participant in national and state health policy forums, and she has provided expert testimony before government bodies including the U.S. House Judiciary Committee and the U.S. Senate Aging Committee.

Since becoming president of Hope Healthcare in 1991, Beckwith has led the organization through decades of growth to meet community needs with a broad spectrum of innovative programs and services including Hope Hospice and Hope Palliative Care, Hope PACE, Hope Connections, Hope Parkinson Program and Hope Kids Care.

Hope Healthcare is a not-for-profit healthcare organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit www.hopehcs.org.✱

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Frankly Speaking



by Howard Prager
When I think of what's exciting about sports besides who wins and who loses, it's the records that are broken or tied. Last weekend against my beloved Cubs, White Sox first

baseman Jose Abreu (who I believe has been underrated) hit six homers in a three-game series, tying the MLB record he now holds with four other players in the live ball era (post-1920) – Hee Seop-Choi in 2005, Shawn Green and Alex Rodriguez in 2002, and Barry Bonds in 2001. He also tied the record with four homers against four pitchers in four consecutive at bats. Believe it or not, 43 others share that record with him. Fortunately for me, the Cubs won the third game. The Sox scored all their 20 runs via dingers in the series, three runs shy of the Brewers last season. Altogether, the Sox have hit 30 HRs in the last nine games – by far the most of any team. Note: I did pick the Sox to go all the way if anyone wants to check out my pre-season predictions. If they stay hot, they could eventually face the Dodgers, who set their own record last weekend for their best 30-game start in franchise history – 22-8.

Let's look at the NBA bubble, where both the Celtics and Raptors swept their first round series and will now face each other in the second round. The Raptors won in grand fashion scoring 150 points on Sunday, something that hadn't been done in the NBA playoffs since 1992 – not a record but not often done. In the process they completed their first sweep in franchise history. Boston swept the 76ers in their first round series as well. This should be a great matchup, which should have started before you read this. Also remarkable is how players rise to the occasion in the playoffs, like 21-year old Luka Doncic who led the Mavericks in a come-from-behind overtime win over the Clippers last Sunday with 43 points, 17 rebounds and 13 assists, the youngest player to notch a triple-double in the playoffs. He did this after spraining his

ankle just two days earlier. And, earlier in the week, the Orlando Magic beat the Milwaukee Bucks. So what? The Magic have a .452 winning percentage. The last time a team with a winning percentage that low won in the playoffs was the Baltimore Bullets (with a .450 winning percentage and a much smaller league) back in 1966.

Takuma Sato won his second Indianapolis 500 victory on Sunday as he held off Scott Dixon and ultimately won under caution at an empty Indianapolis Motor Speedway. IndyCar officials declined to throw a red flag after a violent crash by Spencer Pigot with just four laps remaining. Pigot needed medical attention on the track after the fiery and horrific crash with a track full of debris. The crash destroyed his car, and Pigot was lying prone on the track before being taken to a local hospital. Fortunately, he tweeted a picture of him giving the thumbs up later Sunday night. There was no way the race could resume to the disappointment of Scott Dixon, who led the race for 111/200 laps and thought he could catch Sato and achieve his second win.

And there's still time to set records if you're an NCAA Division 1 fall athlete who can't play or chooses not to this season. The NCAA Division I board voted last Friday to give all fall sport student-athletes an additional year of eligibility through a blanket waiver. This eliminates any uncertainty for athletes whose season has been postponed or could be disrupted because of the pandemic, as is still a possibility with six FBS football conferences. The board also ruled that schools can't require student-athletes to waive their legal rights regarding COVID-19 as a condition of participation. Schools are also prohibited from canceling or reducing scholarships if an athlete decides not to participate because of COVID-19.

In an earlier column, I talked about highly paid college football coaches not taking reduced pay this season when all other faculty are doing so. The University of Nebraska is now putting 51 athletic department employees on furlough and all others will take a 10 percent pay cut in response to the budget crisis caused by the coronavirus pandemic. The furloughs and pay cuts will take effect September 1 through December 31. I imagine they won't be the only ones to

do so.
The last record I'm going to talk about is a totally different sport – archery. One of the top-ranked archers in the country is 36-year-old Matt Stutzman of Fairfield, Iowa, a single dad with three kids – and no arms. He uses his feet as arms to hold the bow and shoot. Matt is so remarkable that he has been featured on CBS Sunday Morning twice and has a highly rated TEDx talk. If that's not enough, he owns the world record for longest accurate shot in archery. "Only 1 percent of archers in the world make a living shooting a bow," he said. "January

Bay Scallop Season Open

Recreational bay scallop season for Gulf County (including all of St. Joseph Bay) opened August 16 and will remain open through September 24. This region includes all state waters from the Mexico Beach Canal in Bay County to the westernmost point of St. Vincent Island in Franklin County.

Scalloping, possession of scallops, anchoring or tampering with restoration activities is prohibited during and after the scallop season in the restoration area marked with Florida Fish and Wildlife Conservation Commission (FWC) buoys south of Black's Island. For information on bay scallop regulations, visit www.myfwc.com/marine.

FWC Approves Draft Rules For Invasive Reptiles

The Florida Fish and Wildlife Conservation Commission (FWC) unanimously approved staff recommendations to create new rules to address the importation, breeding and possession of high-risk reptiles.

The FWC will host online stakeholder workshops to present proposed rule changes and collect public and industry comment on this topic. Staff will use these comments to help improve the final rule language, which will be brought before the commission at a future meeting. Close coordination with stakeholders and the public will help ensure the best outcome for final rules.

The proposed rule changes to chapter 68-5, FAC, specifically address pythons, tegus, green iguanas and other high-risk nonnative snakes and lizards.

