



## Clips For Cancer To Raise Funds For Children

**C**lips for Cancer kicked off on September 1 to raise funds to ensure that programs and services are available for the increasing number of local children diagnosed with cancer at Golisano Children's Hospital of Southwest Florida.

Throughout September, Childhood Cancer Awareness Month, local community leaders will allow pediatric cancer survivors to shave their heads for awareness of the effects of cancer treatment, which often include hair loss.

Each Friday in September, shaves will be hosted on Facebook Live from Great Clips salons to benefit Barbara's Friends, Golisano Children's Hospital of Southwest Florida's cancer program. Since its inception in 2018, Clips for Cancer has grown from a one-day event with a few participants to a monthlong celebration of childhood cancer patients and survivors.

Fifteen pediatric cancer and blood disease survivors are expected to shave volunteers during the month, including children, teenagers and young adults from



**Armando Llechu and Mackenzie Hummer, who inspired Clips for Cancer** photo provided

the following communities:

Cape Coral – Annabelle Philips, 16; Caliah "Cali" Russell, 14; Elizabeth Higgins, 12; Lillianne Bendell, 8; Kadin Williams, 9; Cali Trepkowski, 14; and Rachel McCabe, 27.

Fort Myers – Ashton Hoiles, 12; Mallory Rice, 18; and Mackenzie Hummer, 22.

Naples – Emma Lockhart, 12; and

Sarah McKeown, 18.

Golden Gate – Sara Jean, 17.

LaBelle – Bradon Gutierrez, 10.

Lehigh Acres – McKynsie Jones, 10. Collectively, these survivors endured nearly 30 years of treatment.

The volunteers to be shaved include Michael Nachef, vice president of government relations at Lee Health; John Lai, president of the Sanibel & Captiva

Islands Chamber of Commerce; Fort Myers philanthropist Marc Collins; Fort Myers Mayor Kevin Anderson; Sanibel Police Chief Bill Dalton; representatives of the Collier County Sheriff's Department, Lee County Sheriff's Department and Fort Myers Police Department; Frank Haskell, the 92-year-old founder of Barbara's Friends; Barbara's Friends Board Chairman Al Kinkle; Janet Washburn, fire marshal in Bonita Springs; and Elise Snyder, a 16-year Lee Health employee who had her head shaved at the first Clips for Cancer.

On Friday, September 10, first responders from the Lehigh Acres, San Carlos Park, South Trail, Iona McGregor, Bonita Springs, Estero and Port Authority fire departments, as well as Lee County EMS, will be shaved.

On September 8, FOX4 anchor Patrick Nolan had his head shaved. On September 19, Cal Bruno of Bruno of Brooklyn restaurant will join others for shaving during the restaurant's seventh anniversary outdoor block party celebration in downtown Fort Myers.

On September 30, to celebrate the end of the Clips for Cancer campaign, Hummer will shave the head and beard of Amando Llechu, chief officer of hospital

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**Volunteers cleaning up at Bowditch Point Beach**

photo provided

## Coastal Cleanup Next Saturday

**T**he Keep Lee County Beautiful, Inc. (KLCB) International Coastal Cleanup (ICC) will be held at various locations across Lee County on Saturday, September 18. Volunteers are needed to pitch in to remove trash and other debris from the shorelines.

KLCB is the local organizer of Ocean Conservancy's ICC, which has been taking place over the course of 35 years. This cleanup has removed nearly 340 million pounds of trash from beaches and waterways worldwide. It remains the

largest global volunteer effort to remove trash from local shorelines.

Scientists predict global ocean plastic pollution to double by the year 2030. Ocean trash affects the health of wildlife, people and local economies.

KLCB is committed to keeping the beaches clean and protecting the oceans. Volunteering for a cleanup is the most immediate and impactful solution to keep plastics out of the ocean. The organization is grateful for the volunteers willing to take time out of their weekend to participate.

Residents and visitors are invited to participate in the cleanup. Registration is required. Learn more at [www.klcb.org/events/coastal-cleanup](http://www.klcb.org/events/coastal-cleanup).✱

## Beach Artist Of The Month Exhibit



**Gerri Zoppa with her work at Shucker's Galleria**

photo provided

**G**erri Zoppa is the September Artist of the Month for the Fort Myers Beach Art Association (FMBAA). Her work will be on display at Shucker's Galleria until Monday, September 27.

Members of the beach art group are also continuing to exhibit original artwork for the summer show at the FMBAA gallery, open Wednesdays and Thursdays

from 9 to noon. The show will continue until the fall. Mini masters continue to be for sale, priced at \$10 apiece for matted original artwork.

FMBAA has many classes and workshops scheduled for the upcoming season.

Shucker's Galleria is located at 1250

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Historic Downtown Fort Myers, Then And Now:

# Second Location For A ‘First Family’



by Gerri Reaves, PhD

Pictured in this 1958 photo is the family home of one of Fort Myers’s “first families,” Joseph Delores and Christiana “Anna” Stirrup Vivas.

The house stood mid-block on the east side of Lee Street between Bay Street and Edwards Drive. The rear of the property abutted the old Royal Palm Hotel Annex, visible upper right in the historic photo.

The Vivases, who were newlyweds, settled in Fort Myers in March 1866, setting up camp in the abandoned U.S. Army Fort Myers, on the spot where the Sidney & Berne Davis Art Center is now.

Also in the party were Manuel A. and Evalina Gonzalez and their son Manuel S., also considered a first family, as well as John A. Weatherford, Evalina’s brother.

Christiana, who was only 16 and of English descent, had been a ward of the Gonzalezes. It was her second visit to the fort, having seen it in the 1850s when Manuel Gonzalez made a mail and supply delivery to the U.S. Army outpost.

Soon after arriving, the Vivases built a log cabin on what became their homestead, while the Gonzalezes remained on the swath of land between today’s Jackson and Lee streets.

The Vivas homestead (formerly purchased from James Evans in 1877) was a deep riverfront lot. To use today’s reference points, it stretched south to Second Street and was bounded by Lee Street and Royal Palm Avenue on the west and east, respectively.

The home fronted First Street.

In 1883, Joseph, a master carpenter and contractor, replaced the cabin with the two-story wood frame house pictured in the photo with wood brought from Cedar Key.



In this 1958 northward view from Lee and Bay, the Vivas home stands mid-block. Built by Joseph Vivas in 1883, the house originally stood on First Street between Lee and Royal Palm Avenue.  
photo courtesy SWFL Historical Society



The large business development planned decades ago never materialized, leaving the property a bit greener and quieter than the surrounding blocks  
photo by Gerri Reaves

In 1925, the family (Joseph had died in 1909) sold the 132-foot frontage on First sold for \$250,000 – a hefty price in those days. (Interestingly enough, the land later reverted to the family.)

The family home was moved northward to the spot pictured here, on what was the northern portion of the original homestead.

Members of the family continued to live in the historic home for decades.

When the Vivas descendants sold that property in 1959, *The News-Press* reported that the six-bedroom, two-bath home would be moved and remodeled into apartments.

Plans for the site included a \$500,000 four-story building that would house 48 offices and 10 stores at street level.

The development did not materialize. Consequently, that block remains a bit quieter and greener than it might have otherwise been.

Nevertheless, the contrast in photos reveal substantial changes. Note the tiny glimpses of the Fort Myers Yacht Basin at the end of Lee, the Palm Park on the corner at Edwards Drive, as well as the streetscaping completed about a decade ago.

And, Campo Felice towers in the upper right corner.

Stroll down Lee Street to see the site where one of the town’s first families relocated during the boom.

Then visit the following research centers to learn more about the earliest settlers and the homes they built.

Sources: The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. 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. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

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

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**Contributing Writers**  
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From left, Marshall T. Bower, esq., president and CEO of the Foundation for Lee County Public Schools, Inc.; Amy McQuagge, vice president and director of marketing of Sanibel Captiva Community Bank; and John Gerad of Sanibel Captiva Community Bank photos provided

## Drive Brings In Thousands Of School Supplies

The Foundation for Lee County Public Schools, Inc. held its annual Back to School Supply Drive this summer at several participating locations throughout Lee County and at the Foundation for Lee County Public Schools. Donations benefited the Foundation's Education Resource Center, which provides Lee County School District educators access to new and reusable classroom supplies at no cost.

"We're thrilled that our employees and generous customers helped us collect hundreds of needed school supplies to support the education resource center at The Foundation for Lee County Public Schools," said Amy McQuagge, vice president of marketing at Sanibel Captiva Community Bank. "As a community bank, we value our partnership with the foundation and the important work they do for our Lee County public school teachers and their students."

Thanks to the efforts made by local businesses and individuals, the drive raised thousands of supplies for local students and educators. The purpose of every initiative of The Foundation for Lee County Public Schools is to enhance and enrich the quality of public education in Lee County for students and educators. Every partnership helps ensure that each student has an opportunity to reach their



Karen Dugas of B&I Contractors and Marshall T. Bower

highest personal potential.

Gary Griffin, president of B&I Contractors said, "B&I Contractors, Inc. is a proud supporter of The Foundation for Lee County Public Schools and we're excited to once again participate in the supply drive for the education resource center. Our contributions to this important program assure that many students who are not able to obtain basic supplies will have what they need to succeed in the classroom. B&I believes every student deserves the opportunity to learn and grow in the classroom, and this program goes a long way to delivering on this ideal."

To get involved, contact Brittany Carroll at 337-0433 or [brittany@leeschoolfoundation.org](mailto:brittany@leeschoolfoundation.org).

Patrons of all ages can find options to entertain, get fit, assist with financial planning, take up a craft or try a new recipe. Find a variety of educational resources and activities, such as practice tests for standardized and vocational exams; the Small Business Series; and interactive instructor-led online courses.

"From students starting their very first day of school to lifelong learners, our libraries enhance the community by offering in-person and virtual programs, along with reliable information and tools to serve students of all ages," Library Director Mindi Simon said.

The Lee County Library System has 13 branches. For more information, visit [www.leelibrary.net](http://www.leelibrary.net).

## Library System Celebrates Card Sign-Up Month

The Lee County Library System is joining the American Library Association (ALA) to encourage people to sign up for a library card.

Libraries nationwide are marking September with Library Card Sign-up Month. People who live, work or go to school in Lee County are eligible to receive a library card. To sign up for a library card or to learn more about resources and programs, visit [www.leelibrary.net](http://www.leelibrary.net) or visit any branch.

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Fort Myers Art:

# A Hilarious Transylvania Adventure



by Tom Hall

Opening on Thursday, September 30 at New Phoenix Theatre in south Fort Myers is *Young Frankenstein*, the musical in which Mel Brooks' madcap comedy collides with Mary Shelley's classic monster tale.

The mad scientist of legend, Victor Frankenstein, has died and bequeathed everything to his grandson, but young Frederick wants no part of his family's notorious legacy. Still, a castle is a castle and Fred travels to Transylvania to settle granddad's estate. Upon his arrival, he meets the grandson of Victor's loyal henchman, Igor (pronounced "Eye Gore"), who tries to convince Fred (who, coincidentally, is dean of anatomy at the New York's Johns, Miriam and Anthony Hopkins School of Medicine) to continue Victor's important work (*Together Again*). In fact, the happy hunchback has already hired a beautiful and vivacious lab assistant by the name of Inga for Herr Fred (*Roll in the Hay*).

Following eerie violin music, Fred and



image provided

Inga find the secret entrance to Victor's lab (secret entrances are always behind a bookcase, right?), where they discover that the musician is none other than Frau Blucher (whose spoken name frightens the horses), who turns out to have been more than merely Victor's housekeeper (*He Vas My Boyfriend*). After reading over his grandfather's notes, Fred gives in to temptation and decides to create a new man with the brain of a scholar (*Life Life*).

But is Frederick doomed to repeat the mistakes of his grandfather? Or will he succeed where the others have not and turn his monster into a dapper, intelligent "Man about Town?" As importantly, will Fred end up with Inga, his fiancée Elizabeth, or neither? And who will quench the passion that's smoldering inside Elizabeth's burning bosom?

*Young Frankenstein* is a hilarious take on the classic horror story, combining zany antics, a witty script, catchy songs and high energy comedic performances for one unforgettable, hilarious adventure in Transylvania.

Directed by Brenda Kensler, *Young Frankenstein* stars Bill Shideler as Dr. Frederick Frankenstein, Greg Wojciechowski as the Monster, Kenneth Bradley Johnson as Igor, Tricia Hennessy as Inga, Nikki Hagel as Elizabeth Benning, Cindi Heimberg as Fraü Blucher, Jesse Stauffer as Inspector Kemp and Michael Murphy as The Hermit. Julie Carver is the musical director and Scott Carpenter is the production coordinator.

*Young Frankenstein* will be on stage through October 24, Thursday through Saturday at 8 p.m.

New Phoenix Theatre is located at 13211 McGregor Boulevard, Suites 1 and 2. For tickets, call 284-5214 or visit [www.newphoenixtheatrefortmyers.org/box-office](http://www.newphoenixtheatrefortmyers.org/box-office).

*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.\**

## Local School Wins Sportsmanship Award

North Fort Myers High School is the Class 6A winner of the Florida High School Athletics Association (FHSAA) Fred E. Rozelle Sportsmanship Award. The award recognizes member schools that promote sportsmanship both on and off the field, and is given to schools whose athletic teams demonstrated exemplary sportsmanship during the 2020-21 regular season as well as FHSAA State Series competition.

"I am beyond proud of the Red Knights athletics program, coaches, student athletes and community fan base for winning this award," said North Fort Myers High School Principal Debbie Diggs. "Sportsmanship, to us, is more important than winning, and it is a huge honor to have our efforts to develop young men and women into adults be recognized in this way."

