

THE WEEKLY NEWS

FREE Take Me Home

Vol. 19, No. 38

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 18, 2020

Detectives And Dogs Fundraising Calendar For Sale

The Children's Advocacy Center of Southwest Florida (CAC) partners with local law enforcement agencies from Lee, Glades, Charlotte and Hendry counties. The child protection team works very closely with them, aiding in their investigation of child abuse cases.

The Beesley's Paws Prints Pet Therapy Program is funded by Carol Beesley through the United Way of Lee, Hendry, Glades and Okeechobee Counties. Registered therapy dogs and their handlers provide comfort and support to children in counseling at CAC and at the Pine Manor after school and summer program.

To highlight these partnerships, CAC is teaming up some its therapy dogs with detectives for the first CAC calendar. Cost is \$10 cash or check, if you pick it up at CAC, 3830 Evans Avenue in Fort Myers, or through email at lrizzio@cac-swfl.org, or \$15 though www.cac-swfl.org.

Calendar contributors include Cape Coral Police Department, Charlotte County Sheriff's Office, Fort Myers Police



Therapy dog Elvis with Det. Trish Bell of the Cape Coral Police Department

photo by Garth Francis Photography

Department, Glades County Sheriff's Office, Hendry County Sheriff's Office, Lee County Sheriff's Office and Beesley's Paw Prints Pet Therapy volunteer teams. Special thanks go to photographers Geoff Coe and Garth Francis who donated their time and talent.



Therapy dog Zuke with Det. Chris Meyer of the Lee County Sheriff's Office photo provided

Since 1981, CAC, a United Way partner agency, has worked to improve the lives of children and their families through a coordinated response to child abuse and neglect, offering them a safe and friendly environment in which to heal. The center provides abuse determination

services as well as therapeutic counseling, parenting education and prevention programs in Lee, Hendry, Glades and Charlotte counties. All services are provided free of charge. For more information, call 939-2808 or visit www.cac-swfl.org.



The goal is to distribute 1,000 ArtKits

Art Supplies Needed For Local Students

The Alliance for the Arts and Lee County Arts Educators Association (LAEA) have partnered to supply individual ArtKits to students who are learning virtually this year and might not have access to art supplies. The organizations have distributed 750 ArtKits

photo provided

this September and are just shy of their overall distribution goal of 1,000.

"Words can't describe how much we appreciate the support of the Alliance and their donors. Our student artists mean the world to us, and acts like this are what is going to help keep the arts alive for Lee County students during this challenging time," said Samantha Hower, arts educator and LAEA president.

"It is such a pleasure to work with the Alliance and LAEA on their collaborative mission to make sure students have the

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Girl Scouts Offering Free Virtual Programs

A s families grapple with the uncertainty surrounding the new school year, the local Girl Scout council is reassuring parents that Girl Scouting is alive and well, with fun, learning and safety in mind.

To introduce girls and their families to its programs, Girl Scouts of Gulfcoast Florida is offering dozens of free virtual programs now through December. Programs include Experience Girl Scouts, an interactive series featuring fun and educational activities for girls in kindergarten through fifth grade; an imaginative Animal Dance Party and hands-on Robot Building Party for girls in kindergarten through third grade; virtual series exploring a variety of topics for girls in kindergarten through first grade, second through third grade and fourth through fifth grade, as well as two series just for kindergartners titled Make New Friends and Daisy Launch.

Parents and caregivers are also invited to participate in one of the Discover Girl Scouts virtual open houses to learn more about the powerful impact of Girl Scouting. Girl Scouts is open to all girls in kindergarten through 12th grade, with program scholarships available to those in need.



Virtual scouting photo courtesy Pixabay

For the safety of members, volunteers and staff, the council suspended in-person activities in March, quickly pivoting to online program alternatives. Council officials recently announced that in-person troop meetings and programs have resumed, following recommended social distancing and safety guidelines from the CDC and Girl Scouts of the

"I can't wait to see my Girl Scout sisters again," said Aaliyah, a fourthgrader. "I miss all the fun we have, and

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Progress Straight Ahead, History Over Your Shoulder

by Gerri Reaves, PhD

ictured in circa-1915 photo is Fort Myers' main business block - and what a modern up-and-coming small city it is. First Street between Jackson and Hendry looks prepped for a photo op.

Who would guess that only five years earlier, hitching posts and a drinking trough for horses and dogs were part of the streetscape?

The optimism of a pre-World War building boom was in the air, and boosterism was on the rise.

The U.S. involvement in the European war still lay in the future, 1917, to be exact, and the town had recently assumed

'city" status when it was officially reincorporated by the State of Florida in May

Automobiles parked at the curb foretell their takeover of the streets, but hard surfaces - asphalt and later bricks - won't be installed until the next decade.

On the right at the Jackson corner is the 1898 Heitman Building, downtown's first brick structure, still bearing its pioneer-era tin awning.

In a few years, it would undergo a Mediterranean Revivalist-style makeover, the favorite architectural style of the boom.

At street level is Harvie E. Heitman's grocery store - note the sign on the façade along Jackson.

That second-floor miniature balcony opens into the Lee County Telephone Company, a 1900 venture of Gilmer Heitman, Harvie's brother.

A glance down the street makes it clear that the Bradford block's build-out with modern structures is complete. The first portion of the hotel at First and Hendry had been completed in 1905.

By 1915, it had undergone a couple of expansions, but while the annex and arcade had been built, the Arcade Theatre was still a couple of years in the future,

as evidenced by the lack of the "Theatre" sign on First.

The south (left) side of the block had been constructed within the last five years before the photo was taken, starting with Bank of Fort Myers Building at the Jackson corner in 1910, the adjacent Langford Building in 1911, the First National Bank at Hendry in 1914 and the 193-foot Earnhardt Building the following year.

Harvie Heitman built both the Bank of Fort Myers and the Earnhardt, demonstrating his major role in modernizing downtown during his short life of 49



This circa-1915 photo showcases a modernized downtown block, but just out-of-frame are two remnants of pioneer days photo courtesy Florida State Archives



Today's westward view down First from Jackson is something to cherish, an intact historic block photo by Gerri Reaves

years - and he didn't stop there. (He died in 1922.)

The photo's straight-ahead view speaks of progress.

But look over each shoulder and you'll glimpse lingering signs of the town's earliest history.

That fence on the right surrounds the home and lush grounds of Harvie E. and Florida Heitman's circa-1850 home.

Given Heitman's passion for rebuilding downtown, it's all the more curious that he lived in the oldest structure in town.

It had originally been officers quarters at U.S. Army Fort Myers, built when the fort was reactivated between the second and third Seminole War.

Another reminder of pioneer days looms just out-of-frame across First (left). That shade tree marks the grounds of the town's third oldest building in 1915, the circa-1875 home of Maj. Aaron and Mary Frierson.

Today, the former Heitman homesite is the Sidney & Berne Davis Art Center, and the former Frierson homesite is cleared of trees and awaiting redevelopment.

Today's westward view down First from Jackson, however, is remarkably similar to that of 1915, minus the towers on the horizon.

Visit the block between Jackson and Hendry and contemplate the efforts that transformed an aging pioneer block into a modern one in a short time.

Then learn more about the building boom of the 19-teens 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 and The Story of Fort Myers by Karl H. Grismer.

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From left, Dave Meola, Read Sawczyn and Ted Roepke

photos provided

Local Community Leaders Garner Rotary Awards

Rotary Club of Fort Myers South recognized two recipients this year to receive the annual Four-Way Test Award and one recipient to receive the annual Vocational Service Leadership Award. Dave Meola and Ted Roepke, owners of Tech-Tronics, were honored with the Four-Way Test Award; and Doug MacGregor was honored with the Vocational Service Leadership Award.

"Each winner is a sterling example of the principles behind Rotary, and we're privileged to be able to recognize them," said Read Sawczyn, head of the awards committee for the Rotary Club of Fort Myers South. "They continually create positive change for our community and make a real difference in so many lives."

The Four-Way Test Award recognizes people who emphasize service above self and conduct their lives and business in line with the Rotary Club's Four-Way Test, composed of the following questions designed to help guide decision-making:

Is it the truth?

Is it fair to all concerned? Does it build goodwill and better friendships? Will it be beneficial to all concerned? Meola and Roepke always rise to the occasion and exceed expectations. Most notably, their work on the Law and Order Ball over the past four years has resulted in an efficient display of technical expertise and a team effort to get the job done to the client's satisfaction. Their can-do attitude is reflected by their team members' eagerness and work ethics in no short part through their leadership.

The Vocational Service Leadership Award is for those who exemplify integrity and high ethical standards in business and use their vocational talents to serve the community.

MacGregor's belief that art transcends differences and brings communities together has led to a lifetime of giving back. Whether volunteering his talent teaching local students how to cartoon and the importance of reading the daily newspaper, or donating his artwork to raise money for local charities, MacGregor's vocational calling and the value of his passion for giving the gift of art to others rivals other top philanthropists in Southwest Florida.

A shortlist of local nonprofits who have regularly benefited from his donated time and talent includes Abuse Counseling and Treatment Center, Alliance for the Arts, BIG ARTS on Sanibel, The Nature Center and the Imaginarium.



Read Sawczyn and Doug MacGregor

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Broadway Musical Pokes Fun At Its Genre



by Tom Hall

reative
Theater
Workshop
(CTW) is bringing
The Drowsy
Chaperone to
the stage. Hailed
by New York
Magazine as "The
Perfect Broadway
Musical," The

Drowsy Chaperone is a masterful metamusical, poking fun at all the tropes that characterize the musical theater genre. Winner of five Tony Awards, including Best Book and Best Original Score, *The Drowsy Chaperone* is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another.

Directed and choreographed by Robin Dawn and Kim Suskind, the cast includes Sam Pucin as the Man in the Chair, Tricia Hennessy as the Drowsy Chaperone, Kristen Wilson as Mrs. Tottendale, Jesse Massari as Janet Van de Graff, AJ Ford as Robert Martin, Robert Rosso as George, Kristen Noble as Kitty and Cantrella Canady as Trix, the Aviatrix.

The action starts when a man appears on stage in a chair and proceeds to put on his favorite record: the cast recording of a fictitious 1928 musical called *The Drowsy Chaperone*. As the man in the chair looks on, the musical comes to life. Mix in two lovers on the eve of their wedding, a bumbling



A scene from The Drowsy Chaperone

best man, a desperate theater producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight.

The Drowsy Chaperone will run October 22 through November 1.

CTW is a community-based non-profit theater organization that encourages and promotes an interest in the theatrical arts by providing workshops and producing full-length musical productions in order to educate, entertain and enrich the community.

Drive-In Movie Nights In NaplesThe Naples Players (TNP) has begun hosting bi-monthly TNP Drive-In Movie Nights. Sponsored by The Inn on 5th, these events will be hosted in the newly

photo courtesy www.artswfl.com

refinished 50-car lot located at 300 8th Street South, just one block north of the iconic 5th Avenue South home of The Naples Players Community Theatre.

Drive-In Movie Nights are part of Discover Culture in Collier, an alternative season of outdoor arts and culture events recently announced by The Naples Players. Each month, two different films will be featured. The scheduled films will be projected onto a 33-foot screen using a state-of-the-art projection system. The movie

soundtracks will be broadcast over short-range FM radio to the cars in attendance.

The following is the remaining schedule through April 2021: September 22-23: *Jurassic Park*

September 22-23: Jurassic Park October 20-21: Little Shop of Horrors

October 27-28: Hocus Pocus
November 10-11: The Wizard of OZ
November 24-25: The Goonies
December 15-16: A Christmas Story
December 29-30: Frozen II
January 12-13: Singin' In the Rain
January 26-27: Ghostbusters
February 2-3: Twister
February 16-17: Hairspray
March 9-10: Breakfast at Tiffany's
March 23-24: Beauty & The Beast
April 6-7: Dirty Dancing

The lot opens for parking at 7 p.m., and movies begin promptly at 8 p.m. Concessions and non-alcoholic refreshments are available for purchase. Due to space, ticketing is required in advance.

General admission is \$45 per vehicle, but current TNP season ticket subscribers receive free admission on select Season Ticket Holder Nights. Tickets are available online at www. naplesplayers.org or by calling the TNP box office at 239-263-7990.

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

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County Hails 22 Positive Behavior Model Schools

The School District of Lee County recently announced 22 schools have been chosen as PBIS Model Schools by the Florida Department of Education PBIS Project. PBIS refers to Positive Behavioral Interventions and Support, which encompasses research-based strategies used to increase quality of life and decrease problem behavior by teaching new skills and making changes in a person's environment.

The 22 schools are:
Bonita Springs Elementary – Gold
Caloosa Elementary – Gold
Caloosa Middle – Gold
Cape Elementary – Gold
Colonial Elementary – Bronze
Cypress Lake High – Gold
Cypress Lake Middle – Bronze
Dr. Carrie D. Robinson Littleton

Elementary – Silver

Harns Marsh Middle – Gold
J. Colin English Elementary - Gold
Manatee Elementary – Gold
Orange River Elementary – Gold
Pelican Elementary – Bronze
Rayma C. Page Elementary – Bronze
River Hall Elementary – Bronze
Sunshine Elementary – Bronze
The Alva School – Bronze
Three Oaks Elementary – Bronze
Three Oaks Middle – Gold

Tortuga Preserve Elementary – Gold Trafalgar Elementary – Gold Trafalgar Middle – Gold

"To be named a PBIS Model
School is recognition for the great
evidence-based systems and strategies
a school has put in place to increase
positive behavior, reduce office referrals
and out-of-school suspension, while
also increasing a positive climate
for students, staff and families," said
Director of Positive Prevention Chuck
Bradley. "The result of implementing
PBIS is increased school safety and
higher levels of student achievement
across the district."

