



Locals Brave The Shave For Young Cancer Survivors

Childhood Cancer Awareness Month recently kicked off at Golisano Children's Hospital when Jordan DeLorenzo, 14, a pediatric cancer patient who thought he was there for a routine visit, was surprised by his doctors and family with a special ceremony. DeLorenzo's big brother, Austin, is one of this year's Clips for Cancer participants and arranged to have his hair shaved off by Jordan in an act of brotherly love and support.

"When Jordan was born, God gave me the job of being a big brother," Austin DeLorenzo said. "At the time, I didn't know what that job included, but as I got older, I understood that I would love and protect my little brother at all cost. On April 12, 2018, my brother had to start a fight, one I physically couldn't fight with him, until today."

Clips for Cancer is an annual event designed to support and empower children currently undergoing treatment for cancer and blood disorders at Golisano Children's



From left, Armando Liechu and Dr. Kelly Sawczyn with Jordan, Christina and Austin DeLorenzo

photo provided

Hospital. Throughout September, community leaders will have their heads shaved by local children who have survived their battle with this terrible disease. Like Austin, "shavees" (adults who choose to go

bald) often have their own inspiration for braving the shave.

In spring of 2018, life changed way too fast for Jordan and his family. The night before Jordan was to go back to school

after spring break, he spiked a fever of 104 degrees. After a few doctor visits, the fever wasn't subsiding, and additional tests were ordered. While at home one afternoon, the family received a phone call informing them that something was not right with Jordan's labs and that they'd need to go to Golisano Children's Hospital to meet with oncology. Jordan was diagnosed with T-cell acute lymphocytic leukemia at age 12. Since then, he has undergone blood transfusions, platelets and chemotherapy in the spinal cord. He's been sick, had fevers and lost significant weight. Jordan is currently receiving chemotherapy and is scheduled to complete treatments on August 2, 2021. Today, Jordan looks healthy, has gained weight and has a full head of hair. He started school virtually recently as a freshman at Ida Baker High School in Cape Coral, where he wants to enroll in the medical academy program. Jordan wants to be a doctor or nurse in oncology to help kids like him.

"It's a walk through life that you never think you'll ever take – cancer," said Jordan's mother, Christina. "We were all in shock. Even two years later, with all the appointments and treatments and hospital

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Vendors will have many varieties of plants available for sale

photo provided

Plant Sale At The Estates This Saturday

Edison and Ford Winter Estates will hold a plant sale, open to the public, on Saturday, September 12 from 9 a.m. to 4:30 p.m. The sale will take place outdoors, in the Garden Shoppe and surrounding areas. There is no admission charge.

Outside plant vendors – including Calusa Palms, Deep South Natives, K

& K Super-blend, SunLand Orchids and Taylor's Tropicals – will also be on site. Horticulturists will staff a Garden Guidance table and answer guests' gardening questions. Vendors and the guidance table will be on site until 2 p.m.

The Garden Shoppe offers a unique place for gardeners to shop for quality plants. A large selection of flowering and fruit trees, butterfly plants, herbs, succulents, orchids, rare exotics and Florida natives are available. Many of the flowering trees and shrubs in the botanical gardens are available for purchase, along with wind chimes, fountains, ceramic

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Artists Sought For Collaborative Dark Art Exhibit

The Sidney & Berne Davis Art Center is issuing a call for artists through Friday, September 18. The Syzygy Collaborative Art Project will present the 4th annual Dark Art exhibition from Friday, October 2 and close Tuesday, October 20.

This show features the finest and most notorious collection of juried artwork in Southwest Florida, all dedicated to the spirit of horror, macabre and darkness during the Halloween season. The opening reception on October 2 is a free public event that includes a burlesque act for ages 18 and older starting at 9 p.m.

Following are guidelines for artists to submit their work for consideration:

Artists may submit up to four pieces for consideration. There is no submission fee.

All media is accepted, including sculpture. There are no size restrictions; all pieces must fit through standard doorways and arrive ready to display.

Send quality images (no more than three megabytes in size) labeled appropriately for identification purposes attached to an email sent to syzygycollab@gmail.com.

Include the following in the email body: artist's name(s), title, medium, dimensions and retail price (include 40 percent to venue, artist retains 60 percent of sales) for each submitted work.

Mention "Dark Art 2020" in the subject of the email.

If you are missing criteria, your



Plague Mistress

image provided

submission may not be accepted.

Artists are responsible for any and all shipping costs for the delivery of accepted artwork and the return of unsold work.

Pending acceptance, artwork must be ready to display. 2D work must be ready to hang with hanging wire or appropriate hardware, and sculpture must be free-standing. Pedestals can be provided for small-scale 3D works. Any works not display-ready upon the drop-off date are subject to rejection.

Artwork must have been produced

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Historic Downtown Fort Myers, Then And Now:

Texaco Star At Lee And Anderson



by Gerri Reaves, PhD

Since the height of the 1920s boom, this sharp-angled corner at Lee Street and Martin Luther King, Jr. Boulevard has been home to auto-related businesses.

Nestled among the trees in the circa-1925 photo is a catty-cornered Texaco station across from the Central Fire Station.

One of many filling stations that sprouted up during the boom, it replaced a two-story, wood-frame house that once stood on the corner.

Perhaps the building's orientation is its most notable feature, but an additional feature that saves it from being completely ordinary is the slender wall that extends above the roofline and

slices the front portion of the structure in half.

The business was originally and briefly called Central Filling Station, a companion to an identically named Texaco station on Main Street.

The name soon changed to Palm Filling Station and remained so for several years.

In May 1926, a full-page Texaco ad in the *Fort Myers Press* featured the 10 local Texaco affiliates, including car dealerships and garages, more than one would expect in a small city.

Some competitors were only a couple of blocks apart.

Two quirky bits of auto trivia from that year: Jeff's Filling Station at Thompson and Evans advertised "rain water for radiators," and Texaco gas was 19 cents per gallon at Palm Filling Station in December.

Starting in the 1930s, the business underwent a series of changes in ownership and name, common occurrences during the Great Depression.



Circa 1926, a Texaco station opened on the corner of Lee Street and Anderson Avenue, today's MLK Boulevard. At left is the Westward on Anderson.

photo courtesy The Fort Myers Plan



Since the mid-1920s, this sharp-angled corner has been home to some type of auto-related business. On the right is the northward view down Lee.

photo by Gerri Reaves

The station's proximity to the "old" Fort Myers High School in the 1940s – at today's Melvin Morgan Constitutional Complex's location – made it a convenient place for students to buy snacks.

It was a drop-off location for *The Tampa Tribune* for students who delivered the newspaper after school.

In the 1950s, the building became an affiliate of Cities Service Company, a company founded in 1910 that evolved into today's CITGO.

Over the decades, the original structure was repeatedly added onto or replaced in phases, so the historic structure is gone.

In the 2000s, it has been a garage and a NAPA auto center. It recently changed hands and names again but what hasn't changed is the business's physical orientation and the association with auto supplies or repair.

Walk down to the busy corner of Lee and MLK Boulevard to appreciate an easily overlooked building with boom-time roots.

Then learn more about the downtown's surprising number of boom-time gas stations at the following research centers.

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

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

Sources: The Archives of the Southwest Florida Historical Society, *Fort Myers Press*, *The News-Press* and www.citgo.com.*

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Members of the Cape Coral Fraternal Order of Police Lodge 33 with gifts to be dispersed
photo provided

Local Police Lodge Donates To Nonprofits

The Cape Coral Fraternal Order of Police (FOP) Lodge 33 has donated approximately \$34,000 to Pace Center for Girls, Lee County; Harry Chapin Food Bank of Southwest Florida; and the Cape Coral Caring Center.

This summer, the FOP President, Sergeant Paul Blanchard, learned about Pace Center-affiliated students who were in need of Chromebooks for the 2020-21 school year. As a result, the FOP donated \$14,000 – enough to buy 40 of these devices for 65-plus girls through program resources. Now, students are able to continue their classes virtually and keep in touch with their counselors as well as participate in virtual field trips, engaging projects and pop-up events.

In addition, Sergeant Blanchard and FOP Vice President Robert Goff presented \$2,000 to the Harry Chapin Food Bank. This donation helped the renowned charity purchase the equivalent of \$16,000 worth of food, 540 pounds of which they offered

in a single day to families in need.

Last month, the FOP also donated \$1,000 to the Cape Coral Caring Center (CCCC). This marked the organization's 30th anniversary with resources that helped 18,237 Cape Coral residents (5,833 families) and contributed to 188 tons of distributed food.

To complement these philanthropic initiatives, the FOP partnered with a few local churches to provide \$17,000 in school supplies to about 85 area students in leau of an annual back-to-school shopping trip. The FOP previously modified this event, due to the COVID-19 pandemic and thanks to their connection to the Cape Coral Police Department Chaplain program.

"The FOP Lodge 33 saw an unanticipated, extra need for key goods. As luck would have it, our invaluable connections with local leaders and organizations made it possible to fulfill that need, despite the obstacle of the century," Sergeant Blanchard said. "We are fortunate to work in such a great community with fantastic support for its public safety professionals."

For more information on the FOP Lodge 33, visit www.capecoralfopldodge33.org.✱

Radio Show Featuring Authors Premieres On PBS

WGCU reporter and host of *All Things Considered* Cary Barbor has created a show for readers and writers, and anyone interested in books, to air the first Wednesday of each month on *Gulf Coast Life* at 1 p.m. It debuted September 2.

In each 30-minute broadcast of *Gulf Coast Life Book Club*, Barbor will interview the authors of two books – one fiction and one nonfiction. She expects to share some timely publishing news, too, on occasion.

"There's nothing I love more than talking to writers about their books," Barbor said. "I look forward to sharing the candid conversations I'll have with a wide range of writers on the *Gulf Coast Life Book Club*."

The first *Book Club* show, on WGCU 90.1 FM and WMKO 91.7, featured the writer of the nonfiction work

Becoming Duchess Goldblatt, who remains anonymous. The title refers to the character that the writer created – a character who exists only on Twitter. The subsequent memoir tells the story of how her creation of the duchess helped her emerge from an emotional morass and befriend countless followers, among them singer-songwriter Lyle Lovett.

Barbor also interviews Lysley Tenorio, the author of *The Son of Good Fortune*. This novel tells the story of Excel, a young man growing up in San Francisco, and his mother Maxima, a martial artist who was a B-movie action star in the Philippines before they moved to the United States. Excel was born on the plane, mid-flight, as his mother immigrated. They are both undocumented, meaning one slip and their lives could be upended.

"Even if you think you have an opinion about immigration and documentation, this book will open your eyes and your heart," Barbor said.

Before joining the staff of WGCU, Barbor hosted the podcast *Books & Authors* and worked in public media in New York.✱

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Fort Myers Art:

Center Holding Auditions For Teen Improv Troupe



by Tom Hall

Melody Lane in Cape Coral is assembling Southwest Florida's first teen improv troupe, and the performing arts center will hold auditions for teens age 13 to 19 on

Saturday, September 19 from 11 a.m. to 1 p.m.

The inaugural show, Show's IMPROVment, will consist of dozens of small scenes and songs written by students and directors, either individually or in collaboration with each other. But here's the rub. The audience will choose the monologues, solos, duets, group scenes and songs, and numbers and the order in which they'll be performed, meaning that the troupe needs to be ready and versatile enough to perform the scenes at a moment's notice and in any order.

"We are so excited to embark on this new hilarious learning journey with you," stated the audition notice for the show. "Come join Southwest Florida's first-ever teen improv performance troupe."

Participation in the teen improv troupe offers numerous benefits. In addition to being part of local theater history, troupe members will learn and develop critical communication and interpersonal skills such as relying on a scene partner, reading emotional cues, thinking on their feet, risk-taking and public speaking. Not surprisingly, people who practice improv are among some of the most self-confident and self-reliant persons you'll ever meet.

Safety is a top concern at Melody Lane. The troupe will be limited to just 10 members, who will rehearse in masks and follow all mandated safety protocols recommended by the CDC and Florida Department of Health. At present, the first show is planned for December, "if/when it is safe."

Rehearsals will be held on Saturdays from 10:30 a.m. to 1 p.m., September 26 through December 5, excluding holidays.