FWC rulemaking will include reporting requirements for permittees, biosecurity requirements to limit escape of these high-risk species and possible additional language to clarify limited exceptions for possession of green iguanas and tegus for commercial use or as pets.

These proposed rule changes complement the recent amendments to Section 379.372, FS, which were signed into law by Gov. Ron DeSantis and went into effect on July 1.

More than 500 nonnative species have been reported in Florida. Eighty

of 2010 is when I decided to be the best archer in the world. And by 2011, I had already made the U.S. Team, and by 2012, I went to my first Games, and won a Silver!" Matt, you've won far more just by being who you are and showing that no physical limitation can stop us from our destiny. Stay safe readers.
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.

percent of these have been introduced via the live animal trade with 150 established in Florida, meaning they are reproducing in the wild. Since most nonnative fish and wildlife find their way into Florida's habitats through escape or release from the live animal trade, it is important to create regulations to prevent high-risk nonnative wildlife from becoming introduced or further established in Florida's environment.

Details on upcoming public and stakeholder meetings on this topic are still to be determined. Visit www.myfwc.com/nonnatives for more information.

Show Goes On

hand, which was part of Dean's character. However, drinking was not his thing in real life. Solomon Kee, as Sammy Davis Jr., was in constant motion, and Nick Drivas was a suave Frank Sinatra.

The rest of the cast – Lily Kren, Molly Samson, Danielle Poznanovic and Caleb Schaaf – brought to life the songs of Rosemary Clooney, Marilyn Monroe, Bobby Darin, Cher, Barbra Streisand and Judy Garland, along with Steve Lawrence and Edie Gorme. A memory came back to me of my interview with Steve and Edie over 40 years ago when they were in my old hometown of Omaha, Nebraska. I'm sure the show brings back different memories for everyone.

A few times, on side screens, we were treated to clips from Dean's TV show, and that added to the fun. Loren Strickland and his band did their usual excellent job of accompanying the cast. When Abrahms referred to Strickland as Ken Lane, I thought I was seeing things, and then I realized that Ken Lane was pianist on the *Dean Martin Show* in the late 1960s and early '70s. So, he was also playing a role in addition to tickling the ivories as only he can.

I felt completely safe during the show, and Broadway Palm is doing everything to make sure their customers are in a safe environment. We all wore masks in and removed them, of course, for dinner and most put them back on for the show. Spacing is far apart, and the food was served to us. Please support local theater and treat yourself to a memorable and fun-filled evening of live theater. *Dean Martin Variety Hour* plays through September 26 at Broadway Palm, located at 1380 Colonial Boulevard in Fort Myers. Call 278-4422, visit www.broadwaypalm.com or stop by in person for tickets.

SPORTS QUIZ

- 1. Name the Major League Baseball team that played one season in 1969 before moving to Milwaukee and becoming the Brewers in 1970.
- 2. How many offensive snaps did lineman D'Brickashaw Ferguson miss during his 10-year career with the New York Jets?
- 3. Two-time Indianapolis 500 champion Emerson Fittipaldi hailed from what country?
- 4. What golfer became the first woman since 1945 to play in a PGA Tour event when she teed off at the 2003 Bank of America Colonial tournament?
- 5. What short-statured Atlanta Hawks star spectacularly won the 1986 NBA Slam Dunk Contest?
- 6. What Hockey Hall of Fame goaltender had his No. 33 jersey retired by both the Montreal Canadiens and the Colorado Avalanche?
- 7. The South American Football Confederation is commonly known by what abbreviation?

ANSWERS

- 1. The Seattle Pilots. 2. One. 3. Brazil. 4. Annika Sorenstam. 5. Spud Webb. 6. Patrick Roy. 7. CONMEBOL.

dearRPharmacist

Health Benefits Of Mustard Greens



by Suzy
Cohen, RPh

Dear Readers:
Eating mustard greens is probably an acquired taste. It's not something most people like to do due to the pungent flavor of the greens.

It's worth it though, and I can help you make it taste delicious. One quick tip when cooking it is to use half mustard greens and half Swiss chard, which makes it taste milder.

The benefits of this vegetable are hard to beat, and impart strong cancer-fighting compounds such as isothiocyanate or ITCs. These are sulfur-based nutrients that have been studied repeatedly for cancer-fighting effects. They can detoxify the body and this effect is common among all the cruciferous vegetables such as kale, broccoli, cauliflower, watercress and Brussels sprouts.

You might be thinking that mustard greens are goitrogenic, and can suppress thyroid function. However, if you cook them that is not going to be an issue. You will have to be careful though if you have kidney stones because of the high oxalates. Another caution is for those of you who take anticoagulant medications like warfarin. Mustard greens, like all greens, contain a lot of natural Vitamin K that impacts blood-clotting factors. With all these cautions out of the way, let me tell the rest of you why you should acquire a taste for mustard greens:

Two Major Reasons to Eat Mustard Greens:

1. Isothiocyanates (ITCs)

– Cruciferous veggies contain ITCs which are made from other compounds called "glucosinolates." Mustard greens have the highest ITC yield as compared to all cruciferous vegetables. One particular glucosinolate is called "Sinigrin," and it has been studied for its ability to reduce AGE (advanced glycation end products). It's important to reduce AGE if you're dealing a degenerative condition such as Alzheimer's diabetes, heart disease and cancer. The mustard seeds have the most of this compound (sinigrin), which has major therapeutic anti-inflammatory and anti-proliferative potential.

Absorbed ITCs are rapidly converted in your liver to something amazing called glutathione. That's an antioxidant that is known to detoxify heavy metals and other garbage in the body. Glutathione is a powerful benefit of eating greens!