Schools that have received training in PBIS, demonstrate improved school-wide outcomes, as well as equitable student outcomes, and that have shown fidelity of implementation are recognized by the FLPBIS Project's Model Schools program. To earn this level of achievement, schools must meet specific criteria:

Exemplify high levels of PBIS implementation fidelity;

Demonstrate generally low rates of exclusionary discipline when compared to similar school types across the state;

Demonstrate equitable student outcomes.

The 22 PBIS Model Schools will plan celebrations to unveil their new PBIS banners once they arrive. To learn more about the FLPBIS Project Model School program, visit www.leeschools.net.

Models Donated For Engineering Program At New High School

construction company recently donated building information models (BIMs) for the new Gateway High School, contracted by the Lee County School District to Florida Gulf Coast University's construction management program in the UA Whitaker College of Engineering.

BIM is a collaborative 3D modeling process that allows Suffolk to solve constructability



Gateway High School

photo provided

and coordination issues before work commences in the field, ultimately saving clients time and money. While BIM has become an industry standard over the past decade, the manner in which Suffolk utilizes the technology goes beyond the norm. Suffolk pairs the model with cost and schedule data, and even utilizes the 3D visualization tools to develop more accurate logistics and safety plans. Suffolk calls the collective process Plan and Control. The company is also utilizing modeling technology to provide an immersive virtual environment for clients to see their spaces and make informed decisions before construction begins.

Suffolk has implemented these technologies and processes on notable Florida projects including Dunbar High School, Moorings Park Grande Lake and the Seminole Hard Rock expansions in Tampa and Hollywood.

"Donating our 3D model assets to Florida Gulf Coast University supports our commitment to higher education and the advancement of young professionals entering our industry. And selecting Gateway High School as the sample project was a clear choice – it represents a real-life implementation of technology in our community," said Josh Christensen, general manager of Suffolk's Florida Gulf Coast.

The models will be featured in the course titled Building Information Modeling, in which students learn the basics of 3D modeling and go through the full process of building a 3D model of a residential unit.

"The models we received from Suffolk enable the department to integrate a real-case scenario into the course," said Hashem Izadi Moud, assistant professor. "Our students can view, navigate and learn about this project step-by-step in 3D and 4D (time-lapse) environments. They can also deconstruct the 3D models and study each individual component of the building. Furthermore, students can match conventional 2D drawings and 3D models and learn about their differences, advantages and disadvantages. These experiences prepare our students to be better construction managers by exposing them to state-of-the-art building methods and modeling."

When FGCU introduced its construction management degree program last year, it was critical that the curriculum included understanding of the latest technology that helps guide the building industry that has progressed far beyond just blueprints.

"This generous gift from Suffolk will allow us to reinforce one of the key threads of learning in our BS (bachelor of science) in construction management – that of staying current in the new construction technologies and bringing them to the classroom," said Craig Capano, founding program chair and professor. "This technology will help our students and faculty visualize and manipulate data for a real-world project. What a great living-learning virtual lab we will be able to create."

Capano said that these digital models will be used in coursework as well as for research and visualizations in the virtual immersive portal for Engineering Research (VIPER) Lab, located on the fourth floor of Holmes Hall. "The models are based on a new technology platform (BIM 360) that is revolutionizing the AEC (architecture, engineering and construction) industry," Capano said. "These digital models of the new high school will enable our students to extract information for estimating, scheduling, construction engineering and a host of other related learning experiences."

Gateway High School is currently under construction at the corner of Griffin Drive and State Road 82 in Fort Myers. The school will comprise 300,000 square feet, will have a complete array of athletic fields and three stories of classrooms for about 2,000 students. It will also include specialty learning centers such as a veterinary clinic, cyber security training and engineering and carpentry academies. It is scheduled to open in 2021.



OBITUARY



MARIAN E. FRAZIER

arian E. Frazier, age 95, of Madison, Wisconsin (2016-2020), Land previously of Fort Myers, Florida (1995-2016) and Elmhurst, Illinois (most of 1924-1995), passed away peacefully on Friday, August 28, 2020 at Brookdale Madison West in Madison, Wisconsin.

She was born on December 28 1924 in Chicago, Illinois, the daughter of Walter and Mabel (McCannel) Foote. Marian moved with her family from Chicago to Elmhurst when Marian was very young and Elmhurst remained her home for many years. Marian graduated from York Community High School in Elmhurst when she was only 16 years

After high school, Marian went to work at the First National Bank of Chicago where she met the love of her life, Garnet Frazier. Marian traveled to Oakland, California during World War II when she was 19 years old, to marry Garnet on April 29, 1944, while he was on weekend leave from his duties with the U.S. Navy. Garnet and Marian lived briefly in Oakland until Garnet was discharged from the Navy, then they returned home to live in Chicago until 1949, when they moved to Elmhurst.

Marian and Garnet lived a long and wonderful life together for 66 years until Garnet passed away in 2010 at age 93. They had an extraordinary lifelong love affair and 66 years together filled with children, grandchildren, dinner parties and celebrations, sailing and boating, many vacations to exciting places, and many, many dear friends. Marian and Garnet were part of a "Potluck" dinner party group that met the second Saturday of every month for over 40

Marian also had a long off-and-on career as a paralegal that she enjoyed over the span of many years, working at various law firms including Daniels Law Offices in Elmhurst and (Jerome) Schain, et. al. Law Offices in Chicago. Marian loved entertaining, all water activities including scuba diving, cooking and entertaining, reading, drawing and crafting, living in Florida, spending time with her family and friends, and just

having fun. In her very late years while blind in one eye, Marian continued to have an extraordinary talent at drawing people and characters, and practiced that activity until the end of her life.

Marian was active in many clubs and service organizations throughout her life including PTA (president some years), Madison School Picture Lady, Illinois Children's Home and Aid Society (where she picked up adoptive newborn babies and transported them to foster homes prior to adoption), Elmhurst Symphony Orchestra Auxiliary and likely others. She was also an active member of the First Congregational, United Church of Christ in Elmhurst for many years. Marian had an intellect she was correct to be proud of, and a great sense of humor that she willingly used to shock and amuse those around her until the end of her days.

Marian is survived by two daughters, Mary (Daniel) Robb and Linda Schain (exhusband Jerry Schain); two sons, Michael (Pam) Frazier and James Frazier (ex-wife, Joyce Frazier); six granddaughters, Amanda (Todd) Renschler, Jessica (Scott) Waszak, Kathryn Frazier, Caitlin Robb (Wesley Whitaker), Elizabeth Robb and Natalie Robb; five grandsons, Aaron Schain (wife Maura Smyth), Zachary (Anna) Frazier, Daniel (Lindsey) Frazier, Matthew Frazier, and John Frazier; and 13 great-grandchildren between the ages of 2 and 9, Sebastian, Eliana and Vivian Renschler; Rowan and Eliot Smyth-Schain; Vivian, Elijah and Jillian Wasczak: Noah and Mae Frazier: and Finley, Nash and Rhett Frazier.

Marian was preceded in death by her beloved husband, Garnet Frazier;

parents, Walter and Mabel Foote; brothers, James Foote and Robert Foote; sisters, Margaret Foote and Frances Foote Slovig; and grandson, Ssgt. Jacob L. Frazier.

Many thanks to old and new staff at Brookdale Assisted Living and at Brookdale Crossings Memory Care. Also tremendous thanks to Agrace HospiceCare for all the wonderful care to Marian toward the end of her life at a time when family could not physically be there due to the COVID-19 pandemic.

In lieu of gifts, donations may be sent to Agrace HospiceCare https:// www.agrace.org/ or to Alzheimer's and Dementia Alliance, Madison, Wisconsin, https://www.alzwisc.org/ways-to-give/.

A private burial will be held at Spring Grove Cemetery in Wisconsin Dells, Wisconsin and a celebration of life will be held when social distancing restrictions have been lifted. Online condolences may be made at www.gundersonfh.com.☆

Naming Contest For Hawk Mascot

naming contest is taking place at Hodges University for its hawk Amascot. The fierce bird with global vision and a laser focus to the future represents the essence of Hodges University students.

The contest, open to all legal residents of the United States, will remain open through September 30. To see all the rules and how to enter, visit https:// hodges.edu/name-the-hawk/.袋

Churches/Temples

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

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road,

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

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

BIBLESHARE

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

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

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalthouse@aol. com 10200 Cypress Cove Circle, 850-3943. CHAVURAT SHALOM

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

CHURCH OF THE CROSS Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188. **COVENANT PRESBYTERIAN** Sunday 10 a.m. 2439 McGregor Boulevard,

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31. www. crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233

CYPRESS LAKE UNITED METHODIST Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH UNITED METHODIST

Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christianscience fortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.
FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511. FORT MYERS CHRISTIAN CHURCH Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261 IONA-HOPE EPISCOPAL

CONGREGATION

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

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

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

LAMB OF GOD

Sunday 7:45 and 10 a.m., www. lambofgod church.net, 19691 Cypress View Drive,

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., www.newhope fortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunity church.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.

REDEĔMER LUTHÉRAN

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.MeditationInFort Myers.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,

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SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast ery.org, 111 Evergreen Road, 997-2847.
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Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818

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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,

THOMAS A. EDISON CONGREGATIONAL Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

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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

Inkberry

by Gerri Reaves

ative inkberry (*Ilex glabra*) is a small wildlife-friendly tree found throughout the state, except for the Florida Keys. In fact, it is native to the southern and eastern U.S. from Texas to New England.

In the wild, it grows in moist areas such as the edges of flatwood ponds and wetlands as well as in bogs, swales, sinks and thickets.

The common name can be confusing, because it is shared by a couple of other plants. Other names for this species are gallberry and bitter gallberry, perhaps because of the bitter fruit pulp.

because of the bitter fruit pulp.

This member of the holly family is typically multitrunked with an open form. Sometimes it grows to only shrub size, but usually reaches a height of six to eight feet with an equal breadth.

The leathery dark green leaves are evergreen and alternate, with blunt teeth, or notches, near the tips.

Unlike other evergreen hollies, inkberry lacks spines on the leaves, which are generally lance-like and an inch or two long.

Marsh rabbits, white-tailed deer and other mammals browse the foliage, and many species of birds find cover there and consume the fleshy fruit.

Small creamy white flowers with rounded petals bloom in spring, attracting honeybees and fly pollinators.

The staminate (male) flowers and the



Native inkberry is a member of the holly family but lacks the usual leaf spines

photos by Gerri Reaves

pistillate (female) flowers, appear in the leaf axils on separate plants.

The male flowers bloom on a stalk in groups of three to seven, and the female flowers are solitary. Thus, if you want the bird-attracting fruit in your landscape, plant both male and female plants.

In fall and winter, the purplish fruit ripens to black on the female plant. The berries, which are about one-third of an inch across, persist into the winter, a boon for birds. Each fruit contains five to eight putlets.



Birds and other wildlife consume inkberry's fruit, which ripens to purple-black and persists into winter

Plant inkberry in a moist spot with acidic soil and full sun to partial shade. It is slow-growing, moderately salt and drought tolerant, as well as wind and pest resistant.

Use it in a mass planting or as a screen, background, or specimen plant. It tends to form colonies via rhizomes.

It is flammable, so locate it well away from structures.

Propagate it with seeds or cuttings, or by clump division or layering.

A word of caution: the fruit can be toxic if ingested.

Sources: The Florida-Friendly

Landscaping Guide to Plant Selection & Landscape Design, Florida Plants for Wildlife by Craig N. Huegel, National Audubon Society Field Guide to Florida by Peter Alden et al., Native Florida Plants by Robert G. Haehle and Joan Brookwell, The Shrubs and Woody Vines of Florida by Gil Nelson, www.flawildflowers.org, www.fnps.org, https://hort.ifas.ufl.edu, www.plants.usda.gov, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.☆

Python Removals In Everglades Reach 5,000

The Florida Fish and Wildlife Conservation Commission (FWC) and the South Florida Water Management District (SFWMD), working together under the direction of Gov. Ron DeSantis, removed 5,000 invasive Burmese pythons from South Florida's Everglades ecosystem.

"We've learned through the Python Challenge that experience counts when finding and removing Burmese pythons," said FWC Commissioner Rodney Barreto. "We can't win the battle alone. It's one team, one mission. We need the support of these experienced python hunters as well as the partnership with the South Florida Water Management District and the ongoing support of Governor Ron DeSantis."

"Another win for the Everglades. This is what agencies like the South Florida Water Management District and the FWC, focused and working together, can accomplish," said SFWMD Governing Board Member "Alligator Ron" Bergeron. "Every snake counts. Each invasive python eliminated represents hundreds of native Florida wildlife saved. With Governor DeSantis' continued leadership, Florida is doing more than it ever has to remove pythons from the Everglades and protect this ecosystem for generations to come."

The public can help control nonnative invasive wildlife by reporting sightings

to the FWC's Exotic Species Hotline at 888-483-4681, online at www.IveGot1. org or by using the free smartphone app IVEGOT1. If possible, take a picture and note the exact location of the sighting. Python Action Team and Python Elimination Program members respond to reports of large constrictors and other priority species to remove these harmful invaders from the wild.

Burmese pythons became established in Florida as a result of escaped or released pets. It is illegal to release nonnative species into the wild that can negatively impact Florida's native wildlife and habitat. The FWC's Exotic Pet Amnesty Program allows pet owners to surrender nonnative or exotic pets without penalty. Visit ww.myfwc.com/petamnesty for more information.