The troupe will train and perform



image courtesy www.artswfl.com

under the guidance of the Melody Lane Theatre Department (MLTD). The musical theater program has produced more than a dozen youth musicals since 2017, including three pilot productions for Disney. Through audition, education and performance opportunities, students gain acting, singing, dancing and ensemble skills as well as create art. In addition to putting on major musical productions like Disney's *Lion King JR*, *Finding Nemo JR*, *Frozen JR*, *James and the Giant Peach JR*, as well as teen productions: *Into the Woods JR* and *The 25th Annual Putnam County Spelling Bee*, MLTD earned the highest honor of Outstanding Performance at the January 2019 Junior Theater Festival Awards in Atlanta, winning overall in the age category of 8th and below. In 2020, the MLTD's JTF Team earned the award of Excellence in Ensemble Work for its set of *Mary Poppins*, with Director Dana M. Alvarez winning the Freddie G. Teacher Fellowship Award. For the Junior Theater Festival 2021, the theater will be taking the brand new title, *Matilda JR*.

For more information or to sign up for the audition, visit <https://forms.gle/2iqRwPrfrvmRUVQf9>.

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.✴

The Lab Presents Musical Comedy, Home Version

The Laboratory Theater of Florida will present an audio-visual hybrid film and stage production of *Disenchanted, a New Musical Comedy*.

With theaters around the world dark to help curb the spread of the global pandemic, artists are anxious to get back to performing. The theater has instituted a rigorous pandemic protocol. This protocol incorporates a quarantine model for staff, crew and cast, which includes but is not limited to isolation, temp checks upon arrival, masks for everyone not on stage (limited to one actor at a time), frequent handwashing and buckets of hand sanitizer.

Our story begins years and years after our famous princesses had their supposed "happily ever after."

They're not too thrilled with how things turned out for them... in fact, they're jaded, sassy, enlightened and empowered. And what better way for them to express their disenchantment with the "princess complex" than through song?

Three virtual performances will be available – Friday, September 18 and Saturday, September 26 at 8 p.m., and Sunday, October 4 at 2 p.m.

Digital passes are \$25 and available by calling the box office at 218-0481.

Disenchanted, a New Musical



Kimberly Suskind plays Cinderella

photo provided

Comedy is directed by Annette Trossbach with Assistant Director Gil Perez. It is sponsored by Arlene Foreman.

This is an audiovisual recording and is only viewable online. Your digital pass is good for one viewing on that particular evening.

Thank you for supporting The Laboratory Theater of Florida. Follow us on Facebook, Instagram, Twitter, and YouTube at LabTheaterFL. For technical issues with your digital pass, call the box office at 218-0481.✴

Drive-Thru Greenmarket Sports New Time

The Alliance for the Arts weekly GreenMarket drive-thru service continues each Wednesday with a new time. To accommodate requests, the drive-thru pick-up service will be Wednesdays between 4 and 6 p.m.

The Wednesday GreenMarket drive-thru pickup service, which was initiated when the market closed in response to COVID-19, asks market customers to pre-purchase online at www.artinlee.org/drivethru. Menu items are released on Friday afternoons, and the opportunity to pre-purchase closes at 10 a.m. on Tuesdays.

Market customers can order fresh produce boxes, potted herbs and plants and duck and chicken eggs from Venus

Veggies, cheeses from Quality Cheese, flavorful local honey from Lee Queen Bee and kombucha from Flying Eagle Kombucha SWFL. Pre-ordered items are placed in trunks by vendors.

This new evening pick-up time also takes place during the Alliance's Food Truck-Grab-and-Go event, allowing customers to also pick up dinner while they receive their farm-fresh produce and goods.

The year-round and onsite GreenMarket is also open each and every Saturday from 9 a.m. until 1 p.m. at the Alliance. While onsite, visitors are invited to explore the Alliance for the Arts' 10-acre campus to experience a series of outdoor site-specific artwork installations by local artists or come inside to shop the gift shop or explore its current gallery exhibitions.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org or call 939-2787.✴

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Clyde and Niki Butcher will talk about the Everglades following the 2020 publication of Clyde's latest photographic release and as a sneak peek to Niki's refuge exhibition starting in November photo provided

Refuge Lecture Series Moving To New Venue

The upcoming season's "Ding" Darling Friday Lecture Series will evolve with the times and persisting distance protocols by moving to the larger venue of The Community House, located at 2173 Periwinkle Way on Sanibel. The free lectures will occur on five select days throughout the season with one 10 a.m. lecture per day.

The 17th annual "Ding" Darling Friday Lecture Series, which runs January 29 through March 19, features photographers Clyde and Niki Butcher, *Feather Thief* author Kirk W. Johnson, and eminent authorities on water conservation, eagles, owls and woodpeckers.

"The uncertainties of COVID-19 challenged us to experiment with a new lecture series format so we could accommodate high-quality lecturers but still abide by new distancing guidelines," said Ann-Marie Wildman, "Ding" Darling's Nature Store manager and lecture series organizer. "We would be very limited on how many we could seat at our usual venue in the "Ding" Darling Visitor & Education Center auditorium, but The Community House gives us more latitude. So we've decided on fewer lectures with topnotch speakers."

The season's complete schedule follows. Book signings follow all starred (*) lectures; books will be available for purchase that day. Visit www.dingdarlingsociety.org/articles/lecture-and-film-series for more information on lecturers.

Seating is limited and available on a first-come basis. About 200 seats will be available. Face masks will be required. DDWS will be filming most lectures and broadcasting them on Facebook Live at www.facebook.com/dingdarling.

DDWS is seeking sponsors for four of the following lectures. Contact April Boehnen at 472-1100 ext. 4 or Birgie Miller at 472-1100 ext. 232 for more information.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff and board of directors.

Friday, January 29 – Ocean Doctor David E. Guggenheim, Water Conservation, sponsor needed

*Thursday, February 4 – Photographers Clyde and Niki Butcher, *The Everglades*, sponsored by Wayne and Linda Boyd

*Friday, February 19 – Author Jack Davis, *Eagles*, sponsor needed

*Friday, March 12 – Author Paul Bannick, *Owls and Woodpeckers*, sponsor needed

*Friday, March 19 – Author Kirk W. Johnson, *Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*, sponsor needed.*

Indra Yoga Classes Return To Davis Art Center

The Sidney and Berne Davis Art Center will hold Indra Yoga classes with Meghan Pullaro on Wednesdays from 11:30 a.m. to 12:30 p.m. Bring your mat.

Safe and contact free yoga in the largest practice space in Southwest Florida offers plenty of room for social distancing. Stretch yourself to new health while receiving the guidance to practice safely, the encouragement to challenge yourself and the laughs to get your smile back in shape.

Meghan Pullaro, eRYT-500, YACEP, Reiki master/teacher, has been spotted leading pop-up yoga classes in unexpected places for over five years. She offers something different, strives to light people up from the inside, and is best known for her playful teaching style, traditional yogic values and dynamic Vinyasa sequencing. In 2020, Pullaro spent her downtime creating a Yoga Alliance registered yoga teacher training program. She holds an RYS200 certificate.

Cost is \$15 (cash or credit) to be paid at the door. Arrive 15 minutes early to register.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com.*

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Valerie’s House Launches Giving Campaign

Valerie’s House, the only organization in Southwest Florida with the sole focus of helping children grieve, has decided to cancel its 4th annual Sunset Soiree event, normally held in the month of October, due to ongoing COVID-19 safety concerns.

In lieu of the event, Valerie’s House is launching the Every Sunset Brings the Promise of a New Dawn giving campaign. Various photos of children and families in the Valerie’s House program with the backdrop of the Southwest Florida sunset will be shown throughout the next few months over social media and other outlets reminding the community of the promise of a new beginning, even in times of darkness. The goal of the campaign is to raise \$100,000 from individuals and businesses for the children of Valerie’s House across Lee, Charlotte and Collier counties.

“Our families need to see that we are not letting this tough time stop us from doing everything we can to make sure Valerie’s House is always there for them,” said Founder and CEO Angela Melvin. “When families walk into Valerie’s House, we are often the light during a dark time, and the sunset is a reminder to them that even with sadness, beauty awaits us in life.”

Since the start of the pandemic, Valerie’s House has experienced an influx of new children entering the program for help with grieving the death of a parent

or sibling. Since April 1, more than 230 children have attended a grief support group, either virtually or in-person at either the Fort Myers or Naples houses. Valerie’s House has incorporated the wearing of face coverings and implemented social distancing during group nights to abide by CDC guidelines.

Dollars raised during the Every Sunset Brings the Promise of a New Dawn campaign will go directly to their mission of helping children and families work through the loss of a loved one together. Valerie’s House has a vision that No Child Grieves Alone. The campaign kicked off September 1 and will run through November 30.

Supporters can learn more about helping Valerie’s House reach it’s \$100,000 goal by visiting www.valeriehouseswfl.org and clicking the Sunset Campaign page. The organization’s Facebook page also has more details on supporting the organization.✪

Gulf Coast Writers To Hold Meeting

The Gulf Coast Writers Association will be holding a monthly meeting at the Southwest Florida Military Museum and Library on Saturday, September 19 from 10 a.m. to noon.

Guest speaker Jill Clark, who freelances in prose and poetry, and has had her work published in multiple publications, will provide tips for marketing and explain how to use social media to create a buzz. Bring your own mask. Hand sanitizer will be provided Southwest Florida Military

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.

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcforymyers.org, 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

Museum and Library is located at 4820 Leonard Street in Cape Coral. For more information or questions, call 770-906-7885 or visit www.gulfwriters.org.✪

Virtual Sessions For Choir Singers With Memory Loss

The Intermezzo Choir of the Fort Myers Symphonic Mastersingers will be holding virtual sessions this fall. Interested singers with memory loss, and their care partners, are invited to join via Zoom for one of two 75-minute sessions happening each week. Singers can join the unique dementia-supportive community choir by logging on using a laptop, iPad, smartphone, or in a small group.

The Intermezzo Choir is designed for singers with early to mid-stage Alzheimer’s or related dementias, their care partners/ family and volunteer singers living in their homes or chosen communities. No singing experience is necessary. Singers can have fun meeting new friends, singing favorite familiar and new songs, and socializing via Zoom with others who share a love of music. There are no wrong notes!

Rehearsals will start Wednesday, September 16 and continue each Wednesday until November 18. Singers may choose either a morning rehearsal time from 10 a.m. to 11:15 p.m. or the afternoon meetup from 1 to 2:15 p.m.

Rehearsals are conducted by Fort Myers Symphonic Mastersingers Artistic Director Shannon Arnold in association with music therapist Jan Malecha and

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

LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 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.

Mastersingers’ collaborative pianist Janet Carter. Repertoire will include Broadway, pop, gospel and jazz genres, as well as an intergenerational piece with the City of Palms Youth Choir. Warm-ups, vocal technique, rhythm and ensemble skills are part of each virtual rehearsal, along with a Move & Groove break and Music & Me shout-outs.

Registration is \$25 per singer for 10 weeks. This includes a tote bag, music notebook and rehearsal CD (plus technical assistance as needed). Sign up online at www.mastersingersfm.com/intermezzo-choir or leave a voicemail at 288-2535 for Coordinator Jan Malecha to return your call. The Intermezzo Choir is a member of the Giving Voice Chorus initiative and funded in part by its parent organization, the Fort Myers Symphonic Mastersingers and a grant from the Lee County Bar Association Foundation.✪

From page 1

Dark Art

within the past 12 months.

Art previously exhibited at Dark Art will not be accepted. Artwork must adhere to the theme of dark art. This includes, but is not limited to monsters, magic, witches, zombies, creatures, nightmares, surreal hellscapes, skulls, spirits, ghouls, demons, devils and ghosts. The purpose of this show is to encourage artists to explore these themes and the darker spectrum of thought and imagination.

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

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

American White Water Lily

by Gerri Reaves

American white water lily (*Nymphaea odorata*) is native to most of North America and one of several water lilies native to Florida.

A member of the water lily family, this submerged aquatic plant grows in ponds, lakes, swamps, sloughs, marshes, and even ditches and canals.

Its beauty might inspire you to create a bog or water garden just to have it around. If that's too daunting a project, opt for growing it in a container submerged in a small tub.

The word *Nymphaea* in the species name refers to the lovely nymphs of Greek mythology. The flower is known as most the fragrant of water lilies.

Other common names include fragrant water lily, pond lily, sweet-scented white water lily and alligator bonnet.

The showy flowers float on or slightly above the water surface, opening in the morning and closing at night.

Three to five inches across, they bloom from February to November in south Florida and last for several days.

They appear singly on purplish or reddish green stems. Tapered petals, often more than 25, surround more than 70 bright yellow stamens. Bees and butterflies visit the nectar-rich center.

The flat oval or circular leaves are six to 10 inches across and also float on the surface.



