



Dark Art Exhibit Returns To Fort Myers River District

The Sidney & Berne Davis Art Center is returning to the spooky side with its 5th annual Dark Art exhibition as presented by the Syzygy Collaborative Art Project. The show in the Grand Atrium gallery begins with an opening reception during Art Walk on Friday, October 1 from 6 to 10 p.m. The immersive experience will feature music, live performances, live art and entertainment. Guests are encouraged to wear costumes.

Deities from Distant Lands by artist Kevin Hughsam will be showing upstairs in the Capital Gallery.

The works selected for the Dark Art exhibition are primarily from local artists and explore the creepy and macabre in art – and celebrate the freedom for artists to pursue the entire spectrum in thematic art. A juried selection of the raw, visceral, beautifully dark works created by artists from Southwest Florida will feature painting, sculpture, photography and mixed media projects all dedicated to the celebration of darker themes in art.

Hosted by the Syzygy Collaborative



Work by Kevin Hughsam images provided

Art Project and the Sidney & Berne Davis Art Center, Dark Art is bound to be weird and wonderful, with plenty of surprises in store. To learn more about Syzygy Collaborative Art Project, visit www.syzygyart.wordpress.com/darkart.

Hughsam's Deities from Distant Lands is highly representational and purely organic in form and texture. He stretches his artistic freedoms, and many of his works portray untouched and vast landscapes, as well as mythical creatures and futuristic realms.

The Boynton Beach, Florida native's work tends to be landscape or still life



Longing Father Sky

based. According to his overview, "the subjects I depict are roughly inspired by nature microorganisms, science fiction movies and anatomy. My work with these subjects tend to appear to be closeups from nature, microscopic images, deities from distant lands and science fiction landscapes. I enjoy artistic freedom when working in this style but also the challenge to still depict everything in a representative manner."



Mother of Abominations

Both exhibitions close on Wednesday, October 13.

Sidney's Rooftop Sculpture Garden will be open from 6 p.m. to midnight.

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

Songwriter Fest Moves To Fort Myers Beach

The Island Hopper Songwriter Fest is moving to its third town in Southwest Florida this Friday. The local songwriter festival will complete its 10-day slate on Fort Myers Beach with three days of music through Sunday, September 26. The action began on Captiva last weekend and continued in downtown Fort Myers this past week.

For the Fort Myers Beach schedule, singer-songwriters will perform at seven venues: Cabanas Beach Bar and Grill, Pierside Grill, Yucatan Beach Stand, Matanzas On The Bay, Nervous Nellie's, Pink Shell Beach Resort and Pinchers Tiki Bar. There is also a ticket-required special performance with co-headliner Jimmie Alen at Pink Shell Beach Resort on Sunday.

Island Hopper Songwriter Fest, in its seventh year, offers a unique experience to interact with songwriters at pool parties and beachside venues. This year, more than 60 singer-songwriters from around the country signed on for more than 100 shows.

Allen and Michael Ray, with five No. 1 songs combined, are the headliners. Other award-winning performers include Jay Allen, Aaron Barker, Hannah Ellis, Frank



Frank Myers photo provided

Myers, Dave Pahanish and Fort Myers native Sheena Brook.

Myers, who is appearing at Cabanas Beach Bar and Grill, Yucatan Beach Stand and Nervous Nellie's, co-wrote the seven-week No. 1 smash by Lonestar, *I'm Already There*, which was nominated for a Grammy and CMA Song and Single of the Year. He also wrote No. 1 songs *My Front Porch Looking In* by Lonestar and

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Reception With The Artist At ACT Gallery

Arts for ACT Gallery will host an opening reception and meet-the-artist session with abstract artist Diana Lynn Ripoll during Art Walk on Friday, October 1 from 6 to 9 p.m.

Ripoll has always had a natural fascination for brilliant color and abstract ideas. She has had the good fortune of traveling the world and her mind has become a vast well of snapshots and experiences. Ripoll's subconscious draws upon these snapshots to create her art.

Choosing the colors that attract her, she adds colors and makes them flow, mix and move. Finding hidden images, she begins to consciously bring these images out. The true meaning of each piece is revealed when the piece is completed.

Having no formal training, Ripoll relies on optimism, experimentation and intuition to create her works. She is methodical but not a perfectionist – a perpetual art student, grateful for her art mentors.

"I consider it a great privilege to paint and be heard above this noisy world without speaking," Ripoll said.

Arts for ACT Gallery is a nonprofit devoted to representing distinctive artists, and offers premium quality original



Diana Lynn Ripoll photo provided

works of art. The monies raised support Abuse Counseling and Treatment, Inc., the domestic violence, sexual assault and human trafficking center serving Lee, Hendry and Glades counties.

This exhibit continues through Monday, November 1.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.*

Historic Downtown Fort Myers, Then And Now:

Yacht Basin Takes Shape



by Gerri Reaves, PhD

These 1937 and 1942 photos reveal just how far the Fort Myers riverfront changed in only five years. The ground-level photo shows the early stages of construction of the Fort Myers Yacht Basin by the Works Progress Administration (WPA).