To learn more about the FWC's Python Action Team and the SFWMD's Python Elimination Program, visit www.myfwc.com/python and www.sfwmd.gov/python.*





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Sight Fishing The Beaches



by Capt. Matt Mitchell

7ith light east winds all week until Tropical Storm Sally blew us out for the weekend, I've been spending lots of time out

on the beach side of the islands. The massive amount of bait gives anglers a wide variety of species to target. From Spanish mackerel and sharks to tripletail and tarpon, all fish have been within a mile of the beach.

Spanish mackerel have been the easiest to locate with waters just out from Blind Pass alive with these fun fish. It's just a matter of finding birds, because surface-feeding mackerel are right under them. Cast small glass minnow jigs or spoons through these fish to make a fast retrieve to hook up time and time again. This bite will only get better as the bait migration kicks up. Jacks, ladyfish and sharks are often in this same mix.

While riding the beaches, keep your eyes open for large mudded areas. These clouds of stirred-up water are the places to find feeding tarpon. I'm not exactly sure what causes these muds, though all I can assume is it's fish clouding the water by digging in the bottom. I really think they do it intentionally to confuse the bait fish. Use a live pinfish rigged under a float and cast to these rolling tarpon. Some days, these tarpon are right in the muds while other days they are working the edges.

While traveling out on the beaches, I've noticed crab pots and no wake buoys have been consistently giving us quality tripletail. September seems to be the time larger spawning fish are showing up on any floating structure... both on the beaches and in the sound. It seems that almost every time while out hunting tarpon we come across at least a few 10-pound-plus tripletail. Some days without any small bait on board, I've been cutting a strip bait off a pinfish and catching them on that. Certain fish you locate simply will not eat while others charge the bait on the first cast.

Locating fish out on the beach is really visual, and it's often about learning the signs of when to slow down. Any place you locate schools of bait fish and birds, it's always worth a more in-depth look. Beach fishing encompasses such a huge area... you have to rely on your eyes. Once you do locate a good area, it's often possible to return to this same place for a few days before the fish move on and follow the bait.

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.☆



Alex from Cincinnati with one of the tripletails she caught while out with Capt. Matt Mitchell last

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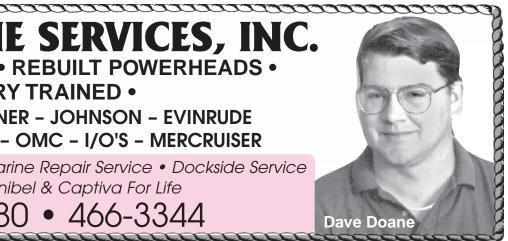
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CROW Case Of The Week:

Common Snapping Turtle



by Bob Petcher

he common snapping turtle (Chelydra serpentina) is a freshwater turtle that has an appearance of a dragon in a shell. It has powerful jaws, a snake-like mobile head and neck, a rugged

muscular look and a ridged tail that resembles a serpent's.

At CROW, a juvenile common snapping turtle was admitted from Sanibel after it was found in the road, then seen walking in circles. Upon intake, it was noted that the patient had symptoms of head trauma, but thankfully, no skull fractures were found.

'Aside from head trauma, an infection could cause this type of behavior too," said CROW Rehabilitation Manager Breanna Frankel. "Think of a person that is having vestibular issues - inner ear issues - and is experiencing vertigo; there could be something similar happening to this animal, which is causing this imbalance. When something like that happens, the corresponding actions walking in circles – make the patient feel 'normal,' and not like their world is



The condition of patient #20-4269 has not improved much since its admittance on September 7 photo by Missy Fox

spinning.'

The snapping turtle received pain and anti-inflammatory medications and is allowed shallow tub time two times a day.

"If it is head trauma, the best things we can do are offer fluid support, nutrition and multimodal pain medications. We use multiple forms of pain medication at one time to make sure that the patient is completely covered. For example, we use a combination of opioids and NSAIDs nonsteroidal anti-inflammatory drugs - to ensure our patients are comfortable," said Frankel. "The opioids block pain signals sent from the body to the brain, and tell

the brain that the body is not in pain. The NSAIDs help to decrease inflammation and swelling. By utilizing them together, we are treating multiple different types of pain because opioids alone won't decrease swelling and NSAIDs won't block the pain signals.'

After a couple days in care, the turtle was still reportedly circling to the left and was seen alligator rolling in the water during its vet checkup. The patient continues to receive tub time, food and is being monitored to see if its condition has improved.

'Alligator rolling is commonly

associated with head trauma or some type of neurologic disorder. It is a behavior that is not commonly seen in this species and is being attributed to the injury/illness present," said Frankel. "This snapping turtle will be monitored for several days for improvement before assessing the next steps. We are hopeful that during that time frame, we will see improvements due to pain medications, rest and supportive care provided.

There is always a chance that the patient does not snap out of its funk.

Euthanasia is a very real possibility for this patient. We take into account many different factors including treatments plus the patient's quality of life. Our hope is that there will be improvements, but if there is no change in its status, then we will consider euthanasia."

After a few more days of medication and monitoring, the snapping turtle's condition has not improved. The patient has now been in CROW's care for more than two weeks.

There has truly been no change since admit, this turtle is still severely neurologic and required tube feedings for calories, said Frankel. "Based on the grave prognosis and poor condition, this turtle will likely be a euthanasia."

CRÓW (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.☆

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Give Your Landscape A Late Summer Lift

by Melinda Myers

Thether it is the hot weather, the age of your landscape or simply the need for change, a late summer makeover can help you increase your landscape's beauty. Put the "wow" back into your garden with a few new plantings, garden art, or other simple improvements.

Many established landscapes have a few or many overgrown plants. Sometimes the plants you purchase perform better than expected or oftentimes we try to squeeze too many plants into a garden or too large of plants into small spaces.

Remove overcrowded plants that have outgrown the space or lost their ornamental appeal. Replace these and other unsightly plants with those more suited to the growing conditions, your landscape design and available space. Now is a good time to plan and fall is a great time to plant trees, shrubs and perennials. The soil is warm and air cool, making it less stressful on new plantings.

Phase in removals and replacements over time. This is easier on your budget, back, and will keep your landscape looking robust. And be sure to properly space plants to avoid overcrowding in the future.



Garden art can fill in late summer voids or create a focal point in the garden

photo courtesy www.melindamyers.com

Check plant tags for the plant's mature size and plant accordingly.

Fill in the voids between new plantings with annuals and perennials. As your shrubs increase in size, you will need fewer annuals each year. Move perennial flowers and grasses to a new garden as your shrubs reach full size. Perennials are much easier to move than an overgrown shrub.

A bit of pruning may be all that is needed to bring back the beauty and reduce the size of overgrown plants. Make

a note on your calendar to do a bit of pruning at the right time. Prune spring flowering shrubs right after they bloom. They have already set their flower buds for next spring and pruning now will eliminate the spring floral display. You can prune summer flowering shrubs during their dormant season from fall through spring. Prune evergreens in colder climates in late winter or early spring once the worst winter weather has passed. Fall pruning where winters are brutal can lead to an

increase in winter damage.

Replace tired annuals in the garden and containers with fresh plants suited to the upcoming fall season. Don't be afraid to add dried materials to existing planters for added color and texture. Or create new container gardens to set by the front door and welcome guests. These also make great fillers in the garden. Just place the container in a spot where an existing plant has failed. You will benefit from the instant color and extra time you gain to plan for a permanent replacement.

Garden art is another option for filling those late summer voids in the garden. Or use it to create a focal point, drawing attention to areas that are looking their

Adding a few new cushions on your outdoor furniture can further enhance your landscape's appeal. It is an easy way to change things up with minimal investment of time and money.

Big or small, a few changes can make a big difference. Tackle a few of the easier ones or those with the biggest impact first. Once you get started, you will not want to

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow Anything DVD series and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her website is www. MelindaMyers.com.☆

Parcel Purchases Approved For **Conservation**

he Lee Board of County Commissioners recently voted to approve the purchase of two parcels for Conservation 20/20 totaling more than 600 acres, including land adjacent to Four Mile Cove Ecological Park in Cape Coral and land in Alva.

The parcels include:

1) About 193.82 acres located on Four Mile Cove Parkway in Cape Coral and adjacent to Four Mile Cove Ecological Park to the south, and the Caloosahatchee and creek frontage along the easterly boundary. The purchase price is \$6,050,000, plus costs to close. The property includes pine flatwoods, mangrove swamp, saltwater marshes, cabbage palm hammock, palmetto prairie, hardwood/conifer mixed, mixed wetland hardwoods and live oak. The river and creek habitats are home to species including bald eagle, manatee and smalltooth sawfish.

On August 10, the Cape Coral City Council approved an interlocal agreement specifying the terms and conditions of the city's restoration of a portion of the property. The Lee Board of County Commissioners also approved the agreement.

The Conservation 20/20 Land Acquisition and Stewardship Advisory Committee (CLASAC) voted unanimously on August 19 to forward this purchase agreement for board consideration.

2) About 426.98 acres at 2200 Carter Lane in Alva. The land is within Hickey

Creek Swamp, on the south side of SR 80 and about one-quarter mile west of Hickey Creek Road. This parcel is a diverse mix of upland and wetland native plant communities including cypress forest, cabbage palms, pine flatwoods and mesic hardwood hammock. With quick access from SR 80, the property has potential for marked hiking trails.

The purchase price is \$4.4 million, plus costs to close. CLASAC voted unanimously to forward this purchase agreement for board consideration to approve.

There are currently 30,225 acres within the Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www. conservation2020.org. 以

Pedestrian Safety Is Major Concern For Lee County

eing a pedestrian in Lee County is much more dangerous than almost any other metro area in the country. The annual number and rate of pedestrians killed or seriously injured on Lee County streets has come in well above average for decades.

Florida continues to be ranked as one of the most dangerous states in America for pedestrians, with Lee County being ranked among the top 10 most dangerous

metro areas for pedestrians, according to Transportation for America in their biannual Dangerous by Design report. The age of a pedestrian involved in crashes ranges from age 2 to 82.

To avoid being among these dismal statistics, there are several steps a pedestrian can take to be safe, which include following these rules when walking, running, skating, skateboarding, or operating assistive devices:

When sidewalks are not available or passable, walk facing traffic on the shoulder (on the left side of the road). This will ensure that you can see a vehicle approaching and can get out of its way.

Cross streets at crosswalks or intersections whenever possible. Lee County has many areas where crosswalks are few and far between. If a crosswalk is not available, find a well-lit area to cross where vehicles can see you.

Never assume that a driver sees you. Try to make eye contact. Don't walk out in front of a vehicle unless it has stopped.

Avoid alcohol and drugs when walking; these impair your abilities and judgement.

One of the most important things you can do to reduce pedestrian accidents is to be visible: wear light, bright clothing in the daytime and reflective material at night. It's even advisable to carry a flashlight so you can see for better footing.

When school is in session, children should follow the instructions provided by crossing guards. When waiting for school buses, students should not stand or sit near the roadway.

Drivers also should be aware of their surroundings at all times. Do not block sidewalks or bike paths when parking. Remember that your vehicle is a weapon - meaning that at 30 mph you have a

45 percent chance of killing the person you hit; at 40 mph there's an 85 percent chance the pedestrian will be killed.

The Lee County Injury Prevention

Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation and partnerships.

For more information about the Injury Prevention Coalition or pedestrian safety, contact Brian Raimondo at ipcleecounty@ gmail.com or 330-2240.☆

From page 1

Art Supplies

necessary art supplies to complete projects for distance learning," said Alliance for the Arts board member Carolyn Gora. "I felt like I was part of a scavenger hunt trying to find the art supplies needed to complete the hundreds of art kits that will go to deserving students. I am a retired Lee art educator, which made this initiative the perfect fit for me to pay it forward.'

Less than 250 shy of the goal, the Alliance is currently accepting donations of 24 count crayons, 12 count broad tip markers, glue sticks, four-ounce bottles of glue, watercolor sets and colored pencils. Community members may also make a gift towards the project by visiting www. artinlee.org/donate.

This project is funded in part by Alliance supporter Fred Jones.

For more information on the Alliance for the Arts, visit www.artinlee.org or call 939-2787. 🌣



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Countdown 1945



by Di Saggau

s much as I love a good mystery, there's nothing like spending a few reading hours with a good nonfiction book. I purchased Countdown 1945 by Chris Wallace some time ago and

can now say I have read it, enjoyed it and learned a lot from it. Wallace takes us behind-the-scenes of the 116 days leading up to America dropping an atom bomb on Hiroshima. But it's more than that. It's an unforgettable account of the men and women involved with building the bomb and with the lives of ordinary American and Japanese civilians in wartime. There are historic photos throughout the book

are historic photos throughout the book.

While we are fighting World War II,
J. Robert Oppenheimer and his team
of scientists focus all their energy and
expertise on "the gadget," a terrifying
new weapon of mass destruction. They
all work inside Los Alamos, the fenced-off
installation in New Mexico. Oppenheimer's
gifts were not limited to science. His
sharp mind could penetrate to the heart
of any problem and deliver clear, concise
solutions. His colleagues called him the
fastest thinker they'd ever met.

You'll meet 10-year-old Hiroshima resident Hideko Tamura, who survives the blast and later moves to the United

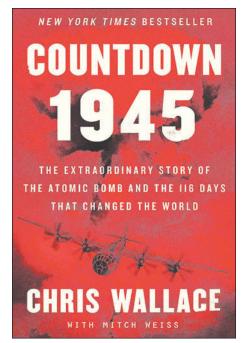


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States, where she lives today. You'll get to know some of the soldiers fighting in the Pacific, waiting in fear for their order to invade Japan. Among the notable is Colonel Paul Tibbets Jr., considered "the best damn pilot," who would ultimately fly the mission that would not only have to drop the atomic bomb accurately, he'd need to execute perfect turns and dives to avoid the bomb's blast. Otherwise, the aftershocks could blow the plane to pieces.