American white waterlily, pictured amidst reeds, is a fragrant aquatic plant suitable for a bog garden or pond
photo by Gerri Reaves

A cleft extends almost to the center where the leaf joins the soft spongy stems. Those stems have four channels for conveying gases to the rhizomes, the submerged or rootlike stems.

The species is hardy but requires rich

organic soil to thrive.

Grow it in sun to partial shade. The cylindrical stems can be several feet long, so give it sufficient space and at least 18 inches of water.

It grows and spreads so quickly that it is

classified as a noxious weed in some states. It is pest resistant and low-maintenance but will not tolerate salt or drought.

Propagate it with the egg-shaped seeds or by dividing the rhizomes.

Several forms have been cultivated for the nursery trade.

Waterfowl and other wildlife consume the seeds and the stems.

The cooked flowers, buds and leaves are edible, as are the mature seed pods, according to some sources.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Florida's Incredible Wild Edibles* by Richard J. Deuerling and Peggy S. Lantz, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, <https://edis.ifas.ufl.edu>, www.efloras.org, www.regionalconservation.org, www.wildflower.org, and <http://www.wildsouthflorida.com>.

Plant Smart explores the diverse flora of South Florida.*

Cool Tips For September

The following methods keep electric costs as low as possible during the dog days of September:

When cooling your home, set the thermostat at 78 degrees Fahrenheit. Each degree below adds 8 to 12 percent to cooling costs.

Install a programmable thermostat

continued on page 12

FWC Offers Tips On Helping Hatchlings

Sea turtle hatchlings are beginning to appear on beaches throughout the Sunshine State, and the Florida Fish and Wildlife Conservation Commission (FWC) is asking the public to help ensure these tiny turtles reach the ocean by following a few simple guidelines.

During sea turtle nesting season (March 1 through October 31), it is important to keep your distance from these protected marine reptiles and their nests. You should allow hatchlings to crawl toward the ocean on their own. Any interference or disturbance, including getting too close, can cause hatchlings to become confused and lose their way.

Bright lights, whether from buildings, phones or cameras, can also cause them to become disoriented, leading the hatchlings to stray away from the waves. If they are unable to reach the ocean quickly, they can become vulnerable to dehydration, exhaustion and predators.

"Interfering with a sea turtle hatchling's trek to the ocean can have fatal consequences," said FWC sea turtle biologist Robbin Trindell. "It's very important to leave them undisturbed. By keeping beaches dark and giving sea turtles space, we can make sure that our children and grandchildren can also enjoy watching them make this amazing journey."

There are many ways you can make a difference for Florida's sea turtles:

Keep beaches dark for sea turtles – After sundown, turn off any lights not necessary for human safety. Use long wavelength amber LED lamps for lights that must stay lit and shield lights, so they are not visible from the beach. Remember to close shades or curtains.

No flash photos – On the beach at night, don't take flash photos or use bright cellphones or flashlights. This can cause turtles to become disoriented and crawl away from the ocean, putting them at risk.

Remember, sea turtles are protected by law – Stay back and give sea turtles space if you see one on the beach at night. Don't touch a nesting turtle because it may leave the beach without nesting if disturbed. Remember, it is illegal to harm or disturb nesting sea turtles, their nests, eggs or hatchlings.

Clear the way at the end of the day – Beach furniture, canopies, boats and toys left behind on the sand can become obstacles that block nesting and hatchling turtles. Fill in any holes dug in the sand. Holes can trap turtles, and can also pose a safety risk for other beachgoers.

Before taking any action, report sea turtles that are sick, injured, dead, entangled or otherwise in danger to the FWC's Wildlife Alert Hotline: 1-888-404-3922 or text Tip@MyFWC.com.

Learn more about Florida's sea turtles at www.myfwc.com/seaturtle. Show your support for sea turtle conservation with a specialty license plate or sea turtle decal.*

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September Silver



by Capt
Matt Mitchell

September has always been one of my favorite months to fish our waters. Now that the busy Labor Day holiday weekend is over, things get nice and quiet on the water. September is prime time to get out and enjoy the best of what our fishery has to offer... from tarpon to snook to redfish.

During days off when we have light winds, my favorite thing to do is get out early and chase tarpon. Although we generally do not have the huge numbers of fish we see in the spring, you will often have them

all to yourself. The further through the month we get, the more these fish get keyed in on the bait schools out on the beach. When conditions are right, some of the most wide open tarpon fishing of the year happens over this next few months.

In the sound, our redfish have just started to school up. During low tides, its a great time to locate them on the shallow flats on the inside of the passes. Often you will first see feeding birds, then as you get closer, you can see the bait jumping to get out of their way. Flats inside of both Redfish and Captiva passes are great places to start your search. Long-casting weedless spoons work really well for these shallow water fish along with a trusty chunk of cut bait cast out in front of the school.

Snook have just begun to make the transition this month as they start coming in from the beaches and pass hangouts of summer. Oyster bars and points with good tide movement in the middle sound can hold amazing numbers of snook. This has been some of the best summer snook pass fishing we have had in years. Thanks to the closure, this fall snook fishing is gonna be epic. After seeing the amazing recovery of our beloved snook, all we can hope for is that the Florida Fish and Wildlife Conservation Commission (FWC) keeps this fishery closed for another year.

As water temperatures slowly begin to drop by October, the annual southbound bait migration will kick into high gear. Although we haven't noticed the change of season yet, our days have already begun to get shorter. September has always been the month when fishing guides and locals get to enjoy some of the best fishing of the year.

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.*



Tarpon fishing in September can be amazing

photo provided

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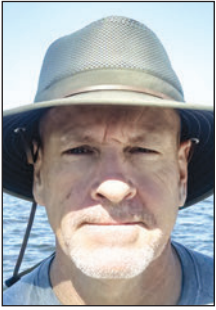
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Dave Doane

CROW Case Of The Week:

Sooty Tern



by Bob Petcher

The sooty tern (*Onychoprion fuscatus*) is a tropical seabird that “sleeps on the wing,” meaning that it can literally fly with its eyes closed. It nests on sandy islands but normally stays far

offshore.

At CROW, a sooty tern was admitted from St. James City. Upon examination, the tern was extremely thin and dehydrated. Since these birds are pelagic, it is rare for them to be seen on land. CROW officials suspect that the bird’s weakened state caused it to be blown ashore by the recent hurricanes in the Gulf of Mexico.

“Pelagic or seabirds live out at sea and typically only return to land for breeding or for nesting purposes. For this reason, they are typically only presented to the hospital when they have been injured or become systemically ill,” said Dr. Robin Bast, CROW’s staff veterinarian.

After the patient was stable enough, a blood sample was taken that revealed it was slightly anemic, and radiographs showed visible air sac lines.

“This bird was allowed to rest in a cage with a heat lamp and given subcutaneous fluids to stabilize it. After two hours, we were able to obtain a blood sample. Radiographs were taken



Patient #20-4094 was undernourished, dehydrated and weak on admittance

photo by Dr. Heather Barron

the next day once the bird was deemed stable enough for anesthesia,” said Dr. Bast. “Air sac lines are white lines visible in the respiratory system on x-rays – normal lungs in a bird should be black on x-rays. This can indicate inflammation or infection – bacterial or fungal in nature – within the respiratory system. Bacterial air sacculitis is treated with broad-spectrum antibiotics. Fungal air sacculitis is more difficult to treat and cure, and requires anti-fungal medications like Itraconazole. This patient received both antibiotics and anti-fungal medications.”

The patient was started on a refeeding plan and was given fluids and antibiotics.

“Since this patient was very thin, it had to be slowly re-fed to prevent ‘re-feeding syndrome,’ which can cause life-threatening electrolyte imbalances as the bird’s metabolic state shifts,” said Dr. Bast. “We typically start with a liquid, easily digestible critical care formula based on their typical base diet. For fish-eating birds such as this one, we use LaFeber’s Piscivore care, then transition to Mazuri Fish analog (dried fish meal), and then offer whole fish such as smelt.”

Since intake, the tern has improved, but will need to gain more weight and

strength before being evaluated for release.

“This bird weighed 110 grams on admission to the hospital. Today, it weighs 145 grams and is eating on its own. It will need to gain back body condition or strength in its flight muscles prior to release, and should weigh closer to 180 grams by the time it is ready for release,” said Dr. Bast. “It needs to be a normal weight and have good, strong flight muscles and display the ability to fly normally in an outdoor enclosure. Currently, this patient is still in ICU receiving medications. Once its medical treatments have been completed, it will be moved to an outdoor rehab enclosure to encourage exercise and build strength back up in its flight muscles.”

The patient is making progress with its health and moving towards different living conditions.

“This bird continues to improve with supportive care, antibiotics and antifungal medications. It’s most recent bloodwork and x-rays show improvement,” said Dr. Bast. “We expect to move it to an outdoor enclosure within the next week to begin the next phase of its rehab process.”

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.✱

Registration Open For Scarecrows In The Park Benefit

The Lakes Park Enrichment Foundation invites the Southwest Florida community to participate in its 11th annual Scarecrows in the Park competition. Entries will be exhibited October 24 through 31 throughout the Children’s Garden at Lakes Regional Park, 7330 Gladiolus Drive, Fort Myers.

Families, associations, clubs, businesses, community groups, scout groups, youth groups and individuals are encouraged to compete.

This year’s competition has been re-imagined, incorporating CDC guidelines for social distancing. All entries must consist of a single scarecrow figure attached securely to a pole or post, dressed as an “American Hero.. Entries must be brought to the park fully assembled – there will be no on-site assembly. Installation and takedown will occur by appointment to facilitate social distancing. Entries will be spaced throughout the Children’s Garden to enable social distancing among guests to the exhibit.

The VIP portion of the competition will be judged by local celebrities in a “secret shopper” manner, while the

People’s Choice portion will be judged by the public online via “likes” on the Foundation’s Facebook and Instagram channels. Prizes will be awarded to the winners of each portion of the competition. Proceeds will benefit park-enhancing projects and programs funded and managed by the Lakes Park Enrichment Foundation.

“This Scarecrows in the Park exhibit will be a good way to bring families together, to create some old-fashioned fun,” said Robin Baum, vice president of the foundation. “During this pandemic we haven’t had the opportunity to do a lot as a community. We’re hoping everyone will come out and display their favorite American hero and have some fun while doing it”.

“Scarecrows in the Park has been a highlight of the fall season for the past 10 years”, said Marsha Asp, one of the foundation’s directors. “This year, families can build an American Hero scarecrow which will be a fun family activity, then share it with others and know they are contributing to Lakes Park. What a great idea!”

The deadline for competition registration is October 16. Families, businesses, youth groups and other organizations interested in participating should email Foundation Executive Director Erin White at info@lakespark.org or visit www.lakespark.org for more information.✱

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SWFL Inc. officials conduct mock interviews with FGCU students at a previous Career Compass program photo provided

FGCU Students Connect With Local Employers

SWFL Inc. is proud to announce it's partnering with Florida Gulf Coast University for the fall 2020 semester to run the fifth session of Career Compass, a unique program that connects students with local employers for informational and mock interviews. This semester's program will continue with support from a grant from the Southwest Florida Community Foundation.

"We created this program with FGCU in 2018 as a way to show our local students that there are fantastic job opportunities right in their backyard," said Dawn Brewer, operations manager at SWFL Inc. and Career Compass program leader. "It's grown so much over the last

few semesters, and we're excited to have helped more than 120 students connect with employers for these interviews."

Rose Fuller, director of career development services at FGCU, is proud that the program gives students a closer look at opportunities in the local workforce.

"The fact that students are able to do a mock interview with someone outside the four walls of FGCU and connect with an employer in the region is a great way to get them that real-world interview experience," Fuller said.

This year, SWFL Inc. and FGCU will also work with the Greater Naples Chamber and Greater Fort Myers Chamber of Commerce to continue to connect students with employers in the area.

For more information about Career Compass, contact Dawn Brewer at 992-2943.✧

Monday through Friday from 8 a.m. to 5 p.m.

In addition to the move, AAASWFL welcomes Norma Adorno as its new interim CEO, replacing Marianne Lorini who retired in July. Adorno joined the Area Agency on Aging as chief operating officer in April 2020 and will continue providing leadership and direction for the internal operations of the organization and overseeing all services and programs.

"We will now be centrally located and look forward to better serving those in our care across seven counties in southwest Florida," said Wendy Hayes, chair of the board of directors. "We are also pleased to welcome Norma to her new leadership role as interim CEO and are confident she will continue advancing our mission to assist older adults and adults with disabilities to live safely with independence and dignity."