Fred E. Rozell Sportsmanship Award winners are chosen for their programs and activities implemented within the school and community to promote sportsmanship and the number and type of exceptional sportsmanship reports. During the 2020-21 school year, North Fort Myers High School continued to emphasize and excel in unified sports. So much so that some exceptional student education (ESE) students are members of regular teams. The boys' soccer team had a tough season but was honored to receive a letter from a competitor about how polite and respectful the team was. Referees also took note of the school's sportsmanship and honored North with an award.

"It is our pleasure to once again promote outstanding sportsmanship displayed by our member schools,"

said George Tomy FHSAA executive director. "High school sports teach lessons well beyond the game and no one knows that better than these schools being recognized as the 2021 Fred E. Rozelle Sportsmanship Award Winners. The student-athletes, coaches, administrators, parents and fans of these well deserving programs exemplify the true meaning of sportsmanship. On behalf of the FHSAA, I'd like to congratulate each of these schools for the remarkable job they're doing to educate our students-athletes here in Florida on the value of good sportsmanship."

North will soon receive an official commemorative plaque and a \$2,500 check from the FHSAA. The award, presented annually since 1991, is named in honor of FHSAA Commissioner Emeritus Fred E. Rozelle.\*

## Animal Services To Participate In Clear The Shelters

Lee County Domestic Animal Services will again be participating and teaming up with hundreds of shelters across the country to host Clear the Shelters, a nationwide pet adoption drive on Saturday, September 18. The drive helps find loving homes for animals in need with more than 551,000 pets finding their forever homes since 2015.

To continue to maintain safety during the COVID-19 pandemic, Lee County Domestic Animal Services Adoption Center is open 10:30 a.m. to 3:30 p.m. Monday to Saturday by appointment only. The adoption center will feature a Pet of the Day whose adoption fee will be waived with an approved application each day leading up to the event day on Saturday, September 18, when all adoption fees are waived.

Photos and information about lost pets or pets for adoption are available on the agency's website at [www.leelostpets.com](http://www.leelostpets.com). Pet info on the website updates hourly. Adoption applications may be completed online. Anyone interested in fostering pets may also obtain an application online.

The adoption package valued at \$600 includes the following: spay/neuter surgery; age-appropriate vaccinations; rabies vaccination and county license for pets over three months; 10-day pet health check; microchip ID; feline leukemia and AIDS test for cats; heartworm test for dogs over six months; flea treatment; and deworming.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. To schedule an appointment leading up to or on the day of the event, call 533-9216.\*

From page 1

## Beach Artist

Estero Boulevard on Fort Myers Beach. The FMBAA gallery is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, contact Pam Flaherty at [publicity@fortmyersbeachart.com](mailto:publicity@fortmyersbeachart.com), call 463-3909, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com) or stop by the gallery during working hours.\*

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# Black History Society Begins Capital Drive

The Lee County Black History Society (LCBHS) has officially kicked off a capital campaign to raise \$22 million for a Black Culture Center at Clemente Park in Dunbar.

As part of the City of Fort Myers' comprehensive plan for Clemente Park, residents have expressed their desire for the construction of a Black Cultural Center in the expansive urban green space available.

"We envision this as a state-of-the-art cultural center, that will be a place for both blacks and non-blacks to come and experience and learn about the African American history, art and culture. By bringing awareness to our African American culture, we hope to build a stronger community and a better relationship with others," said Teresa Watkins Brown, Fort Myers City Councilmember, Ward 1.

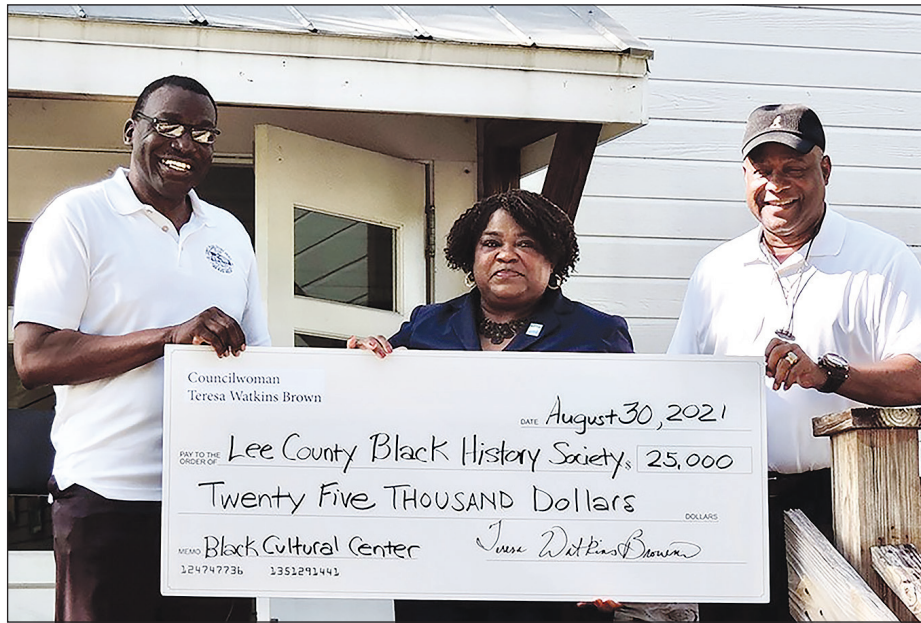
Watkins Brown recently kicked off the funding of the capital campaign by donating \$25,000.

"It will be a place that we can utilize art and music, but also display a place not just for us in this community, but tourists traveling here," said Charles Barnes, chairman of the Lee County Black History Society. "There's always talk about growth and development throughout the City of Fort Myers, but do we get those eyes into our community to see what we're all about as a people?"

Barnes said for the center to become reality, \$22 million would need to be raised to move forward, and they are looking at multiple funding sources. Community leaders like Councilmember Watkins Brown and local architect Ted Sottong have already stepped up.

"As you're coming down Martin Luther King, Jr. Boulevard, you're going to see it off in the distance and it doesn't look like anything else around it," said Ted Sottong, the local architect who has produced initial plans and renderings for the Cultural Center.

The first floor of the Cultural Center would include an art gallery with large glass windows that would showcase the



From left, Lee County Black History Society Chairman Charles Barnes, Fort Myers City Councilmember Teresa Watkins Brown and Lee County Black History Society Vice Chairman Lee Ford photo provided

gallery to both pedestrians and vehicle traffic. The second floor is a community space for events and performances, and the third floors will include music studios where local residents can come in and produce music or podcasts or photography.

"This is a project that we should get behind. We need to do our best to fund it because it's a project that's important to the entire city. It is an investment in the city, in our youth, and in our future," said Kevin Anderson, mayor of the City of Fort Myers.

The Lee County Black History Society, Inc., a 501(c)(3) organization, was founded in 1994 by Janice Cass. Cass's objectives for establishing the LCBHS, Inc. was to provide a way for African-Americans in Lee County to recognize and celebrate Black History Month, as well as create a Black History Museum in Fort Myers. The society aims to preserve and commemorate the cultural and educational contributions by both locally and nationally known Black people.

"What we have been able to do through the Black History organization and the Williams Academy Black History Museum is bringing attention to that deficit within the culture," said Cass. "With an expansion, that will be

a great opportunity for young artists, young musicians, people to have a place where they can demonstrate and showcase their talents."

Currently, the LCBHC operates the Williams Academy Black History Museum at Clemente Park. The museum was opened in January 2001 and is the 1942 addition to the original building. It is one of the few early 20th century wood frame schoolhouses still standing in Lee County. The original

Williams Academy built-in 1912 was Lee County's first government-funded school for black ('colored') students. The school was named after JS Williams, supervisor of the Colored Schools. The Black students throughout Lee County and Punta Gorda attended school at the academy.

The museum was restored following state and national preservation and restoration standards. The building is divided into two rooms. One room displays historical memorabilia of local black citizens and the history and culture of the black community. The other room is an interactive classroom staged as a 1940's segregated southern classroom for 'colored' students. It provides a visual contrast to the facilities provided to white students. One of the chief purposes of the Williams Academy Black History Museum is to provide educational opportunities to citizens of Lee County and surrounding areas.

Black History Month, Legends Gala, Juneteenth and Holiday in the Park are events presented each year by LCBHS through their partnerships with other community-based organizations, churches and private citizens.

To support the campaign, donations can be mailed or dropped off to Lee County Black History Society at 1936 Henderson Avenue, Fort Myers, FL 33916. For more information, call 332-8778, email blackhistory@leecountyblackhistorysociety.org or visit www.leecountyblackhistorysociety.org.\*

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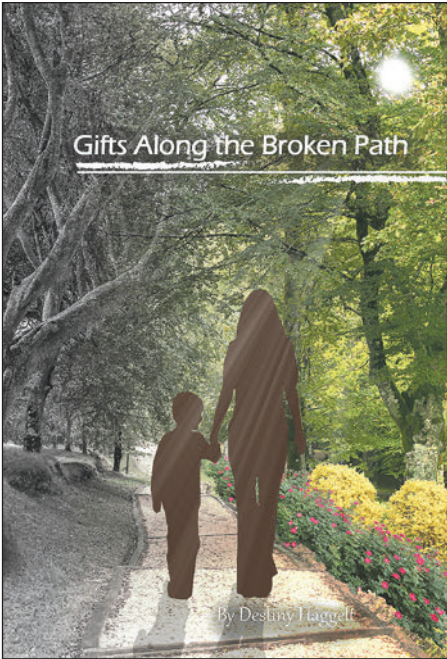




Destiny Haggett and Chansen Savakinus  
photos provided

# Inspirational Memoir To Launch Sunday

Destiny Haggett’s new memoir *Gifts Along the Broken Path* will have its official book launch at Sidney & Berne Davis Art Center on Sunday, September 12 from 2 to 4 p.m. The memoir mostly centers around the many challenges stemming from serious health problems for her and her 20-year-old son Chansen Savakinus, who is now battling his third life-threatening illness, this one a previously unknown variant of liver cancer. The mother of five is grateful for so much in her life – a successful career as a model, public speaker and manager of a



Destiny Haggett book cover

private 962-seat live entertainment venue and a happy marriage to Bill Haggett, the general manager of the Coral Springs Center for the Arts. But there have been challenges. “We have had a miraculous life in many ways, but also numerous obstacles to overcome,” said Destiny, who was only the 13th women in this country to survive, along with the baby, a splenic artery aneurysm rupture during pregnancy. “Chansen battled Leukemia twice while growing up, enduring seven years of

treatment, before being stricken by cancer again last May.” All copies of the book sold through September 23 will be limited and autographed first edition copies that will contain an electronic PDF version to be read on electronic devices. Books can be purchased online at [www.haggetthouse.com](http://www.haggetthouse.com). “While written before the latest cancer diagnosis, *Gifts Along the Broken Path* is a tale of hope and grace that is sure to inspire anyone that reads it, particularly those who are trying to overcome similar hurdles in their lives,” she said. “All proceeds from the sale of this book will be

# Shine Benefit Postponed

The second annual Shine: A Benefit for Hope Kids Care and Hope Hospice, originally planned for October 15, has been rescheduled at the Edison & Ford Winter Estates to Friday, April 1, 2022, at 5 p.m. Funds raised from Shine will help Hope continue to provide care for those who are in life’s closing chapter, for all who are grieving, and for seriously ill children and their families. Each year, Hope provides more than \$2 million of unfunded care to ensure that all who need their help can find comfort, dignity and hope. Tickets are available for purchase at \$150 per person; table sponsorships for eight are available at \$1,600. Guests will

used to help offset the costs that will come with Chansen’s latest treatment.” The book launch on Sunday will include a meet-and-greet and book-signing session with the author. “I hope everyone will join us at my official book launch, and I want to give special thanks to my dear friends Melissa Dehaven, Stasi Gonzalez and Jim Griffith, for their ongoing support in making this happen,” she said. Chasen is being treated locally at the Golisano Children’s Hospital. The Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers.✽

experience riverside cocktails, dining, entertainment and a live auction. To purchase tickets, learn about sponsorship levels and benefits, or request an invitation to the event, visit [www.shineforhope.org](http://www.shineforhope.org) or call 985-7758.✽

# College Graduates

Marilyn Graham-Bright of Fort Myers recently graduated from the University of the Cumberland in Williamsburg, Kentucky with a doctor of education in educational leadership. Nicole Fortner-Rodriguez of Fort Myers recently graduated from Jacksonville State University with a bachelor of science degree in biology.✽

# 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](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.

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

**ANNUNCIATION GREEK ORTHODOX**  
Sunday 9 and 10 a.m., [www.annunciation.fl.goarch.org](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.

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

**BIBLESHARE**  
10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

**CHABAD LUBAVITCH ORTHODOX**  
Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com), 10200 Cypress Cove Circle, 850-3943.

**CHAVURAT SHALOM**  
Friday Shabbat services every week 7:30 p.m. Other programs on vacation. [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com).

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

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

**CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY**  
Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownoflife.com](http://www.crownoflife.com).

[crownoflifelutheran.com](http://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](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

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

**FAITH UNITED METHODIST**  
Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

**FIRST CHURCH OF CHRIST, SCIENTIST**  
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.

**FIRST CHURCH OF THE NAZARENE**  
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

**FORT MYERS CHRISTIAN CHURCH**  
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

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

**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcforymyers.org](http://www.fpcforymyers.org), 2438 Second Street, 239-334-2261

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

**JESUS THE WORKER CATHOLIC**  
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

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

**NEW HOPE PRESBYTERIAN**  
Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

**PEACE COMMUNITY**  
Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

**PEACE LUTHERAN**  
Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto:peace@peaceftmyers.com). 15840 McGregor Boulevard, 437-2599.

**REDEEMER LUTHERAN**  
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

**RIVER OF LIFE ASSEMBLY OF GOD**  
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

**SAMUDRABADRA BUDDHIST CENTER**  
Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org), 567-9739.

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

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

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

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

**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.

**ST. VINCENT DE PAUL CATHOLIC**  
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

**SOUTHWEST BAPTIST**  
Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.

**TEMPLE BETH EL SYNAGOGUE**  
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., [www.templebethel.com](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

**TEMPLE JUDEA (CONSERVATIVE)**  
Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://www.tjswfl.org), 14486 A&W Bulb Road, 433-0201.