The hovering Goodyear blimp *Resolute* strongly suggests that the photo was taken around March 23, 1937. That was when the mayor of St. Petersburg, Florida, and other dignitaries traveled onboard the blimp to Fort Myers. They participated in an aerial greeting to watercade boats in the celebration of the opening of the cross-state waterway.

In preparation for construction of the basin, the docks at the feet of Hendry and Jackson streets had been demolished and a fill project undertaken. The award of that project to the city was quite a coup, but Mayor David Shapard excelled at such achievements. He was a capable dealmaker when it came to promoting Fort Myers and obtaining federal funds. The project was originally intended for Sarasota but came to Fort Myers instead.

The yacht basin work began on New Year’s Day, 1937, and continued for nearly two years.

The basin opened on New Year’s Day, 1939, with a christening by the daughter of the project foreman. She broke a jug of Atlantic Ocean water over the retaining wall, symbolizing the unity between the Atlantic and the Gulf.

The project cost over \$300,000 dollars, with the city paying less than half of that amount, which included cancelled taxes from the property deals.

In a short time, the unsightly riverfront – long cursed by debris, ramshackle buildings and even sewage – was thrust from the pioneer days to modern times.

In the February 1942 aerial photo, the basin resembles a giant swimming pool surrounded by newly planted palms. It is bounded by Lee on the east (left), Edwards



The yacht basin, pictured in February 1942, three years after opening
photo courtesy Tampa-Hillsborough County Public Library System

Drive (top) and Hendry on the west (right). With their manicured medians, both Lee and Hendry look like streets in a new subdivision. The tallest building downtown in 1942 is the Franklin Arms Hotel (upper left center) at First and Lee. The riverfront has a rather vacant look early in the aerial photo taken only weeks after the U.S. entered World War II after the attack on Pearl Harbor in December 1941.

The basin lacks even a harbormaster’s quarters, which would not open until 1953. However, activity in that part of town increased dramatically, as thousands of soldiers stationed at local military bases energized downtown.

Coming soon would be the Civic Center (half of which became today’s Hall of Fifty States) on Edwards Drive, in 1943, and the Exhibition Hall on the river at the foot of Hendry Street, opened in 1954.

Since opening more than 82 years ago, the yacht basin has expanded twice and is still one of the city’s most important assets.

Walk down to the yacht basin and imagine what the city would be without this signature project.

Then visit the following research centers to learn more about how the WPA helped Fort Myers during the Great Depression.

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.

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

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



Construction of the Fort Myers Yacht Basin began in January 1937. The presence of the Goodyear blimp strongly suggests that this photo was taken around March 23 of that year.
photo courtesy IMAG History & Science Center

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Swingin Clique

photo provided

Friday Night Rooftop Music At Davis Art Center

The Sidney & Berne Davis Art Center has set upcoming dates for the Friday Night Rooftop Music Series at Sidney's Rooftop Sculpture Garden on Friday evenings.

The '70s, '80s & '90s Retro Dance Party, hosted by 105.5 disc jockey Selecta AJ, returns on October 15. Guests are asked to dress up in a favorite decade attire. Doors open at 7:30 p.m. with music from 8 to 11 p.m. For more information, visit www.sbdac.com/70s-80s-and-90s-dance-party-2.

Halloween will be celebrated on October 29. Dress up as your favorite character and get ready to dance to music

by disc jockey Selecta AJ. There will be a contest for best costume. Tickets are \$10 and available at www.sbdac.com/halloween-party.

The Friday Night Rooftop Music Series will also include:

September 24 – Danny Sinoff Trio from 8 to 11 p.m.

October 1 – Swingin' Clique from 7 to 11 p.m.

October 8 – Chasing Denver from 8 to 11 p.m.

November 5 – Roots Almighty from 8 to 11 p.m.

November 26 – DJ Selecta AJ from 8 to 11 p.m.

December 17 – DJ Selecta AJ from 8 to 11 p.m.

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

Gala To Honor Philanthropic Leaders

Best Buddies in Southwest Florida will hold its annual Champion of the Year Gala at Spanish Wells Golf & Country Club on Friday, October 22. Corey Lazar, morning anchor of WINK News, will serve as emcee with Rick Gallo as auctioneer.

Champion of the Year is an annual fundraising competition organized by Best Buddies International staff, event committee and advisory board, featuring a select group of individuals, professionals and prominent community leaders. These philanthropic trailblazers compete to raise the most funds for Best Buddies and earn the ultimate title of Grand Champion of the Year. By reaching out to the community to raise funds and spread awareness, candidates champion for Best Buddies, its mission and people with intellectual and developmental disabilities.

"Everyone in the Best Buddies Program touches the heart of a lot of

people," said participant Julie Lyle. "We all have different abilities and make a lot of friendships. Best Buddies does amazing zoom meetings like citizens class, Zumba, Friendship Friday, ambassador training, buddy matching and dancing. Everyone on Zoom sees everyone as perfect. We all have beautiful smiles to light up and shine. We accept everyone for who they are as they are. Our only requirement is to be ourselves. That is what Best Buddies is about."