Adorno holds a master of science degree in health care science from Nova Southeastern University and a bachelor of science degree in criminal justice studies from Florida Gulf Coast University. In addition, she has completed several certifications including certified just culture trainer and facilitator; certified job instructor trainer; and certified job relations trainer.✧

Agency On Aging Moving To New Location

Area Agency on Aging for Southwest Florida (AAASWFL), a nonprofit serving older adults and adults with disabilities, will be operating from its new location at 2830 Winkler Avenue, suite 112, in Fort Myers, beginning Tuesday, September 1.

From the agency's new office space, it will continue connecting residents of Charlotte, Collier, DeSoto, Glades, Hendry, Lee and Sarasota counties with local resources such as elder care, adult day care, housing assistance, home care, meals, housekeeping, legal assistance, personal care and even volunteer opportunities.

Due to the current number of positive COVID-19 cases in the area, AAASWFL will remain closed to the public until October 1. At that time, masks will be required upon entry to the building.

For now, the agency's supportive specialists remain available by phone on the Elder Helpline at 866-413-5337. AAASWFL's hours of operation are

'Ding' Darling Extends Photo Contest Deadline

Because "Ding" Darling Day and its contest winner announcement has moved to December, the deadline for the 28th annual "Ding" Darling Day Amateur Nature Photography Contest has been extended one month to October 15. All entries must be submitted electronically.

Cash award prizes in honor of the refuge's 75th anniversary celebration this year are \$300 for first place, \$225 for second place and \$175 for third place. The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the annual contest.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at "Ding" Darling Day on December 1.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by October 15. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to the "Ding" Darling Wildlife Society (P.O. Box 565, Sanibel FL 33957) with a memo "for photo contest" or online at www.tinyurl.com/dingcontestfees.

In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

There is a \$25 per person entry fee that provides you with a membership to DDWS and is used to defray the cost of the contest. One fee covers two entries per person.

Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each person may enter up to two photos but is eligible to win only one award.

Each photo must be a JPEG file of at least 3000 by 2400 or 4 megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in



Linda Kruleski from Beverly Hills, Florida took third place in 2017 with her portrait *Hawk with Snake* photo provided

previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria:

Technical excellence (sharpness, lighting, composition, exposure);

Originality/creativity;

Interest;

Ability to be reproduced for publication.

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

There are three judges: a refuge staff person; professional photographer; and member of the Sanibel community.✧

County Transit Resumes Fare Collection

Lee County Transit (LeeTran) has resumed collection of fares on its fixed-route buses and ADA Passport services. Riders will once again be allowed to board at the front of the buses.

Fares had been suspended and riders had been entering at the rear of buses since spring as part of Lee County's response to the COVID-19 pandemic and efforts for contactless interaction. Now, the county has installed driver shields and customer-service safety barriers, resumed selling fare passes and reopened its Rosa Parks Transit Center, LeeTran headquarters and transit vending machines.

LeeTran also has upgraded its technology with new fast-fare boxes and fare-collection system. The new electronic

fare boxes will provide an improved rider experience while offering payment methods that minimize touch while boarding buses.

In anticipation of the new fare box rollout, LeeTran has started the exchange process of old fare passes for new ones. Riders who have old or unused fare passes can exchange them for new passes from 8 a.m. to 5 p.m. at two LeeTran locations:

Rosa Parks Station, 2250 Widman Way, Fort Myers.

LeeTran headquarters, 3401 Metro Parkway, Fort Myers.

Riders still can use cash and old fare passes for a transition period. A smart-phone app affiliated with the new fare collection system will be launched in November.

Riders can access schedules for routes at www.leegov.com/leetrans/how-to-ride/maps-schedules. To follow service-related updates or learn more about LeeTran, visit www.rideleetrans.com.✧



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Book Review

The Book Of Lost Friends



by Di Saggau

Find novels inspired by historical events to be especially interesting. *The Book of Lost Friends* by Lisa Wingate is such a book. It's a story of three young women in Louisiana 1875,

searching for their families during the post-Civil War South, and of a teacher in Louisiana 1987 who finds their story and discovers a connection to her own students' lives. The heart of the story is about families trying to find one another. Three young women in 1875 take the reader along on a journey, a perilous quest to find their long-lost families. Lavinia, a pampered heir to a destitute plantation; Juneau Jane, her illegitimate Creole half-sister; and Hannie, Lavinia's former slave, travel to Texas, chasing a ghost of a man who they believe holds the key to their futures.

Benedetta Silva who goes by Benny, is a first-year teacher at a poor rural school in Augustine, Louisiana, who can hardly comprehend the lives of her poverty-stricken students. She finds a hidden book that takes her back to the three women's story. She convinces an older woman, Granny T, who is a legend

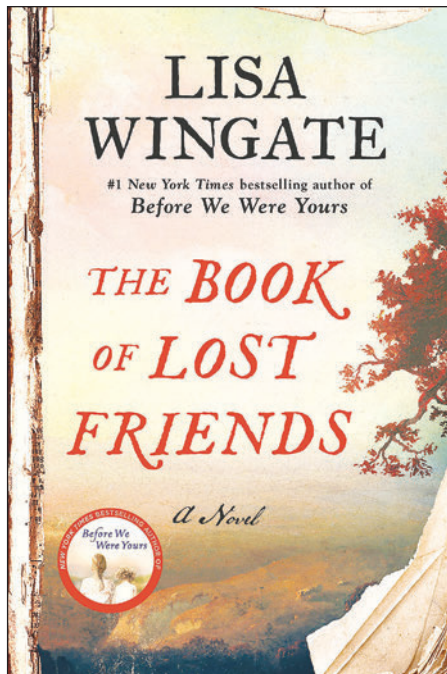


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in the town, to visit her classroom and talk about local history. While this gives her the connection she wants with her students, it upsets almost everyone in the town. The topic is something no one wants to talk about, considering the town's past and the former plantation that a portion of the town now sits on.

Benny tells her students, "You know there is an old proverb that says, 'We die once when the last breath leaves our bodies. We die a second time when the last person speaks our name. The first death is beyond our control, but the

second one we can strive to prevent'." The subject matter in this book is heavy, but the beauty of the prose carries the reader through any difficult passages. It's a tale that brings to life a sad and disturbing part of American history.

The *Lost Friends* ads, published in the *Southwestern Christian Advocate*, a Methodist newspaper, went out to nearly 500 preachers, 800 post offices and more than 4,000 subscription holders, requesting that pastors read the contents

from their pulpits to spread the word of those seeking the missing. Reprints of some of those ads are in the book, and they will break your heart and make you want to cry at the injustice. In *The Book of Lost Friends*, Wingate does a masterful job of telling about actual "lost friends" advertisements that appeared in Southern newspapers after the Civil War, as freed slaves searched for loved ones who had been sold off. It's a tale not to be forgotten.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, Now that we are back to school, I know that I will want to communicate with my children's teachers. I guess email is going to be

the best way. Sometimes I have trouble communicating my concerns, and I'm hoping you have some good ideas on how I can email with my kids' teachers so that they understand what I'm saying and that I don't overload them.

Monica G, Fort Myers, FL

Monica,

I think you will find that most teachers expect and welcome communication via email. They want to know your concerns, and they want to be able to share information with you. You are wise to take a look at the best way to structure your email and figure out the best way to write it. Your school may have some guidelines about emailing the teacher, and you should check on that... but here are some basic principles of good email communication with them.

First, make sure that the teacher is open to emails exchange. She or he may have another different, preferred way to communicate. If email is OK, make sure you have their correct email address and that they have yours. Some of us have some wacky email names, and you want to make sure that the teacher knows it's you and that your email doesn't go in the spam folder.

Start each email with a pleasant greeting and positive comment. You might want to state how much you appreciate the teacher's hard work or how much your child likes the class.

It's important to keep your email as brief as possible. Long emails often aren't read closely. Think about how you react to long emails and tailor your own to be succinct.

Don't expect an instant reply. Teachers have family lives, too. Find out what the teacher's policy is on how quickly you're likely to get a response. Most teachers will respond within 24 to 48 hours.

Make sure you have read all the class materials thoroughly. Oftentimes, the answers to your questions can be found in class materials. Make sure to check the class web portal as well. Many teachers now go to great lengths to put grades, assignments and other materials on a web portal.

An email to your children's teachers

should only include other school professionals if they've been involved in the particular issue you're emailing about. Don't copy the principal unless it's absolutely necessary.

Keep the tone calm and respectful. If you want to discuss a learning issue, it's important to stick with the facts. Instead of saying, "no one is helping my daughter with her reading" try to make the email stay on a more positive tone to address the same concern. For example, you can write, "She failed the last two reading comprehension tests, and I'm concerned she needs some reading help. Can you and I set up a time to talk about this further?" That may start the process of a helpful dialogue.

Make sure to close the email with a pleasant closing. Thank the teacher for taking the time to read your message and say that you look forward to hearing her thoughts.

By using these guidelines, you should be able to write a very useful and appropriate email that will help you, your child and the teacher address any concerns that arise.

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 7

Cool Tips

that will automatically raise and lower the temperature at certain times of the day.

Be sure your thermostat fan switch is set on the "auto" setting – economical for temperature and humidity control.

Do not close A/C vents or interior doors when A/C is running.

Service A/C system annually.

Change or clean filters monthly.

Keep windows and exterior doors closed when running your air conditioner. Use caulk and weather stripping.

Replace light bulbs with compact fluorescent lamps, which use 75 percent less energy, or LED lamp, which use 85 percent less energy with a life expectancy of 30,000 to 50,000 hours of run time.

Turn off fans when room is not occupied. Each running fan costs approximately \$7 per month on bill.

Install reflective window tint/film that will reflect 65 percent or better on windows facing east, west or south. Install awnings, storm shutters and planting shade trees.✱

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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

LeeCARES Program Extended

The Lee Board of County Commissioners recently approved two new LeeCARES programs to help Lee County non-profit human service agencies and municipal governments address unanticipated programmatic and operational expenses incurred in response to the COVID-19 pandemic.

The new grant program for 501(c)3 and 501(c)19 human service agencies will provide up to \$50,000 of one-time grant assistance for expenses incurred in the agencies' response to the COVID-19 pandemic.

Eligible agencies may also apply for grants for planned response actions.

Eligible expenses may include program enhancements to address increased service needs from county residents due to COVID-19 including legal services, temporary shelter and computer and technology equipment. Eligible expenses may also include the purchase and/or reimbursement of personal protective equipment, personnel costs, facility retrofit expenditures and other unanticipated administrative expenses directly related to COVID-19.

The total amount of available funding is \$10 million. The grant program would tentatively target a launch date of Monday, September 21.

For Lee County's six municipal governments, the board approved allocating \$5.5 million for cities' necessary expenditures incurred due to the COVID-19 public health emergency. The county will divide funds among the municipalities according to population.

In addition, another round of distribution of personal protective equipment (PPE) is planned for businesses and residents. The business distribution sites already scheduled are:

September 15 to 18 at Veterans Park, 55 Homestead Road South in

Lehigh Acres

September 22 to 24 at North Fort Myers Recreation Center, 2000 North Recreation Park Way

September 29 to October 1 at Estero Recreation Center, 9200 Corkscrew Palms Boulevard

Distribution sites for the general public will be announced later this month. More details on both types of distribution will be posted soon at www.leecares.com and on Facebook at Lee County Government.

The current LeeCARES Business Rehire and Individual/Family Assistance programs will close on September 18.

The LeeCARES programs are funded through the federal Coronavirus Relief Fund through the \$150 billion Coronavirus Aid, Relief and Economic Security Act (CARES). Lee County received \$134,459,744.

The funding includes:

\$45 million to Human Services programs including the Individual Assistance Program.

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

\$23,950,000 for Public Safety and Medial expenses, including contact tracing, EMS transport, quarantine housing, etc.

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

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

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

Visit www.leeflcares.com for more information about all available programs.

Application instructions also are available in Spanish by calling 533-2273 (or 239-LEE-CARES); applicants without internet access can also call the number. Hours are 8 a.m. to 5 p.m. weekdays.

Updates about the county's response to coronavirus can be found at www.leegov.com/covid-19.

Helping Businesses Recover, Restore And Reboot

As Lee County navigates the ever-changing world of the coronavirus pandemic, the Southwest Regional Manufacturers Association (SRMA) is hosting a free virtual roundtable panel discussion that will help manufacturers and businesses get back on their feet after the devastation of COVID-19. The webinar entitled Recover > Restore > Reboot will be held online at 8 a.m. on Wednesday, September 16.