3. Superoxide Dismutase (SOD) – SOD is an enzyme in your body that vacuums up dangerous "superoxides" which are oxygen-derived free radicals. One infamous toxin in this category is hydrogen peroxide or H₂O₂. It's not just in those brown bottles sold as an antiseptic, your cells make it! In a normal, healthy pathway, the H₂O₂ is broken down immediately by catalase or SOD which turns them into water and oxygen.

But some people don't have enough SOD or catalase. When it builds up it raises your risk for thyroid disease, chronic fatigue, breast cancer (most cancers actually) as well as respiratory problems such as COPD (chronic pulmonary disease) and asthma.

I have a longer version of this article posted at my website as well as a recipe for garlic parmesan mustard greens. It's delicious! Eating these greens even once or twice a week will give you noticeable health impacts that can't be beat.

*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.**

Doctor and Dietician

Eat To Strengthen Your Brain



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

We encourage people to consume a "plant-slant" diet that includes many fresh vegetables, whole grains and fruits, in combination with high-quality protein and fat sources. There is no room for junk food and most commercial fast food in a healthy, longevity-focused lifestyle. Let's face it. We are all aging. What many may not realize is how poor nutrition is not only bad for our waistlines, but puts undue stress on our brains and allows the process of cognitive decline to begin.

We have said it before, "dump the junk." Embrace the longevity lifestyle. We are all exposed to oxidative stress from a myriad of sources over which we have no control – cell phone towers, computers, etc. Thus, we should do our best to reduce oxidative stress by eating "clean."

The Mediterranean-type diet is a good example of a brain-stimulating diet. Foods rich in omega-3 fatty acids such as those found in fish, as we learned from our previous article, are neuroprotective. In addition, vegetables, fruits and whole grains also have positive impacts on cognition. However, fried food, highly processed foods, excessive amounts of meat and sugar

do not.

Here are some great sources of "brain food" to include in your daily eating plan:

Cold-water fish provides the best source of omega-3 fatty acids. Try to include at least four servings per week. Top sources include fresh non-farm-raised salmon, mackerel, anchovies, sardines and herring. Other fish including white fishes found in our waterways are also excellent choices. If you just can't eat fish, consider taking a fish oil supplement.

DHA and EPA (fatty acids) are crucial for supporting the brain's "cleaning crew." In our prior articles, we discuss the brain toilet that requires constant flushing. Sometimes this does not happen due to issues with the cervical spine. But it can also happen with poor food consumption.

A plant-slant lifestyle not only provides highly beneficial dietary fiber, but also antioxidants, vitamins, minerals, flavonoids and other nutrients needed to support optimal brain function. Some superfoods to include every week include berries, nuts, broccoli, leafy green veggies, avocados, legumes, olive oil and coconut oil. Add green tea, water and organic coffee (in moderation.) A little dark chocolate for dessert gives you a little sweet taste but limits the sugar. Visit www.hauserdiet.com for our avocado chocolate mousse recipe for an added bonus.

Bottom line here is that in order to maintain our brains, we need to feed it the proper fuel. And while you are at it, keep moving by adding in daily exercise, and shut off your devices and read a book – which also help strengthen the brain.

*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.**

Beautifulife:

Choices



by Kay Casperson

Iam so happy we live in a country that allows us to make our own choices in all aspects of our lives. We are so lucky that we can make choices based on our knowledge, thoughts, passions, hearts and souls. I

can't even imagine what life would be like if we were not able to choose how we live, where we live, who we love, where we work and what we do every day.

We have all looked back on a few of the choices we have made that might not have been the best decisions, and maybe led us in a direction that felt like it was off our ultimate path. But I happen to believe that even the choices that were not so good might have pointed us in the

direction we are supposed to be.

I believe we are all equipped to make the right decisions and choices for ourselves, especially adults. As I continue to raise my children, I try to encourage them to make good choices and think things through before making decisions. I also know that I need to step back from time to time so they learn to make their own choices, good or bad, to learn and grow. It is easy to jump into decisions quickly, but confidence comes with lessons learned.

Following are a few essential things to remember to ensure the very best results:

Try your best to stay clear of other people's opinions to make your own decisions;

Make your choices based on thinking them through and knowing the ultimate outcome;

Encourage yourself with words of affirmation to accomplish your goals;

Focus on the positive and know that you have a purpose and are uniquely designed;

Listen to your heart and spend some

time in prayer to ensure your direction;

Be grateful every day for the gift of freedom to make your own choices.

As you continue your path to your best and most beautiful life, I encourage you to pause for just a moment to give thanks and gratitude for choosing for yourself. I also encourage you to look ahead to the choices that you will make for your future. Where do you ultimately want to live and who do you want to spend your time with? How can you make a difference, and who can you inspire to be better? How do you want your world to look, and what can you do to help make that happen? We have the power and the ability to design our lives exclusively the way we want them to be. My best advice is to choose wisely.

My affirmation for you this week is:

"I am grateful for the freedom to make my own decisions, and I will continue to be wise about my choices."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva

*islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.**

Self-Management Program

Lee Health's Lee Health Solutions, is offering a Positive Self-Management Education program for individuals with HIV on Wednesdays, beginning September 23 from 1 to 3:30 p.m. The free virtual workshop is 2.5 hours once a week for six weeks.

The research-based program, originally developed at Stanford University Patient Education Research Center, is designed for people age 18 or older with HIV to help them learn ways to better manage their chronic condition and the related symptoms.

For more information or to register, call 343-9264.*



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 24, 2020

Aries (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

Taurus (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

Gemini (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

Cancer (June 21 to July 22) A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

Leo (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

Virgo (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resistance, examine the circumstances. You might be quite pleasantly surprised by what you find.