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

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

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

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

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

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

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



## Plant Smart

## Coinvine

by Gerri Reaves

Native coinvine (*Dalbergia ecastaphyllum*) gets its common name from the one-seeded flat rounded pods. About an inch across, they ripen from green to a coppery color.

Because they travel by water, they are easily transported to various coastal habitats, such as dunes, hammocks, the edges of mangroves, or shell mounds, where it helps to stabilize the soil.

Coinvine's native range is tropical and subtropical America, and west tropical Africa to Angola.

It is one of three species in the genus *Dalbergia* that are native to the state. The others are the trees Indian rosewood (*D. sissoo*) and Browne's Indian rosewood (*D. brownie*), which are noted for the lumber.

Coinvine, however, is a liana, a term which refers not to a plant classification but to a growth habit.

Lianas are stemmed woody vines rooted in the ground that use trees and other vertical supports to search for sunlight. This habit reduces the health and success of the trees they climb.

Coinvine is a fast grower and can reach up to 30 feet long, sometimes out-competing native trees.

Nevertheless, it is beneficial. It provides many forest animals – from ants and lizards to climbing mammals



At center are coinvine's unripe round flat seed pods

photo by Gerri Reaves

– mobility to and within tree canopies.

The alternative ovate leaves are leathery in texture, often with pointed tips, and are one to three inches long.

In spring and summer, branched clusters of small white flowers, sometimes with a pinkish tint – appear in the leaf axils.

Coinvine is the host plant for the statira sulphur and a nectar plant for the gray hairstreak butterfly, as well as other pollinators.

This vine is salt and drought tolerant but not usually used in the home

landscape.

The toxic bark was used by Native Americans to stun and catch fish.

Throughout its native range, the plant has been used for various medicinal purposes, including as a diuretic and emetic.

Sources: *Growing Native* by Richard W. Workman, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <https://en.wikipedia.org>, and [www.wildsouthflorida.com](http://www.wildsouthflorida.com).

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

## Board Approves Design For Water Diversion Project

The Lee Board of County Commissioners recently approved a contract to design the Palm Creek Filter Marsh Project within the Caloosahatchee Creeks Preserve East in North Fort Myers.

The project consists of the professional engineering and related services for development of a pond and wetland network to assist in treatment of surface water for nutrient removal and related water quality improvement.

The project diverts water from Palm Creek through the wetland network to remove nutrients before the water flows into the Caloosahatchee. The Caloosahatchee has a total maximum daily load (TMDL) for total nitrogen and is subject to a State of Florida Basin Management Action Plan.

The project design by Tetra Tech Inc. is expected to take two years.

Water quality is a top priority of the Lee Board of County Commissioners and water quality projects are under way year-round.

Earlier this year, the board supported the creation of a new citizen resource website titled Our Water Story: Lee County's Water Quality Initiative at [www.leegov.com/water](http://www.leegov.com/water).\*

## Some Freshwater Turtles Prohibited From Removal

The Florida Fish and Wildlife Conservation Commission (FWC) has issued executive order #21-19 that states the take or transport of all freshwater softshell turtle species or yellow-bellied sliders is currently prohibited until the order is repealed.

These temporary regulation changes were made to help conserve freshwater turtle species that continue to be affected by a fatal disease caused by a virus called Turtle Bunyavirus (TBV). The virus has been detected throughout the state in Florida softshell turtles, peninsula cooters, Florida red-bellied cooters, yellow-bellied sliders and red-eared sliders.

All currently permitted activities may continue under the executive order. This includes the purchase and transport of turtles from registered breeders, with proper documentation as outlined in 68A-25.002 FAC. Under this executive order, members of the public may continue to bring sick or injured turtles to wildlife rehabilitation facilities for evaluation, treatment and TBV testing. The FWC should be notified before transport by calling or texting the FWC Turtle Hotline at 352-339-8597.

The FWC began monitoring TBV in 2018 due to reports of sick and dead freshwater turtles, and has issued

updates periodically. The FWC is working with partners to learn more about this virus as well as the overall effect it is having on turtle populations throughout the state.

The Fish & Wildlife Foundation of Florida is aiding in the continued monitoring of the virus thanks to a grant from its recently redesigned Conserve Wildlife license plate.\*

## Culinary Arts Event Returns To The Beach

The Fort Myers Beach Friends of the Arts will hold Southwest Florida Sustains, A regional Seafood Experience at Diamondhead Beach Resort on Thursday, October 21 from 6 to 9 p.m.

Southwest Florida Sustains will feature an array of sustainable seafood samplings from the chefs of local restaurants. To illustrate and emphasize the importance of sustainability in the seafood industry, guest speakers will be on hand to present information and answer questions. Live music and a cash bar will be provided.

The Friends of the Arts continues its mission of promoting all arts on the beach, including the culinary arts.

Diamondhead Beach Resort is located at 2000 Estero Boulevard on Fort Myers Beach. For tickets, visit [www.fmbarts.org](http://www.fmbarts.org) or call 306-3501.\*



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# Schooling Redfish Time



by Capt. Matt Mitchell

September and October are the prime months to target schooling redfish in our waters. This fall fishery will bring the best redfish action of the year. Once located,

hungry schools of rampaging fish will eat every and any bait you can get to them. These are larger spawning size fish averaging from 25 inches to well over 30 inches.

To find these fish, start your hunt both in the passes and on the flats inside the passes. What makes finding these fish in the shallows so cool is that they are such a visual bite. Once you locate a school, try to get close enough to cast out in front of them. There is a competition between these fish to eat, so that means multiple fish will charge your bait.

My go-to when sight fishing these redfish on the flats is a chunk of fresh cut ladyfish or mullet. On a few other rods, I have them rigged with half ounce weedless gold spoons. What both of these set-ups have in common is they can be cast accurately a great distance when the opportunity arises. Often



Renee Miller from St. James City got in on the redfish action while fishing with Capt. Matt Mitchell this week photo provided

these schools of redfish will be in not much more than a foot of water with long grass on the bottom. Any kind of live bait or non-weedless artificial will hang up in the grass.

When looking for a weedless spoon to target these big redfish, you should look for one that the hook is both screwed and welded to the spoon. Cheaper spoons just don't hold up and result in parting ways with these bigger fish as they have incredible crushing power. When rigging up a weedless spoon, I like to attach a high quality clip on a ball bearing swivel to the split ring to eliminate line twist.

Deeper water in the passes can also offer amazing redfish action both while anchored or drift-fishing. All of our local passes will have big breeder stock redfish traveling in and out. From the Sanibel Fishing Pier all the way up to Boca Grande, anglers will have the opportunity to hook into some of the biggest redfish of the year. When in the passes, a live pinfish on either a knocker rig with a half ounce sinker or a jig head is hard to beat. Pinning your bait down close to or on the bottom is where these redfish eat. With our redfish still closed to harvest after roughly four years, this fishery just keeps improving.

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

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## Cycling Safety Notes

Ride to the right  
Warn to pass  
Wear a helmet  
Use lights at night  
Always be courteous

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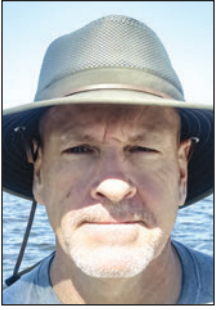
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Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Wood Stork



by Bob Petcher

The wood stork (*Mycteria americana*) is a large black-and-white waterbird with long legs and black flight feathers. It breeds in Florida, Georgia and the Carolinas, while non-breeding wood

storks can be found throughout North America and into northern Argentina.

While they are often the same size, wood storks differ from herons by the size of their bills (thicker) and shape of their bills (more curved than herons). A wood stork also has a featherless neck and head, with gray rough, scaly skin covering that area.

At CROW, an adult wood stork was admitted after being found immobile for several days in Matlacha. Upon examination, the patient was unable to lift its head, had muscle weakness and some inflammation of the eyes. At first, veterinarians suspected red tide poisoning.

The muscle weakness may have increased due to the patient's immobility for a number of days.

"Muscle atrophy is a slow process that occurs over time and the longer a patient is debilitated, the more muscle



Patient #21-4617 sitting in a manmade swing to help it stand on its own and build strength in its legs  
photo by Haillie Mesics

atrophy we can see," said Dr. Laura Kellow, CROW veterinarian intern. "This particular patient was weak on initial examination, but also became progressively weaker over the course of two days after admission despite intensive care, leading us to believe that the weakness was from the systemic disease or neurotoxin rather than directly from muscle atrophy.

The wood stork was given supportive care and medications, and a swing was built for the patient to sit in and strengthen its legs.

"The wood stork is receiving IV fluids, IV antibiotics, antifungal medications (and) supportive care such as physical therapy with the technicians twice a day," said Dr. Kellow. "The wood stork receives force feedings of whole fish. Eventually, it could transition to a more varied diet, if eating on its own.

"The swing is a great tool to allow the wood stork to complete physical therapy in a lower-stress manner, and it has been making daily improvements in overall strength. For instance, over the past week, the wood stork has been placing its

feet better and been able to bear its own weight unsupported occasionally. (It) is also holding its head up on its own, when initially it presented hanging its head."

Red tide poisoning may not be the overall cause of the bird's illness.

"Although this patient was initially treated with intralipids for brevetoxicosis or other lipid-soluble toxins, we do not believe it is the cause of the patient's illness given its presentation and response to therapy," said Dr. Kellow. "Unfortunately, the list of potential causes of the wood stork's symptoms is long – including viral diseases such as West Nile Virus, other toxins outside of red tide, and bacterial and fungal diseases."

Due to this uncertainty, the patient remains under close watch without any timetable tied to its recovery.

"The prognosis at this time is still guarded, particularly given the severity of the patient's disease," said Dr. Kellow. "The wood stork will continue to receive medications and supportive care at this time. When we feel that (it has) clinically improved and able to stand on (its) own without support, we will move the patient outside for muscle conditioning."

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

## New Arts, Writing Club Launched

Love Your Rebellion (LYR) will help you make a zine at LYR's Zine Library on Saturday, September 11 and September 25 from 3 to 5 p.m. Zines (pronounced zeens) are do-it-yourself (DIY) booklets featuring art and/or writing. They're often made of simple materials like printer paper, collage materials and staples. They come in various shapes and sizes.

LYR's zine was originally a simple item made with printer paper, collaging and staples that published artists and writers from marginalized groups. After 10 years, LYR's zine still publishes artists and writers from marginalized groups, but also includes therapeutic arts activities developed with a licensed marriage and family therapist. Plus, the DIY publication has grown into a full color, 17-inch-long zine that is printed locally at Panther Printing.

LYR's Zine Club will provide the materials for zine making, like paper, pens/pencils/markers, scissors, collage materials, glue sticks, stamps and ink pads. Attendees are encouraged to bring their own materials as well. Attendance at LYR's Zine Club is free and is open to all ages. No RSVP is necessary, but space is limited.

LYR's Zine Library is located at 481 Marsh Avenue in Fort Myers. For more information, call 245-8141 or visit [www.loveyourrebellion.org](http://www.loveyourrebellion.org).



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Biosphere 2, University of Arizona



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# Responding To Hurricane Ida And Wildfires

Hundreds of trained American Red Cross disaster workers are helping in California, Louisiana, Mississippi and Alabama to support people impacted by the devastating wildfires across the state of California and the massive destruction left behind by Hurricane Ida.

“August has been an incredibly busy month for the Red Cross with hundreds of volunteers responding to help people whose lives have been upended by hurricanes, wildfires and other disasters,” said Josett Valdez, regional CEO for the South Florida Red Cross. “Here in South Florida, we understand the devastating impact hurricanes can have on communities and, as the recovery process begins from Hurricane Ida, people will need your help. Please consider making a donation to help people affected by disasters or becoming a Red Cross volunteer today.”

The Red Cross has been helping in California since June as relentless fires continue to spread. More than 58,000 Californians are under evacuation orders

and, compared to last year, wildfires this year have already outpaced what was experienced in 2020 – more than 860,000 more acres of land have burned than at this same time last year. Hundreds of Red Cross trained disaster workers are focused on providing food, shelter, relief supplies and comfort to people in need.

Along the Gulf Coast, hundreds more trained Red Cross disaster workers are helping people impacted by the devastation left behind by Hurricane Ida – one of the most powerful storms to ever hit the U.S. Homes and businesses are destroyed, communities remain flooded, heavy debris is blocking roads, and more than a million people are without power. The Red Cross has teams of volunteers circulating through accessible areas to assess the damage and provide meals, water and snacks. Thousands of people are taking refuge in emergency lodgings, including shelters.

The Red Cross is also still helping to provide food, shelter and support for people in Tennessee after a recent flash flood caused widespread damage across the middle of the state.

From South Florida, more than 40 volunteers have been deployed to support all of these disaster relief operations.

To help people affected by disasters

like wildfires, storms and countless other crises, make a gift to Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for, respond to and help people recover from disasters. Visit [www.redcross.org/donate](http://www.redcross.org/donate), call

800-RED-CROSS, or text the word  
REDCROSS to 90999 to donate.

You can make a significant impact as a Red Cross volunteer. Review the most urgently needed volunteer positions at [www.redcross.org/volunteertoday](http://www.redcross.org/volunteertoday).✱

# New Community Board Named

**B**etter Together, a voluntary, community-driven alternative to foster care, has introduced its new community board to help represent and support the needs of hardworking families across Southwest Florida.

“As the reach of Better Together’s mission grows further outside our region and into new areas of need across the U.S., establishing community boards are vital for providing the best quality of life for deserving families everywhere,” said Megan Rose, CEO of Better Together. “We’re excited to name the hand-selected group of local industry leaders to our first community board, who will serve as the trusted voices of our neighborhoods in Southwest Florida.”