The Champion of the Year Gala will celebrate the efforts of 14 philanthropic leaders from Southwest Florida while partying with a purpose to raise funds for Best Buddies programs. The gala will feature a silent and live auction, dinner, cocktails, dancing, a keynote address from a Best Buddies buddy pair and a special awards ceremony. This year's Champion of the Year Gala will raise funds to expand the programs offered for students and adults with and without intellectual and developmental disabilities.

Visit www.bestbuddieschampion.org/southwestflorida for more information and to purchase tickets for the event.

Host committee members for this

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Fort Myers Art:

Artists Sought For \$100,000 Dunbar Gateway Project



by Tom Hall
New gateway artwork is coming to the intersection of Martin Luther King, Jr. (MLK) and Veronica S. Shoemaker boulevards. Planned for installation in the spring of 2022, the

public art project will commemorate local culture and express the concepts of hope, dreams and civil rights – ideals vigorously advanced by both luminaries during their storied lives. Artists who are interested in being considered for the project have until Friday, October 28 to submit their qualifications on CaFÉ.

The site for the artwork is an open, grassy area located to the south of Martin Luther King, Jr. Boulevard, one of the city’s main east-west thoroughfares, and between the north and southbound lanes of Veronica S. Shoemaker Boulevard. The MLK-Veronica Shoemaker intersection is a critical gateway connecting the historic Dunbar Community (once referred to as Safety Hill) to downtown Fort Myers.

The project is a collaboration between



The intersection of Martin Luther King, Jr. and Veronica S. Shoemaker boulevards, where a public art project is being planned photo courtesy www.artswfl.com

the City of Fort Myers Community Redevelopment Agency (CRA), the Lee County Black History Society and the city’s public art committee. The budget for the artwork is \$100,000, with funding provided by the CRA.

Artists who reside in the United States and U.S. territories are eligible to apply. All applicants will be considered regardless of race, gender, gender variance, sexual orientation, national origin, age, religion, marital status, political opinion or affiliation, or mental or physical ability. Minority artists living in the United States and U.S. territories are encouraged to apply.

A selection committee consisting of members of the public art committee along with a designee of the CRA, a member of the Lee County Black History Society and an at-large member of the Dunbar community will review the submissions and choose three finalists, who will be paid a \$500 honorarium to design an iconic, landmark artwork for the site. The finalists will present their designs virtually at the public art committee’s meeting on Tuesday, January 18. The committee meets in public session in city council chambers.

Visit https://artist.callforentry.org/festivals_unique_info.php?ID=9469 to

submit your qualifications. For more information on the project, contact Donna Lovejoy at dlovejoy@cityftmyers.com or the city’s public art consultant, Tom Hall, at tom@artswfl.com.

Deadlines Loom For Boulderbrook Art Festivals

Boulderbrook Productions is currently accepting application submissions for:

Bonita Springs Art Walk at the Promenade at Bonita Bay (January 15 and 16) – deadline is September 30;

Sanibel Invitational Art Fest at The Community House (January 21 and 22) – deadline is September 30;

Art Festival at Mercato (January 29 and 30) – deadline is September 30;

Bonita Springs Fine Arts at The Promenade (February 26 and 27) – deadline is September 30;

Boca Grande Art Festival (March 5 and 6) – deadline is October 30;

Sanibel-Captiva Lions Club Art Festival (March 11 and 12) – deadline is October 30;

Peace River National Art Festival in Laishley Park (March 19 and 20) – deadline is October 30; and

Bonita Springs Masters Art Festival in The Promenade at Bonita Bay (March 26 and 27) – deadline is October 30.

Visit www.boulderbrook.net to register.

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.✴

Semifinalists In Merit Scholarship Program Named

Seven students of the School District of Lee County have been selected as semifinalists in the 2022 National Merit Scholarship Program. The semifinalists represent less than one percent of all high school seniors.

The seven students are: Jacob Silver of Cypress Lake High; Zachary Burkett and David Liu of Dunbar High; and Morgan Kaplan, Krisha Parikh, Colin Payne and Zoe Zheng of Fort Myers High.

Silver is the first Cypress Lake High student to qualify in several years. He plans to study aerospace engineering in college. “Jacob is an exceptional academic talent,” said Cypress Lake High School Principal Angela Roles. “He’s part of our robotics team, the Cyberdroids, as well as on A team and math team. He takes on the most challenging and rigorous coursework. He’s part of a true Panther family, as his sister is a center orchestra major and his dad volunteers to support robotics. They are a wonderful family and it is easy to see why Jacob is so amazing.”

At Dunbar High, both semifinalists are part of the school’s technology student association. “David and Zachary are outstanding students who have excelled at Dunbar,” said Principal Carl Burnside. “I am proud of their

latest recognition as National Merit Semifinalists.”

This is Fort Myers High’s sixth year in a row to have multiple students be honored. “We are very proud of our four National Merit Scholarship winners,” said Fort Myers High School Principal Dr. Robert Butz. “Their hard work and dedication to their academics has resulted in them being recognized as the best of the best. We are sure that they will be successful in whatever endeavors they choose.”

High school juniors entered the 2022 National Merit Scholarship Program by taking the 2020 Preliminary SAT/ National Merit Scholarship Qualifying Test, which served as an initial screen of program entrants. From the approximately 16,000 Semifinalists, nationwide, about 15,000 are expected to advance to the finalist level and, in February, they will be notified of this designation.