"This webinar is just one of the many ways our organization and its board members strive to continue to serve the growing number of manufacturers in the Southwest Florida region," said

SRMA Board Chair Jeff Poirier. "From workforce development and training programs to funding, exports and supply chains, SRMA is proud to have the valuable resources available to assist manufacturers when they need it most."

Local experts will provide information about on-the-job training programs, the art of diversifying supply chains and how to tap into available economic incentives and funding. Featured speakers include Bill Welch of CareerSource; Dana Brunett of the Lee County Economic Development Office; and Kevin Brady of the Small Business Development Center. Poirier will be the moderator.

The event is free for SRMA members and nonmembers. Guests must preregister online at www.sрма.net/category/events. For more information, visit www.sрма.net, call 258-1385 or email info@srma.net.

New Vice Provost For Workforce Programs

Florida SouthWestern State College (FSW) recently welcomed Dr. Thomas Norman as vice provost for workforce programs.

Dr. Norman will provide leadership and strategic direction for FSW's schools of Education, Health Professions, and Business and Technology, and FSW's Corporate Training and Continuing Education programs. In addition, he will provide leadership in aligning collegiate programming with emerging workforce needs in partnership with area businesses and community-based organizations.

"For nearly 60 years, FSW has provided workforce training programs to the Southwest Florida community," said Dr. Jeff Allbritten, president, FSW. "As our economy and workforce needs change



Dr. Thomas Norman

and evolve, especially during the time of COVID-19, FSW must continue to provide the training that is necessary to meet local employers' needs. We look forward to the expertise and the new programs and certifications Dr. Norman will bring to FSW."

Dr. Norman has a doctorate in education policy and a master's in public administration. Prior to joining FSW, he was dean of University Extended Education at Minnesota State University (MSU). In this role, he was responsible for leading cross-campus program development, labor market analyses, developing and implementing a comprehensive matrix of workforce solutions, as well as working on the university's accreditation review with the Higher Learning Commission.

Prior to joining MSU, he served as the state director for workforce development in Minnesota, leading statewide programs and activities that served over 300,000 people annually, including a cross-section of state residents (veterans, adults, displaced workers, offenders and youth). His positions prior to this role include the senior director for research, innovations and outreach; the director of continuing professional education at the University of Minnesota; and the director/dean of community based services at Dakota County Technical College.

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Will Power

Now Is The Time



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

When I was growing up in Indianapolis, we would visit my grandparents in Clearwater every spring break. One year, my parents treated us to a few days at Disney World, and we even stayed in the Contemporary Resort. That's the hotel near the Magic Kingdom that has the monorail passing through its giant open atrium.

For a 12-year-old boy in 1974, the entire scene was incredible.

We had a blast in the park, too. After riding on Space Mountain, my parents wanted a more sedate experience (I wanted to go on Space Mountain again, but was overruled), so we hopped right into the Carousel of Progress. You may remember its catchy tune, "Now is the time... Now is the best time of your life..."

Thinking back, the Disney Imagineers really pegged the "future" family. Remember, this was 1974. The animatronic family of the future conducted video calls and used pocket computers to search for recipes.

Like many Disney songs (think *Supercalifragilisticexpialidocious*), once you hear them, they stick in your mind for the rest of the day. "Now is the time" seems to be my mind's theme recently, particularly because of what's going on in our economy and in looking forward to the next election.

Consider that our government has spent trillions of dollars to keep us afloat during the coronavirus episode that's not yet over. Our economy absorbs hit after hit, and we don't know how this all pans out. As a tax and estate planning attorney, I can't help but think no matter who wins in November, our tax bills will be rising. Tax rates are at historic

lows. With the enormous debt Washington accumulates, something must give.

The federal estate tax exemption is at an historic high. It won't last forever, as it is scheduled to sunset in 2025. Depending upon the November results, it could sunset sooner.

So where does this lead us? For those with larger estates, now is the time to conduct advance planning. Strategies exist to minimize the size of your estate, even if you want to retain the income generated by the assets you're planning with.

Unlike your foundational plan, such as a will or a revocable trust, most advance planning requires the use of irrevocable trusts. In other words, your foundational plan can always be changed, but when you embark on advance planning, it's permanent. It can't easily be undone.

But that's nothing to fear if you have a Florida Bar board certified estate planning attorney on your team. Here, you'll want to discuss your goals and concerns, then fashion a plan that wraps the best tax strategy around those plans. In addition to estate tax planning, income tax planning is also vitally important, as income tax rates are also likely to rise in the near term.

Most advance planning techniques take time to mature. Some strategies percolate over several years. But this can be a good thing for you and your loved ones.

Consequently, not only is it important to consider strategies because tax rates might change, but it's also important to have as many years as possible in front of you to let advance plans mature, saving more money. All time low interest rates benefit as well. So long as the rate of return that your assets achieve over time exceeds current government interest rates, the better the savings for your loved ones.

Now is the time. (You're hearing that song in your mind, aren't you?) Don't Mickey Mouse around, because environments this favorable won't last forever. Hopefully, we don't return to 1974 inflation rates (11.4 percent!) which, combined with the interest rates at that time, would make many advance estate planning strategies difficult to succeed. Take advantage while you can.

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

FutureMakers Coalition Holding Virtual Meeting

The 2020 FutureMakers Coalition Champions Meeting will be held virtually on Thursday, September 17 from 7:30 a.m. to noon. The theme of this year's meeting is 55%: A Working Revolution.

The FutureMakers Coalition aims to transform Southwest Florida's workforce by increasing the proportion of working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent. The coalition has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee, and Charlotte counties.

The public is welcome to join the virtual meeting by registering at www.bit.ly/3ln3M5h.

This year's event will include an overview and update of the coalition's work, updates on Southwest Florida's Talent Hub and a special report on how COVID-19 has affected our region by Workforce Now. Douglas M. VanOort, CEO of NeoGenomics, Inc., will serve as the event's keynote speaker and nationally renowned author and TED talk speaker Dan Pallotta will join for a question-and-answer session with FutureMakers Coalition Director Tessa LeSage.

According to LeSage, this year's virtual event will bring together the Champions Team members so they can better understand what collective leadership means to the success of the coalition, contribute to the interpretation of the data and identify opportunities and contribute to moving the effort forward.

"The FutureMakers Coalition is poised to foster the social and economic conditions our company needs to source talent, find qualified contractors and grow a vibrant and nurturing environment

for success. Together, we can help the FutureMakers coalition meet their goal of 55 percent of the region's workforce holding the credentials needed to fill in-demand jobs and earn a living wage," said Jennifer Balliet, chief culture officer of NeoGenomics, Inc.

The Champions Team plays a pivotal role in the coalition's success. Team members include regional leaders who have the ability to create a stronger workforce and vibrant economy by improving cradle-to-career opportunities for students, offering job training and certifications, employee educational incentives and more.

"The Champions Team members are key leaders and influencers who, together, have the opportunity to help shift the culture and conversation in Southwest Florida," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation, the backbone organization for FutureMakers Coalition.

Southwest Florida has been designated a Talent Hub by the Lumina Foundation in partnership with The Kresge Foundation and received a \$125,000 award to support local efforts to increase educational attainment.✴

Calusa MOAA Chapter To Meet

The Calusa Chapter of the Military Officers Association of America (MOAA) will resume monthly meetings following its hiatus due to COVID-19. The Saturday, September 12, meeting, beginning at 10 a.m., will be held at the Caloosa Club, Cape Royal Golf Club, 11460 Royal Tee Circle, Cape Coral. Since this is the first meeting since March, members will be reviewing chapter activities, the scholarship program, and budget implications.

All current, former and retired military officers and spouses are invited to attend. Cost for the breakfast is \$15, payable at the door (cash only). Reservations

are requested and may be made by contacting Dixie Buick at 945-5030 or via email at calusamooa@yahoo.com.✴

Smart Marina Opens On Fort Myers Beach

Gulf Star Marina, Southwest Florida's first fully automated "smart marina," is now open on Fort Myers Beach.

Developed by Carroll Properties, Gulf Star Marina is the first in the world to feature Austrian-based LTW's stacker crane technology that delivers vessels from storage racks to the water within minutes. Boat owners can use an app to schedule their estimated arrival time, and a computer-operated system will safely transport boats from storage to the water using lifts and a rail system, similar to a high-tech vending machine. The automated storage and retrieval (ASAR) technology replaces forklifts traditionally used in dry dock storage marinas.

The 29,000-square-foot, multi-level marina is built inside a reinforced concrete structure offering superior protection from fire, wind and rain. It replaced an aging steel facility built in the 1970s.

"Since COVID-19, boat sales are on the rise and, as a result, there is an increased demand for boat storage in Southwest Florida," said Todd Carroll, owner of Carroll Properties. "Gulf Star Marina can accommodate boats and yachts up to 40 feet in length, and when you're talking about a significant investment like that, you want to make sure they're protected from the elements, especially during hurricane season."

In addition to secure dry storage, Gulf Star Marina's concierge services include boat fueling and cleaning, as well as access to the Captain's Club

that features a lounge, big-screen TV, computer station and fully equipped locker room with showers. Through the Boat Cloud app, boat owners can pre-order food, snacks, drinks and ice, and Gulf Star Marina staff will have items ready to go upon owners' arrival.

Additionally, public access to the marina includes a fueling station and ship store, which will offer drinks, snacks, clothing, fishing gear and boating accessories once completed.

Located at 708 Fisherman's Wharf, adjacent to Doc Ford's restaurant, Gulf Star Marina began accepting reservations while under construction and anticipates reaching capacity in the coming months.

For more information about pricing and reservations, visit www.gulfstarmarina.com or call 463-9552.✴

From page 1

Plant Sale

flower pots and garden art.

A limited number of garden carts are available, so guests are encouraged to bring their own. Additional discounts are available for members; guests can join that day and get the discount. Refreshments will be available for purchase. The Garden Shoppe is open seven days a week from 9 a.m. to 4:30 p.m.

Following guidelines from the Centers for Disease Control, the organization is undertaking the following safety measures: All visitors will be required to wear masks; staff will wear masks and undergo temperature checks each day; surfaces will be cleaned and sanitized daily; protective shields have been installed at the ticket counter; signs will be posted throughout the site alerting visitors to practice social distancing; and hand sanitizer stations will be available.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonford.org.✴

Superior Interiors

Adding Value To Your Home For Market



by Jeanie Tinch

How important is it to properly stage your home before a sale? According to real estate experts, proper staging can increase a home's value by one to 10 percent, compared

to similar property values. This means more than simply cleaning your interior and exterior spaces (although that's a major part of it). Staging includes clearing away clutter and ultimately striking a balance between a homey feel and a blank slate that a potential buyer could picture themselves living in.

The outside of your home is just as important as the inside, especially considering that it's the first thing potential buyers see. Sprucing up your landscaping doesn't need to be a major undertaking, but rather just tidying up garden beds, keeping the lawn trimmed and adding a few flowers for pops of color.

Refrigerators, microwaves and washing machines are just a few of the essential appliances around your home that buyers will want to take a good look at. Having updated appliances is a great way to boost the value of your home, especially if they

are energy efficient. Even things such as ceiling fans, thermostats and cooling systems can be upgraded to newer models to attract buyers because they look sleek and are functional.

A fresh coat of paint has the power to transform the feeling of a room or your furniture. If you have brightly painted or dark walls, you may want to brighten them up with a lighter color when you put your home up for sale. This will allow buyers to picture the space as their own, and it opens a multitude of design possibilities. This doesn't mean you have to paint your entire home white overnight, but simply make some strategic paint choices in key living areas like the living room and kitchen.

Windows are an interesting asset to your home because they serve a functional purpose and must look great from both the exterior and interior. Apart from updating your windows to new energy-efficient models, it's also a good idea to update any window treatments surrounding them. Whether that means painting shutters or switching out heavy drapes for lighter materials during warmer months to let in more light, your windows are one of the most important elements of your home.

The bathroom can be easily overlooked because of its small size. Typically, when you hear about a bathroom upgrade, it involves an expensive remodel, but you can add value to this space with a few simple changes. Changing accessories like a towel rack to nickel, adding new towels and removing counter clutter instantly beautifies the space.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindecdn.com.✱

Downtown Hotel To Open Soon

There will be a soft opening at the 243-room waterfront Luminary Hotel & Co. in downtown Fort Myers on Wednesday, September 23. Three of Luminary's main food and beverage outlets – Dean Street Coffee, the Lobby Bar and Ella Mae's Diner – will also open with the hotel, while the rooftop Beacon Social Drinkery and Silver King Ocean Brasserie will make their debuts later in the fall.