Libra (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.

Scorpio (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.

Sagittarius (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

Capricorn (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.

Aquarius (January 20 to February 18) A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

Pisces (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

Born This Week: Few things make you happier than bringing people together and helping to forge new friendships.

MOMENTS IN TIME

- On Sept. 2, 1666, the Great Fire of London breaks out in the house of King Charles II's baker near London Bridge. When the Great Fire finally was extinguished on September 6, more than 80 percent of London was destroyed and 100,000 people were left homeless.
- On Sept. 3, 1939, Britain and France declare war on Germany. The first casualty of that declaration was the British ocean liner Athenia, which was sunk by a German U-30 submarine.
- On Sept. 6, 1943, a new high-speed train traveling between New York City and Washington, D.C., derails, killing 79 people and seriously

injuring 100 more. The Congressional Limited traveled at a then-unprecedented speed of 65 mph.

- On Sept. 4, 1957, Arkansas Gov. Orval Faubus enlists the National Guard to prevent nine Black students from entering Central High School in Little Rock. The armed Arkansas militia troops surrounded the school while an angry crowd of some 400 whites jeered, booed and threatened to lynch the frightened teenagers.
- On Sept. 5, 1969, Lt. William Calley is charged with premeditated murder in the deaths of 109 Vietnamese civilians at My Lai in March 1968. Calley, a platoon leader, had led his men in a massacre that was only stopped when a pilot landed his helicopter between the Americans and the fleeing South Vietnamese.
- On Sept. 1, 1972, American chess grandmaster Bobby Fischer defeats Russian Boris Spassky during the World Chess Championship in Reykjavik, Iceland. Fischer became the first American to win the competition since its inception in 1866.
- On Aug. 31, 1997, shortly after midnight, Diana, Princess of Wales dies in a car crash in Paris. She was 36. Her boyfriend, the Egyptian-born socialite Dodi Fayed, and the driver of the car died as well. A swarm of paparazzi on motorcycles had been aggressively tailing their car.

NOW HERE'S A TIP

- Check bagged frozen vegetables with the squeeze test: If it is hard and solid, it has thawed and refrozen, so you should choose another bag.
- "My family drinks sodas from the plastic bottles. At the beginning of storm season, I fill a dozen or so about three-quarters full and put them in the freezer. They are good in coolers and such, but mostly they fill space, making the freezer not have to work so hard. And if we lose power, they help to keep frozen foods frozen longer." – TR in Georgia
- "My family has always used mayonnaise as a salve on minor burns. I heard you can use toothpaste, too." – Sam P via e-mail
- "I love to put photos of family on the fridge. I found that the photos were getting ruined from grease and moisture in the air. To get around that I cleaned and laminated them. Afterward, I hot-glued little magnets to the backs, and now I can move them around to accommodate new photos. There are so many, and it gives me pleasure to look at them." – CR in Oklahoma.
- Use a paper plate as a splatter guard in the microwave. It will not sag down into your food, and will not get dragged off to the side by any rotation.

STRANGE BUT TRUE

- A tarantula discovered in 2015 near Folsom Prison, California, was given the scientific name "Aphonopelma johnnycashi" after Johnny Cash, in honor of his song *Folsom Prison Blues*.
- For that matter, "The Crocodile Hunter" Steve Irwin had a snail named after him, the *Crikey steveirwini*, a rare species of tree snail with a khaki-colored shell discovered in 2009.
- Some 60 percent of human DNA is identical to that of a banana.
- The maddening but addictive Rubik's Cube was created by accident. Professor of architecture Erno Rubik built a twistable box with colorful rows of labels on each side in an attempt to design blocks that could move without collapsing the entire structure. After rotating a few rows and mixing up the colors, the real challenge began: realigning the hues. It took Rubik about a month to restore his cube to its original condition.
- *Slaughterhouse-Five* author Kurt Vonnegut was such a big fan of the TV series *Cheers*

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

LEAVING L.A.