Of course, Harry Truman is front and center, and you feel his angst as he makes a most important decision. Truman's

journey during the 116 days is a story of the highest drama, from the shock of learning about the bomb's existence, to the conflicting advice he receives from his generals, to wrestling with what will result if he gives the order to use America's first weapon of mass destruction.

George Clooney wrote: "As a reporter and a news anchor Chris has been at the center of the biggest news stories of the last four decades. He's given perspective and insight when we've needed it most. Now his same attention to detail fills the pages of Countdown 1945, the story of

arguably the most consequential event in the U.S. since the Civil War. It's a stunning piece of work."

Daniel Silva said, "Countdown 1945 is a real-life thriller about one of the most important events of the 20th century. Veteran journalist Chris Wallace takes readers behind the scenes and brings to life the compelling story of the 116 days leading up to Hiroshima. Written like a spy novel, this is a must-read history that will educate and keep you turning the pages. Not to be missed." There you have it, and I hope you read it.

School Smart



by Shelley M. Greggs, NCSP

Since we've been learning at home, I've noticed that my daughter in fourth grade has been having trouble with her reading

comprehension and understanding and answering more of the complicated questions that are now a part of her work. What's going on, and how can I help her.

Sallie S, Fort Myers

Sallie,

I believe what you are referring to are critical thinking skills, the ability to think deeply about a topic or a book. It's an essential skill for children to develop. Critical thinking doesn't develop in a week or two through a few assignments. It's a skill that develops and builds through conversations and experiences. One way parents can nurture critical thinking skills is by sharing quality books with their children.

Even though your fourth grade daughter can read independently, reading together remains just as important as it was when your child was younger, and parent-child read-alouds provide great opportunities to read more challenging books together and begin to build critical thinking skills. More complex books may have plots that are more involved and more demanding vocabulary. Working through these books together helps teach persistence. And by reading together, you are there as an important source of support and information, deepening your relationship.

Reading critically involves slowing down and helping your child reflect on what you've just read. Depending on the book, discussions may involve talking about what character's actions or how the book's setting is important to the overall message. It might mean helping your child recognize something about the plot and the conflict that exists. It also means asking more critical, open-ended questions to which there can be multiple correct answers. Open-ended questions require students to either reexamine text evidence or extend their own thinking.

Below are questions you can ask your daughter before, during and after reading that will help her develop critical thinking skills.

Before reading have a short discussion

about the book/chapter you are about to read. You can pose these questions to help stimulate her thinking:

What do you already know from reading the title?

How do you think this story will end? What is a problem that you think could occur in this story?

What questions could you ask before reading this text?

During reading, stop every so often to ask some of these questions:

What connections can you make to this setting?

Why do you think the author started the story/text this way?

How are you adjusting your predictions after reading this (page, section, chapter)?

What sentences peaked your imagination?

How do you think the character is feeling? What evidence supports your thinking?

After reading your selection, it would be important to follow up with these questions:

What do you think the author hoped you would think after reading the text?
What do you think about the story/

text?

Can you summarize the text in just two or three sentences?

What was your favorite part?
Was the plot/text different than you thought it would be?

What would you change in this text if you could write it?

Asking questions and discussing books using these questions will enable you and your child to talk about the book in depth and with substance. It will help your child develop critical thinking skills that will last a lifetime.

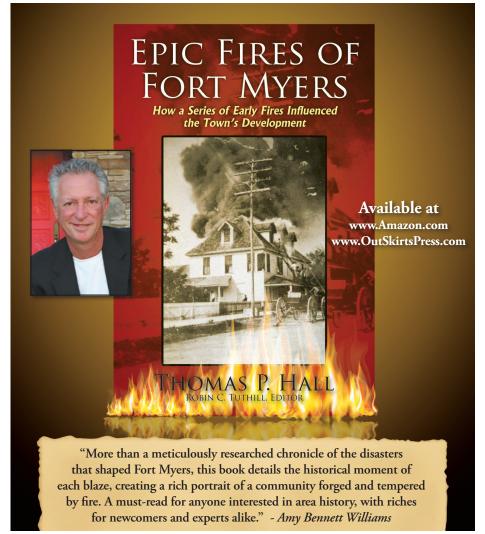
Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may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

From page 1

Girl Scouts

the stuff we learn, and getting to do community service projects."

To register or learn more about the free virtual programs, Girl Scout membership, financial assistance or volunteer opportunities, visit www. gsgcf.org or call 800-232-4475.☆





Fom left, Kyle DeCicco and Lee Golden with Deb Dickinson of Senior Friendship Centers

Bank Earns Service Award **During COVID-19**

he Independent Community Bankers of America (ICBA) announced Sanibel Captiva Community Bank as a recipient of its 2020 National Community Bank Service Award for extraordinary efforts to help small businesses, consumers and their community amidst the COVID-19 pandemic.

"We are grateful for the opportunity to support our friends and neighbors and humbled by this recognition from ICBA for doing what we've always done supporting our community through good times and adversity," said Amy McQuagge, vice president and director of marketing at Sanibel Captiva Community Bank. "We are a proud member of this community, which serves as a lifeline for every small

business that calls Lee County home."

As consumers and small businesses grappled with the onset of COVID-19, Sanibel Captiva Community Bank stepped up as a financial first responder and steward of its community in numerous

For months, the bank's team worked nights and weekends to provide the Small Business Administration's Paycheck Protection Program assistance, processing over 750 loans totaling nearly \$70 million to save an estimated 9,000 jobs in Southwest Florida.

The bank gifted a charitable donation of \$102,500 to help 12 Southwest Florida not-for-profit organizations, serving children and feeding people that were in need due to the unprecedented challenges caused by the COVID-19 pandemic. The gift supported The Harry Chapin Food Bank of Southwest Florida, FISH of Sanibel-Captiva, Blessings in a Backpack SWFL, Valerie's House, PACE Center for Girls-Lee, The Heights Foundation, Hearts to Home, Senior Friendship Centers, American Legion Post 38, Children's Education Center of the Islands, Sanibel Sea School and the Sanibel School Fund.

In addition to financial support, the bank donated 2,700 square feet of rentfree office space to the Southwest Florida Chapter of Blessings in a Backpack and the Southwest Florida Symphony.

"ICBA is proud to honor the extraordinary dedication and commitment of community bankers, whose spirit of service shined through when our country needed it most," said ICBA President and CEO Rebeca Romero Rainey. "We are so fortunate to represent such thoughtful and compassionate community leaders, and we commend their efforts to go above and beyond, even during times of challenge."

The 2020 National Community Bank Service Awards, presented by ICBA and sponsored by FIS, generated more than 100 inspirational stories from community banks like Sanibel Captiva Community Bank, a sampling of which is showcased in the September issue of ICBA's awardwinning magazine Independent Banker.

ICBA founded the National Community Bank Service Awards program in 2002 to celebrate outstanding volunteer efforts and bring national recognition to the unmatched contributions community banks make to help sustain their communities.

Hope Clubhouse Mental Health Benefit Luncheon

ope Clubhouse will host its annual mental health fundraising **■**luncheon, Faces of Hope: Celebrating 10 Years of Growing Hope, on Monday, October 19 from 11:30 a.m. to 12:30 p.m. The event will occur both in-person at the Broadway Palm Dinner Theatre, 1380 Colonial Boulevard in Fort Myers, and virtually via Zoom in a new hybrid fashion so as to adhere to CDC

safety guidelines. Funds raised at the event will aid Hope Clubhouse's mission of providing a community of support for adults living with a mental illness and opportunities for paid employment and access to

education, housing and wellness. The event is open to the public and will be emceed by Patrick Nolan of Fox 4 News. The program will include a welcome by Honorary Chair Daleen O'Dell, entertainment by comedian Amy Tee, messages from clubhouse members, a live auction and recognition of the founding mothers, Judith Gardner, Sharon Harris, Carrie Lucas and Susan Tew, in honor of the clubhouse's 10th anniversary.

Tickets are \$100 to participate in-person and \$75 to participate virtually. All attendees will receive lunch as part of their ticket price. In-person attendees will receive lunch courtesy of Broadway Palm Dinner Theatre, while virtual attendees are invited to pick up an executive box lunch complete with a personal-sized bottle of champagne, specially prepared by members in the Hope to Go Kitchen.

The title sponsors for the event are George and Dottie Pacharis. Additional sponsors currently include Scott White Advisors; Carrie Lucas; Community Supported Assisted Living; Caroyln Cusack; Elite DNA; Bill and Robin Martin; Park Royal Hospital; Omar Rieche, MD; and Kathy Sager. In-kind sponsors are Acarte Technology and the Broadway Palm Dinner Theatre.

"I am extremely humbled and honored to be a part of a team that is committed to bringing hope to its members and their families," 2020 Board Chair Sager said. "Hope Clubhouse of Southwest Florida is evidenced-based, and it works!"

Tickets and sponsorships are available at https://hopeclubhouse.networkforgood. com/events/23118-faces-of-hope-mentalhealth-luncheon. Inquiries about the event and sponsorship opportunities can be directed to Hope Clubhouse at 267-1777 or info@hopeclubhouse.org.☼

Business Leaders Select Winners Of Shark Tank

ocal students pitched innovative ideas to tackle issues ranging from mental health to reducing waste at The Immokalee Foundation's 2nd annual Shark Tank. Hosted via Zoom in mid-July, the competition-style event was the culmination of a four-week entrepreneurship virtual summer camp for students that was supported by The Immokalee Foundation and hosted by Florida Gulf Coast University's School of Entrepreneurship.

The Immokalee Foundation's students pitched their creative business start-up ideas – much like the popular TV show - to a panel of local business leaders. Serving as judges were Denise Cobb, an award-winning producer, broadcaster and station owner, and a founder of the Naples Children & Education Foundation; Michael Feuer, cofounder and former CEO of OfficeMax and now CEO of Max-Ventures, a private equity and consulting firm; and Brian Rist, executive chairman of

The Smart Companies, of which Storm Smart – Florida's largest manufacturer and installer of hurricane protection and lifestyle products – is the largest subsidiary.

'I was blown away by the thoughtfulness and maturity of the students involved in this program," said Feuer. "They had to answer questions spontaneously, and their effectiveness speaks volumes about the invaluable training they received during this summer project.

. The first-place winner was HOPE – Helping Others, Positive Encouragement, presented by the team of Alejandra Ramirez, Angel Aguilar Calmo, Ashley Juarez, Esmeralda Perez Martinez, Jose Rosario Juarez and Marianna Briones. Each student won \$500 for the team's idea to create a support system to help high schoolers develop coping skills and build peer relationships to deal with mental health issues.

Second place was awarded to Game Go team, including Ivan Vega, Jonathan Vega, Jovanny Cruz and Luis Ponce. They won \$250 each for their pitch to provide a gaming service that doesn't require internet connectivity, since poor Wi-Fi connections can cause problems with updates or large

downloads.

The third-place winner was The Future of Families, presented by the team of Eduardo Chavez, Elvis Velasquez, Kener Matias and Lizbeth Huapilla. They were awarded \$100 each for their idea to provide resources to help immigrant families with basic needs during their transition to life in the United States.

The judges were impressed by each of the students and their enthusiasm for the products they had researched, developed and presented," said Cobb. "It was clear that each team's product came about from a shared passion among the team members.

The camp provided valuable real-world business experience for participants. Students worked with faculty at the School of Entrepreneurship, as well as local mentors, to learn about the entrepreneurial mindset and how to critically examine problems to develop innovative solutions. Student teams created a sustainable business model using the Lean Startup Method to address the issue they had identified, along with a prototype and

"Being able to interact and communicate with other students as

well as professionals had a great impact on not only me but also my peers in The Immokalee Foundation's Business Management & Entrepreneurship Career Pathway," said participant Elvis Velasquez, an Immokalee High School 11th grader. "It was a great experience, and I learned

Though the camp had to transition from in-person to virtual instruction because of the COVID-19 pandemic, it didn't diminish the students' dedication or creativity. These future entrepreneurs and business innovators now have skills and firsthand experience they can draw upon as they finish high school and move on to

their postsecondary plans.

The Immokalee Foundation provides a range of education programs that focus on building pathways to professional careers through support, mentoring and tutoring, and life skills development leading to economic independence. To learn more about The Immokalee Foundation, become a mentor, its signature events, volunteer as a career panel speaker or host, make a donation, including the foundation in your estate plans, or for more information, visit www.immokaleefoundation.org or call 430-9122.☆

Health, Education, Maintenance And Support



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

or those of you who have wills and trusts that contain testamentary (post-death) trusts that continue on for your loved ones, you may notice that the trustee often has a written standard by which she can make income or principal distributions. It's common to find that the standard relates to the beneficiary's health, education, maintenance and support-based

Attorneys from all over the country commonly use those terms - health, education, maintenance and support. Is this because we all use the same form book?

No, that's not the answer.

The reason that distribution standards are tied to those four words is found in the Internal Revenue Code. When distributions to a beneficiary are limited to that beneficiary's health, education, maintenance and support, then the trust is said to have an "ascertainable standard." Interestingly, including the words "for that beneficiary's comfort and general welfare" are not considered an ascertainable

Why would it be important for a trust to limit the distributions to a beneficiary under an ascertainable standard? Oftentimes, the beneficiary and the trustee are one and the same person. Consider if Harry created a testamentary trust that, upon his death, provides for his wife, Sally. Sally is to receive income from the trust and the trustee may invade the principal of the trust for Sally's health, education, maintenance and support. Assume further that Harry has named Sally as the trustee of this trust.