Three types of National Merit Scholarships will be offered in the spring of 2022. Every finalist will compete for one of 2,500 National Merit \$2,500 scholarships that will be awarded on a state-representational basis. About 1,000 corporate-sponsored Merit Scholarship awards will be provided by approximately 220 corporations and business organizations for finalists who meet their specified criteria. In addition, about 180 colleges and universities are expected to finance some 4,000 college-sponsored Merit Scholarship awards for finalists who will attend the sponsor institution.✴

Teaching Positions Discussed At Event

The School District of Lee County is hosting Social Lee: Careers & Conversations, an informational event that will provide insight on teaching positions within the district at Stillwater Grille on Thursday, September 30.

Ideal for prospective career-changers and working professionals, attendees will have the opportunity to meet district representatives, learn about the variety of career paths available and walk through the process of becoming certified to teach in Florida. Select candidates may also be offered an interview for potential employment.

Florida is one of 48 states that offer alternative routes to becoming a certified teacher. Individuals who already earned a bachelor’s degree in any field can become eligible for Florida teacher certification by passing a subject area exam in their area of expertise, completing additional coursework or enrolling in a teacher preparation program.

With a growing enrollment of more than 95,000 students and 120 schools, the district is looking to connect talented, high-energy educators with instructional vacancies for the upcoming school year. Positions are available across the district with a focus on high-demand positions like English, elementary education,

science, math and special education, as well as for non-instructional positions including bus drivers and bilingual paraprofessionals.

The School District of Lee County offers a competitive and comprehensive compensation plan for its employees with a starting salary of \$47,300. Additional benefits and earning opportunities are also available. Upon hire, a personal benefits selection process will be made available to eligible employees.

Stillwater Grille is located at 13451 McGregor Boulevard in Fort Myers. To register by September 29, visit www.docs.google.com/forms/d/e/1FAIpQLSejauST-VY37LrcaxkxxzN_2mioJxzxdD58kets3dH1E5Yg/viewform. To learn more about available career opportunities, visit www.leeschools.net/careers.✴

Continental Women’s Club

The Continental Women’s Club will hold its monthly luncheon at The Hideaway Country Club on Thursday, October 7 at 11:30 a.m.

Tamara Pigott, executive director of Lee County Visitor and Convention Bureau, will be the guest speaker. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call Liz Paul at 691-7561 for more information or to make a reservation.✴

Calendar Art Winners Honored At Ceremony

Kee Lee County Beautiful hosted its 31st annual Keep Lee County Beautiful, Inc. (KLCB) Leave the Scene Clean calendar awards ceremony at the Broadway Palm Dinner Theatre. The contest drew hundreds of entries from local students, representing public, private and home schools in Lee County. Submitted work was judged on artistic execution and originality as well as environmental theme, such as litter prevention, recycling, community cleanup and protecting the environment.



Nicole Sierra-Iszler



The cover page of the 2022 calendar

courtesy of Covanta Energy.

Each calendar month contains a different student work of art. The back cover features an environmental message by Estero High student Nicole Sierra-Iszler, the cover winner.

These popular full color calendars can be had for a \$3 donation each and are available through participating Lee County Schools, who retain all proceeds collected with the funds being used to pay for environmental projects at the

image provided

participating school. Email tisha@klcb.org for information on how to request a calendar.

The calendar project is made possible through corporate sponsorships. KLCB is very thankful for the support and sponsors of the 2022 calendar: Covanta Energy, Above Board Chamber, Advanced Disposal, Boston Red Sox, Coastal Waste & Recycling, Fort Myers Beach Chamber of Commerce, Fox4, Lee County Electric Cooperative, Lee

County Solid Waste, Miller Commercial Real Estate Group, Sam Galloway Ford, Solitude Lake Management, Surfing's Evolution & Preservation Foundation, Sun Harvest Citrus, T3C Communications, Waste Management and Waste Pro.✱

Woman's March Set For Downtown

Women's March Fort Myers, Peaceful Protest Lee County, Lee DEC and Lee County NOW will hold a Peaceful Protest and Demonstration to Mobilize and Defend Our Reproductive Rights on Saturday, October 2 at 10 a.m. The groups will assemble at the Lee County Justice Center at 2075 Dr. Martin Luther King Jr. Boulevard in Fort Myers and line the sidewalks of Martin Luther King Boulevard.

Texas passed a six-week abortion ban, and the Supreme Court refused to ban it. The National Women's March initiative in every state plans to send a clear, unified message to the Supreme Court ahead of its meeting on October 4 and to lawmakers across the country that the attack on reproductive rights will not be tolerated.

The public is encouraged to bring signs. Masks and social distancing are encouraged.

For more information, visit Facebook page @WomensMarchFtMyers and www.womensmarchfortmyers.org.✱



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Madison is a sweet and friendly girl. She is good with people and is currently getting socialized with other dogs. Please call or visit our website and fill out an application.