- ACROSS
1 Most minuscule
8 "The lady — protest ..."
12 Subjective newspaper section
20 Slightly
21 Opera part
22 Scrams
23 Spicy stew that's so thick it takes more than two people to stir it?
25 Commits in confidence
26 Mon. follower
27 With 75-Down, light-colored pub drinks
28 Sticky sealer
30 Very mad
31 Create the wax figure of the Police's frontman?
38 "— be an honor"
39 Dinero dispenser
40 Glass plate
41 Cause of a stuffy nose
46 Speed at which a Roman emperor walks?
- 53 Diner dispenser
54 Bucolic
57 Many '90s music sales
58 Auditoriums
59 Mailed item containing a bill from a nail salon?
63 Replies to irritably
65 Imprint
66 On the safe side, at sea
67 — B'rith
69 Skywalker's mentor
70 Attach a certain package covering to a corkboard?
75 Chorus voice
78 A.J. of auto racing
79 "Psst" cousin
80 Navigate
84 In a lax way
86 Taking a long time to grow, just like some velvety plants do?
89 Born earlier
90 Sci-fi craft
92 Daisy's kin
93 — Palmas
- 94 Wound protector that causes sorrow?
98 Hot pepper variety
101 Folk tales
102 MPG org.
105 Suffix with salt
106 Hairless inmates in an old English prison?
116 Related to the kidneys
117 GI tour gp.
118 Tyke, in Baja
119 Sis, e.g.
121 Restricted-access computer linkup
124 Product for scrubbing your noggin?
129 Wash lightly in advance
130 Beige-like
131 Painter
132 Mountains between France and Spain
133 River of myth
134 Most orderly
- DOWN
1 William Howard —
2 Pelvic bone
3 Big name in skin care
4 Suffix with Tokyo
5 SFO guess
6 Camera type, in brief
7 Work fill-ins
8 Mexican flower
9 Get aligned
10 Up to, in brief
11 Port-au-Prince's land
12 Highway bridge
13 Skillet, say
14 Trauma-trained pro
15 Singer Day
16 Rains heavily
17 Verdi's "very"
18 Reach
19 Ruhr city
24 Bill the — (comics character)
29 All fired up
32 Billy the — (outlaw)
33 & so forth
34 Gussy up
35 SUV biggie
36 Gene stuff
37 Always
41 Motor noises
42 QED part
43 Paquin of "True Blood"
44 Sweetums
- 45 Dismal
47 Hotshot
48 "— -La-La" (Al Green hit)
49 Old writing scroll
50 And
51 Dressed (in)
52 Juan's "this"
55 Dole out
56 Theater mogul
60 Interloped
61 Center or Pen lead-in
62 Like prisons
63 Weaken
64 Bit of a chill
67 Beer and tea
68 Quarterback great Joe
71 Org. for 68-Down
72 Lad
73 "Easy there!"
74 Big head
75 See
76 1970 hit by the Kinks
77 Chuck of NBC News
81 Tahiti, e.g.
82 Sweetums
83 Fuel brand up north
85 Be incorrect
86 Many an heir
- 87 Salty waters
88 Hotshot
90 American hwy.
91 Feudal lords' estates
95 Kay-em link
96 Lawn turf
97 "Golly!"
99 "Life of Pi" director Lee
100 Teachers' gp.
103 Larder
104 Farewells, in French
106 Linda in 1998 news
107 Actor Fonda
108 Step into
109 Dancer's handrail
110 Actor Delon
111 Riata, e.g.
112 Kin of Ltd.
113 Film director Christopher
114 Actor Davis
115 Claims on homes, say
120 Writer Harte
122 Ark.-to-Ill. dir.
123 Suffix with Nepal
125 Opera part
126 Hydrocarbon ending
127 — glance
128 NSFW part

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							
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106	107	108	109	110							111				112	113			114	115
116								117											119	120
121						122	123				124	125					126	127	128	
129											130									
132											133									

King Crossword

- ACROSS
1 Homer's cry
4 Commotion
7 Couturier Bill
12 — out a living
13 America's uncle
14 They're usually covered in white
15 Auto
16 Cartoon canary
18 Suitable
19 Point of view
20 Effervescence
22 Squirrel's home
23 Mediocre
27 Samovar
29 Sister of Venus
31 Kin of "Abra-cadabra!"
34 Crucifixes
35 Sufficient
37 "Brady Bunch" girl
38 Cash-drawer compartment
39 Swelled head
41 Marvel Comics group
45 Clutch
47 Anger
48 16-Across' pursuer
52 Legislation
53 Praiseful rendition
54 Clean Air Act org.
- 55 Consumed
56 "Excavating for —"
57 Bashful
58 Neither partner
DOWN
1 Starbucks selection
2 Giraffe's cousin
3 Avis competitor
4 "The Thin Man" pooch
5 Suddenly occur to
6 Last letter
7 Information unit
8 Myrna of Hollywood
9 Matterhorn, e.g.
10 Tackle moguls
11 Away from NNW
17 Reindeer kin
21 Boer fighters
23 Cheer-ful part of NYC?
24 Zodiac feline
25 Moreover
26 Owns
28 Tatter
30 Detergent brand
31 Dog's doc
32 Individual
33 Tiny particle
36 Towel word
37 Andrew Lloyd Webber title role
40 Microsoft big-wig
42 Where to see "The Last Supper"
43 Poets' Muse
44 More recent
45 Hackman or Wilder
46 Beseech
48 Masseur's workplace
49 Sweet potato
50 Mainlander's memento
51 U-Haul rental

THINGS WITH
MAGIC MAZE ● ELECTRIC MOTORS

OPNKIGRDBZXVSQO
MGKRIGEECAYTRWU
SAQPENLJXHRFEEC
ARYXVWSLLIRDDWU
SAQPNMOKMJMHDAF
EGC(LOCOMOTIVES)S
HEATEREDNELBRDP
BDRYERZYXWVUHNM
COMPUTERTCARS AU
ROSSERP MOCRLQBP
PRENOITIDNOCRIA

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: WASHER AND —

Air conditioner Compressor Heater Pumps
Band saw Computer Lawn mower Shredder
Blender Drills Locomotives Trimmer
Cars Garage door Mixer



Shrimp and Creamed Corn

1 pound shrimp, peeled and deveined
3-4 ears sweet corn, cut off the cob
1/2 cup bell pepper, diced small
1/4 cup celery, diced small
1/4 cup green onions, chopped fine
1/2 to 1 cup heavy cream (depending on how much sauce you want!)
1 tablespoon garlic, minced
1 tablespoon all-purpose seasoning
2 tablespoons unsalted butter
1 tablespoon vegetable or olive oil
1 tablespoon fresh herbs (your favorite)
Squeeze of fresh lemon juice
Sea salt and fresh ground pepper, to taste

Heat large skillet over medium-high heat. Add 1 tablespoon oil and 1 tablespoon butter. Saute garlic, bell peppers, and celery for 1 to 2 minutes. Season shrimp with salt and pepper and add to skillet and saute for another



Shrimp and Creamed Corn

photo courtesy Fresh From Florida

minute. Next add the corn and all-purpose seasoning; mix and sauté for 2 minutes. Now pour in the heavy cream; bring to a boil then reduce to a simmer until slightly thickened, about 5 minutes. Taste and adjust seasoning if needed. Add in green onions, fresh herbs, and lemon juice and serve warm as it is or over rice.