Members of Better Together's community board in Southwest Florida include: Bess Charles, owner of LadyCakes Bakery, LLC; Bryan Blackwell, managing partner of Southern Oak Wealth Management; Chadd Hodges, owner of Best Home Services; Cory Demmel, pastor of Cape Christian Church; Josh Dorcey, managing partner of The Dorcey Law Firm, PLC; Michael Deluca, principal-in-charge of HBK CPAs & Consultants in Southwest Florida; and Teri Hansen, president and creative director of Priority Marketing

Community board members bring a wealth of knowledge and expertise in business that will fulfill an important role in furthering Better Together's mission. While serving a two-year term members will be responsible for raising awareness, support and funding for essential programs provided within the community.

Better Together works to keep families together through two programs – Better Families and Better Jobs. Better Families has a 98 percent success rate of reunifying children with their parents, and Better Jobs has helped more than 34,000 job seekers find employment

through church-based job fairs. Since its inception, Better Together has provided temporary homes to more than 3,102 Southwest Florida children.

For more information, visit [www.bettertogetherus.org](http://www.bettertogetherus.org).☆☆

# Lee County Reinstating Fee For Toll Bridges

Lee County Government is increasing public outreach efforts to bring awareness among residents, business owners and motorcyclists during September about the now-permanent All-Electronic Tolling for the Midpoint, Cape Coral and Sanibel Causeway bridges.

Lee County has used All-Electronic Tolling since the pandemic began in 2020. The Lee Board of County Commissioners voted in June and August this year to maintain this to align with the state's SunPass program, to return to the same tollway fee structure that was in place before the pandemic, and to adjust motorcyclists' toll pricing to align with vehicles.

This means that on October 1, the county will be reinstating the \$3 administrative fee for pay-by-plate customers, which affects motorists who do not have a transponder or do not maintain a positive balance in their LeeWay account.

Transponders used for all-electronic tolling are available, free of charge, at [www.leewayinfo.com](http://www.leewayinfo.com). LeeWay transponders also are available at the customer service center.

Motorists with transponders are not charged the administrative fee. Several other toll agency transponders work at county toll plazas as well. Motorcycle customers also are eligible to obtain a transponder.

For more information, visit [www.lee.gov.com/tolls](http://www.lee.gov.com/tolls).



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Book Review

The Paper Palace



by Di Saggau

The Paper Palace is a debut novel from Miranda Cowley Heller. The narrator, Elle Bishop, has spent every summer of her 50-odd years in a family cabin in the backwoods

of Cape Cod. Heller interweaves two narratives: one, a single day unfolding on the Cape; and the other, various scenes from the past, presented chronologically.

The book begins with Elle taking an early swim in a freshwater pond below the house. As she glances at the house, she sees the uncleared table from the previous night's dinner, and remembers the laughter of family and friends. Diving into the cold water, she remembers a passionate encounter she had the night before, while her husband and mother entertained guests inside.

The story unfolds over 24 hours and across 50 years. The past traces Elle's infancy, childhood, adolescence and eventual marriage. We learn the family histories of both Elle's father and mother, and get to know her grandparents on both sides. Peter, Elle's English husband, along with her

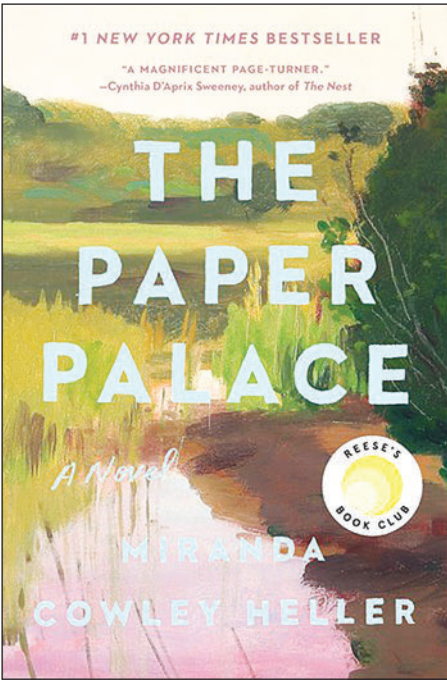


image provided

mother Wallace, is one of the more vivid characters in the book. The love of Elle's life is green-eyed Jonas, a "brilliant painter" who seems more exciting to Elle than Peter.

Elle faces a life-changing decision, staying with her husband or the man she always thought she would marry. Her memories reveal why she feels this way. There is also a connection of food to her memories. Martinis, cheese and crackers, and Pasta Bolognese are

mentioned in detail.

The Paper Palace is a story of secrets, love and lies in the course of a singular day on Cape Cod. One woman must make a life-changing decision that has been brewing for decades. Author Cynthia D'Aprix Sweeney said,

"Miranda Cowley Heller has written a magnificent page-turner, a love story that shimmers with desire, intelligence and humor. Lush and gorgeously written, The Paper Palace is as intoxicating as a summer night by the sea. I didn't want it to end."✱✱

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I keep reading that you should ask your kids open-ended questions to help them learn how to think. What does that mean, and

could you give me some examples? My kids are in elementary school. Thank you.

Lori B, Fort Myers

Lori,

This is such a great question! Avril McMonagle, an expert in early childhood and education says, "Children who are taught to think about things at an early age through open-ended questions are better equipped to understand the world around them and relate this new information to past or present experiences. Open-ended questions have no right or wrong answers, but help to broaden children's thinking processes, to develop their speech and language skills, and to build confidence in their ability to express themselves using words".

Open-ended questions benefit children in many ways. They help to: Encourage children to think beyond the obvious.

Encourage children to think of as many possibilities as they can. Increase co-operation and understanding.

Allow children to include more information, feelings, attitudes and understanding of the topic.

Provide children with opportunities to explain or describe something, thereby expanding and developing their speech, language and vocabulary.

Recall recent or past events which develops children's short and long-term memory skills.

Open-ended questions help children with comprehension, application, analysis, knowledge and creativity.

Here are some examples for each category. For open-ended knowledge questions here are some examples:

- What happened when...?
- What happened before/after...?
- What did it look/feel/sound/taste/smell like?
- What do you remember from...?
- Describe what you know about...
- Tell me about your...
- For comprehension:
- Why do you think...?
- Which one do you have more/less of?

How can you tell the difference between \_\_\_ and \_\_\_?

Can you give me an example of \_\_\_?

How do you know that...?

What happened first, second, third, etc.?

Tell me what happened...

How could you say that differently?

For application:

How can we organize these?

How can we/you find out?

Show me what you could do with it.

How can we solve this problem?

What do you think will happen if...?

How else would/could you...?

For analysis:

Why is this important?

In what ways are these different/similar?

What do you think will happen?

How much/many \_\_\_ will we need to...?

Is there anything that you would change? If so, why?

Why do you think...?

What comes next in the pattern of \_\_\_?

What could we do differently next time?

For evaluation:

What other ideas do you have to add?

What other ending to the story can you come up with?

How will you organize \_\_\_?

What else could you do/use?

How will you prepare for...?

What could we have done instead?

What's one solution to the problem?

For creativity:

What changes would you make to...?

How many ways can you...?

Why did you choose... (those materials, that order, etc.)?

How could we make the/this \_\_\_ (stronger, better, etc.)?

How will you make a new... (design, pattern, etc.)?

Why do you think it is important to...?

Rank these \_\_\_ according to \_\_\_.



How are you planning to do that?

Asking open-ended questions is a habit you can adopt as part of your daily conversations with children. You and your kids will enjoy discussing both silly and serious topics using this technique.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught 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 or at www.schoolconsultationservices.com.✱✱

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## New Leader In Water Policy

Noah Valenstein, JD, has become the first presidential fellow in water policy for The Water School at Florida Gulf Coast University (FGCU). This appointment comes after Valenstein served as Florida's chief resiliency officer and nearly four years as secretary of the Florida Department of Environmental Protection (DEP). His new role at FGCU began on August 7.



Noah Valenstein

"When Noah left the DEP, we saw a wonderful opportunity to include him as part of our team in The Water School," said Greg Tolley, PhD, executive director of The Water School at FGCU. "Noah's experience serving two consecutive governors as the secretary of DEP will help us advance the agenda of The Water School across the state. He will also help us focus our efforts on issues related to water policy."

In addition to his work on behalf of governors Rick Scott and Ron DeSantis, the former secretary has served as the executive director of the Suwannee River Water Management District. He also brings more than 10 years of combined

governmental experience to FGCU.

"Since it was announced two and a half years ago, The Water School at FGCU has worked to find solutions to our state's water issues," said Valenstein. "I've watched this program come into its own over the last few years, and I want to be part of the good work happening here."

About two months before the launch of The Water School in 2019, Valenstein was alongside Gov. DeSantis at FGCU's Vester Field Station when the governor unveiled the state's new plans to invest in water quality. Since then, Valenstein has worked closely with faculty members including Mike Parsons, PhD, a member of the Blue-Green Algae Task Force.

"Being a presidential fellow gives Noah much flexibility," Tolley said. "In addition to teaching courses, I look forward to his help establishing greater collaboration with The Water School across the state. His assistance in bringing greater resources to Southwest Florida will help The Water School make even bigger impacts on the region."

Among Valenstein's first projects for The Water School is working with Mike Savarese, PhD, to advance and support the Southwest Florida Resiliency Compact. The compact is an FGCU-facilitated effort to create synergy around climate change between Southwest Florida counties and municipalities. He is also slated to be a keynote speaker at the American Water Resources Conference in November.

For more information, visit [www.fgcu.edu/thewaterschool](http://www.fgcu.edu/thewaterschool).✱



From left, Brooke Denson, Ed Bell, Sandy Stilwell Youngquist, Susan McGrogan and Josh Dorcey  
photo by Vandela Major

## Charity Group Selects Board

SWFL Children's Charities, Inc. recently introduced its 2021-22 board of directors, led by Ed Bell as president and Susan McGrogan as vice president, Josh Dorcey as secretary, Brooke Denson as treasurer and Sandy Stilwell Youngquist as immediate past president.

SWFL Children's Charities, Inc. board members are responsible for supporting the operations and mission

of the nonprofit and administering funds that support local organizations committed to pediatric health care and education. Officers are also responsible for overseeing the planning and execution of the 2022 Southwest Florida Wine & Food Fest. The majority of auction proceeds from the Southwest Florida Wine & Food Fest will be allocated to support pediatric health care services at Golisano Children's Hospital, as well as pediatric health care initiatives in the region.

To learn more about the 2022 Southwest Florida Wine & Food Fest, visit [www.swflwinefest.org](http://www.swflwinefest.org).✱

## Bank Official Earns Certification

Amy McQuagge, Sanibel Captiva Community Bank vice president and director of marketing, has earned the certified financial marketing professional (CFMP) designation from the American Bankers Association (ABA).



Amy McQuagge

The designation is awarded to

individuals who demonstrate excellence in the field of financial services marketing. To qualify, individuals must meet ABA criteria for experience and education in the financial services profession, pass a proctored exam and agree to abide by a code of ethics.

"We are very proud of Amy's accomplishment in earning this national certification," said Kyle DeCicco, executive vice president and senior loan officer of Sanibel Captiva Community Bank. "Our people are a huge part of why Sanibel Captiva Community Bank exceeds industry standards and customer expectations, which is why we prioritize investing in their professional development and growth."✱



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## Will Power

# When To Dispose Of Old Estate Planning Documents



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

My father-in-law, Ronald, is a pack rat. He and my mother-in-law can't park their cars in the garage of their condominium because of all his stuff cluttering it up. There are old transistor radios, televisions (the black and white variety), kitchen appliances and a host of other things that you couldn't sell on eBay if you tried.

"What's this?" I asked picking up a large plastic bottle off of a folding table overflowing with all sorts of junk.

"Vitamins!" Ronald replied, "I got those on sale at Eckerd's!"

"Eckerd's hasn't been around in how many years?!" I asked examining the faded label on the old bottle. "These expired in 1994! Why don't you throw them away?" I said tossing them into the garbage can. From the look on my father-in-law's face, I said I wasn't happy with me.

Which leads me to today's topic – when to throw away old estate planning documents. Often, when I update clients' documents, they ask me what of their old documents should they get rid of?

Let's address ancillary documents first. Generally speaking, you can get rid of most old durable powers of attorney, healthcare surrogates and living wills if they have been updated. The one thing that you have to be careful about in this group is the durable power of attorney. Generally speaking, it's okay to get rid of old durable powers of attorney. Where this general rule doesn't apply – and you need to take other action – is when one of three things has happened: 1) the power holder has a copy of it; 2) it has been used; or 3) a copy of the power of attorney is on file with a bank or financial institution.

If any of those three things is true, then you should have your attorney go through the legal steps necessary to actually revoke the power of attorney. Florida

law provides step-by-step instructions that must be followed to properly revoke an old durable power of attorney, including sending notice to the power holder as well as to the proper offices of any financial institution where it has been used. Failure to legally revoke an old durable power of attorney could result in its continued use by the power holder – and unintended and possibly adverse consequences.

Next, let's talk about wills. When you update your will, you might update it by adding an amendment to it – called a "codicil," or you may revoke the old will in the new one, and create a whole new will. When you amend your will with a codicil, you should retain the old one, since it (or parts of it) remains valid. When you update a will by restating it in its entirety and revoking the old one, then it is usually okay to throw out the old one.

The only reason you may wish to keep an old will (or a copy of it) when it has been restated in its entirety, is when you want to show a history of some act – such as disinheritance a certain friend or relative.

If you have a revocable living trust, you usually want to retain the old trusts, even if they have been restated in their entirety. This is due to the fact that new trusts usually build on old ones. As an example, let's say that I have a trust dated January 1, 1996. I restate that trust in its entirety on July 1, 2011. I want to keep the old trust because it has a provision in it that allowed me to amend it – and usually the new trust keeps the date of the old trust so that I don't have to retitle all of the assets that have been transferred to it. So, if the IRS or a financial institution needs to see the old trust to make sure that the new one amending it is valid, it's a good idea to have that old trust around for that proof.