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International Air Show Returns In October

The Florida International Air Show will return to the Punta Gorda Airport (PGD) featuring Scott Farnsworth on Saturday and Sunday, October 16 and 17. Gates open at 9 a.m. and the show begins at noon.

Farnsworth's unique flying opportunities into some of the most challenging environments provided the experience that allowed him to be hired for his first airline job at a very young age. At age 22, he began flying jet airliners and has continued in this career with successful dedication and enthusiasm.

Farnsworth's position, both as an Airbus 321 captain for Jetblue Airways and founder of AircraftWraps, has allowed him to explore and pursue his passions in both aerobatics and low-level competition pylon racing. In 2015, he competed in his XtremeAir XA42 and earned the position of Champion in the Reno National Air Races Sport Medallion Class.

The year 2016 proved to be another exciting year for Farnsworth. In July 2016, he once again captured the title of air race champion while competing in Lisbon, Portugal, against pilots from around the world. Utilizing both aerobatics and pylon racing on the air race championship course, Farnsworth



Scott Farnsworth photo provided

captured another victory while piloting his XtremeAir XA42. Following this victory, he competed in the Reno National Air Races in 2016 in both the Jet Class and Sport Class. Off the race course, Farnsworth has joined the Red Dragon Aero Team and is excited to bring this new exciting L29 Jet Formation Team to the spectators and fans of China.

For more information and tickets, visit www.floridaairshow.com.

Food Bank Beats Nutrition Goal

Midwest Food Bank of Florida recently surpassed its 30 percent goal on nutrition distribution focus. In the second quarter of 2021, 43 percent of the food rescued and donated to over 172 nonprofit partner agencies (churches, schools, shelters, veteran supports, soup kitchens) consisted of fresh dairy, meat, seafood and fruit/vegetable items.

The volunteer-driven, faith-based organization is dedicated to alleviating hunger, malnutrition and providing disaster relief locally.

"We continue to strive to do more

with less, so people with less can do more," says Kelly Apfel, marketing and development manager of MFB Florida. "As a dedicated community partner, we look to be a valuable resource, with a shared community focus of nutrition. We understand the importance of a thriving community starts with nutritious food supply."

Consider committing to the Midwest Food Bank in Fort Myers and fighting hunger by volunteering, fundraising, spreading awareness and donating. Visit www.midwestfoodbank.org/locations/fort-myers-fl for more information.

In 2020, Midwest Food Bank Florida rescued and donated \$52 million worth of food. For more information about MFB Florida, visit www.midwestfoodbank.org/florida.

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Gala

year's Best Buddies in Southwest Florida Champion of the Year Gala include chair Alina Gonzalez-Dockery of Life Law Planning; Eileen Snider, Broward Factory Service Lee and Collier; Edye Button, Cash Flow Strategies Business Coaching; Marty Wisher, Starlight Productions; Tanya Lockett, Discovery Village at the Forum; Juana Rodriguez, the Lactation Whisperer; Valerie Lee, Val's Angel Love; Marilyn Santiago, Creative Architectural Resin Products; Courtney Sharkey, Moorings Park; Amanda Slade, Vera Bradley; Julie Lyle; Molly Morrina; and

Caroline Vives.

Sponsorship opportunities are still available. For more information, contact Melanie Musick at melaniemusick@bestbuddies.org or 859-314-5807.

Best Buddies International is a nonprofit founded in 1989 by Anthony K. Shriver to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for people with intellectual and developmental disabilities.

Spanish Wells Golf & Country Club is located at 9801 Treasure Cay Lane in Bonita Springs. For more information, visit www.bestbuddies.org or connect with us via Facebook, Instagram or Twitter.

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. 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.org.

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 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, 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.fpcforymiers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org.

www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

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

Plant Smart

Common Banana

by Gerri Reaves

If you want to put your landscape to work producing food, a banana plant is one of the easiest ways to do it.

Bananas, which are native to Southeast Asia, give the yard a definite tropical look and ornamental appeal to boot.

Bananas are related to other large-leaved ornamentals such as the traveler's tree, bird-of-paradise, heliconia and ginger.

More than 500 cultivars of banana exist today, with fruit ranging from finger-size to more than a foot long. Some are grown purely for ornamental purposes.

Several species of banana are commonly grown in South Florida, including the common banana (*Musa x paradisiaca*), pictured here, and the dwarf banana (*Musa acuminata*).

The common banana is also called French plantain, and the dwarf also called dwarf Cavendish.

There are two basic types of edible *Musa*, sweet bananas, which are eaten raw, and plantains, which are starchy and are cooked before consumption.

The plants are used for a variety of purpose in tropical and sub-tropical parts of the world. Not only is the fruit a nutritious staple, but the buds of staminate flowers are eaten as vegetables,



A stalk of bananas in a residential yard

photos by Gerri Reaves

as are the interiors of the pseudostems.

The gigantic leaves are used as wrappers, the stems for fiber, and stems and leaves for crafts.

Plant a banana and it will self-propagate via rhizomes and create your own little banana plantation without assistance.

It's a fast-grower and can reach up to 20 feet high.

The smooth oblong evergreen leaves

can be several feet long and sometimes look ragged because of splits from the edges to the midribs.