Even though Sally is the trustee of the trust, she does not legally own the trust assets because her distributions are limited to an ascertainable standard. This could be important for a variety of reasons. If Harry and Sally do not want the assets of the testamentary trust included in Sally's estate for estate tax purposes, it is important that she is not deemed to own the trust assets. This could also be true for liability protection. If Sally were to run over someone in her car causing injury to another, assets in a discretionary trust that are limited to an ascertainable standard may fall outside of the reach of a judgment creditor. Another important protection may include protecting the inheritance from a future divorce should Sally remarry.

By limiting distributions to an ascertainable standard, you can give your beneficiary a great deal of control over the assets of a trust as the trustee, but not subject those assets to a variety of dangers mentioned earlier. The trustee of a trust generally has the ability to decide what investments, assets or property the trust will own, and when to sell or distribute trust income or principal. So it might be very important in your estate plan to give your beneficiary these trustee powers, yet at the same time protect the inheritance for that beneficiary.

Sometimes, clients will voice concern whether the language is too limiting. The trust document can broadly define health, education, maintenance and support. Those words encompass almost any need that your beneficiary might have short of luxury goods or leisure travel. When you have your attorney draft your trust, you can restrict the distributions by requiring the trustee/beneficiary to first consider other income or resources available to him, or you could open up the distributions for any reasonable request notwithstanding other income or resources available. It's all in how you want your document drafted.

Another consideration is to ask who might challenge a distribution as improper. Generally speaking, the remaindermen beneficiaries would have the opportunity to review annual accountings and to question any distributions as falling outside of the written standard. A remaindermen beneficiary is someone who inherits once the initial beneficiary's interest is terminated, usually after a term of years or upon death. A marital trust, for example, may continue on for the lifetime of the spouse, and then terminate to the children upon the spouse's death.

If you grant your beneficiary a power of appointment that allows him or her to alter the remaindermen beneficiary's inheritance, then for a remainderman beneficiary to challenge a distribution could end up jeopardizing that beneficiary's economic interest in the trust. Suppose, for example, that Harry gave Sally the power to appoint the trust at Sally's death among their descendants, spouses and charities. Assume Sally's daughter, Denise, believes that Sally is making distributions to herself outside of the health, education, maintenance and support standard.

When Denise confronts Sally, Sally's answer is, "Well, Denise, I suppose you could question my distributions. But if you do, remember that I have the power to write you out of the trust!'

There are many nuances and considerations to evaluate when creating and drafting trusts, even when the ascertainable standard of health, education, maintenance and support are used. But at least now you know why those words are so common in estate planning documents, and what choices you might have even when using such 'standard" phrases.

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Local FPRA Chapter Wins 23 Awards

he Florida Public Relations Association (FPRA) honored the Southwest Florida Chapter with multiple awards at FPRA's Golden Image Awards & President's Awards Virtual Gala on August 27.

The Golden Image Awards competition is conducted annually by the Florida Public Relations Association to recognize outstanding public relations programs in Florida and to encourage and promote the development of public relations in our state.

The Southwest Florida Chapter received the President's Award for Chapter of the Year and received the Most Engaged Chapter honor during the virtual awards event.

In addition, FPRA State President Alyson Lundell, APR, CPRC, honored five member organizations from the Southwest Florida Chapter with 21 awards in three divisions and 14 categories:

Division A: Public Relations Programs Internal Category - Golden Image Award and Judges' Award went to Lee Health for "ExceptionalLee"

Community Relations Category -Award of Distinction went to Priority Marketing and The School District of Lee County for "Back-to-School Safety"

Institutional Category – Judges' Award and Award of Distinction went to Pushing the Envelope, Inc., for "9th annual CAN IT! Campaign'

Promotional/Marketing Category – Judges' Award and Award of Distinction went to Priority Marketing and Cypress Pharmacy for "Cypress Pharmacy CBD

Integrated Marketing Category – Judges' Award went to CONRIC PR & Marketing for "Keep Lee Plastic Free"

Integrated Marketing Category -Judges' Award and Award of Distinction went to Priority Marketing and Guadalupe Center for "Guadalupe Center Integrated Marketing Campaign"

Special Events Category – Award of Distinction went to Priority Marketing and Hope Healthcare for "Hope Healthcare

Other Category – Award of Distinction went to Priority Marketing and Dan Creighton for "A Life Without Limbs, From Homeless to Hopeful'

Division B: Printed Tools of Public Relations

Brochure Category – Golden Image Award went to Priority Marketing and Jewish Foundation of Greater Naples for "Jewish Federation of Greater Naples

Other Category - Award of Distinction went to Priority Marketing and Guadalupe Center for "Guadalupe Center 2019 Holiday Direct Mail Donation Appeal"

Division C: Digital Tools of Public

Video: Internal Category – Award of Distinction went to Priority Marketing for 'Priority Marketing Newsletter'

Video: Public Service Category – Judges' Award and Award of Distinction went to Priority Marketing and SalusCare SalusCare for "Fund-A-Cause Video"

Video: Institutional Category – Awards of Distinction went to CONRIC PR & Marketing for "Words from the Waterkeeper" and to Priority Marketing and "Ding" Darling Wildlife Society for "Wulfert Bayous Video"

Video: Promotional/Marketing Category – Judges' Award and Award of Distinction went to CONRIC PR & Marketing for "Faces of Hope Who Give"

Other Category – Award of Distinction went to Markham Norton Mosteller Wright & Co., PA, Jessica Walker, MA,

APR, CPRA, Krista Casteel for "MNMW Google Reviews'

An Award of Distinction is presented to entries that meet the standards of excellence set by a panel of judges. A Golden Image Award is presented to the top-scoring entry in each category if the entry meets predetermined criteria of excellence set by the judges. A Judges' Award is presented for an outstanding entry that achieves maximum results while using a minimum amount of money.

For more information, visit www. fpraswfl.org.☆

County Earns Strong Marks For Fiscal Oversight

ee County recently received high marks for sound fiscal management from two separate sources, including an AA credit rating from Fitch Ratings and solid grades on the newly issued report card from the Florida House of Representatives.

The Florida House's Local Government Report Card, part of the Taxpayer Accountability & Transparency Project, grades counties in a number of areas. Lee County received an "A" grade for government size, ranking sixth out of 32 large counties. The category takes into consideration: salaries and benefits as a percentage of overall spending; number of employees per 100,000 residents; and average employee salary.

The Florida House also ranked Lee County a "B" for government spending and debt. For a full comparison of the report card, visit www.floridataxpayers.

The AA rating from Fitch – which denotes "very high credit quality" recognized that Lee County: possesses superior control of expenses and a low long-term liability burden; has solid post-pandemic growth prospects for revenues; maintains strong reserve funds and a 20 percent minimum reserve policy; and rebuilt a strong financial cushion in the recent expansion, positioning it well for the current downturn.

'Management has used surplus revenues associated with tax base growth to help support capital and maintenance needs and expects to continue this practice while maintaining reserves at or above 20 percent levels," Fitch said in its report. "Inherent budget flexibility is superior, reflecting ample control over revenues and solid expenditure flexibility."

Natural Products And Textures In The Home



by Katie Frederick

The transition of summer into fall is the best time to switch up your decor. This doesn't mean simply switching out your accessories and adding pops of color to complement the season... you can

also bring new products and textures into the mix to liven up your home.

While colors, accessories and furniture all add to the style and feel of a space, without interesting textures, the room may still feel a little flat. Natural textures are aesthetically pleasing and make your home unique. Here is how you can incorporate them throughout your space.

When you think of natural textures, things like wood and wicker typically come to mind. These materials are more than just visually appealing, they are also unique to the touch, which is why they are defined as textures. These are only a few of the unique finishes that can easily be incorporated into your home decor, here are a few more:

Stone – Hard and cool or warm and inviting, natural stone comes in a variety of colors and textures that make it suitable for more than just your fireplace. Consider a sleek natural stone table as the centerpiece of your living room or used as accessories in the bedroom.

Distressed wood - Unlike finished

nother round of distribution of

personal protective equipment (PPE) is planned for Lee County

businesses, with the first pickup location set to open next Tuesday.

200 facemasks and a case of hand

Business representatives will receive

sanitizer, with a limit of one PPE pick-up

per company. The business distribution sites will operate $8~\mathrm{a.m.}$ to $4.30~\mathrm{p.m.}$ weather permitting and while supplies last

at the following sites:
September 22 to 24 at North Fort
Myers Recreation Center, 2000 North

Recreation Park Way September 28 to September 30 at

County staff will ask the person

to receive PPE.

Estero Recreation Center, 9200 Corkscrew

No advance registration is necessary.

representing the business for the business

with Lee County addresses will be eligible

The distribution is part of Lee County's continuing response to the COVID-19

pandemic. It is funded through the

federal Coronavirus Aid. Relief and

Economic Security Act (CARES).

\$134,459,744 received through the

name, address and EIN number (Employer Identification Number). Only businesses

More PPE Free

For Businesses

wood, distressed wood has a more rustic or farmhouse feel. It's best suited for furniture like tables or shelving because it is so durable. Reclaimed wood can also be used as its imperfections are what make it visually appealing and one-of-a-kind.

Clay – The warm and earthy hues of clay aren't the only beautiful thing about this natural product. When used in accessories like vases, dishware and artwork, clay can be molded to be smooth or textured depending on your preferences.

Marble – Smooth marble is typically associated with kitchen countertops, but this natural product can also be used around the home in other furniture and accessories. From marble tables to statues, desk accessories and vases, the polished, level surface of marble is a clean and soothing addition to any room.

Greenery – Plants are often overlooked in the decor process, but well-placed greenery can breathe life into any room. From bamboo and spider plants to palms and ivy, accessorizing with vegetation brings personality into your design.

Wool – Both a tactile and visual texture, wool is a cozy and inviting product to use in your home. It's best suited for interior use accessories such as throw pillows, blankets, rugs and even wall art.

As you can see, many natural textures can be used for both furniture and accessories. Stone, wicker and clay are products that can stand up the elements, so they can also be incorporated into your exterior decor as well. Clay, especially, can make for a beautiful outdoor fireplace or flowerpots. Using natural textures in your home is all about finding the balance between them and other décor present in the space.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecden.com.☆

An initial round of distribution of PPE to businesses ended June 5.

Lee County is working in partnership with local nonprofits to distribute masks and hand sanitizer for individual use. United Way will spearhead distributions through United Way Houses, food pantries and other distribution points to be announced soon; Goodwill Industries will distribute PPE through its Community Resource Centers; and the Lee County Library System will provide PPE at select locations. Details to come.

For more information, visit www. leeflcares.com.☆

Local Bank Earns Accolade

Sanibel Captiva Community Bank has been named Southwest Florida's best commercial bank in *Gulfshore Business*' 8th annual Best of Business

August issue.

"We're honored to receive this accolade, especially as it's a result of Southwest Florida residents, businesses and community members acknowledging the local companies they trust," said David Hall, executive vice president, CFO and COO at Sanibel Captiva Community Bank. "Our foundation is built on the relationships we have with our customers, team members and community."

Alzheimer's Center New Staff Members

erri Czeczotka and Jennifer Eno have joined the Alvin A. Dubin Alzheimer's Resource Center. As operations manager, Czeczotka is responsible for the center's business functions including financial, human resource and IT administration, as well as assisting with event planning, marketing and coordinating volunteers. She previously served as financial manager of FISH of Sanibel-Captiva since 2018 and has financial and human resource experience with the Montauk Fire District, Bridgehampton National Bank and Time Warner, all in New York. Czeczotka holds a master's degree in business administration from Hofstra University on Long Island.

Eno serves as community and caregiver educator, providing information about the agency's services and helping clients deal with the challenges presented by Alzheimer's disease and dementia. She holds a bachelor's degree in health services administration from University of Central Florida and served as a health and community development worker in the Peace Corps. She has nearly a decade of experience in senior





Terri Czeczotka

lennifer Fno

healthcare, most recently with Cypress Point, a senior living community in Fort Myers.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way partner agency, provides information, training and practical support to caregivers and individuals with Alzheimer's disease and related disorders in Lee and Hendry counties. Celebrating its 25th anniversary, the center offers information and referral services, counseling and 17 support groups for those with early-stage dementia and caregivers confronting every stage of the disease. Community outreach includes working with dementia-friendly churches and training first responders to recognize and respond appropriately to dementia.

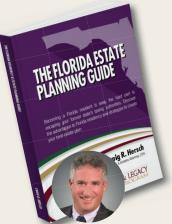
For more information, call 437-3007 or visit the center's website at www. alzheimersswfl.org.

Read us online at www.lslandSunNews.com

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

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Frankly Speaking



by Howard Prager

icture the cloverleaf of expressways converging and going off in different directions in any big city. That's what I feel is happening in sports today. It sort of looks like I remember it - lots of

sports happening all over the place - and so much more as records are broken and epic matchups take place.

Let me start with baseball as the season already is winding down. September is the right time of year, but doesn't it seem like we just started? (We did!) In the National League, the Cubs, Dodgers and Braves lead their divisions. A couple of highlights from the past week. The Braves scored a team record 29 runs last week against the Marlins, just one shy of the major league record. Adam Duvall had 3 HRs including a grand slam and 9 RBI. Not scoring at all were the Milwaukee Brewers who were no-hit by Cubs starter Alec Mills. Just think about this one - Mills had only one complete game in his career, and that was in the minors. He was a walk-on for unknown University of Tennessee-Martin in college. A 22nd round pick by the Royals, Mills will be expected to do more and stabilize the starting rotation. This is the first time in baseball history that two Chicago teams had no hitters in the same

season. Lucas Giolito had one for the White Sox earlier.