Fresh tip: Feel free to add as little or as many vegetables you want. Choice of protein can be substituted also.✱

PETS OF THE WEEK



Bruno ID# A824775



Wendy ID# A824825

Lee County Domestic Animal Services

Bruno And Wendy

Hello, my name is Bruno. I am an 8-year-old male boxer mix who has the manners one would expect from a senior pet. I love hanging with staff on the bench in the playyard but would definitely prefer the comfort of a home. My favorite pastime is getting my back scratched. My adoption fee is waived.

Hi, I'm Wendy. I am a 3-month-old female domestic shorthair who was admitted with an injury to my chin that

left it 'degloved.' I've had surgery to repair it and will be fine. I look a little different from the other kittens in the litter box, but everyone thinks I am just as beautiful! My adoption fee is waived.

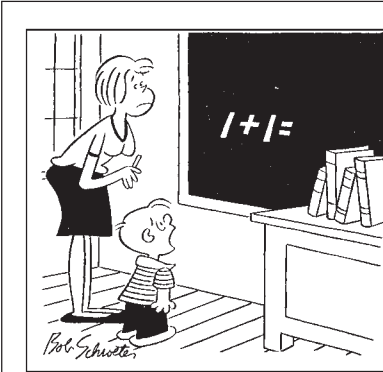
Lee County Domestic Animal Services has joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign. To help individuals and communities continue to practice safe social distancing measures, this year's initiative will run from August 1 through August 31, and feature a different "Pet of the Day" whose adoption fee will be waived with an approved application. During that time, the adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. And as always, our cats and kittens are adopt one get a feline friend at no additional charge.

The featured "Pet of the Day" is on www.facebook.com/leecountydomesticanimalservices. Visit www.leelostpets.com to complete an online adoption application prior to calling to make an appointment.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are continued on page 22

PUZZLES

Answers on page 23



"Who do you think I am —
_____?"

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!

Remedy
FERILE

Teeth
LADENT

Grand
TASTELY

Abstain
FARINER

TODAY'S WORD

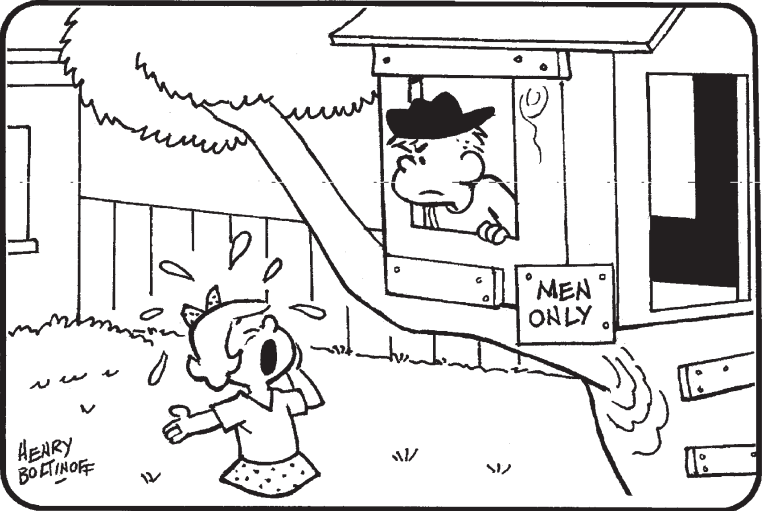
		1		9	5	7		
6				7			3	
	4		1					2
	5				1	4	7	
9				6				3
2		7	8			9		
	9		3		2		6	
1			4					8
		6		8		2		

SUDOKU

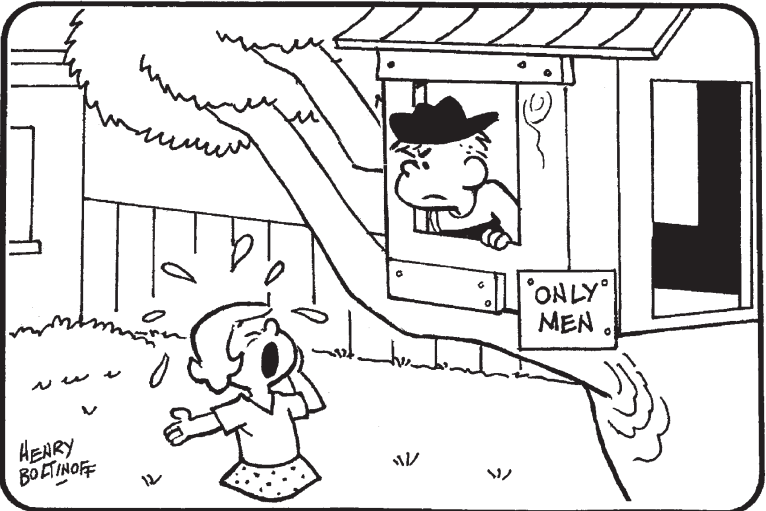
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS





BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Girl's bow is missing. 2. Tree limb has been added. 3. Boy's shirt has stripe. 4. Sign is different. 5. Treehouse roof is different. 6. Tree steps are gone.