The inflorescences are striking, to say the least, with numerous overlapping flowers in a bud-like mass packed into their tips.

Large purplish bracts enfold the flowers and peel away as the fruit develops down the stalk in a spiral.

Give banana a moist spot with fertile



Purplish ornamental bracts peel back as the flowers develop down the stalk

soil, full sun and protection from strong winds, which can topple it.

It is very sensitive to cold, susceptible to several diseases and pests, and intolerant of salt water or saline soil.

Propagate it by dividing the clumps.

Sources: *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, <http://beta.floranorthamerica.org>, and www.gardeningsolutions.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.✱

Input Needed On Nesting Birds

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking public feedback on draft Species Conservation Measures and Permitting Guidelines for four state-listed beach-nesting bird species including the American oystercatcher, snowy plover, least tern and black skimmer. Once approved, the guidelines will be part of Florida's Imperiled Species Management Plan.

The guidelines are intended to provide information on rule requirements as they relate to permitting, and on the species' range, survey methodology and voluntary practices that can benefit the species.

All four species are included in one set of draft guidelines, which is now available for review and comment, and will be presented at the following webinars – Wednesday, September 29 from 6 to 7 p.m. and Monday, October 11 from noon to 1 p.m.

Participation in the webinars will require access to a computer or access to a telephone for audio-only access.

To learn more about the webinars, visit www.myfwc.com/shorebirds.

Written comments will be accepted through October 17. Email comments to imperiled@myfwc.com. If unable to comment in the specified timeframe, or if you require an alternate format in which to comment or review the draft guidelines, contact imperiled@myfwc.com.✱



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Subtle Signs Of Fall



by Capt. Matt Mitchell

Even though it doesn't quite feel like fall yet, the subtle signs of the change of season have begun. Bait fish have become really plentiful and, right along with them,

are lots of feeding fish. These huge schools of bait can be found throughout the sound and are beginning to show up out along the beaches too.

September and October offer anglers the best redfish action of the year. While scouting the Fosters Point area of North Captiva, I saw hundreds of redfish on just about every mangrove shoreline along with the open flats. With the water being so clear in the northern sound, this is the perfect sight-fishing opportunity. Trolling motors and push poling are a great way to sneak up on these fish... stealth is everything on these redfish schools.

Snook fishing has picked up on and around the many oyster bars. These places are transition areas for the snook as they gradually make there way back into the sound from the passes and the beaches. Oyster bars with lots of mullet moving around seem to bring the better fishing action. Docks in the passes



Jake got in on the redfish action

during the lower tides have also been a good call. Basically, any ambush point with moving tide will hold snook.

Mangrove snapper action has

remained strong with docks inside the bigger passes sending clients home with dinner day in, day out. Light line, small hooks and shiners have been catching

photo provided

these fish up to as large as 15 inches. Seems I'm even catching these snapper while targeting snook and redfish. The snapper action we had out on the flats has slowed some as these fish and have become more structure-oriented.

Look for tarpon fishing to fire up out along the beaches as the big bait schools show up. This fall tarpon bite can be epic when conditions set up right. Fishing out along the beaches offers lots of opportunities including tripletail, cobra and sharks. As water temperatures gradually cool, you can also expect mackerel and Bonita. Light east winds and consistent weather are key to this beach fishery. October and November can be as good as it gets out along the beaches.

Both this September and again in October, we will experience king tides. These super high tides are caused when the Earth's northern hemisphere is closest to the sun, and the sun and moon align. This extreme gravitational pull brings higher than normal tides. These tides can be a foot or more higher than normal high water. For anglers, these massive tides allow us to fish mangrove shorelines and places we can rarely access because they are generally too shallow. Add to that stronger than normal tide movement, and it's a great time to fish.

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.✪

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Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

From page 1

Songwriter Fest

Tomorrow by Chris Young, which was also nominated for ACM Single of the Year.

The free Island Hopper Fest app is available for iOS and Andriod users. Features include personalized schedules, festival discounts, maps and performance alerts. Search for Island Hopper Fest in your mobile app store.

For more information, a complete listing of venues and artists performing at each, or tickets to the exclusive performance, visit www.island-hopper.fortmyers-sanibel.com.✪



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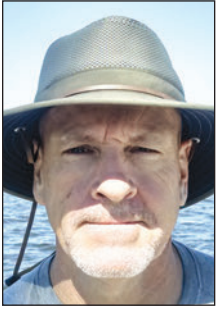
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Royal Tern



by Bob Petcher

The royal tern (*Thalasseus maximus*) is a whitish bird with gray wings. It stands out with its black shaggy crown and daggerlike orange bill. This shorebird can be seen in a colony

along the sandy beaches or diving for small fish in shallow waters.

At CROW, an adult royal tern was admitted from the South Seas Island Resort beachfront after two Sanibel-Captiva Conservation Foundation (SCCF) interns found it entangled in fishing line. The tern was attached to a laughing gull by monofilament line, which SCCF interns Malina Barker and Aaron White removed. They were able to release the laughing gull on site, but the royal tern had a hook embedded in the back of its head.

The patient did not require sedation prior to hook removal. X-rays showed no orthopedic abnormalities, though it did show an old, healed injury from a pellet.