Never throw away Form 706 Estate Tax Returns of anyone you inherited from, including your spouse, parents and grandparents. Also don't throw away Form 709 Gift Tax Returns that you and your spouse have ever filed. Give copies of those to your estate planning attorney.

When you're like my father-in-law, who likes to keep things, then this column is of little use to you. But if you are like me and like to clean out useless clutter from your life, then you should ask your attorney which documents you can safely dispose of.

And, by the way, if you would like an old blender that won't work, give me a call. I can get you a great deal on one.

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## Vice President Of Oncology

With more than two decades of experience, Debra Wilson, RN, MSN, OCN, has been tapped to serve as Lee Health's vice president of oncology.

In her new role, Wilson will be responsible for establishing the vision and strategic direction for cancer services at Lee Health. She will collaborate with key medical leadership in evaluating new technology, innovations in the delivery of patient care, and opportunities to change the delivery of care to be more progressive and effective.

Wilson comes to Lee Health from Roper St. Francis Healthcare in Charleston, South Carolina, where she served as system associate vice president of oncology services and chief administrative officer for Roper St. Francis Mt. Pleasant Hospital.

She also worked at Deaconess Health System in Evansville, Indiana for 19 years, five of which she served as the director of oncology services.

Wilson attended the University of Southern Indiana where she earned her bachelor's degree in nursing and her master's degree in nursing management and leadership.

She is a member of the American

Society of Clinical Oncology and the Oncology Nursing Society.

Wilson began her role with Lee Health on August 2.✴

## Marketing Firm Hires Art Director

Spiro & Associates Marketing, Advertising, Public Relations and Brand Architecture, has hired Heather Daugherty as its new senior art director.

"I'm excited to be returning to Florida to join the team at Spiro & Associates, and to dive back into my love for branding and corporate ID development," she said.

Daugherty brings more than 20 years of design experience to the agency. She has spent most of her career designing books in the publishing industry in New York City, working for Penguin Group, Random House, HarperCollins Publishing and, most recently, Scholastic Inc.

Daugherty was born in Detroit, Michigan, and raised in the Tampa Bay area where her family still lives. She started her education in fine arts at the University of Tampa where she studied photography but transferred to the New England School of Art and Design at Suffolk University in Boston, Massachusetts, where she received a

bachelor of fine arts in graphic design.

"Heather is going to be a great asset to our agency," Chief Marketing Officer Christopher Spiro said. "Her years of graphic design experience, digital illustration work and custom font design ability is going to benefit our clients greatly."✴

## Public Relations Accreditation

Alex Van Mecl, APR, of the Southwest Florida Chapter of the Florida Public Relations Association (FPPRA), recently earned professional public relations accreditation and received the designation of accredited in public relations (APR).

Van Mecl joins the more than 4,300 active public relations professionals worldwide who represent an group of skilled professionals committed to practicing with high ethical standards, including 42 currently in Southwest Florida.

Van Mecl is an account executive, public relations for Roar Media, located in Miami. He earned his bachelor's degree in multimedia studies: film, TV and new media in 2012 from Florida Atlantic University (FAU). Prior to Roar, he was involved with national TV publicity campaigns for HBO/

HBO Max, most notably *Game of Thrones*, *Curb Your Enthusiasm*, *The Young Pope*, *Ravi Patel's Pursuit of Happiness* and *Valley of Tears*.✴

## Director Moves To Lending Team

Sanibel Captiva Community Bank Senior Vice President and Director of Business Development Lee Golden has joined the commercial lending team.

Golden has 26 years of experience in community and regional banking. He joined the bank in 2015 to oversee market expansion and development, growth and management of all retail locations. In 2019, he was named director of business development.

He will continue to manage the bank's business development efforts, pursuing opportunities for long-term growth and revenue in Southwest Florida. His added responsibilities include originating commercial loans and developing new commercial relationships.

A Fort Myers native, Golden is a longtime community advocate who has served in leadership roles on numerous boards, including the Greater Fort Myers Chamber of Commerce, Edison Ford Winter Estates and Family Health Centers of Southwest Florida.✴



Debra Wilson



Heather Daugherty



Alex Van Mecl



Lee Golden



## Marketing Firm Hires Coordinator

Priority Marketing has welcomed Sorena Vargas as marketing coordinator to help facilitate communications and marketing projects between clients and the firm's creative professionals.



Sorena Vargas

Responsibilities include providing support for the account services team, which includes coordinating social media plans, email marketing campaigns, video production and website development, as well as providing project assistance to all departments as needed.

Before joining Priority Marketing, Vargas was a graphic designer for a Bonita Springs-based firm that provided comprehensive business services to startup companies. Vargas also has experience in the tourism, education, real estate and technology industries in roles that included public relations intern, marketing content developer, web administrator and community assistant.

Vargas has a bachelor's degree in communication from Florida Gulf Coast University and currently serves as vice president for the Fort Myers chapter of the FGCU Alumni Association. Additionally, Vargas is an active member of the Florida Public Relations Association, coordinating numerous professional development activities as seminars chair for the Southwest Florida chapter.✱

## Tickets On Sale For Business Awards Program

Tickets are now available for the 2021 Industry Appreciation Awards, to be held at the Caloosa Sound Convention Center on Friday, October 22. The celebratory business event includes VIP networking, a plated lunch and attendance to the awards program.

Award categories and finalists include: Business Resiliency and Innovation – Fort Myers Brewing Company; Sanibel Captiva Community Bank; Sewing Boutique.

Community Steward of the Year – Cushman & Wakefield Commercial Property Southwest Florida; Florida Repertory Theatre; The North Law Firm.

Startup of the Year – 239Work; Gather; Seed & Bean Market.

Innovator of the Year – Cigent Technology, Inc.; Energy Harness Corporation; Metro Forecasting Models Manufacturer of the Year – Black Onyx World, LLC/Alikay Naturals; Nor-Tech Hi-Performance Boats; Storm Smart

Small Business of the Year

– Architectural Metal Flashings; Iron Ridge Insurance Services; Stickboy Creative  
Large Business of the Year – NeoGenomics Laboratories, Inc.; Owen-Ames-Kimball Company; Stevens Construction, Inc.

Tickets are available until Friday, October 8 at [www.industryappreciationawards.com](http://www.industryappreciationawards.com).

Caloosa Sound Convention Center is located at 1375 Monroe Street in downtown Fort Myers. For more information about or to get involved with the 2021 Industry Appreciation Awards, contact Horizon Foundation Chief Fundraising Consultant Dilman Thomas at 810-1948 or [dthomas@horizon-foundation.com](mailto:dthomas@horizon-foundation.com).✱

## APEX Awards Luncheon Moved To November

The Greater Fort Myers Chamber of Commerce Women in Business Committee has announced a new date for its APEX Awards luncheon. The ceremony will now be held at The Westin Cape Coral Resort at Marina Village on Friday, November 12 from 11:30 a.m. to 2 p.m.

Presented by Sanibel Captiva Community Bank, the APEX Awards recognizes women with outstanding reputations for professionalism, philanthropy and leadership in Southwest Florida. The APEX Awards luncheon will honor three finalists, recognize all nominees and reveal the 2021 APEX Award recipient.

The 2021 finalists include Kathleen O. Berkey of Becker & Poliakoff, PA; Kerri Goldsmith of HBKS Wealth Advisors; and Alicia Miller of Our Mother's Home.

Tickets to the awards luncheon are \$75 per person.

The Westin Cape Coral Resort at Marina Village is located at 5951 Silver King Boulevard in Cape Coral. For more information or to purchase tickets for the event, visit [www.fortmyers.org/events/apex-awards](http://www.fortmyers.org/events/apex-awards) or call 332-2930.✱

## Judges To Be Honored At Gala

To honor the judiciary and thank them for their ongoing service and commitment to justice, the Lee County Bar Association (LCBA) is hosting its 32nd annual Bench Bar Gala at the Edison and Ford Winter Estates on Saturday, October 2 from 6 to 10 p.m.

The theme for this year's gala is The Future is Bright as judges, attorneys and elected officials gather to thank and honor hard-working, dedicated judiciary, build lasting relationships and unite the legal community as a whole.

Tickets include cocktail reception, plated dinner and dancing for \$100 per person before September 17 and \$125 after that date. Judiciary and magistrates are guests of the Lee County Bar Association so their tickets are

complimentary. Tickets for judicial guests are \$75 before September 17 and \$95 thereafter.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To purchase tickets, visit [www.leebar.org](http://www.leebar.org).✱

## July Traffic At The Airport

During July, a record-breaking 814,471 passengers traveled through Southwest Florida International Airport in Fort Myers. This was an increase of 218 percent compared to July 2020 and 42.6 percent more than the passenger traffic in July 2019. Year-to-date, passenger traffic is up 60 percent compared to last year.

The traffic leader in July was Southwest Airlines with 205,598 total passengers. Rounding out the top five airlines were Delta (156,658), American (149,918), United (114,151) and Spirit (66,167).

Southwest Florida International Airport had 7,020 aircraft operations, an increase of 51.9 percent compared to July 2020. Page Field saw 10,115 operations, a 1.4 percent decrease compared to July 2020.

Southwest Florida International Airport served nearly six million passengers in 2020. For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flylcpa](http://www.facebook.com/flylcpa).✱

## Republican Women To Meet

After a two-month hiatus, the Fort Myers Republican Women's Club will resume monthly meetings at The Helm Club in The Landings on Tuesday, September 21. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program.



Dr. Stephanie Stovall

Dr. Stephanie Stovall, chief quality and safety officer at Lee Health, will be the keynote speaker. Stovall is a pediatric infectious diseases and quality improvement trained physician who has worked as a medical expert for the Lee Health COVID-19 taskforce throughout the pandemic. She will discuss Lee County's COVID-19 pandemic. A question-and-answer session will follow her formal presentation.

Cost is \$20 and includes lunch. Reservations are required by Thursday, September 16.

The Helm Club is located at 4420 Flagship Drive in Fort Myers. To register, contact Tina Laurie at 489-4701 or Diane Kinser at [social.lady79@gmail.com](mailto:social.lady79@gmail.com).✱

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# Frankly Speaking



by Howard Prager

Welcome back college football! Only a few upsets last weekend with Georgia defeating Clemson and Penn State beating Wisconsin in Madison. Notre Dame and Florida

State was a classic, with the Irish winning in OT. My beloved Wildcats and Ed's beloved Hoosiers were crushed, and someone had a challenge spelling Indiana on at least one jersey. Next week, I'll have thoughts about the US Open, the NFL's first week, and the few baseball races left, Dodgers-Giants and Braves-Phillies. In last weekend's series between the Dodgers and Giants, San Francisco took two out of three.

Now for a baseball story closer to home. From a Mighty Muscles press release: "The Fort Myers Mighty Mussels are proud to announce Minnesota Twins VP of Player Personnel Mike Radcliff as the 2021 inductee into the Killebrew Root Beer Professional Scouts Hall of Fame. Radcliff becomes the 16th member of the heralded group, and will be formally inducted prior to a Twins' spring training game in 2022, where his plaque will join the 15 members already enshrined outside the main entrance to Hammond Stadium. "It's always great to be recognized by your peers in the baseball community," Radcliff said. "This one has more prominent meaning to me because it has the name Killebrew in it. Harmon Killebrew was such a great player in our organization, but beyond that – he's someone that's so looked up to by everybody in the organization for the way he handled himself, the way he respected the game."

Requirements for induction include: strong professional scouting background; represented the scouting community in a professional manner and contributions to growing the game of baseball; made a significant impact within their organization; and worked and resided in Florida for a significant portion of their career.

"As a scouting director, I spent more time in Florida than any state in the

union," Radcliff said. "The combination of our complex and scouting in general, I'd always go to spring training in the Fort Myers area. I'd always try to scout as much of Florida as possible in February and March. Even though I live in Kansas City, I feel like I'm a part-time resident of Florida."

"What scouts can offer most is the vetting of the player, the makeup of the player – what he's about," he said. "His different personality traits are going to impact and affect how he applies his physical tools to the game. The best teams are incorporating all of that into one giant process."

According to the press release: "Radcliff dedicated over three decades of his life to the Minnesota Twins' organization, and still oversees draft operations and various scouting ventures. He was hired by Twins' scouting director Terry Ryan in 1987. Radcliff started his tenure as the Midwest area scout but quickly ascended to scouting director in 1993. He became the longest-tenured scouting director in Major League Baseball, holding the position until 2007 when he transitioned into the role of VP, Player Personnel. In his 14 years as scouting director, the Twins won four division championships in a five-year span from 2002-06, one of the most successful stretches in franchise history. Radcliff oversaw the selections of several legendary Twins' players including Joe Mauer, Justin Morneau, Torii Hunter, Denard Span, Todd Walker, A.J. Hinch, A.J. Pierzynski and many others."

"After his title change in 2007, Radcliff continued to be a significant voice inside the Twins' draft room and scouting efforts. Through both turnover and changing technology, Radcliff's testimony holds as much weight as anyone in the organization. In 2011, his MLB peers voted him the Midwest Scout of the Year. In 2014, he was inducted into the Professional Sports Hall of Fame. He received the George Genovese Lifetime Achievement Award in Scouting in 2016 – a tremendous honor given by the Professional Baseball Scouts Foundation."

The Paralympics that just concluded in Tokyo had 4,400 competitors from nearly 160 countries and territories competing in Japan for the Paralympics with 12,000 staff, officials and journalists taking part in the 13-day event. Almost every story in the Paralympics is a profile in courage as these athletes trained and prepared while

dealing with their own physical disability. It's truly miraculous and has good news all over it.

The Paralympic Movement classifies athletes with physical, vision and/or intellectual impairments that have at least one of the following 10 eligible impairments: impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, muscle tension, uncoordinated movement, involuntary movements, vision impairment and intellectual impairment. Altogether there were over 539 events in 22 sports. Here are some of the most moving stories as reported by *The Bridge*.