Speaking of the American League (AL), Tampa Bay, Oakland and the Sox are on top, with the Twins trailing the Sox by just 1 game as of this writing. And the Rays made their own history last week. For the first time since 1901 (perhaps the first time ever), a team fielded an entire left-handed hitting lineup with no switch hitters against the Red Sox and a righty they had not faced before. They won 11-1, and are the first team in the AL to reach 30 wins this

Football has started. One of the key games: the battle of ageless quarterbacks Tom Brady, 43, now of the Bucs versus Drew Brees, 41, of the Saints. Just think of the stats between these two competitors, the first time in NFL history both starting QBs were over 40... 13,000 completions; 150,000 passing yards; 1,000 passing TDs. It's mind boggling. The game wasn't nearly as exciting, as the Saints handed Brady his first loss as a Buc. Brady's replacement in New England, Cam Newton, did just fine, leading the Patriots to victory. Only a couple of pro games had some fans in attendance, although the sound systems worked just fine, thank you. Otherwise as we saw starting on Saturday, empty or ³/₄-empty stadiums were most common to ensure social distancing with frequent testing of all players. On the college side again an eerie feeling – no Big Ten and Pac 12 games. Of the rest, Clemson hasn't missed a beat in winning, and Florida State started with a loss. Again. The other statistic people were watching was what's going to

happen during the anthem. Seven teams chose to stay in the locker room to avoid any controversy. Other teams had varying examples of kneeling, standing, sitting and fists raised. Many teams played the Black Anthem, Lift Every Voice and Sing after the Star-Spangled Banner.

In the playoffs, Denver becomes the first NBA team to play four Game 7s, as they fought back from being two games down to the LA Clippers to even the series at three games apiece. Tuesday will determine if they make it to the Conference Finals. The Lakers will most likely face whomever wins in the west. In the East, the Celtics are back, beating the champion Raptors in seven games and now face off against the Heat in the semifinals. In the NHL, Tampa Bay and Dallas appear headed towards a first-time matchup in the Stanley Cup Finals. Both teams took a 3-1 series lead over their opponents going into this past Monday and Tuesday games.

And over at the U.S. Open, we have Dominic Thiem from Austria winning his first grand slam tournament after coming back from being down two sets in an exhausting four-plus hour match. This was just the fifth time since 1974 that a player has fought back from being two sets down. On the women's side, Naomi Osaka won her second U.S. Open by battling back after losing the first set.

Do you like good fresh-roasted coffee? So does Cubs outfielder Ian Happ. A finance major in college, Happ and his brother seek to find businesses to partner with. He discovered Connect Roasters in 2016, after one of their roasters posted a picture of their coffee with Happ's baseball card on Instagram. He then asked them for some coffee. He didn't know then that the Guatemalan coffee founder Caleb Benoit invests money from each sale to non-profit partners in Guatemala. After chatting with Benoit, Happ suggested the idea of "Quarantine Coffee for COVID Relief." Happ and Connect Roasters are donating \$3 from each \$15 order to COVID-19 relief. Well done (actually it's a medium roast) Ian!

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.☆

App Now Offers Freshwater Fishing Regulations

he Fish Rules App now includes freshwater fishing regulations thanks to a successful partnership between Florida Fish and Wildlife Conservation Commission (FWC) and Fish Rules App.

The division of freshwater fisheries management is thrilled that the Fish Rules App is now available for freshwater. We have seen how our partnership with Fish Rules has strengthened the communication of fishing regulations and are looking forward to it getting even stronger," said Jon Fury, FWC's director for the division of freshwater fisheries management. "We encourage fresh and saltwater anglers to use the app whenever they are fishing one of Florida's extraordinary waterbodies to stay up to date on fishing regulations as well as help them identify their catch.'

"This is the kind of app that helps agencies like FWC help anglers keep up to date on regulations, fish identification and so much more," said Jessica McCawley, FWC's division of marine fisheries

management director. "We've been encouraging use of this app, known for its quality, for years and are happy about the release of the freshwater version as well.'

Fishing regulations change depending on your location, such as in a fish management area. Enable location services in the Fish Rules App, and the app will automatically show you regulations for your actual position. The app is also partnering with the South Atlantic Fishery Management Council and the Gulf of Mexico Fishery Management Council who manage fisheries off Florida in federal waters.

If you are unsure of the species you reeled in, the app also helps with fish identification. Swipe left or right on pictures of fish to see more pictures and clues on how to identify a fish. You can even sort fish by name or by picture.

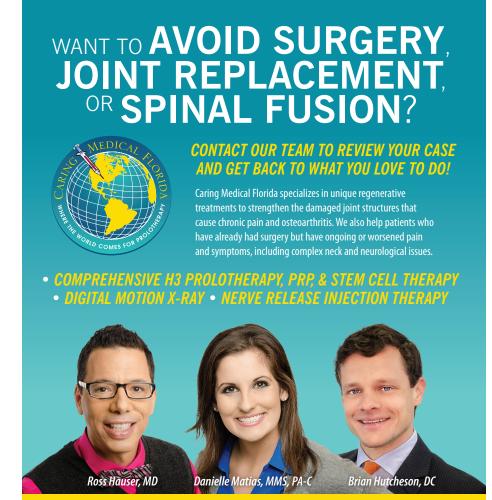
If you have photos of your catch, Fish Rules is always looking for more photos to add to the app. Share your shots by emailing them to photo@fishrulesapp. com. Preferred shots include the fish being held horizontally and taking up as much of the image as possible.

Learn more at FishRulesApp or follow Fish Rules at instagram.com/fishrulesapp or facebook.com/fishrulesapp.☆



- 1. Which team won more head-to-head games in the Michigan vs. Ohio State "Ten Year War" football rivalry from 1969-78?
- Retired boxer, kickboxer, wrestler and mixed martial arts star Eric Esch is better known by what nickname?
- What was Colorado Rockies rookie shortstop Clint Barmes carrying up the stairs of his apartment when he fell and broke his collarbone in 2005?
- In 2017, what English footballer performed his signature robotic dance to celebrate his 100th Premier League goal?
- 5. What was the name of the 1984 Los Angeles Summer Olympics' official mascot? A computer worm created by Dutch student Jan de Wit in 2001 was named after what popular pro tennis player?
- What actor played Pop Fisher, manager of the fictional New York Knights, in the 1984 baseball drama film The Natural?

ANSWERS 1. Neither, The series tied at 5-5. 2. Butterbean. 3. A package of deer meat. 4. Peter Crouch. 5. Sam the Olympic Eagle. 6. Anna Kournikova. 7. Wilford Brimley.



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How To Balance Your Hormones



by Suzy Cohen, RPh

ear Readers: At a certain age, we all lose those youthful hormones, and start to think about replenishment. That's a great idea, but determining

what hormones you need to replenish based upon your test results is very tricky, and there may be trial and error involved.

There's a lot of confusion about hormones, testing and natural supplements to help shift patterns.

The route of administration matters in terms of testing yourself. So for example, if you take oral estrogen, then a blood test is fine. If you do use transdermal hormones, a patch, pellet or injection form, then I highly recommend you do urine metabolite testing as in the "DUTCH Complete" test. This is a home test kit that required you to urinate on a little strip. It's available at my website because I'm one of their licensed

Here's guidance about each hormone. My goal right now is to help you break it down properly, which in turn improves health and reduces risk for cancer-causing metabolites.

Estrogen – Men and women have all three types of estrogen in their body, and each of these exhibit varying degrees of activity and target different tissues. Dramatic reductions in estradiol may lead to a decrease in mental sharpness and muscle mass. In excess, estradiol is associated with heavy periods, fibroids and endometriosis. DIM and glutathione supplements help break this down well, depending on the specific metabolite you make. The DUTCH test will tell you your ratios of estrogen and the way you break

Progesterone - Benefits of progesterone impact mood and sleep. Stroke victims are sometimes given progesterone to help recover because it plays a role in neurogenesis. Progesterone keeps women looking more youthful by improving elasticity and stimulating collagen production. Excessive amounts cause mood swings, fatigue, dizziness, yeast infections, bloating, fluid retention, acne and drowsiness.

Testosterone – Adequate amounts help both men and women, although this hormone is predominately male. It is required for sperm production therefore playing a role in fertility. It gives people a competitive spirit. Benefits include energy, libido, strong bones and fatburning capabilities. During andropause when levels plummet and men suddenly notice problems in the bedroom, or with prostate function. Excessive amounts of . testosterone in women cause cystic acne, deepening of the voice, PCOS, facial hair and menstrual irregularities.

Some people have an androgenic preference in the way they break down testosterone, and this can be corrected with natural remedies such as saw palmetto and stinging nettle. Some people have poor Phase I metabolism and therefore create cancer-associated estrogen byproducts which are like trash in your body. You have to take the trash out. By that, I mean you need to open up that pathway using natural remedies such as DIM and others. If you don't methylate well, you could benefit from some methyl donors like TMG, methylcobalamin (vitamin B12) or natural folate. It's really about detoxifying the hormones you have, not total estrogen or testosterone levels. There is more about this in my free hormone ebook available to you right now at www.suzycohen.com.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www. SuzyCohen.com.☆

Doctor and Dietician

Alternative Ways To Treating Pelvic Or Groin Pain





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

elvic and groin pain can be devastating, preventing mothers from caring for their babies, athletes from advancing in sports, and can leave otherwise healthy people unable to get out of bed without horrible pain and embarrassing symptoms. Whether you have sustained a sports injury, experienced difficulties since giving birth, or suffered a traumatic incident, it is vitally important to understand the role that joint instability and ligament laxity play in worsening or complicating your

Just like any other joint in the body, the pelvic region is made up of joints, ligaments and tendons. These joint complexes can loosen and thus lead to pain. The pelvic region includes the bony pelvis, the pelvic cavity, the pelvic floor and the perineum below the pelvic floor. The pelvic skeleton is formed in the area of the back by the sacrum and

the coccyx and, anteriorly, to the left and right sides by two hip bones.

Our approach to alleviating painful pelvic conditions at Caring Medical has been to correct underlying instability around the pelvis and restore tissue strength and integrity. In our experience, this can take a team of practitioners looking at the case from multiple angles to create an individualized treatment plan for each patient. We specialize in diagnosing patients, identifying the damaged tissue that needs to be targeted, and treating those areas with comprehensive prolotherapy, an injection technique that stimulates the body to repair the injured area(s) – sort of like spotwelding. We also address the alignment and muscle imbalance issues that may have resulted from an accident or longterm inappropriate body mechanics through exercise regimens to help keep things in the right place.

Using unique comprehensive injection, chiropractic and exercise protocols, we regularly see pain alleviated and lives restored. Pelvic floor dysfunction, ischial tuberosity pain, hamstring syndrome, vaginal pain, groin injuries and other pelvic pain conditions can be resolved without surgery or long-term use of pain medications. There is no need to suffer from chronic pelvic or groin pain - no matter the cause. There is always a

solution!

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@

Share your community news with us, call 395-1213 or email press@islandsunnews.com

Virtual Health Fair On Fall Prevention

ne in four Americans aged 65 and older falls each year. Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

To raise awareness and educate seniors on strategies to reduce the risk of a fall, Seniors Blue Book in partnership with Lee Health is hosting a virtual Fall Prevention Health Fair on Monday, September 21 from 9 to 11 a.m. via the Zoom platform.

The fair coincides with the National Council on Aging's (NCOA) National Falls Prevention Awareness Week and will include discussions on balance, vision and hearing; medication reviews; walking safety tips; home safety recommendations; the importance of using assistive devices; and adult services options.

The virtual event will feature an esteemed team of healthcare professionals who are experts in their field. Presentations will be engaging, light and interactive and include a question-andanswer session.

Presenters include:

Syndi Bultman, RN, MS, CEN, injury prevention resource coordinator at Lee

Nathalie Grondin, PT, rehabilitation services program coordinator at Lee

Regina Evans, PharmD, pharmacy clinical specialist at Lee Health Tiffany Mowls, health services

coordinator at Lee Health Chris R. Williams, CPT, president of

Emeritus Health Allison Coll, OD, optometrist at Snead Eye Group

John Ĥoglund, BC-HIS, ACA, Hoglund Family Hearing and Audiology

Sherry Young, health and wellness coordinator at Årea Agency on Aging for

Stephanie Gomez, president and CEO of Stabilized Steps

"The health fair provides a great opportunity for us to interact with the community and to get the message out about the importance of fall prevention. Falls are not a normal part of aging, they're a sign of something being amiss," said Mark Tesoro, injury prevention educator/analyst at Lee Health. "We need to take the time to identify the cause of an individual's falls and correct it. This may be adjusting medications, wearing proper footwear, checking hearing and vision, using assistive devices, making the home environment safer, or increasing activities like Tai Chi. While these changes may not sound monumental, they can be tremendous in helping a person prevent a fall."

Seniors Blue Book was founded in 1983 with a mission to provide seniors, caregivers and senior professionals a comprehensive source of services, senior housing options, resources and information that enrich the lives of the elder population while affording those businesses and individuals serving that population a unique medium to present their products and services.

Reservations are required for the event. For more information or to RSVP, contact 468-0050.☆

Overlooked Pets **Need Adoption**

ee County Domestic Animal Services (LCDAS) is joining Petfinder.com to celebrate Adopt-A-Less-Adoptable-Pet Week from September 21 to 25. The theme, That's What Makes Me Special, urges people to adopt those pets that are often overlooked due to breed, age or special needs.