"We were able to remove (the hook) quickly during intake by cutting the barbed end," said Dr. Charlotte Cournoyer, CROW veterinarian intern.

The old pellet injury was not deemed



Patient #21-4876 had a hook removed from the back of its head photo by Haillie Mesics

a concern.

"It is not since the site has healed and there is no active inflammation or infection," said Dr. Cournoyer. "We took x-rays to ensure it was not inside the GI (gastrointestinal) tract, which would be cause for concern, but it was not."

The tern received supportive care, daily tub time and recess with a heat lamp, along with other shorebirds.

"Recess gives our patients time to move around and build strength. The heat lamp helps with the waterproofing of their feathers. If there is compromise to their waterproofing, allowing them to get a bit wet during tub time then

giving them recess with a heat lamp and some preening helps restore the waterproofing," said Dr. Cournoyer. "The patient is (being) fed smelt which is a small fish. Supportive care included vitamins designed for piscivorous birds on a frozen/thawed fish diet, under the skin (subcutaneous) fluids, antibiotics, pain medications and assisted feeds as needed."

The bird recovered enough in a week's time to be moved outdoors. It will remain in an outdoor enclosure at the clinic until it is fully recovered and ready to fly distances on its own.

"The patient was eating well, the

hook wound resolved, and (it was) walking normally, so the patient was moved outside," said Dr. Cournoyer. "The patient will need time to build strength for flight conditioning; this can be a few days or longer."

"The patient also has pododermatitis, so it will need time for that to improve. Pododermatitis is inflammation and infection on the bottom surface of the feet, so being outside on a more natural substrate should also help that improve."

To avoid such injuries, anglers should dispose of excess fishing line and gear in appropriate receptacles to reduce the harmful impacts on wildlife and the marine environment.

"We always encourage fishers to remove all hooks and lines from the beach and water when they leave. Any gear left behind has the potential to impose significant damage to the health of wildlife, even death," said Dr. Cournoyer. "Please visit mindyourline.org for more information about how to safely remove your gear from wildlife if they are entangled, and please always feel free to contact CROW if you think an entangled animal could need medical assistance."

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.

Project Expedited To Improve Water Quality

The South Florida Water Management District (SFWMD) held a ribbon cutting ceremony recently for the S-191A Pump Station, the final component of the Lakeside Ranch Stormwater Treatment Area (STA) Project. This project is one of the priority Everglades restoration projects identified by Gov. Ron DeSantis in his Achieving More Now for Florida's Environment Executive Order.

The Lakeside Ranch STA and S-191A Pump Station are key components of the Northern Everglades and Estuaries Protection Program. Additionally, the project is identified in the Lake Okeechobee Basin Management Plan to improve water quality for Lake Okeechobee.

"Under the leadership of Governor Ron DeSantis, we continue expediting projects and making a real difference for people and the environment," said SFWMD Governing Board Member Ben Butler. "Our residents and businesses rely on Lake Okeechobee for their livelihood, and this ribbon-cutting signifies another step forward for Florida's natural resources."

"We are truly dedicated to working with our partners, stakeholders and the public to expedite beneficial projects

across South Florida," said SFWMD Executive Director Drew Bartlett. "I'm proud of the accomplishments of the hard-working staff at the district."

"Protecting our natural resources and ecosystems continues to be a priority for Okeechobee County," said Terry Burroughs, chair of the Okeechobee Board of County Commissioners. "It is critical that we continue to work with local and state partners to improve the health of Lake Okeechobee."

The Lakeside Ranch STA is located in Martin County, and the S-191A Pump Station that supports the STA is located in Okeechobee County. The project was completed in three phases:

Phase 1 – 919 acres of treatment cells and inflow pump station; completed in July 2012

Phase 2 – 788 acres of treatment cells; completed in September 2019

Phase 3 – S-191A Pump Station; completed in August 2021

Over 1,700 acres of natural wetlands were created in the first two phases, capable of treating stormwater runoff from the S-191 Basin. The new pump station houses four pumps (150 cubic feet per second capacity per pump) for recirculation and flood control. This project removes approximately 16 tons of phosphorus each year that would otherwise end up in Lake Okeechobee.

SFWMD continues to advance important Everglades restoration projects that will send more water south, reduce harmful discharges and improve water quality in South Florida.✪



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Real Estate Summit Reveals Market Trends

The fall Market Trends summit was held on September 9 at Caloosa Sound Convention Center & Amphitheater, drawing more than 750 attendees including 235 virtual attendees. Led by local real estate experts Randy Thibaut, Denny Grimes and Justin Thibaut, Market Trends provided updates on data, research and fact-based analysis to help homeowners, homebuyers and real estate professionals understand the latest trends in the real estate market.