"The world was watching intently for Afghanistan to make its Paralympic debut, and when they finally arrived, it was like a medal-winning moment itself. Zakai Khudadadi and Hossain Rasouli were the two athletes who somehow made it out through a top secret evacuation and were granted visas to compete. They came, took part, did not speak to the media and did the best they could. This, in itself, was a moment to cherish for the sporting world who had given up hope of ever seeing them once the Taliban took over."

"Running, swimming and cycling in a triathlon is tough in itself. Doing it with a partner attached to you is a feat that several athletes accomplished at the Paralympics. Brad Snyder is one of them, and he has been consistently winning medals for the past three editions of the Paralympics despite being a visually impaired competitor. The former Marine lost his eyesight in a mine blast in Afghanistan back in 2011. After competing in two other Paralympics, he won Gold in Tokyo."

Have you ever played table tennis at a professional/amateur level with no arms to hold the racket? Egyptian Ibrahim Hamadtou can answer in the affirmative. He has done the unthinkable by playing the sport with his mouth. It

is simply brilliant to watch him and how he navigates the unthinkable by setting a precedent for all of us to follow in our daily lives.

The youngest athlete at the Tokyo Paralympic games, Husnak Kunkuwade from Uganda at age 14, wanted to set a benchmark for all other para-athletes from her country and Africa especially. She might not have won her medal but her goal at the Paralympics was to inspire, and that is exactly what she did.

Inspiring all.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to [press@islandsunnews.com](mailto:press@islandsunnews.com).✴

## Sporting Clays Fundraiser

Grampy's Charities is partnering with Kids & Clays for the 2nd Annual Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities of Southwest Florida, at Sarasota Trap, Skeet & Clays on May 13, 2022.

Registration, which includes breakfast, socializing and an important safety orientation, begins at 8:30 a.m. The shotgun start is at 10 a.m., while lunch, bluegrass music and a raffle will follow the tournament's completion with anticipated departure by 1 p.m. All attendees will leave with Grampy's Charities Famous Ditty Bag, which includes an event shirt, hat, pocketknife and tumbler.

Sarasota Trap, Skeet & Clays is located at 3445 Rustic Road in Nokomis. Foursomes and individual spots are available at <https://give.classy.org/grampysclays>. For sponsorship opportunities, contact Karen Zelden at 437-0202 or [karenz@rmhcsfwl.org](mailto:karenz@rmhcsfwl.org).✴

From page 1

## Clips For Cancer

operations and women and children's services at Lee Health. Llechu was inspired to create the event after he met Hummer, who was first diagnosed with a brain tumor at age 8. He said he knew the community needed an event that would show solidarity and support for children with cancer. Llechu is hoping to raise \$50,000 for shaving his head and \$50,000 for shaving his beard. Also shaving that day is Dr. Emad Salman, a pediatric oncologist for nearly 25 years, who has provided care for many of the survivors.

Clips for Cancer would not be possible without the support of presenting sponsor Florida Radiology Consultants, location sponsor Great Clips and the support of the John E. & Aliese Price Foundation, and Dorsey Law Firm.

Thanks to events like Clips for Cancer and the Southwest Florida community, Barbara's Friends has a 26-year history of helping children with cancer and life-threatening blood disorders. To date, Barbara's Friends has cared for more than 10,000 local children. The program provides access to resources for families including medications, therapies,

transportation, gas cards for families to get to and from treatment, and meals for parents when a child is staying overnight. Clips for Cancer has raised close to \$300,000 in the past three years to assist families during their child's cancer journey.

Since the start of the pandemic, 100 children have been diagnosed with cancer. More than half of Golisano Children's Hospital patients are underinsured, on Medicaid or have no insurance – yet no child is denied treatment.

The children's hospital is one of only nine centers in Florida to offer complete pediatric cancer care.

As a member of the Children's Oncology Group, Golisano Children's Hospital brings world-class cancer care close to home, offering the same treatments as other centers of excellence.

The survival rate for pediatric cancer at the children's hospital is 84 percent – higher than the national average.

Golisano Children's Hospital has more than 90 children in current treatment and more than 200 children receiving continued and follow-up care.

For more information and stories about volunteers who will be shaved to support Clips for Cancer, visit [www.barbarasfriends.org/clipsforcancer](http://www.barbarasfriends.org/clipsforcancer).✴

## SPORTS QUIZ

1. What Baseball Hall of Fame infielder, nicknamed "Old Shufflefoot," won the American League MVP award in 1948 as a member of the Cleveland Indians?
2. What name did Muhammad Ali give to his strategy of tiring out an opponent by repeatedly absorbing or evading his punches?
3. Norm Chow, the Tennessee Titans offensive coordinator from 2005-07, was head football coach for what college team from 2012-15?
4. Who was the last active NHL player to have played for the Quebec Nordiques?
5. What is the name of the official mascot of the NBA's Orlando Magic?
6. What sports equipment and sportswear manufacturer was founded in Osaka, Japan, in 1906?
7. The United States led the medal table with a record 83 gold medals at the 1984 Summer Olympics in Los Angeles. What nation came in a distant second with 20 gold medals at those Games?

## ANSWERS

1. Lou Boudreau. 2. Rope-a-dope. 3. The University of Hawaii Warriors. 4. Adam Foote. 5. Stiff
6. The Magic Dragon. 7. Romania.



dearPharmacist

## Folate Helps With Brain And Personality



by Suzy Cohen, RPh

**Dear Readers:** Everyone knows how important B vitamins are, especially for energy and nerve health. One of the most famous

vitamins is B9 or what you see on store shelves as “folic acid.” This is a nutrient that’s required for proper spinal development in fetuses, and very commonly suggested by obstetricians. Folic acid is a synthetic precursor to natural folate or 5-MTHF, which your body manufactures in a very complex biochemical process.

Now there’s a new scientific paper that shows folate can help your brain. Researchers examined a bunch of clinical studies in what’s called a “meta-analysis” and discerned from all the data (across all 60 studies/publications) that folate can help with Alzheimer’s disease. The article is published in *Frontier’s in Neuroscience*. More specifically, they found that folate levels (tested via blood) were reduced in Alzheimer’s patients compared with healthy controls.

Alzheimer’s is a memory disorder that affects more than six million Americans according to the the Alzheimer’s Association. On an interesting side note, I can’t help but question how people

with memory disorders are suffering from the ‘drug mugging’ effect of other medications they started a few years ago. Did you know that certain drugs impact your ability to absorb folate, as well as other nutrients needed to make acetylcholine, your memory chemical? Folate is mugged by at least 178 different drugs, and probably more. This is well documented in my world, and I’ve studied and written a famous book about it called *Drug Muggers*, which is available on Amazon. A folate deficiency can change your personality.

As for folate versus folic acid, the choice is clear to me. Take the biologically active form (folate, also called 5-MTHF) and spend the extra money to buy the body-ready form of it, otherwise you won’t get optimal effects. Don’t believe people who tell you that your body will convert the folic acid to folate. If you are short on riboflavin for example, the pathway comes to a screeching halt. To see what I mean, visit my website and read the longer version of this article where I have posted a graphic to show you how difficult this process actually is. Most people are not short on folate. But if you are, then you should be supplementing with the very best and eating foods rich in folate like salads, leafy greens, peas, broccoli and hummus.

If you would like to read the longer version of this article, and find out more about other herbs that can support your brain function and cognition, sign up for my free newsletter at [www.suzycohen.com](http://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](http://www.SuzyCohen.com).\**

feel brighter and larger, but don’t forget to take your furniture into consideration, as UV rays can quickly fade materials. This sun exposure can also cause the temperatures in your kitchen to rise, which isn’t ideal, as active ovens and stoves already give off a lot of heat. Consider performance fabrics that are most durable to ensure sunlight isn’t going to compromise the window treatments themselves or your furnishings. Today’s market offers options that allow you to be able to see outside and daylight to enter while still blocking views inward to ensure privacy. Roman shades, a popular option, are often made from woven or translucent fabrics that also meet these standards.

Do you have sleek hardwood or

tile floors installed throughout your kitchen? Area rugs make it easy to introduce a bold new hue or pattern into your kitchen. They also can create a cozy and inviting kitchen, adding texture along with your chosen window treatments. For high-traffic locations, area rugs made from sea grass, sisal, or jute (an especially durable fabric) are perfect. All-wool or wool-blend rugs are also very stain-resistant and soft. There are many indoor/outdoor rugs that are very suitable for kitchen use. Whichever material you choose, look for a product that’s easy to clean for when those inevitable accidents occur.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coincdecn.com](mailto:linda@coincdecn.com).\**

Doctor and Dietician

## The Squat Challenge



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

**H**ave you ever heard that squats are the “perfect exercise?” Our team was recently encouraged by our nurse Brad to participate in the Squat Challenge! You may ask why? Squats build muscle. Performing squats will increase muscle thereby making you stronger, as well as increase agility and flexibility. We all know how vitally important this is as we age.

The many health benefits of daily squats:

**Building muscle** – The main purpose of squatting is to develop strong legs, specifically the quads, hamstrings, calves, and lower back muscles and abs. Squats will also promote muscle mass throughout your entire body because correctly performing them will increase your heart rate and increase secretion of anabolic (muscle-building) hormones such as human growth hormone and testosterone. If you squat with added hand weights, it will mimic life tasks such as picking up something heavy and lifting with your legs.

Squats not only increase muscle but can also work your cardiovascular system. You can eventually increase the speed at which you perform them, which will increase heart rate, helping regulate lipid and insulin levels.

One of the great things about living in Southwest Florida is our ability to be outside year-round and participate in many different outdoor activities. Our Caring Medical patients often come in to see us because they want to return to performing activities such as

tennis, golf, pickleball, bicycling, run/walking, swimming, kayaking, fishing, hiking, and so much more. As regular squatting improves muscle strength, you improve balance and speed. Stabilizer muscles are strengthened and flexibility increases, thus reducing the risk of sports injuries. Another side benefit is that because squats keep you moving, your bowels will keep moving as well. Never underestimate the power of a good poop.

Nurse Brad shared a very interesting study with our Caring Medical team titled Cancer-Specific Mortality Relative to Engagement in Muscle-Strengthening Activities and Lower Extremity Strength. We all know that cancer is one of the leading causes of death and disease in the U.S. Many healthcare dollars are spent on treatments and research. Sarcopenia or progressive and generalized loss of skeletal and muscle mass and strength is especially prevalent in cancer patients. Results of the study showed that about one out of every five cancer deaths could have been avoided if the individuals had been in the top quarter for strength. Researchers state that more study is required, but the take-home message is to work on strength training to decrease risk of death from cancer BEFORE that diagnosis even hits home.

Will you join our team in the Squat Challenge? Go as low as you can comfortably go, holding onto something for balance if necessary. Squat until you feel a burn or until the squats become difficult. Do not focus on the number of squats as much as “feeling the burn!” This workout will take one to two minutes per day. Lowering cancer risk (and all cause mortality) by strengthening your legs may sound silly at first, but remember anyone who gets ill, eventually needs to get out of bed, walk and return to daily living. Already having strength dramatically improves our chances of going through difficult times, especially recovering from illnesses or surgeries.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).\**

Superior Interiors

## A Family-Friendly Kitchen Without Sacrificing Style

by Linda Coin



**T**he kitchen is a versatile haven where family dinners take place, the kids sit down to complete their homework and family members put their skills to the test with new recipes. In addition to

being functional and stylish, the hardest working room in your house should be kid-friendly to ensure your furniture and decor aren’t undergoing unnecessary wear and tear. People don’t often think of stylish and family-friendly as two characteristics that go hand in hand, but with a little planning, you can turn your space into an escape that meets that criterion.

Eat-in kitchens are key components

to a versatile and fully functional space. Not only do they offer extra room for dining, but they provide a convenient gathering area for friends and family, and additional space for food prep.

There are a variety of styles and setups that you can choose from. You may want to arrange the eating area by the window for a captivating outdoor view that brings in plenty of natural lighting. Including a window seat in your breakfast nook can create an element of comfort and a charming, cottage-style feel. If you’re going for a sleek, chic eating area, a center island with a quartz or granite countertop and tall, modern stainless steel bar stools will provide a casual, yet head-turning space.

When deciding on your kitchen window treatments, there are a few key elements to consider. Along with decorative factors like color and style, think about the amount of sunlight you want illuminating your space, the length of your drapery and your privacy needs. While most kitchens work best with shorter drapery for enhanced functionality, floor-length options could work for your breakfast nook or when framing a large bay window or French doors. Sunlight may be effective at making the space



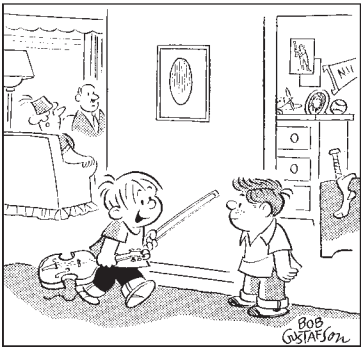


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
<b>ARTS</b>	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
<b>CLUBS &amp; ORGANIZATIONS</b>	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
<b>AREA ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 23



"I must be improving... the  
\_\_\_\_\_ are still here!"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Fiend  
**TUBER**

Collect  
**GREAHT**

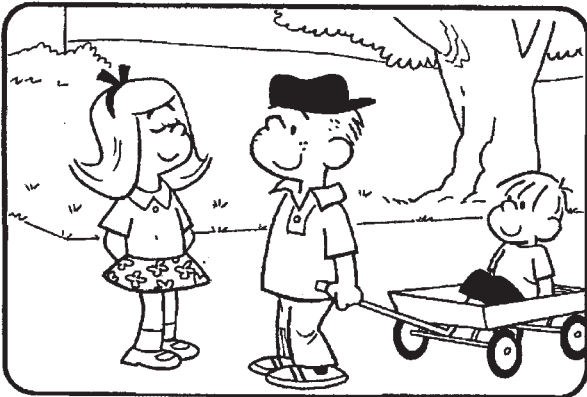
Rush  
**SLEUTH**

Outcome  
**LUSTER**

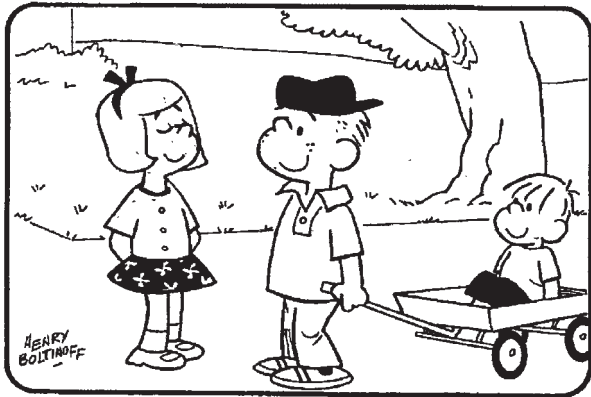
TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Skirt is different. 2. Wheel is missing. 3. Limb is removed. 4. Collar is different. 5. Buttons are added. 6. Hair is different.