LCDAS will reduce the adoption fees on all adult dogs and cats to \$25 and all senior pets age 6 and older to \$10 with an approved application. Hours are 10 a.m. to 4 p.m. Monday through Friday by appointment only in order to ensure appropriate social distancing. Call 533-7387 to schedule a visit.

Petfinder.com launched its first Adopt-A-Less-Adoptable-Pet campaign in 2009 after recognizing that about 95 percent of shelters and rescue groups are challenged to find homes for certain animals.

To view all pets available and to complete an online application, visit www. leelostpets.com. The shelter is located at 5600 Banner Drive in Fort Myers.☆



FROM THE BEACHES TO DOWNTOWN FORT MYERS	
Emergency	
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	
Poison Control	1-800-282-3171
HealthPark Medical Center	
Ft. Myers Chamber of Commerce	
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	
Art League Of Fort Myers	275-3970
Art League Of Fort Myers	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	
Fort Myers Harmonica Band	610-653-7040
Fort Myers Symphonic Mastersingers	788.7525
Gulf Coast Symphony	/180.1900
Harmony Chorus, Charles Sutter, Pres	404 0050
Manles Philharmonia	220 507 4444
Naples Philharmonic. The Schoolhouse Theater	. ∠აყ-၁ყ/-1111
THE SCHOOLHOUSE THEATER	440,000
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	000 000 1050
American Legion Post #38	. 239-332-1853
Angel Flight	//-4AN-ANGEL
Animal Refuge Center	
American Business Women Association	357-6755
Audubon of SWFLhttps://www.a	udubonswfl.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	<i>454</i> -1083
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My Stars ★★★★

FOR WEEK OF SEPTEMBER 14, 2020

Aries (March 21 to April 19) Careful, Lamb. Taking on too many tasks at one time can cause you to create more snarls each time you try to work your way through the tangled mass. Best to handle one job at a time.

Taurus (April 20 to May 20) Making bold moves is what Bovines do. But the best moves are made with lots of data to provide backup just in case you charge into an unexpected complication. A new relationship shows promise.

Gemini (May 21 to June 20) Sharing credit for a job well done is easy for you to do, but not necessarily for your partner. But fair is fair. Don't let yourself be denied the right to have your contributions recognized.

Cancer (June 21 to July 22) Communication is important to help bridge a gap that can lead to problems at home and/or at the workplace. Find a way to get your points across before the breach becomes a chasm.

Leo (July 23 to August 22) Relationships, whether business or personal, need to be watched carefully for signs of trouble. Any negative indications should be dealt with before they become too burdensome.

Virgo (August 23 to September 22) Congratulations. A more positive aspect highlights much of the Virgo's week. You should find others more receptive to your suggestions, and also more likely to act on them.

Libra (September 23 to October 22) All work and little play could wear the Libra's usually positive attitude down. Take some much-needed time off. Perhaps a short jaunt with someone special is the way to go.

Scorpio (October 23 to November 21) This is a good time to expand your view from the known to the unfamiliar. Confronting new situations could be challenging, but ultimately also could be extremely satisfying.

Sagittarius (November 22 to December 21) Giving advice to those who just want validation for what they're doing can be unsettling. So back off and save your counsel for those who really appreciate it.

Capricorn (December 22 to January 19) Cultivating a more positive attitude not only makes you feel better about yourself, but also has an upbeat effect on those around you, especially that certain someone.

Aquarius (January 20 to February 18) Keeping the lines of communication open and accessible is the key to establishing the right foundation on which to build an important and meaningful relationship. Stay with it.

Pisces (February 19 to March 20) Before agreeing to act on a request, consider using your perceptive Piscean talents to see what might lie hidden beneath its surface and could possibly cause problems later on.

Born This Week: You're a friend who, if you err at all, does so on the side of concern for those you care about.

MOMENTS IN TIME

- On Sept. 24, 1789, the Judiciary Act of 1789 is passed by Congress and signed by President George Washington, establishing the Supreme Court of the United States as a tribunal made up of six justices who were to serve until death or retirement. The number of justices was changed in 1869 to nine.
- On Sept. 25, 1894, President Grover Cleveland issues a presidential proclamation pardoning Mormons who had previously engaged in unlawful polygamous marriages. His proclamation ensured that their property and civil

rights were restored.

- On Sept. 23, 1908, a game between the New York Giants and Chicago Cubs ends in 1-1 tie after a controversial call at second base. The officials ruled that Giants first baseman Fred Merkle was out because he failed to touch second base, a call that has been disputed ever since.
- On Sept. 21, 1942, the B-29 Superfortress makes its debut flight in Seattle. The long-range heavy bomber contained a pilot console in the rear, in the event the front pilot was knocked out of commission.
- On Sept. 22, 1953, the first four-level (or "stack") interchange in the world opens in Los Angeles at the intersection of the Harbor, Hollywood, Pasadena and Santa Ana freeways, 32 lanes of traffic weaving in eight directions at once.
- On Sept. 26, 1960, for the first time in U.S. history, a debate between presidential candidates is shown on television. The presidential hopefuls, John F. Kennedy and Richard M. Nixon, met in a Chicago studio.
- On Sept. 27, 1989, Hollywood socialite Zsa Zsa Gabor, on trial for slapping a police officer during a traffic stop, storms out of the courtroom. Gabor had been pulled over for expired tags, expired license, open alcohol container then attempting to leave the scene. She slapped the officer when he caught up with her.

NOW HERE'S A TIP

- "In my shop, I have stored small bits of hardware in baby-food jars. They were all on a shelf together, and when I needed one, I would have to move bottles around until I found the right one. I took a piece of 1-by-4 and cut it into 2-foot sections. Then I glued the bottoms of the bottles in a row to the wood. Now, they still sit on the shelf, but all I have to do is slide the 1-by-4s out and find the right jar. I can still see in the sides, and it makes them so much easier to deal with." JN in Missouri
- "My child has so many toys that they were starting to take over his room and our house. We got three big plastic storage tubs and distributed the toys among them. Now the rule is that only one tub can be open at a time, so if he wants to play with other toys, he must pick up all the toys from the tub he is playing with first. It has made such a difference since the house gets picked up at least once a day." CI in Tennessee
- Here's a boating safety tip: Make sure you check the weather before you head out for a day on the water. And everyone needs a life vest, large or small.
- "Lots of people are selling things online now to make a few bucks, and that's cool. I know I have things I've picked up that I don't use. Why not make a little money? Here's a tip though: Do a little research on price for your item. You want to avoid listing it for too much (no interest) or too little (yes, it gets snapped up quickly, but you could have gotten more for it). A little homework goes a long way." CA in Florida
- No red wine for your recipe? You can substitute an equal amount of grape juice or beef broth in most recipes.

STRANGE BUT TRUE

- An armadillo's shell is so hard that it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital. The armadillo, on the other hand, strolled away unscathed.
- One million U.S. dogs hold first place in their owner's last will and testament.
- The original time machine in *Back to* the *Future* was not a DeLorean, but an old refrigerator. According to *HuffPost*, "Ultimately,

PUZZLES

SONG SPAN

Answers on page 23

Super Crossword 92 Reasonable DOWN **ACROSS** 40 Terminated 49 Astronomer 87 Scrunchies 1 Neighbor of 42 "Wild Thing" advance 1 Cookie bits Carl 88 Long letters notice Niger rapper 2 Tasmania's 50 Hints 89 TV inits. 5 Comical bits Tone -96 Facial locale capital 51 Schnozz or since 9 Work group **43** \$20 98 Prefix with **3** 2001 Audrey boff ender 1975 **14** PLO dispenser gender Tautou film 53 "Where -93 Vexed a lot go wrong?" chairman 45 "Really?" 99 Ringlike isle Sneer at 94 Selfish Mahmoud 48 Natty scarf 100 Soda shop 5 Rap session **54** Auth. driver of a 19 Europe's 52 Palmtops, drink 6 See unknown "Eternal 104 Sells 76-Down 55 Feed in a 95 TV inits. e.g., for City" virtually 7 India's Rajiv since 1975 short 20 Blind as — 56 Internet ID 109 Surg. 8 Like plays **59** Low point 97 Multipiece 21 Common locales 9 Mineo of 60 Windows ad gifts for 57 Goggles Not breaking 110 Vote in favor movies statement calligraphers typeface - Polo the rules 111 England's 10 Outpost unit 61 Frying 101 Cavity-23 App-based Fast glance "Nine Days" vessel fighting org. "That happenin'!" ride option 63 Lizard that Queen" 62 Perfumer 102 Fruit of a may be a 113 Tel. or elec. 12 Get dimmer Lauder Chinese — fide (real) 25 Grilled steak 115 Statesman 13 Ocala's 65 — dish (lab pet tree with thin, **64** Terrible fate Stevenson state item) 103 Discount 66 City that Lot 65 Refuses, as 118 High points 14 Envoy: Abbr. department diagonal a chance 119 Advance 15 Verse writer fled from store chain "Norma —" 105 Blazing 27 Neighbor of 120 Watercourse 16 Sib acquired 67 Deplete (Field film) associated via marriage 68 Matthew of 106 Clothes 28 Alternative 70 Initial amount with the 17 Late-'60s "Friends" smoother to toffee required by a starts of music genre 71 Tokyo-born 107 Less fatty 30 County in creditor eight long One-person 108 Church Yoko New Mexico 74 Suffix of answers in bands, e.g. 72 Pirate chant councils or Colorado sugars this puzzle 26 Nine-person opener 111 Feudal lord 31 Aeneas' 75 Hold sacred 123 Rabbit's kin 73 Run across 112 Eagle's band, e.g. 78 Verse writer 124 Part of A.D. 29 Self-image 76 With 6lover, in nest 79 One dodging 125 Attend 33 Potatoes au Down, catch 114 "— hundred 32 Link two 82 Slovak coin 126 Greek vowel wind of flowers 1969 Stevie 127 Clear out of 34 Frazier foe 77 Airport strip bloom" disparate 36 Folk sayings Wonder hit 128 Marsh plant 80 Clear out of 116 Half-baked 81 Dr.'s gp. 35 Once 86 "Geez!" 129 Elia piece **40** To be, 117 Prayer while - Paulo **130** "The to Fifi 83 Postal ender 37 Gp. backing 90 Crooner Balcony" 41 Flames' org. stack 121 "Hee Haw" Redding playwright 44 Car ad abbr. 84 Over there co-host firearms 38 Has the SPF part Clark Exaggerated Jean 85 Mag. printing 131 Old flames 47 Ersatz 122 Used a 39 Revered one theatrical 132 Slips up 86 "Naturally!" 48 Blazing chair 111 15 16 17 10 14 21 19 20 22 23 24 25 27 28 29 30 31 32 33 34 35 37 38 42 39 40 43 45 52 57 56 58 63 69 70 72 80 83 87 88 89 92 93 94 96 97 95 105 106 107 108 98 100 101 102 103 104 99 109 110 112 113 115 116 1117 118 119 120 124 123 125 127 126 128 132 129 130 131

King Crossword

ACROSS

- 1 Drink heartily 5 Coffee, in slana
- Snatch 12 Maze option
- 13 Possess 14 Elderly
- 15 Not all one kind 17 Clinton's
- Arkansas hometown 18 Delivery co.
- 19 Source 21 Song of
- praise "East of
- Eden" character
- 25 Charged bits 26 Lit into 30 Explosive let-
- ters External
- 32 Eisenhower 33 Lent a hand
- 35 Appear
- 36 Dud
- 37 Familiar form of address 38 1954 doo-
- wop hit for The Crew-Cuts 41 Pirouette
- pivot 42 Deserve
- 43 Transferred, in law
- 48 List-ending
- 1 Hot tub 2 Existed

DOWN

22

33

48

51

abbr.

coin

52 Listener

party drink

50 Continental

53 Unforeseen

problem

- Grave robbers Writes quickly 27 Told a tale
- Have bills Backed

- 49 Mad Hatter's 10 Military visored hat Paradise 16 Spinning stat
- 51 Say it isn't so 20 Bellow 21 Pocket bread 22 Half of the

9 Quite eager

43

49

52

- offspring 23 Picnic invad-
- ers 24 - in the right direction
- 3 Part of FWIW 26 Convert to computers
- out (supplemented) 8 Sesame paste 29 Showroom

- sample 31 Norway's capital
- "I wish" Prolonged attacks
- Japanese pond carp Caraway, for
- 39 Loathe
- 40 Cereal choice 41 Despot
- 44 Vast expanse 45 Sister
- 46 Mound stat 47 Pooch

SEAFARING MAGIC MAZE WORDS

SGDZWTQNKHD AXUEE RRPMJGDAXE T AЕ S EVOLQNKL SXVTQOMJHT D A L A Y AЕ OWURKPN BNDCBZXMA V T R Q T R O T I M K I H A E F D B Z S C Y S A N A M A E S WVTRQHJAONEGLKS H F D C A E L B A E S U A N Z XWVESAESIDUSRI

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

Disease Inseam Loveseat Nausea

Research Seal Sealants Seaman

Seams Search Seasick Seasoning Seat belt Seats Useable



Breakfast Potatoes with Bell Peppers and Bacon

4 large potatoes, medium dice

3 medium bell peppers, large dice

1/2 cup bacon, cooked crisp and roughly chopped

1/2 cup of sharp cheddar, shredded

1 tablespoon all-purpose seasoning (your favorite)

1 tablespoon fresh herbs, chopped fine

1 tablespoon olive oil Salt and pepper to taste



Breakfast Potatoes with Bell Peppers and Bacon photo courtesy Fresh From Florida

Par-cook potatoes in boiling water for 5-7 minutes or until fork tender. Drain water and set aside.