To celebrate the official opening of the neighboring Caloosa Sound Convention Center, a public ribbon-cutting event will be held Saturday, September 19. The event will also serve as the kick-off to the Fort

Myers Home & Garden Show, the first public event at the new facility, and also the first event held at the opening of the original Harborside Event Center in 1990.

"As we've been working toward these openings, the safety of workers, our staff and our guests has taken priority, making a soft opening the best strategy for managing seating and other factors to be consistent with the latest health guidelines," said Bob Megazzini, general manager.

The three new outlets opening with the hotel will operate seven days a week. The onsite coffee roastery Dean Street Coffee will be open 6 a.m. to 3 p.m.; Ella Mae's Diner from 6:30 a.m. to 9 p.m.; and the Lobby Bar open 11 a.m. to 11 p.m.

For more information, visit www.luminaryhotel.com.✱



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Real Estate Strategies And Investment Tips

Developers, investors and real estate experts will address the dynamics of real estate investment and development at the 2020 Real Estate Symposium to be held as a live webcast on Thursday, September 17 from 8:30 to 11 a.m. The annual event is presented by the Real Estate Investment Society (REIS) in partnership with the Lutgert College of Business at FGCU.

Southwest Florida's economy during the course of COVID-19 will be discussed by Dr. Christopher Westley, dean of Lutgert College of Business. Leading developers, investors and builders will address site selection and development strategies for commercial and residential projects. Featured speakers include: Dan Creighton, CEO of Creighton Commercial Development and Construction; Joe Bonora, president of Catalyst Asset Management; and Mark Stevens, president of Stevens Construction. Valuations, capital, lending and return factors will be discussed by a panel of local industry experts, moderated by Sean Ellis, Esq., of Roetzel & Address. The panel includes: Matt Simmons, principal with Maxwell Hendry Simmons; Greg Blurton, vice president of Edison National Bank; and Brandon Hall, executive vice president with Midland Trust.

REIS President Mary Gentile, CSM, CRX, stated that "Southwest Florida

is adapting to new market trends and economics, and REIS is pleased to provide a forum with knowledge and ideas that will help our members and our community leaders succeed in this dynamic environment."

There is no charge for members of REIS and FGCU students. Admission is \$20 for all other interested persons. Registration is required at www.reis-swfl.org.

Roetzel is the Title Sponsor of the symposium. Morris-Depew Associates and Busey Bank are the Gold Sponsors, with LandQuest Commercial Property Management and Grandbridge Real Estate Capital being Silver Sponsors.

For more information and program schedule, visit www.reis-swfl.org.✱

Bank Hires Teller

Brittany Philhower has joined Sanibel Captiva Community Bank as a teller at the College Parkway Branch, located at 7500 College Parkway in Fort Myers. She is responsible for assisting customers with personal and business banking transactions.

Philhower has five years of experience in the banking industry, working for several local financial institutions.✱

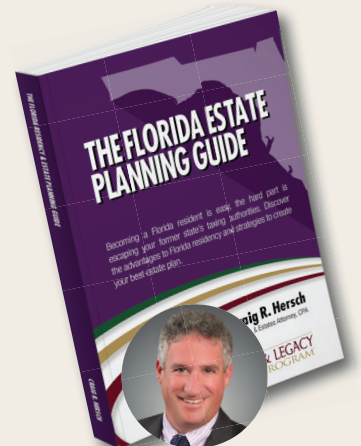


Brittany Philhower

FREE ESTATE PLANNING GUIDE

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- providing the **PEACE OF MIND** knowing everything goes where you want when you pass
- **Most importantly, is your plan up-to-date and Florida-compliant?**



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

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Memories of great moments. Moments of excitement. The confluence of so many sports continues with yet another league added towards the end of the

Great moments from the past with the loss of two legends. Lou Brock, who was traded by my beloved Cubs to their archrival Cardinals had a fabulous career – after being traded. He got his 3,000th career hit (against the Cubs by the way), stole 938 bases and had a .293 batting average. The Hall of Famer passed away this week at 81. But whereas the Cardinals stole a Hall of Famer, Hall of Famer Tom Seaver – who passed away at 75 last week – stole the hearts of Cubs fans. I hate to type this. The Amazon' Mets featuring "Tom Terrific" overcame the

Breathtaking moments from the NBA playoffs. Two game 7s this week were won by 1 point each. Can't get much closer than that, advancing the Nuggets and Rockets to their next round. Milwaukee, in an OT must-win victory, held off the Heat whose lead is

NCAA football started this past

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. ❄️

Cancer Survivors

Every Friday in September, watch live on Facebook as pediatric cancer survivors shave the heads of community leaders. Make a donation directly to Barbara's Friends or show your support for the shaves and cancer survivors by visiting www.barbarasfriends.org/clipsforcancer. ✨

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SPORTS QUIZ

1. What right-handed submarine-style relief pitcher for the Kansas City Royals led the AL in saves in 1980 and 1982-85?
2. Luc Richard Mbah a Moute, former UCLA Bruins basketball star and 2008 NBA Draft pick of the Milwaukee Bucks, hails from what African nation?
3. Name the Arizona Cardinals head coach who ranted “[The Bears] are who we thought they were! And we let ‘em off the hook!” in a 2006 postgame press conference after his team’s late collapse vs. the Chicago Bears on *Monday Night Football*.
4. Stomper, an elephant, is the official mascot of what Major League Baseball team?
5. Through the 2016 Rio de Janeiro Summer Olympics, China dominated the table tennis event with 28 total gold medals won. What country ranks a distant second with three gold medals?
6. What Swiss tennis star won the Australian Open, Wimbledon and US Open women’s singles titles in 1997 at age 16?
7. What quarterback did the New York Giants’ Michael Strahan tackle on the final game of the 2001 NFL regular season to break Mark Gastineau’s single-season sack record?

ANSWERS

1. Dan Quisenberry. 2. Cameroon. 3. Dennis Green. 4. The Oakland A's. 5. South Korea. 6. Martina Hingis. 7. Brett Favre, Green Bay Packers.

dearRPharmacist

Grape Juice Helps Heart Disease



by Suzy Cohen, RPh

Dear Readers: A few weeks ago I wrote about post viral fatigue syndrome (PVFS), which is the lingering, intractable fatigue that often plagues victims of

viruses for years. It can be caused by the flu, Lyme, Epstein Barr Virus, and as of late, COVID-19 has been found to cause this too. The literature is not calling it by its medical term, they're referring to it as "long-haulers syndrome."

This is a post-infectious illness that abates within a few weeks for most people. PVFS has the primary symptom of fatigue, however it is also sometimes accompanied by sleep disturbances too. The exhaustion can be accompanied with other alarming symptoms such as shortness of breath, weakness, a sensation of lightheadedness, dizziness, heart palpitations and mild chest pain associated with exercise.

The reason I'm refreshing your memory on PVFS is because I want to contrast that with heart disease, more specifically left ventricular hypertrophy (LVH). The symptoms for this and PVFS look similar and so it is something you need to consider if you have the symptoms above.

Left ventricular hypertrophy is not the same as PVFS, even though the symptoms are similar. LVH is an enlargement and thickening (termed hypertrophy) of the interior walls of your heart's main pumping chamber (left ventricle). LVH is almost always driven by hypertension as its underlying cause. The high pressure in

your blood vessels makes the left ventricle of your heart work ridiculously harder, and then the enlargement happens afterwards.

A new article was published regarding grape juice and how it could help LVH (and likely high blood pressure). The study entitled *Grape Juice Attenuates Left Ventricular Hypertrophy in Dyslipidemic Mice* was done on animals, not people.

The researchers took 30 mice and divided them into three different groups of 10 rodents, one of which received grape juice.

The researchers carefully evaluated inflammatory cytokine markers like C-reactive protein (CRP), insulin, MMP-2 and MMP-9 as well as blood sugar and other parameters. After two months, the animals who received grape juice fared out just as well as rodents who were given the popular statin drug called simvastatin. Their high cholesterol and insulin resistance issues improved too. Further, and this is the best part, the cytokines MMP-2 and MMP-9 (which attacks the brain) reduced, as did their levels of CRP. This means it has a protective benefit to the heart and blood vessels.

Keep in mind this is over 60 days, and it was just grape juice! The grape juice they used was botanically known as *Vitis labrusca*, or "fox grape" from which Concord grape juice is derived. Jellies are made from this too.

We cannot extrapolate that grape juice is a substitute for medications and standard treatment. But drinking a little juice each day is something I recommend due to the potent antioxidant benefits as well as the potential help it offers LVH. Because medications used for LVH often come with uncomfortable side effects, adjunctive foods and supplements can play an important role. Furthermore, as good as the drugs are, they are just blowing the smoke out of the house, they're not putting the fire out.

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

Are You Tired?



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

Fatigue is one of the most common complaints patients at Caring Medical report to us. Did you know the ational Institutes of Health (NIH) estimates roughly 30 percent of the population complains of sleep disruption? When sleep deprivation and resultant fatigue last longer than six months, it is then considered a chronic problem and can lead to poor brain function, cognitive impairment, brain fog and eventually total exhaustion. Between 836,000 and 2.5 million Americans suffer from fatigue.

As you know, we want to get at the root cause of our patients' problems, not cover them up with medications or other potentially toxic substances. If we lack energy, we are unable to do the things that we want to do or accomplish. When we are tired, often our diets suffer because we reach for something to give us a boost such as a sweet treat or a caffeinated beverages or a combination of the two. Unfortunately, when we do this, most of us will crash and burn later!

There are some healthier things we can all do to help us have lasting energy

and keep us doing all that we want to do. Ready? Here we go:

Get quality sleep – We all know it feels terrible to lose a night's sleep. Imagine that day after day? It is imperative that the body engage in restorative high-quality sleep to allow our bodies time to repair and restore, providing a healthy immune system and balanced hormones. Most people need between seven to nine hours per night. And turn off your devices before bedtime!

Get moving – Exercise gives you energy and increases levels of dopamine, norepinephrine and serotonin in the brain, producing an enhanced mood and better energy. In addition to that, your body receives more oxygen and nutrients to your tissues to help your body function optimally. Just 10 minutes of exercise can provide energy like a cup of coffee.

Eat nutritious food – We all know that the body survives best when it is being fed the proper fuel. Enough said about this – dump the junk, eat fresh food, limit excessive use of caffeine and alcohol and drink more water.

Control stress – This can be tough with all that life throws our way. Stress uses up a lot of energy, therefore it is a good idea to add relaxing activities to your routine such as working out, yoga, reading, listening to calming music, sharing time with good friends, unplugging (from TV and the internet), and praying or meditating, adding deep breathing.

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:

Just Do You



by Kay Casperson

We are living in a world that is very different from when I was growing up. Technology has changed how we communicate with each other and the speed in which we do so. We now

rarely pick up the phone to call someone when we have a question, but instead, we shoot them a text or a message on social media. We tend to comment on special events, birthdays, weddings, childbirth, accomplishments and hardships, followed by an emoji of some kind.

Honestly, it frustrates me when people fail to pick up the phone and give a call when and if they do not get a response to something. Or if a message relayed is not coming across quite clear enough, why not give a call to sort things out? But, I do realize that this is the world my kids are

growing up in, and I have to roll with the changes to continue living my best and most beautiful life.

Because of our easy access to following others on social media, there can also be an instinct to compare yourself to others. People tend to compare the quality of someone else's life to their own. They may compare the material things that someone might have to their own. They might compare the accomplishments of someone else to themselves. They also tend to compare how happy someone else might be to how they feel inside.

I will be candid and frank with you; this is a dangerous place to be. I remind my children that you never know what is truly going on behind the scenes of someone's life on social media. I have always said that people do not share photos for the most part that are not displaying happiness or something useful or good. Some images might even be filtered or doctored up a bit. Regardless of what you think you should be like, the most important thing to remember is to just do you. You are a unique individual with your own special look, gifts, talents and desires.

Don't get me wrong; I think there are many time-saving benefits of relaying

things quickly like never before. I also appreciate being able to catch up with what others are doing and sharing things about my business and my family. But, we need to remember to keep everything in perspective to focus on building a beautiful life. We need to trust our hearts and continue forward to what we are supposed to do and be.

My affirmation for you this week is: "I am the best version of me that I can

be and will continue to follow the desires of my own heart."

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.✧✧

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, September 18 from 8 a.m. to 12:30 p.m.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive

behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. The Pediatric Specialist Office is located at 15901 Bass Road, suite 102, in Fort Myers. To schedule a screening, call 343-6838.✧✧



| | |
|---|------------------------------|
| 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 SEPTEMBER 7, 2020

Aries (March 21 to April 19) Cupid is strong in the Aries aspect this week, with the cherub opening romantic possibilities for single Lambs, and strengthening ties 'twixt loving pairs already in a caring relationship.