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

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.



PUZZLES

Answers on page 23

Super Crossword

LEAVES AND SHEDS

- ACROSS**

1 Is lacking

6 Colombia's national airline

13 Vid recorder

16 Q-Tip's music

19 Sound from Sneezzy

20 Wheels on swivels

21 Ring great Muhammad

22 Australian bush bird

23 Start of a riddle

25 Company employee

27 Prefix with plop

28 Pvt.'s superior

29 Frankenfood item, in brief

30 A tailor may take it up or down

31 Riddle, part 2

37 Gooney mass

39 Really silly

40 Nada

41 Toward sunset

42 Shared living quarters

45 Crime that gets MADD mad
- 46 Kumar's partner in films

49 Riddle, part 3

55 Crooner

56 "Prolly not"

57 High-flying eagles, e.g.

59 "Just — feared"

62 Bishops of Rome

65 Hair clump

68 Et — (and others)

69 Riddle, part 4

75 Prefix with -syncratic

76 Sod

77 Bursting stars

78 Kisses, on love notes

79 Discard

83 Gp. giving tows

85 In addition

87 Riddle, part 5

95 Human

96 Pro-firearm gp.

97 Phone again

98 Lone Star State sch.

102 U.N. Day mo.

103 Minneapolis suburb

105 Flubs it up

106 End of the riddle
- 112 Early night

113 Contract sealer: Abbr.

114 Blemish

115 1040 pro

118 Title sorority of a 1985 film

119 Riddle's answer

124 Uno plus due

125 Tandoor-baked bread

126 French "Stephen"

127 Ham it up

128 Prov. on Hudson Bay

129 Agcy.

130 Mailed, e.g.

131 Tender spots
- 11 Pinch into small ridges

12 Part of ASAP

13 Measures of business profitability

14 Make changes to

15 Marlins' home

16 Distill, e.g.

17 Makes changes to

18 Most sinless

24 String after E

26 Took to the sky

32 Desktop introduced in '81

33 Pantheon figures

34 Shutout, e.g.

35 Gibson garnish

36 Blazing thing

37 Bikini top

38 Chaney Sr. or Jr.

43 Split to unite

44 "Dogma" co-star Matt

46 "Meh"

47 August sign

48 Day, in Peru

50 "Ixnay"

51 "Chicago" actress

Queen
- 52 Mardi —

53 Coiled shape

54 Overdone

58 Cheekiness

59 Just slightly

60 "Hawaii"

Make co-star Max von —

61 Stilted reply to "Who's there?"

63 Office phone no., often

64 Erwin of early films

66 Bogland

67 Even if, for short

70 Parasite site

71 Dragnet

72 Cole Porter's "Well, Did You —?"

73 Knightly trait

74 Point of debate

80 Unit of resistance

81 — -Aztec (language family)

82 Crowding into

84 "Storage Wars" ailer

86 More mature

88 Cut in glass

89 Works by painter Henri

90 Expedition
- 91 Yemen's capital

92 Film VIP

93 "Yuk" cousin

94 Raised train lines

98 In the practice of

99 Gin joint

100 Hole to receive a shoelace

101 Kick a football

103 Sidle through, say

104 Band around a sleeve

107 Harpsichord relative

108 About even (with)

109 Seven, in Spain

110 Mai —

111 Compels

116 Folk singer Seeger

117 Greek war deity

120 Despite this

121 Yoko from Tokyo

122 First prime minister of Burma

123 Network of med. providers

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15		16	17	18
19						20								21					22	
23						24								25					26	
27					28					29				30						
			31	32				33	34	35				36						
37	38						39					40					41			
42				43	44		45					46			47	48				
49							50				51							52	53	54
				55						56				57						58
59	60	61		62			63	64		65		66	67				68			
69				70						71				72	73	74				
75							76					77						78		
79					80	81	82			83		84		85			86			
	87							88	89				90	91				92	93	94
					95							96			97					
98	99	100	101				102					103			104			105		
106					107	108						109					110	111		
112								113						114				115	116	117
118											120	121	122					123		
124					125												127			
128					129												131			

King Crossword

- ACROSS**

1 Wee dollop

4 "I smell —!"

8 Lose it

12 Single

13 Only

14 Chantilly, e.g.

15 Vitamin stat

16 Frost

17 " — Misbehavin'"

18 Improbable, unexpected wonders

21 Existed

22 Squid squirt

23 Song of praise

26 Frequently

27 "Lion" actor Patel

30 Intends

31 Dinner for Dobbin

32 Seethe

33 Sample

34 "Shool"

35 Crazy Horse, for one

36 Mountain pass

37 Hot tub

38 Insignificant sum

45 Car

46 "Who —?"

47 Ultimate

48 Leisurely

49 Fashion magazine
- 50 Multipurpose truck

51 Bottom lines?

52 Lushes

53 Melancholy

10 Teen's woe

11 Favorites

19 They give a hoot

20 Busy insect

23 Bit of butter

24 Knightly address

25 Actress Adams

26 Feedbag morsel

5 Hotel units

6 Jai —

7 Fill with intense fear

8 Not taut

9 Hammer target
- 10 Attendees

32 Edict

34 Guy's date

35 Sudden bursts

36 Radiates

37 Long-legged shorebird

38 Obi

39 Stubborn beast

40 Molecule part

41 Norway's capital

42 Burden

43 Jazz singer James

44 Molt
- DOWN**

1 Campus digs

2 "The King —"

3 Noggin

4 Hindu retreat

5 Hotel units

6 Jai —

7 Fill with intense fear

8 Not taut

9 Hammer target

MAGIC MAZE ● WATER —

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: FRESHWATER AQUATIC BIRD

- Chestnut

Fountain

Level

Logged
- Moccasin

Ouzel

Repellent

Resistant
- Spaniel

Spider

Sports

Spout
- Supply

Treatment

Witch





caption photo courtesy Fresh From Florida



Spiny Lobster Tomato Mac and Cheese

- 1 pound spiny lobster, cooked and cut into medium sized chunks
- 3 large tomatoes, sliced
- 1 pound pasta (your favorite shape) cooked
- 4 tablespoons unsalted butter
- 2 large garlic cloves, minced
- 1/2 cup red onion, chopped fine
- 1/4 cup all-purpose flour
- 3 cups milk, at room temperature
- 1 1/2 cups sharp Cheddar cheese, grated (or your favorite)
- 1 1/2 cups grated Gruyere cheese, grated (or your favorite)
- 1 tablespoon Dijon mustard
- 1/2 cup fresh chives, chopped fine
- 1/4 teaspoon cayenne pepper
- 1 cup panko (Japanese breadcrumbs)
- 1 tablespoon olive oil
- 1/4 cup flat leaf parsley, chopped fine
- Sea salt and fresh ground pepper, to taste

Cook pasta until al dente according to package directions. Drain and set aside. Place 4 tablespoons melted butter in a saucepot over medium-low heat, add garlic and onion and cook until onion is translucent. Next, whisk in flour and cook flour for several minutes. Carefully pour in milk and bring to a boil over medium heat, whisking constantly. Continue to cook and whisk until sauce is smooth and thick enough to coat a spoon. Remove sauce from heat and slowly whisk in cheese, a handful at a time. Season cheese sauce with mustard, chives, cayenne pepper, salt and pepper, to taste. In a large mixing bowl combine cheese sauce and cooked pasta then fold in chopped lobster. Lightly spray a baking dish with pan release spray. Pour pasta mixture into baking dish. Arrange sliced tomatoes on top of the pasta mixture. In a small bowl combine panko, olive oil and parsley and sprinkle over the tomatoes. Bake the lobster-tomato mac and cheese in a preheated 375 degree oven for about 10 to 20 minutes or until topping is crisp and cheese sauce is bubbly. Let cool slightly before serving.\*

PETS OF THE WEEK



Casey ID# A881452 photos provided

Lee County Domestic Animal Services

Casey And Plum

Hello, my name is Casey. I'm a black-and-white, 9-year-old male pit bull. Want to give a loving home to a special dog with special needs? Consider adopting me. I'm the happiest, nicest boy you could ever hope to meet. I just need a little extra help getting around sometimes because I have low vision. I do bump into things here and there, but I'm also very good with my sniffer and not afraid to explore my surroundings. Watching me navigate the play yards on my own is quite impressive. Come meet this special guy. My adoption fee is \$25. Hi, my name is Plum. I'm a patch tabby 2-year-old female domestic



Plum ID# A878726

shorthair. I'm a stunning cat whose independent personality is perfect for someone looking for a low maintenance pet. As long as you give me some quality food, water, a litter box and a toy or two, I will take care of myself. But, no worries. When you are ready for affection, I will be right there ready to give it to you. My adoption fee is waived.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

My Stars ★★★★★  
FOR WEEK OF SEPTEMBER 6, 2021

- Aries** (March 21 to April 19) As tensions ease on the home front, you can once more focus on changes in the workplace. Early difficulties are soon worked out. Stability returns as adjustments are made.
- Taurus** (April 20 to May 20) A new romance tests the unattached Bovine's patience to the limit. But Venus still rules the Taurean heart, so expect to find yourself trying hard to make this relationship work.
- Gemini** (May 21 to June 20) It's a good time to consider home-related purchases. But shop around carefully for the best price – whether it's a new house for the family or a new hose for the garden.
- Cancer** (June 21 to July 22) A contentious family member seems intent on creating problems. Best advice: Avoid stepping in until you know more about the origins of this domestic disagreement.
- Leo** (July 23 to August 22) A recent job-related move proves far more successful than you could have imagined. Look for continued beneficial fallout.

- Even your critics have something nice to say.
- Virgo** (August 23 to September 22) Ease up and stop driving yourself to finish that project on a deadline that is no longer realistic. Your superiors will be open to requests for an extension. Ask for it.
- Libra** (September 23 to October 22) You should soon be hearing some positive feedback on that recent business move. An old family problem recurs, but this time you'll know how to handle it better.
- Scorpio** (October 23 to November 21) Some surprising statements shed light on the problem that caused that once-warm relationship to cool off. Use this newly won knowledge to help turn things around.
- Sagittarius** (November 22 to December 21) Your spiritual side is especially strong at this time. Let it guide you into deeper contemplation of aspects about yourself that you'd like to understand better.
- Capricorn** (December 22 to January 19) Your merrier aspect continues to dominate and to attract folks who rarely see this side of you. Some serious new romancing could develop out of all this

- cheeriness.
  - Aquarius** (January 20 to February 18) You're always concerned about the well-being of others. It's time you put some of that concern into your own health situation, especially where it involves nutrition.
  - Pisces** (February 19 to March 20) Just when you thought your life had finally stabilized, along comes another change that needs to be addressed. Someone you trust can help you deal with it successfully.
  - Born This Week:** You have a sixth sense when it comes to finding people who need help long before they think of asking for it. And you're right there to provide it.
- MOMENTS IN TIME
- On September 17, 1796, President George Washington prepares a final draft of his farewell address. Two days later, his words appeared in Claypoole's American Daily Advertiser, officially notifying the American public that he would voluntarily step down as the nation's first president. Rarely in the history of Western civilization has a national leader voluntarily relinquished his title.

- On September 18, 1893, New Zealand becomes the world's first country to grant national voting rights to women. The United States granted women the right to vote in 1920, and Great Britain followed in 1928.
  - On September 16, 1932, in his cell near Bombay, Mohandas Gandhi begins a hunger strike in protest of the British government's decision to separate India's electoral system by caste. Gandhi worked all his life to spread his own brand of passive resistance.
  - On September 14, 1944, the U.S. 1st Marine Division lands on the tiny island of Peleliu in the Pacific as part of a larger operation to provide support for an invasion of the Philippines. The Marines suffered heavy losses, with 4,000 men killed in the first week alone.
  - On September 15, 1978, boxer Muhammad Ali defeats Leon Spinks at the Louisiana Superdome in New Orleans to win the world heavyweight boxing title for the third time in his career. Ali left the sport permanently in 1981.
  - On September 18, 1987, cesium-137 is removed from an abandoned cancer-therapy machine in
- continued on page 22






FRIDAY  
Partly Cloudy  
High: 86 Low: 76




SATURDAY  
Sunny  
High: 87 Low: 78



SUNDAY  
Partly Cloudy  
High: 89 Low: 79




MONDAY  
Cloudy  
High: 90 Low: 82



TUESDAY  
Partly Cloudy  
High: 89 Low: 79



WEDNESDAY  
Partly Cloudy  
High: 90 Low: 81



THURSDAY  
Mostly Cloudy  
High: 87 Low: 77

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:28 am	9:48 am	4:37 pm	9:50 pm	Fri	2:33 am	9:50 am	3:42 pm	9:52 pm	Fri	4:03 am	10:34 am	5:05 pm	10:45 pm	Fri	5:38 am	12:40 am	6:47 pm	1:04 pm
Sat	3:57 am	10:49 am	5:49 pm	10:12 pm	Sat	3:02 am	10:51 am	4:54 pm	10:14 pm	Sat	4:26 am	11:15 am	5:53 pm	11:12 pm	Sat	6:07 am	1:06 am	7:59 pm	2:05 pm
Sun	4:32 am	12:02 pm	7:34 pm	10:24 pm	Sun	3:37 am	12:04 pm	6:39 pm	10:26 pm	Sun	4:49 am	12:00 pm	6:42 pm	11:36 pm	Sun	6:42 am	1:28 am	9:44 pm	3:18 pm
Mon	5:17 am	1:30 pm	None	None	Mon	4:22 am	1:32 pm	None	None	Mon	5:18 am	12:57 pm	7:35 pm	11:55 pm	Mon	7:27 am	1:40 am	None	4:46 pm
Tue	6:16 am	3:03 pm	None	None	Tue	5:21 am	3:05 pm	None	None	Tue	5:54 am	2:10 pm	8:34 pm	None	Tue	8:26 am	6:19 pm	None	None
Wed	7:40 am	4:24 pm	None	None	Wed	6:45 am	4:26 pm	None	None	Wed	6:41 am	12:07 am	9:45 pm	3:23 pm	Wed	9:50 am	7:40 pm	None	None
Thu	9:22 am	5:26 pm	None	None	Thu	8:27 am	5:28 pm	None	None	Thu	7:52 am	12:05 am	None	4:36 pm	Thu	11:32 am	8:42 pm	None	None

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# Tips For Veterans And Active Duty

Veterans and members of the U.S. Armed forces and National Guard may be able to take advantage of numerous student aid programs to help pay for college or technical training, according to Kentucky Higher Education Assistance Authority (KHEAA).