 FRIDAY Cloudy High: 88 Low: 83	 SATURDAY Mostly Cloudy High: 87 Low: 84	 SUNDAY Sunny High: 88 Low: 82	 MONDAY Partly Cloudy High: 91 Low: 87	 TUESDAY Mostly Sunny High: 88 Low: 82	 WEDNESDAY Mostly Cloudy High: 87 Low: 83	 THURSDAY Sunny High: 89 Low: 82
--	--	--	--	--	---	--

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	9:16 am	5:26 pm	None	None	Fri	8:21 am	5:28 pm	None	None	Fri	8:02 am	2:32 am	11:10 pm	4:24 pm	Fri	11:26 am	8:42 pm	None	None
Sat	1:43 am	3:27 am	10:33 am	6:18 pm	Sat	12:48 am	3:29 am	9:38 am	6:20 pm	Sat	9:26 am	3:45 am	None	5:38 pm	Sat	3:53 am	6:43 am	12:43 pm	9:34 pm
Sun	2:01 am	4:46 am	11:36 am	6:59 pm	Sun	1:06 am	4:48 am	10:41 am	7:01 pm	Sun	1:59 am	5:16 am	11:30 am	6:47 pm	Sun	4:11 am	8:02 am	1:46 pm	10:15 pm
Mon	2:18 am	5:44 am	12:27 pm	7:33 pm	Mon	1:23 am	5:46 am	11:32 am	7:35 pm	Mon	2:20 am	6:35 am	12:41 pm	7:41 pm	Mon	4:28 am	9:00 am	2:37 pm	10:49 pm
Tue	2:31 am	6:31 am	1:11 pm	8:01 pm	Tue	1:36 am	6:33 am	12:16 pm	8:03 pm	Tue	2:32 am	7:33 am	1:28 pm	8:26 pm	Tue	4:41 am	9:47 am	3:21 pm	11:17 pm
Wed	2:42 am	7:12 am	1:50 pm	8:26 pm	Wed	1:47 am	7:14 am	12:55 pm	8:28 pm	Wed	2:50 am	8:21 am	2:11 pm	9:04 pm	Wed	4:52 am	10:28 am	4:00 pm	11:42 pm
Thu	2:52 am	7:51 am	2:27 pm	8:48 pm	Thu	1:57 am	7:53 am	1:32 pm	8:50 pm	Thu	3:14 am	9:03 am	2:54 pm	9:36 pm	Thu	5:02 am	11:07 am	4:37 pm	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!

Be a Voice for Manatees
Report sick or injured manatees

Learn more at
savethemanatee.org/rescue

Harry Chapin Food Bank OF SOUTHWEST FLORIDA

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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

Flip This Kennel Planned For September 4

Lee County Domestic Animal Services (LCDAS) will host the fifth annual Flip This Kennel event in a modified format on Friday, September 4 from 10 a.m. to 4 p.m.

As in past years, LCDAS, along with various county agencies and area rescues, will decorate kennels and catteries to showcase often overlooked shelter pets in the adoption center. This year's Flip This Kennel is board game-themed and each will be decorated with a spin on favorite childhood games.

The event was rescheduled from March due to the COVID-19 pandemic and the shelter's adoption center remains open by appointment only. Visit www.facebook.com/LeeCountyDomesticAnimalServices to vote all day Friday, September 4, by liking the picture of their favorite kennel or cattery. Visitors with appointments at the shelter during the event may also vote. Winners will be posted on the Facebook page on Saturday, September 5.

To make an appointment to visit the adoption center, call 533-7387. Available pets can be viewed at www.leelostpets.com.

From page 20

Pets Of The Week

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.

Hope For Pets

Sammy

Sammy needs a new home. He stayed with Phyllis in her assisted living facility, but after her passing, Sammy is hoping to find a new owner to love.

This 11-year-old, 22-pound tuxedo cat is happy, healthy and handsome. As a



Sammy photo provided

playful and affectionate "cool cat," Sammy loves to greet visitors at the door in the hopes of being petted and admired. His hobbies include bird-watching from the lanai and socializing with the residents of his former home.

Since Sammy has always lived alone with Phyllis, it is likely that he would do best in a home with no children. He does not get along well with dogs.

Although he is neutered, Sammy will need a vet check-up and vaccination update. Hope can help offset these costs as well as provide startup supplies and any other additional support.

If you are interested in adopting Sammy, call Colette at 985-7728 or email Colette at colette.johns@hopehcs.org.

Hope for Pets is a Hope program designed to provide assistance to our patients and their pets, based on financial and/or physical needs. All requests will be considered on an individual basis.

From page 18

Strange But True

that he once told reporters he would rather have written scripts for the show

than all his bestselling novels.

- Peppermint oil does a better job of promoting hair growth than hair-growth medication.
- Speaking of hair, following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut locks to absorb it.
- Looking for a possible reason to like Monday? It's the least rainy day of the week. While the exact science behind this is unclear, researchers believe it's likely due to the decrease in man-made pollution over the weekend.
- The tradition of knocking on wood for good luck originated with primitive pagans who tapped on trees to summon the protective spirits residing in them.

TRIVIA TEST

"There are years that ask questions, and years that answer."

— Zora Neale Hurston

THOUGHT FOR THE DAY

1. **Literature:** What was the name of Hermione's pet cat in the *Harry Potter* series?
2. **General Knowledge:** What is the name of the metal band that attaches

CLASSIFIED

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8/28 * TFN

RENTAL WANTED

FEMALE SEEKING RENTAL
Female seeking long term rental on Sanibel 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.
8/28 * 8/28

ANNUAL RENTAL

HOUSE RENTAL
East end canal front home with pool. 3/3. Annual rental, \$3,500 a month.
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8/28 * 9/18

ANNUAL RENTAL

ANNUAL RENTAL
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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6/5 * TFN

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8/21 * 9/11

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7/10 * 9/25

HELP WANTED

AFTERCARE TEACHER
for Sanibel Christian Preschool needed ASAP. Hourly Position Mon.-Fri., Noon to 6 p.m. DCF Required 40+ hours training and teaching experience preferred. IF interested contact deb@sanibelucc.org.
8/28 * 9/4

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

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

- a pencil and an eraser?
3. **Animal Kingdom:** What is a group of giraffes called?
 4. **Geography:** Which state claims Mackinac Island in Lake Huron?
 5. **Television:** What was the name of the coffeehouse in the *Friends* sitcom?
 6. **U.S. Presidents:** How many presidents have died in office?
 7. **Medical:** What is the common name for lachrymation?
 8. **Language:** What is the American English version of a British flannel?
 9. **History:** Who was the last czar of Russia?
 10. **Music:** What was the original name of the pop rock group Maroon 5?