Taurus (April 20 to May 20) Your dramatic flair might make things more interesting as you recount an event to your colleagues. But be careful not to exaggerate reality to the point that facts and fancy combine to form fiction.

Gemini (May 21 to June 20) You love to talk, and this week you should get lots of chances to share your thoughts with people who will not only pay attention to what you have to say, but will want to hear more.

Cancer (June 21 to July 22) The pattern of recent changes could begin to shift from mostly workplace-related events to more personal matters. Continue to keep an open mind as you prepare to deal with them.

Leo (July 23 to August 22) Reward yourself for what's sure to be a dynamic week with a getaway to someplace wonderful, hopefully with a wonderful someone. You'll return refreshed and ready for what's ahead.

Virgo (August 23 to September 22) You might want to suggest resolving an old disagreement before it can affect a matter expected to come up for discussion. It's always best to start with a clean slate.

Libra (September 23 to October 22) The week favors combining dollops of creativity and practicality to work out both professional and personal problems. A longtime friend could have something of note to suggest.

Scorpio (October 23 to November 21) Some surprising facts could come to light if you decide to probe deeper into an "opportunity" than you might usually do. What you'll learn could determine what you'll earn.

Sagittarius (November 22 to December 21) Someone close to you might seek your counsel. Hear him/her out, but hold the line at giving actual advice until you get credible answers to all your questions.

Capricorn (December 22 to January 19) What seems to be an overwhelming workplace project can be dealt with quite well if you handle one category at a time. Things will soon begin to fall into place.

Aquarius (January 20 to February 18) A personal matter might need more of your time than you had expected. Try to prioritize between your many outside commitments and your domestic responsibilities.

Pisces (February 19 to March 20) A developing situation still needs more time to grow, and more time to study before you can plunge in and make some attention-getting waves. Patience is best for wise Pisceans.

Born This Week: You have a gift for organization that would make you a fine archivist. (Are you listening out there, Library of Congress?)

MOMENTS IN TIME

• On Sept. 17, 1787, the Constitution of the United States is signed by 38 of 41 delegates present at the Constitutional Convention in Philadelphia. It would not become binding until it was ratified by nine of the 13 states. Nine months later, New Hampshire became the ninth state to ratify the document.

• On Sept. 18, 1793, George Washington lays the cornerstone to the United States Capitol building. It would take nearly a century to complete, as architects came and went, the British set fire to it and it was called into use during the Civil War.

• On Sept. 16, 1893, the largest land run in history begins with more than 100,000 people pouring into the Cherokee Strip of Oklahoma to claim valuable land. Towns like Norman and Oklahoma City sprung up almost overnight.

• On Sept. 14, 1814, Francis Scott Key pens a poem that is later set to music and in 1931 becomes America's national anthem, *The Star-Spangled Banner*. The poem was written after Key witnessed Fort McHenry being bombarded by the British during the War of 1812.

• On Sept. 15, 1954, the famous picture of Marilyn Monroe, laughing as her skirt is blown up by the blast from a subway vent, is shot. The scene infuriated her husband, Joe DiMaggio.

• On Sept. 19, 1969, President Richard Nixon announces the cancellation of the draft calls for November and December. He reduced the call-up by 50,000 men as part of his program of turning the war over to the South Vietnamese.

• On Sept. 20, 1973, in a highly publicized "Battle of the Sexes" tennis match, top women's player Billie Jean King, 29, beats Bobby Riggs, 55, a former No. 1 ranked men's player. Riggs had boasted that women were inferior, and that even at his age he could beat any female player. King beat Riggs 6-4, 6-3, 6-3.

NOW HERE'S A TIP

• "Whenever a stew or soup recipe calls for whole herbs to be used and then taken out later, I put them in a tea infuser. I could never seem to get them all before, and inevitably someone would be served a whole bay leaf or such. This makes it foolproof." – JR in Georgia

• You can use an old toothbrush or nail brush to get grime out of the hinge area of the toilet seat.

• If you have a plant cutting you are trying to root in water, here's a tip to keep the end from resting on the bottom of your container: Use a twist tie wrapped around the stem on one side and hooked over the edge of the container on the other.

• "Whenever I get new e-mail addresses, I always add them to my online address book. I also write them in my old-fashioned paper address book. Sounds like a no-brainer, but you'd be surprised by how many people rely on their e-mail address book to remember all those addresses. It just takes one time for a computer virus to erase everything – not to mention if something happens to your hard drive. Just a reminder!" – BR in Pennsylvania

• Using ice-cold sour cream instead of ice-cold water in your pie crust recipe will give you a flakier crust.

• Here's a tip to gauge your exercise level: If you can't get out a sentence, then you are in a high intensity phase. If you can't talk at all during your entire workout, you are going too hard.

STRANGE BUT TRUE

• It's illegal to kill Bigfoot in British Columbia. That is, if you ever actually run across him.

• In March 2019, the Roosevelt Hotel in New Orleans celebrated its 125th anniversary by offering a free seven-night stay in the presidential suite, along with complimentary private dinners and spa treatments worth \$15,000. But this wasn't your everyday giveaway – the prize was only available to the person who returned the "most outrageous" item ever stolen from the hotel.

• The earliest toothpaste was made in ancient Egypt from crushed pepper, rock salt and dried flowers. No, it wasn't particularly effective.

• Speaking of toothpaste, that blob on your toothbrush is called a nurdle.

• Enjoy the smell of fresh-cut grass after mowing your lawn? Researchers have determined continued on page 22

PUZZLES

Answers on page 23

Super Crossword

THE END IS IN SIGHT

- ACROSS
1 Rum brand
8 River of D.C.
15 Winger of Hollywood
20 Qom native
21 Great Plains tribe
22 "Sk8er Boi" singer
23 Method of making customers' mixed drinks?
25 Surrender
26 Dairy farm machine
27 Mai —
28 Slithery creature
29 Metal deposit
31 Added a coward as a Facebook connection?
37 "Unto the Sons" author
41 Apple center
42 Arles article
43 Prosecuting attorney's statement about his last-ever client?
- 51 Bewildered
52 Dentist's filler
53 On the — (in hiding)
55 Gift add-ons
58 Nice smell
62 "A mouse!"
63 Popular pain reliever
65 Golf rarity
66 Noted U.S. lithographer holding some salad greens?
70 One nosing around
72 R&B singer with the 2003 hit
73 Exemplars
74 Forebode the spilling of
79 Golf ball holder
80 Black — cattle
81 Wide foot spec
82 Yule tunes
83 Bunks, e.g.
84 TV "Science Guy"
85 Garb
87 Bellybutton variety
- 90 Email a large image file in error?
99 Color tone
100 Vivacity
101 Nasty type
102 Funds given to a certain soccer player?
110 IM giggle
111 Lift up
112 Teeny-tiny
113 Seer's site
117 Estate in the country
118 Trumpeting beast wins someone's affection?
125 Ashley or Mary-Kate
126 Monte Carlo locale
127 Vail, for one
128 Must have
129 Get more precipitous
130 Climbed monkey-style
- DOWN
1 Baby's tie-on
2 Football coach
3 Tony's wife on "The Sopranos"
4 Voting "nay"
- 5 Cambodian money unit
6 Like a cold, damp cellar
7 Like the article "a" or "an": Abbr.
8 Golf average
9 Hosp. scrubs sites
10 Longest river in Scotland
11 Photo finish?
12 Photo finish
13 In advance
14 Waggish sort
15 Hotel chain with a sun logo
16 Showed plainly
17 Rest period
18 Poet Rainer Maria —
19 Mayflower man John
24 Make a gaffe
29 Giant Mel
30 Yell of cheer
32 Here, in Haiti
33 Long period
34 Gun org.
35 Salami seller
36 Rock's Lewis
38 JFK data
39 JFK jet, once
40 Lifesaving team, in brief
44 2018 is one
45 TV's Jamie
- 46 Lacking in variety
47 Absconded
48 Counterfeit
49 Lift up
50 Untangled
54 Untidy states
55 New York's — Zee Bridge
56 "AWOL" or "FAQ," e.g.
57 1714-27 king of England
59 Most unctuous
60 Lo — (Chinese dish)
61 Songwriter Harold
63 Totals (up)
64 Falsification
66 Middle marks
67 Large vase
68 Retort to "Are not!"
69 Author Anaïs
71 Letters on an AC
75 Actor Bruce
76 Yard intruder
77 Bump on —
78 "The jig —!"
83 Test version
85 Action
86 Old New York ballpark
- 88 Robbins of "Short Cuts"
89 Hard water
91 Forked (out)
92 Many beach mementos
93 TV Tarzan player Ron
94 "Thwack!"
95 Ending for serpent
96 Get rid of, as a bad habit
97 — de Oro
98 Slithery creature
102 — Rex (cat variety)
103 Force out of the country
104 Counterfeit
105 Water jugs
106 Ignited anew
107 Lrk
108 "Just joking!"
109 Hair lock
114 Egyptian sacred cross
115 Twice CCI
116 Slant
119 Bakery buy
120 With it, man
121 Exist
122 "The Mugger" actress
123 R&B singer Des'—
124 Bummed out

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| 55 | 56 | 57 | | | | | 58 | | 59 | 60 | 61 | | 62 | | | | 63 | 64 | | |
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| 111 | | | | | | | 112 | | | | | | | 113 | | 114 | 115 | 116 | | |
| 117 | | | | | | | 118 | | | 119 | 120 | 121 | 122 | | | | | | 123 | 124 |
| 125 | | | | | | | 126 | | | | | | | | | 127 | | | | |
| 128 | | | | | | | 129 | | | | | | | | | 130 | | | | |

King Crossword

- ACROSS
1 Place for pampering
4 Bedouins
9 Gasoline stat
12 Samovar
13 Actress Zellweger
14 A billion years
15 Update
17 Bookkeeper (Abbr.)
18 Young fellow
19 Shun
21 Feast alternative
24 — land (spaced-out site)
25 Eggs
26 Attempt
28 Paul or Lloyd of baseball lore
31 Gear teeth
33 Collection
35 Go off the board
36 Central
38 Turf
40 Londoner's last letter
41 Reverberate
43 Hourglasses, e.g.
45 Common condiment (Var.)
47 Historic period
48 Boxing legend
49 Spellbind
- 54 Namely (Abbr.)
55 Cook with radiant heat
56 Cacophony
57 Chowed down
58 Impudent
59 Choose
- 9 Replace personnel with robots
10 Pontiff
11 Chew like chipmunks
16 Inventor Whitney
20 Dressed
21 Central points
22 Shakes-peare's river
23 Make attractive
27 Indeed
29 Always
30 Cincinnati team
- 32 Moments, for short
34 Re clan emblems
37 Compass points
39 In a catastrophic way
42 "The Phantom of the —"
44 Scratch
45 Vena —
46 Settled down
50 Old French coin
51 Altar affirmative
52 Energy
53 Med. specialty
- DOWN
1 Total
2 In favor of
3 Moreover
4 Extreme
5 Furnishes
6 Blackbird
7 Gem facet
8 Playground fixture

MAGIC MAZE ● LOAD-BEARING WORDS

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

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

- Armload
Backload
Boatload
Carload
- Freeloader
Front-load
Loader
No-load
- Offload
Overload
Payload
Reload
- Top-load
Truckload
Trunkload



Gator, Kale, and Potato Soup
1 pound alligator sausage, diced
3 cups potatoes, diced medium
3 cups kale, chopped
1/2 onion, diced small
1 tablespoon garlic, minced
1-2 cups heavy cream
4 cups chicken broth (or vegetable broth)
1 tablespoon all-purpose seasoning (your favorite)
1 tablespoon Italian seasoning
Oil for cooking
Several dashes of hot sauce (optional)
Sea salt and fresh ground pepper, to taste
Preheat large pot to medium heat and add oil. Add onions and garlic and sauté for 5 minutes. Add diced gator sausage and sauté for another 5 minutes or until golden brown. Next add



Gator, Kale, and Potato Soup
photo courtesy Fresh From Florida
potatoes, kale, all-purpose seasoning, Italian seasoning, heavy cream, and chicken broth. Season with salt and pepper, bring to a boil, then reduce to a simmer until potatoes are fork-tender. Taste and adjust seasoning as needed. Serve with warm bread.
Fresh tip: Liquid (broth and cream) can be adjusted to preference of thickness of soup.*

PETS OF THE WEEK
Lee County Domestic Animal Services
Cinna-Bun
And Lollipop

Hello, my name is Cinna-Bun. I am a 1-year-old female shorthair rabbit who is super friendly. I am a round little bundle of fun that likes to hop around checking things out. I am a petite rabbit that will not get any bigger. My adoption fee is \$5.