Preheat cast-iron skillet over medium-high heat. Add olive oil to skillet. Add peppers and sauté for 2 minutes. Add potatoes and sauté for another 2 minutes. Season with all-purpose seasoning, herbs, salt and pepper. Stir in bacon bits and mix for another 2 minutes. Remove from heat and top with cheese. Put skillet in oven on high broil for 3 to 5 minutes. Serve with hot sauce and eggs your style.*

PETS OF THE WEEK

Lee County Domestic Animal Services

Trooper And Godiva

I ello, my name is Trooper. This handsome boy is no joke in the snuggle department. I am a 9-year-old male Catahoula mix who thinks that alone time is highly over-rated. I



Trooper ID# A826971

am a perfect combination of rugged good looks, witty charm and maturity, which makes me a great fit for any family. My adoption fee is just \$25 with an approved application.

Hi, I'm Godiva. I am a pint-sized cutie that is full of spunk. I am a 4-year-old

female French bulldog mix who loves playing fetch. I will bring the tennis ball back... after a few laps around the yard. I will climb onto your lap for cuddles – or at least try to – but with

my short



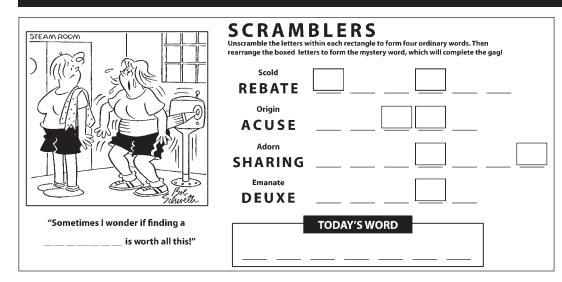
Godiva ID# A827255

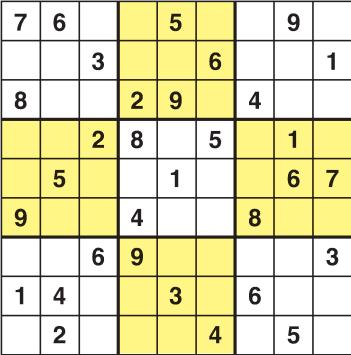
legs, I may need a boost. I like my canine friends and would be good in a home with a playmate. My adoption fee is \$75.

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. As always, cats and kttens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.

PUZZLES

Answers on page 23

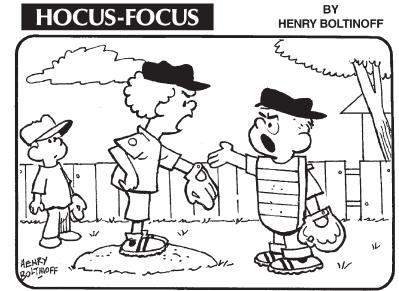




SUDOKU

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.



Find at least six differences in details between panels.



Differences: 1. Baseball has been added. 2. Building is gone. 3. Catcher's shoes are different. 4. Fence has been repaired. 5. Pitcher's pants are longer. 6. Boy's hat is different.



FRIDAY Partly Cloudy High: 87 Low: 82



SATURDAY Sunny High: 86 Low: 83



SUNDAY Sunny High: 87 Low: 81



MONDAY Mostly Cloudy High: 86 Low: 82



TUESDAY Mostly Sunny High: 87 Low: 81



WEDNESDAY Partly Cloudy High: 89 Low: 85



THURSDAY Cloudy High: 86 Low: 80

Redfish Pass Tides

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	2:20 am	7:51 am	2:39 pm	8:40 pm
Sat	2:42 am	8:43 am	3:35 pm	9:08 pm
Sun	3:07 am	9:39 am	4:37 pm	9:33 pm
Mon	3:37 am	10:40 am	5:52 pm	9:55 pm
Tue	4:13 am	11:51 am	7:41 pm	10:09 pm
Wed	4:57 am	1:14 pm	None	None
Thu	5:56 am	2:41 pm	None	None

Point Ybel Tides

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	1:25 am	7:53 am	1:44 pm	8:42 pm
Sat	1:47 am	8:45 am	2:40 pm	9:10 pm
Sun	2:12 am	9:41 am	3:42 pm	9:35 pm
Mon	2:42 am	10:42 am	4:57 pm	9:57 pm
Tue	3:18 am	11:53 am	6:46 pm	10:11 pm
Wed	4:02 am	1:16 pm	None	None
Thu	5:01 am	2:43 pm	None	None

Punta Rassa Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	2:30 am	8:48 am	3:04 pm	9:21 pm
Sat	3:02 am	9:36 am	4:02 pm	9:57 pm
Sun	3:36 am	10:20 am	4:54 pm	10:31 pm
Mon	4:10 am	11:04 am	5:42 pm	11:02 pm
Tue	4:45 am	11:50 am	6:29 pm	11:33 pm
Wed	5:21 am	12:44 pm	7:20 pm	None
Thu	6:00 am	12:05 am	8:15 pm	1:52 pm

Cape Coral Bridge Tides

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	4:30 am	11:07 am	4:49 pm	11:56 pm
Sat	4:52 am	11:59 am	5:45 pm	None
Sun	5:17 am	12:24 am	6:47 pm	12:55 pm
Mon	5:47 am	12:49 am	8:02 pm	1:56 pm
Tue	6:23 am	1:11 am	9:51 pm	3:07 pm
Wed	7:07 am	1:25 am	None	4:30 pm
Thu	8:06 am	5:57 pm	None	None

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IRRIGATION







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HOME SERVICES





The New Math:

\$1 = \$8

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

Thank you for your generosity!

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





Partnership For Pets In Need

ee County Domestic Animal Services (LCDAS) is joining the Bonita Springs Assistance Center on Wednesday, September 23, to provide dog and cat food to families with pets in need.

A drive-thru pantry will be open noon to 3 p.m. at the Bonita Springs Assistance Center, 25300 Bernwood Drive, Suite 6, in Bonita Springs.

"Animals provide emotional support for us during times when we need it most and Animal Services wants to do all we can to ensure those hard hit by recent events have the resources needed to care for their pets," LCDAS Director Sandra Tapfumaneyi said.

In addition to the pet food offered by LCDAS, the Bonita Assistance Center will be providing food and hygiene items with a valid photo ID showing current address. The center is a 501(c)3 nonprofit serving the residents of Bonita Springs since 1979 and is a United Way

Lee County Domestic Animal Services also has its Community Pet Pantry, located at its offices at 5600 Banner Drive, established to assist pet owners in financial crisis to keep beloved pets in loving, responsible homes. It is possible due to community donations. To learn how to get assistance through the Pet Pantry or to donate, visit www. leelostpets.com.☆

Be Cautious Of Soma Abuse

any people would find this very surprising, but Soma abuse is actually very common and being prescribed by tons of pain management clinics. Be cautious of the effects this muscle-relaxing medication could have on you or someone else. A person abusing Soma also builds a tolerance and dependence for the drug. In a study of 20 Soma users, 13 of them admitted to using more than prescribed.

To learn more about soma abuse, visit

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REMAX OF THE ISLANDS 6/5 **☆** TFN

www.narconon-suncoast.org/drug-abuse/ soma-effects.html. Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.☼

From page 18

Strange But True

it was determined that it probably was not a good idea to use a refrigerator in such a manner as kids might want to reenact the scene.

- Napoleon introduced brass buttons on soldier uniforms' sleeves to discourage them from wiping their noses.
- The first webcam was created to check a coffeepot. In 1993, researchers in the University of Cambridge's computer science department really didn't like getting up from their chairs to check the coffeepot just to find it empty, so they wired a system that would stream three images per minute from the Trojan Room, where the pot was kept, to the internal computer network. By the end of that year, the stream made it onto the new World Wide Web, endowing the Trojan

Room coffeepot with international, if brief, fame.

• The asteroids in Star Wars were actually painted potatoes.

• When English Romantic poet, painter and engraver William Blake was just four, he claimed to see God through a window. Throughout the rest of his life, Blake said he often communed with angels. incorporating these visions into his art.

• According to the U.S. Food and Drug Administration, the stickers on fruit are edible. We haven't tried them ourselves, though.

THOUGHT FOR THE DAY

"The best teachers remain students all their lives." - John Stott

TRIVIA TEST

- 1. **Geography**: Where are the Azores Islands located?
- 2. Games: In poker, what is a "dead man's hand"?
- 3. Ad Slogans: Which company has a series of advertisements asking the question, "What's in your wallet?
- 4. **U.S. Presidents**: Who was the

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ANNUAL RENTAL

ANNUAL RENTAL

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7/10 🌣 9/25

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- only president who never married?
- 5. **Literary**: The pet rat Scabbers belonged to which character in the Harry Potter book series?
- 6. Music: Which American singer/ songwriter was nicknamed "The Hardest Working Man in Show Business"?
- 7. **U.S. States**: Which state is home to the only active diamond mine in the United States?
- 8. Math: What is the date of the annual Pi Day?
- 9. **Astronomy**: After the sun and moon, what is the third brightest object in Earth's sky?
- 10. Movies: What was the name of Quint's boat in Jaws?

TRIVIA ANSWERS

8. March 14 (3.14) 9. Venus 10. The Orca. 3. Capital One 4. James Buchanan 5. Ron Weasley 6. James Brown 7. Arkansas reportedly held when he was shot to death. named after the hand Wild Bill Hickok I. Atlantic Ocean, off the coast of Portugal 2. Two pair of black aces and black eights,

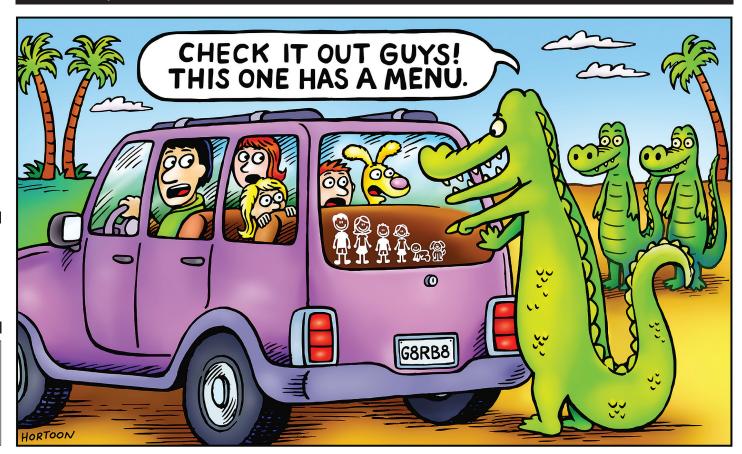
SCRAMBLERS ANSWER

- 1. Berate 2. Cause;
- 3. Garnish; 4. Exude

Today's Word

HUSBAND

HORTOONS



PUZZLE ANSWERS

SUPER CROSSWORD	KING CROSSWORD MAGIC MAZE				SU	JDO	KU				
C H A D G A G S S T A F F A B B A S R O M E A B A T A R I A L M A R C O	SWIG JOE TAKE SS	7	6	4	1	5	8	3	9	2	
U B E R B O N A L O N D O N B R O I L M A L I F U D G E O T E R O D I D O B R I D G E T H E G A P	A S S O B T E D H O D E	2	9	3	7	4	6	5	8	1	
S T E E R S	UPSORIGIN PSALMMARON	8	1	5	2	9	3	4	7	6	
A S C O T P D A S U R L G A W K S F A L L I N G I N L I N E P E E K	PSALMMARON IONSASSAILED AEO (S)	6	3	2	8	7	5	9	1	4	
	TNT OUTER IKE NABW C/M	4	5	8	3	1	9	2	6	7	
E N S H R I N E P O E T E V A D E R E U R O M Y C H E R I E A M O U R O H M A N S S A O O T I S C A M P Y	A S S I S T E D S E E M T R T I A S C C S A A A A A E S	9	7	1	4	6	2	8	3	5	
F A I R W A R N I N G S P A C I S A T O L L M A L T E T A I L S	SHBOOM TOE	5	8	6	9	2	1	7	4	3	
O R S Y E A L A D Y J A N E G R E Y U T I L M A D L A I M A C M E S M L O A N	E A R N A S S I G N E D E T A L T E A E LI B O	1	4	9	5	3	7	6	2	8	
R I V E R T H A M E S H A R E A N N O S E E T O O M E G A E X I T R E E D E S S A Y G E N E T E X E S E R R S	DENY EAR SNAG (ESAESID)	3	2	7	6	8	4	1	5	9	
E S S A I M G E IN E I M E A E S E E A A S										ш	

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Beach Homes	Captiva	1974	2,204	\$3,000,050	\$2,775,050	108
Portofino	Miromar Lakes	2017	3,428	\$2,400,000	\$2,325,000	353
El Sol	Fort Myers Beach	1961	2,183	\$1,650,000	\$1,499,000	157
Rose Garden	Cape Coral	2018	2,892	\$1,575,000	\$1,575,000	36
Longlake	Bonita Springs	1993	3,913	\$1,275,000	\$1,180,000	64
Cape Coral	Cape Coral	2001	3,594	\$1,249,900	\$1,175,000	71
Sanctuary At Wulfert	Sanibel	1993	3,469	\$944,500	\$945,000	198
Charlotte Shores	Bokeelia	1995	3,060	\$939,000	\$870,000	4
Bonita Lakes	Bonita Springs	2013	3,122	\$799,900	\$779,000	7
Herons Landings Ii	Sanibel	2001	2,621	\$799,000	\$750,000	271



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