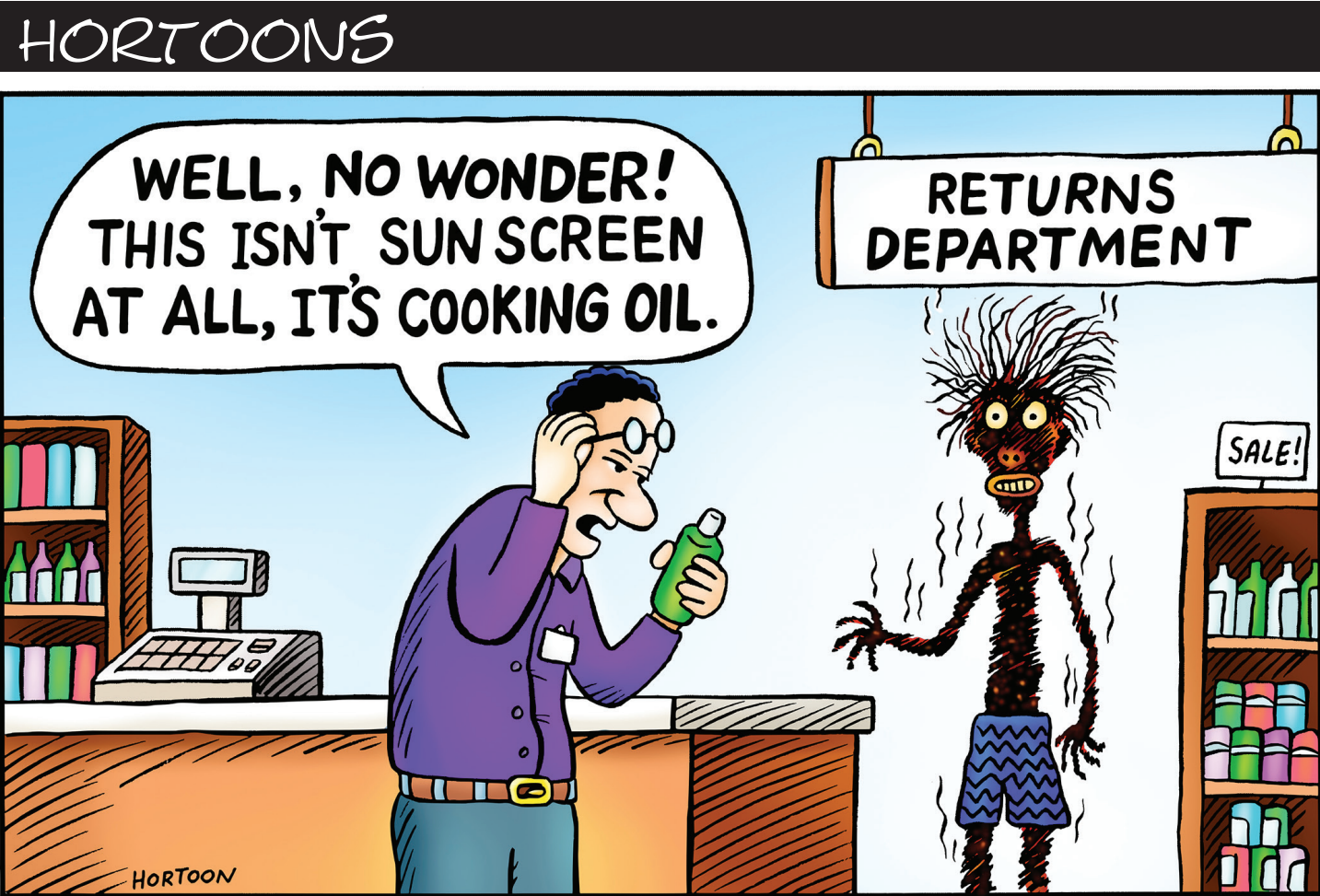
TRIVIA ANSWERS

1. Crookshanks 2. A fernie 3. A tower of tears 4. Michigan 5. Central Perk 6. Eight 7. Flow 8. A washcloth 9. Nicholas II 10. Kara's Flowers.

SCRAMBLERS ANSWER

1. Relief 2. Dental;
3. Stately; 4. Refrain

Today's Word
EINSTEIN



PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	2007	5,900	\$7,500,000	\$6,250,000	198
Bonita Beach	Bonita Springs	1984	3,458	\$2,995,000	\$3,114,050	2
Bellamare	Miromar Lakes	2006	4,791	\$2,975,000	\$2,700,000	20
Island Shores	Fort Myers Beach	2019	3,995	\$2,100,000	\$1,000,000	229
Island Shores	Fort Myers Beach	2020	1,600	\$2,100,000	\$1,000,000	0
Salerno	Miromar Lakes	2017	3,260	\$1,982,000	\$1,885,000	183
Captiva Beach	Captiva	1997	3,374	\$1,895,000	\$1,650,000	460
Hidden Harbor	Bonita Springs	1994	4,616	\$1,695,000	\$1,650,000	135
Shell Harbor	Sanibel	1975	2,658	\$1,350,000	\$1,175,000	146
Cape Coral	Cape Coral	1997	4,093	\$1,285,000	\$1,100,000	36



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