Cinna-Bun ID# A826808

Hi, I'm Lollipop. I am a 2-year-old female pit bull who is sweeter than candy but you won't gain an ounce. In fact, I will help you get your exercise. To find

Lee County's dog friendly trails to visit with me, visit www.facebook.com/leeparksandrecreation/posts/1032028693897233. I get along well with the other dogs here, so I would be a fun dog to take to area parks. My adoption fee is \$75.



As always, cats and kittens are adopt one and get a feline friend at no additional charge.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. For more information, call 533-7387.*

Lollipop ID# A826368

PUZZLES Answers on page 23



"Had a little trouble with _____ on the sixth hole, but aside from that, we had a great game!"

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!

Mollusk
TIMPEL

Moment
ENDOCs

Primitive
FLAUDE

finish
PHOILs

TODAY'S WORD

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

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. Cloud has moved. 2. Sunglasses have been added. 3. License plate is missing. 4. Dog's leash is longer. 5. Birds have been added. 6. Cactus is closer.



FRIDAY
Partly Cloudy
High: 89 Low: 82



SATURDAY
Sunny
High: 87 Low: 81



SUNDAY
Scattered T-storms
High: 86 Low: 78



MONDAY
Cloudy
High: 87 Low: 81



TUESDAY
Mostly Cloudy
High: 86 Low: 79



WEDNESDAY
Sunny
High: 87 Low: 81



THURSDAY
Sunny
High: 85 Low: 77

Redfish Pass Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 7:04 am | 3:35 pm | None | None |
| Sat | 8:26 am | 4:41 pm | None | None |
| Sun | 12:52 am | 3:09 am | 9:49 am | 5:35 pm |
| Mon | 1:10 am | 4:24 am | 10:59 am | 6:20 pm |
| Tue | 1:28 am | 5:21 am | 11:58 am | 7:00 pm |
| Wed | 1:44 am | 6:12 am | 12:53 pm | 7:36 pm |
| Thu | 2:02 am | 7:01 am | 1:45 pm | 8:09 pm |

Point Ybel Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 6:09 am | 3:37 pm | None | None |
| Sat | 7:31 am | 4:43 pm | 11:57 pm | None |
| Sun | 8:54 am | 3:11 am | None | 5:37 pm |
| Mon | 12:15 am | 4:26 am | 10:04 am | 6:22 pm |
| Tue | 12:33 am | 5:23 am | 11:03 am | 7:02 pm |
| Wed | 12:49 am | 6:14 am | 11:58 am | 7:38 pm |
| Thu | 1:07 am | 7:03 am | 12:50 pm | 8:11 pm |

Punta Rassa Tides

| Day | High | Low | High | Low |
|-----|----------|----------|----------|---------|
| Fri | 6:17 am | 2:39 pm | 8:30 pm | None |
| Sat | 7:03 am | 12:17 am | 9:51 pm | 3:50 pm |
| Sun | 8:02 am | 1:00 am | 11:44 pm | 5:06 pm |
| Mon | 9:31 am | 2:29 am | None | 6:17 pm |
| Tue | 12:47 am | 5:34 am | 12:10 pm | 7:13 pm |
| Wed | 1:25 am | 6:59 am | 1:12 pm | 8:00 pm |
| Thu | 1:58 am | 7:57 am | 2:07 pm | 8:42 pm |

Cape Coral Bridge Tides

| Day | High | Low | High | Low |
|-----|----------|----------|----------|----------|
| Fri | 9:14 am | 6:51 pm | None | None |
| Sat | 10:36 am | 7:57 pm | None | None |
| Sun | 3:02 am | 6:25 am | 11:59 am | 8:51 pm |
| Mon | 3:20 am | 7:40 am | 1:09 pm | 9:36 pm |
| Tue | 3:38 am | 8:37 am | 2:08 pm | 10:16 pm |
| Wed | 3:54 am | 9:28 am | 3:03 pm | 10:52 pm |
| Thu | 4:12 am | 10:17 am | 3:55 pm | 11:25 pm |

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



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savethemanatee.org/rescue



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OF SOUTHWEST FLORIDA

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Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

From page 18

Strange But True

the scent is a chemical compound given off by plants in distress. They emit a similar odor when attacked by caterpillars or other predatory insects.

- Grooves in the road on Route 66 play *America the Beautiful*.
- In 1979, Elvita Adams, jobless and facing eviction, attempted suicide by jumping off the 86th floor of the Empire State Building but survived with just a

- fractured pelvis when she was blown back to the 85th floor by a strong gust of wind.
- When the first Spanish explorers arrived at the Yucatan peninsula, they naturally asked what the area was called. The response, “Yucatan,” was a Yucatec Maya word meaning “I don’t understand what you’re saying.”
 - Chimpanzees can identify each other from pictures of their butts.
 - The average male becomes bored with a shopping trip in about 26

- minutes. His female companion typically lasts two hours.
- Almost 163,000 pints of Guinness beer are wasted in facial hair each year.
- THOUGHT FOR THE DAY
- “The way I see it, if you want the rainbow, you gotta put up with the rain.” – Dolly Parton
- TRIVIA TEST
1. **U.S. States:** Which state has the only flag that isn’t rectangular?

2. **Government:** What is the subject of the eighth amendment to the U.S. Constitution?
3. **Television:** What was the name of Jed Clampett’s bloodhound on *The Beverly Hillbillies*?
4. **Geography:** Which country is home to a giant formation known as Ayers Rock (Uluru)?
5. **Advertising:** Which company’s advertising mascot was a camel named Caleb?
6. **Famous Quotations:** Which

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ANNUAL RENTAL

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7/10 ★ 9/25

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9/4 ★ 9/11



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- 20th-century novelist wrote, “And all the lives we ever lived and all the lives to be are full of trees and changing leaves”?
- 7. **Measurements:** How many tablespoons are in a half cup?
 - 8. **Literature:** What was the name of the tiger in *The Jungle Book*?
 - 9. **Science:** When did the first space shuttle launch?
 - 10. **Movies:** Which 1980s movie had the tagline, “He may be dead but he’s the life of the party”?

TRIVIA ANSWERS

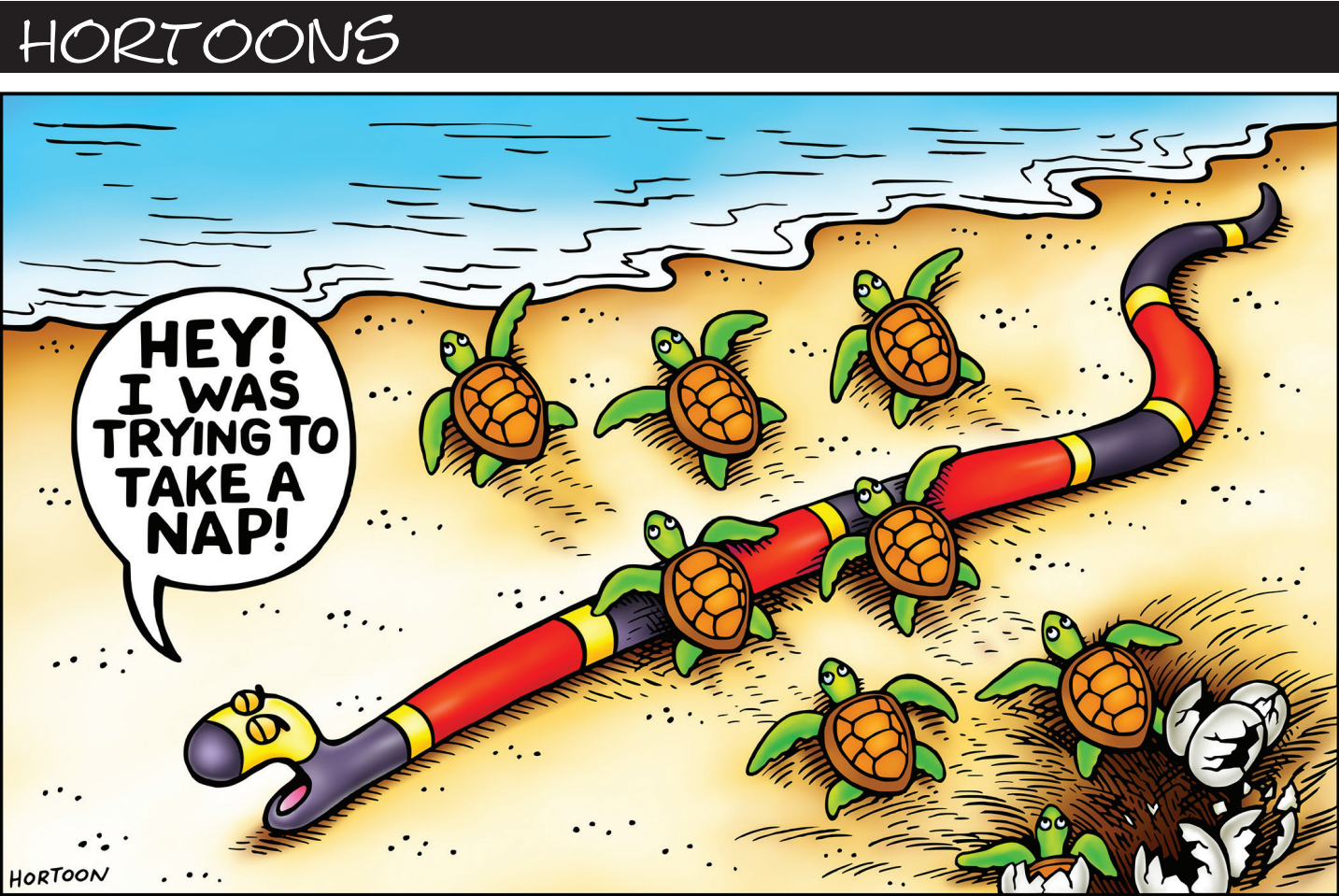
1. Ohio 2. Prohibits cruel or unusual punishment 3. Duke 4. Australia 5. GEICO 6. Virginia Woolf 7. Eight 8. Shere Khan 9. 1981 10. *Weekend at Bernie's*

SCRAMBLERS ANSWER

1. Limpet 2. Second;
3. Feudal; 4. Polish

Today's Word
LOCUSTS

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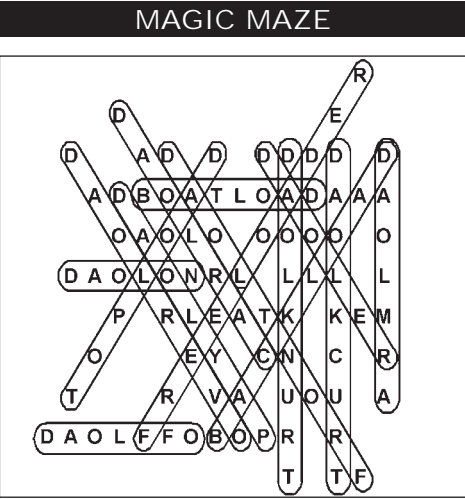
PUZZLE ANSWERS

SUPER CROSSWORD

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

KING CROSSWORD

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



SUDOKU

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

Top 10 Real Estate Sales

| Subdivision | City | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Flamingo Harbour Condo | Fort Myers Beach | 1981 | 3,905 | \$2,095,000 | \$1,700,000 | 274 |
| Cape Coral | Cape Coral | 2013 | 2,699 | \$1,395,000 | \$1,275,000 | 43 |
| Fairview | Estero | 2004 | 3,164 | \$1,089,000 | \$950,000 | 274 |
| West Rocks | Sanibel | 1977 | 1,873 | \$1,048,000 | \$1,040,000 | 8 |
| Cape Coral | Cape Coral | 2004 | 3,388 | \$999,900 | \$940,000 | 15 |
| Edgewater | Fort Myers | 1997 | 3,195 | \$995,000 | \$865,000 | 577 |
| Dunes At Sanibel Island | Sanibel | 2001 | 3,462 | \$995,000 | \$925,000 | 6 |
| Corkscrew Shores | Estero | 2015 | 3,923 | \$950,000 | \$892,000 | 132 |
| Bonita Springs | Bonita Springs | 1995 | 4,582 | \$889,000 | \$830,000 | 150 |
| Safety Harbor Club | Captiva | 1989 | 2,570 | \$875,000 | \$805,000 | 241 |



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