The federal government also offers programs for the dependents of veterans and service members.

Federal programs include:  
GI Bill benefits, first passed for veterans of World War II – The federal government offers several versions, with benefits that vary according to when you entered service, when you left the service and other criteria. More changes are coming as the result of the Forever GI Bill, passed in 2017. Visit [www.benefits.va.gov/gibill](http://www.benefits.va.gov/gibill) for more information about your options.

Federal Tuition Assistance, for active duty members of all branches of the armed forces, including the Coast Guard, National Guard and Reserves – For more information, contact the college financial aid office or unit education officer.

Iraq and Afghanistan Service Grants, for students who had a parent or guardian die as a result of military service in Iraq or Afghanistan after September 10, 2001 – For more information, look under Types of Aid at [www.studentaid.ed.gov/sa](http://www.studentaid.ed.gov/sa).

# Funds To Cover Hurricane Losses

Lee County Electric Cooperative (LCEC) has accepted \$27,075,628 by FEMA to help defray the costs

incurred as a result of Hurricane Irma in 2017.

Extensive damage to the LCEC service territory included the replacement of: 879 meters; 1,107 concrete and wood poles; 376 streetlights; and 659 transformers.

As a not-for-profit electric cooperative, LCEC is eligible to receive reimbursement for specific restoration expenses.

“LCEC appreciates the financial relief these funds will provide to our rate-payers, as the reimbursement prevents us from having to pass those costs on to our roughly 230,000 cooperative customers. This puts us in a better position to continue the work necessary to harden our utility infrastructure against future storms,” said Chief Financial Officer Sarah Bullock.

From page 20

# Moments In Time

Brazil. Junk yard workers, fascinated by the glowing blue stone inside and unaware of its dangers, gave pieces to friends, relatives and neighbors. Hundreds of people were eventually poisoned by radiation, and 40 contaminated homes had to be demolished.

• On September 13, 1990, the drama series *Law & Order* premieres on NBC. It will go on to become one of the longest-running prime-time dramas in TV history and spawn several popular spinoffs.

## NOW HERE’S A TIP

- Use club soda on a damp rag to wipe down your stainless-steel sink. It will help bring back the shine.
- Fresh versus frozen in the seafood aisle: Unless you’re at the docks, most seafood in the grocer’s fresh fish case

is thawed from frozen. Always ask. It’s much cheaper to buy frozen and thaw it yourself.

• “My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!” – CD in Colorado

• “If you need to keep your 1-year-old corralled in the bath, try using a laundry basket. The water flows in, but she has only so much room to roam. And it lessens the odds she could slip away from you to the other side of the tub. Always stay with baby from the first drop to the last!” – WH in Texas

• To distinguish all the cords plugged into a power strip, write the appliance name (TV, DVD, speakers, etc.) on a plastic bread tab, and attach it to the cord at the plug. A quick look at the power strip, and you can unplug any appliance without having to follow the cord through the jungle behind your entertainment center!

• “Save on children’s clothes by buying after-season. Summer and winter clothes can be purchased a size or two ahead for next to nothing.” – MM in Idaho

## STRANGE BUT TRUE

- Kite flying is an official sport in Thailand.
- It’s not unusual to cry at weddings, but in certain parts of China, weeping is a required part of preparation for the big day. A month before they tie the knot, Tujia brides will cry for one hour each day. Ten days in, they’re joined by their mothers; ten days after that, grandmothers, and eventually other female family members. The practice is said to date to China’s Warring States era when the mother of a Zhao princess

broke down in tears at her wedding.

- The Chinese soft-shelled turtle urinates from its mouth.
- Fashion designer Michael Kors’ first project was a redesign of his own mother’s wedding dress, at her second marriage. He was five years old at the time.
- Too much sunlight can damage the algae that live inside shallow-water coral and are the main source of its sustenance. To protect this algae, the corals fluoresce, creating proteins that essentially serve as a sunscreen.
- The Greek national anthem consists of 158 verses.

- We all know hiccups can be annoying, but at least they tend to pass quickly – unless you were Charles Osborne, who began hiccupping in 1922 after a fall while attempting to weigh a hog before slaughtering it, and continued doing so for a total of 68 years. That’s an estimated 430 million hiccups!
- Leeches have a brain in each of their 32 body segments.
- Looking to expand your ice-cream palate? Masiwa, a cafe chain in South Korea, offers a black-hued, squid ink-flavored version, served in glasses with an octopus mascot.


## THOUGHT FOR THE DAY

“The path of peace is not a passive journey. It takes incredible strength not to open a can of ‘whoop-ass,’ justifiably, when one’s button is pushed.”  
– TF Hodge

## TRIVIA TEST

1. **Movies:** What is the name of the trouble-making fraternity in *National Lampoon’s Animal House*?
2. **Literature:** What kind of pet does Neville have in the *Harry Potter* book series?
3. **Music:** Which singer/songwriter is

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		Read us online at <a href="http://www.islandsunnews.com">www.islandsunnews.com</a>	<b>LIBRARY CLERK TECHNOLOGY (PT)</b> Sanibel Public Library seeks a library clerk with a working knowledge of personal computers. This part-time (20-24 hours per week) position assists patrons and staff on use of public computer equipment, software, Library Catalog, printing, and the Internet. Performs other duties as required. Evening and Saturday hours required. Job description is available online at <a href="http://www.sanlib.org/employment">www.sanlib.org/employment</a> . Deadline September 30, 2021. <small>9/10 ★ 9/17</small>	



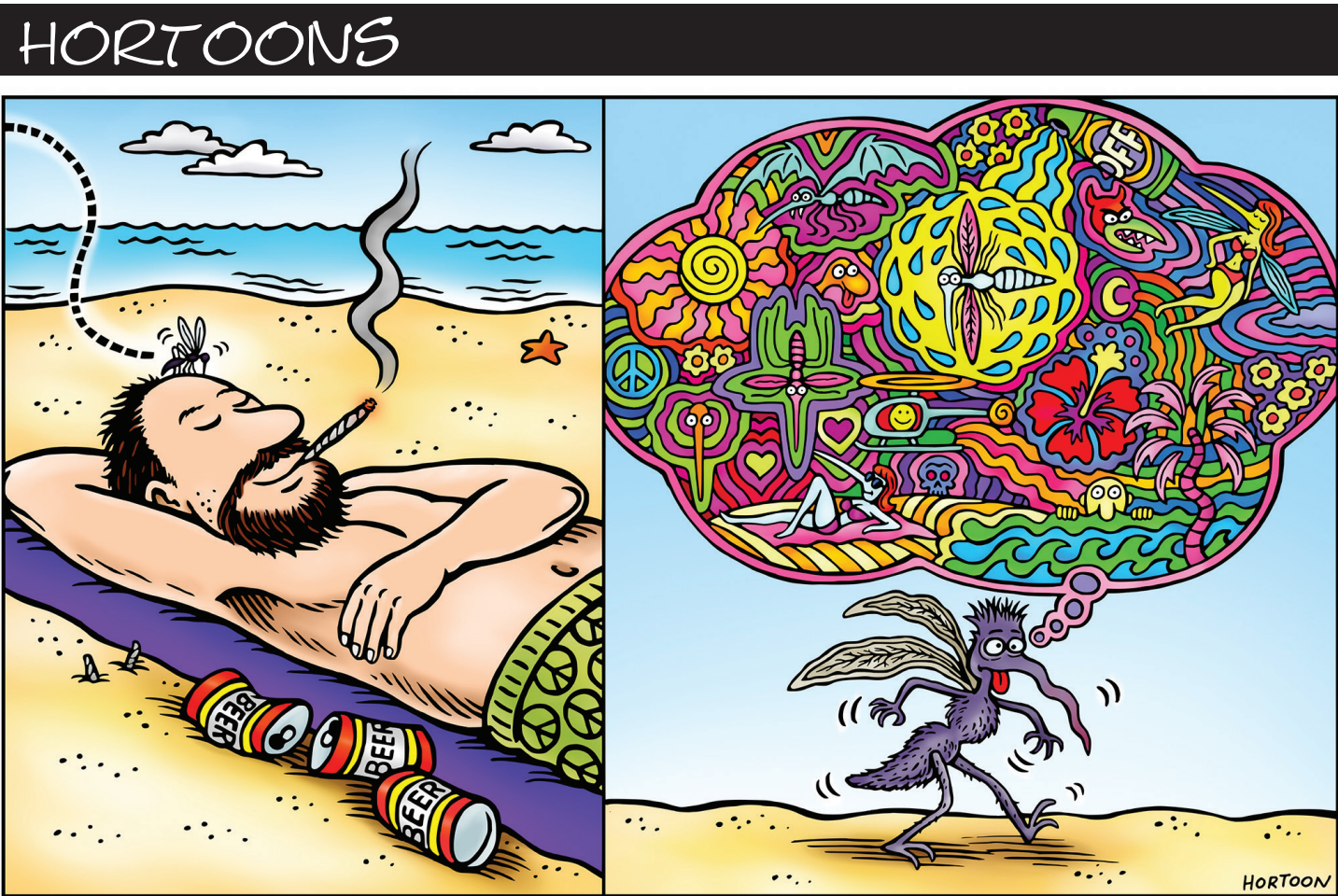
- nicknamed the Queen of Soul?
- 4. **Games:** In the NFL, how long is the halftime?
  - 5. **Television:** What is the name of Mork's planet on *Mork & Mindy*?
  - 6. **Geography:** Tokyo is located on which of Japan's four main islands?
  - 7. **Medical:** What is the common name for deglutition?
  - 8. **Animal Kingdom:** What is a group of tigers called?
  - 9. **General Knowledge:** What word represents the letter "U" in the NATO phonetic alphabet code?
  - 10. **Science:** What is the "powerhouse" of the cell called?

TRIVIA ANSWERS

1. Delta Tau Chi or Delta House 2. A toad named Trevor 3. Aretha Franklin 4. 12-15 minutes, except for the Super Bowl 5. Ork 6. Honshu 7. Swallowing 8. A streak or ambush 9. Uniform 10. Mitochondria, the organelle responsible for energy production

SCRAMBLERS ANSWER

1. Brute 2. Gather; 3. Hustle; 4. Result  
*Today's Word*  
**GUESTS**



PUZZLE ANSWERS

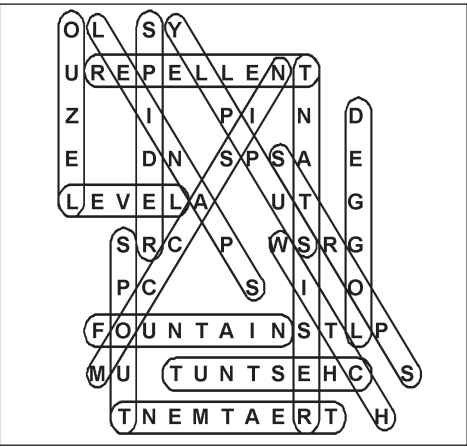
SUPER CROSSWORD

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

KING CROSSWORD

D	A	B		A	R	A	T		S	N	A	P
O	N	E		S	O	L	E		L	A	C	E
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M	I	N	O	R	M	I	R	A	C	L	E	S
			W	A	S		I	N	K			
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H	E	M	S		S	O	T	S		S	A	D

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Catalpa Pointe	Fort Myers	2000	4,234	\$2,750,000	\$2,675,000	16
Edgewater	Fort Myers	1997	4,677	\$2,257,000	\$2,200,000	1
Castaway Key Unrecorded Subdivision	Upper Captiva	1994	2,014	\$1,999,000	\$1,979,000	0
Sanctuary At Wulfert	Sanibel	1995	4,069	\$1,928,000	\$1,850,000	2
Palmetto Point	Fort Myers	1974	3,092	\$1,749,000	\$1,749,000	4
Bonita Beach	Bonita Springs	1975	2,685	\$1,795,000	\$1,650,000	20
Sandpiper Point	St. James City	2000	3,972	\$1,600,000	\$1,600,000	0
Edgewater	Fort Myers	2001	3,916	\$1,500,000	\$1,500,000	0
Cape Coral	Cape Coral	1990	4,869	\$1,499,900	\$1,450,000	26
Renaissance	Fort Myers	2011	3,599	\$1,500,000	\$1,425,000	19





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