The summit was presented by LSI Companies, Charlotte DeSoto Building Industry Association, Collier Building Industry Association and Lee Building Industry Association.*



From left, Randy Thibaut, Teri Hansen and Lee County Commissioner Ray Sandelli photos provided



From left, Karen Moore, Alex Hein-Chung, and Kristi Velasquez



Denny Grimes presents residential real estate trends



Brian Rist and Fort Myers Mayor Kevin Anderson



Lee County Commissioner Cecil Pendergrass and Steve Hilfiker



Mike Fowler and Jack Uecker



From left, Chase Burdick, Todd Bostwick and Jeffrey Gazlay



From left, Ron, Sherry, Aubri and Matthew Inge



From left, Olivia Hilfiker, Shayn Hinde, Zack Allison and Priscilla Richardson-Rude



From left, Bill Morris, Paul Torocco, Cindy Leal, Kyle Knight and Stephen VerVaecke



From left, Mark Rieger, Tifarah Pardue, Lois Knox, Florida Gulf Coast University President Mike Martin and Joe Gammons

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Book Review

West With Giraffes



by Di Saggau

West With Giraffes was recommended to me by a friend, and I thank her for that. What a fun read about an incredible journey involving two giraffes that made headlines and

won the hearts of depression-era America. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic.

It's 1938 and Woodrow Wilson Nickel, age 17 and newly orphaned, is leaving the Texas Panhandle and setting out for New York City. He arrives there via hitchhiking, hoboing and a little thieving and works in a boathouse. A month later, a hurricane tries to take out the Eastern Seaboard, and that's when the giraffes show up.

Nickel overhears a plan to drive the creatures all the way to the San Diego Zoo, and he wants in on the plan. California is his dream destination. Soon, he is driving the truck, accompanied by an old man who is responsible for delivering the giraffes, and followed by a Packard

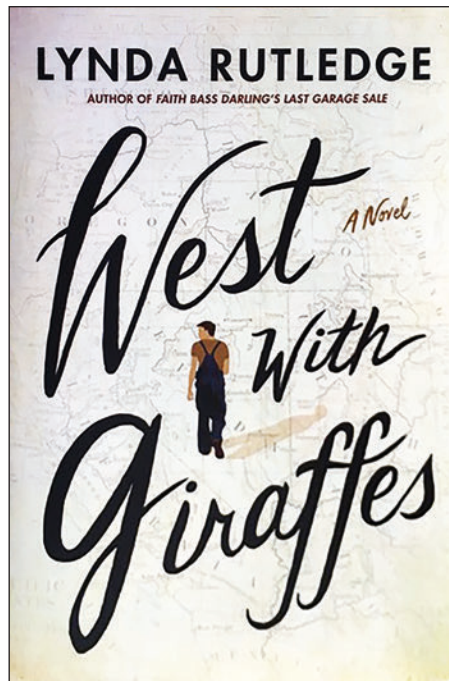


image provided

piloted by a redheaded photographer who has her own dreams.

The tale is told through Nickel's memoir as he writes it in the Veterans Affairs hospital. He's in a race against time because he's already 105 years old.

West With Giraffes is an endearing and heart-rending piece of historical fiction. It's a madcap, coming-of-age road trip, complete with stowaways, circuses, attempted giraffe-napping, biblical catastrophe, romance, shocking truths,

brave sacrifices and tragedy. In other words, it's a grand adventure.

The story is set around a truly extraordinary real life occurrence that took place in 1938 when two giraffes travelled to New York surviving a hurricane at

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, What can I do about my disorganized fifth grader? She's not lazy or defiant, just disorganized and it seems to be getting worse.

Marta N, Fort Myers

Marta,

Many kids struggle with organization and all the skills that go into being organized. Here's some information about why some kids have trouble with organization, and what can help. Kids develop organization skills at different rates. Having difficulty with organization typically isn't about laziness.

Being organized is not just about being neat and keeping track of your things. It's also about organizing your thoughts, managing your time, planning and knowing how to get things done.

Kids who struggle with this skill may have trouble:

Setting goals;

Estimating how long things take and keeping track of time;

Knowing how to start and complete tasks and doing them in the right order;

Setting priorities and knowing what's most important;

Creating schedules; and

Making decisions;

At home, this might look like:

Taking a long time to get dressed in the morning and get ready for bed;

Forgetting to take important items back and forth from school, like homework;

Forgetting to gather the right materials for an assignment or project;

Not keeping things in a regular place so they're easy to find;

Struggling to think about, or do, more than one thing at a time; and

Having trouble telling a story in a logical way

Organization is part of a group of skills known as executive functions that include skills like focus, working memory and self-control. There are a few other factors that can impact focus and organization, too. These include stress, anxiety, trauma and not getting enough sleep. Getting your grade-schooler or tween on a healthy sleep schedule can help.

Here are some organization strategies that will help you help your daughter:

1. Break tasks into chunks – Help kids break school projects or household chores into smaller, more manageable steps. This will show them that each project has a beginning, middle and end, which can make projects feel less overwhelming. For example, if your child's nightly chore is to clear the table, explain: First, scrape any

food scraps into the garbage. Then load the dishes into the dishwasher. Then wipe the counters.

2. Make checklists and to-do lists – Once kids know all the steps involved with a particular task, help them add it to an overall to-do list. Include regular homework and chores on the list. Encourage kids to keep the list in a place where they'll see it often and can check off accomplishments as they go. Some kids might create their list using a smartphone app. Others may write it on a dry-erase board in a highly visible spot or print out a list to carry around to use throughout the day.

3. Teach calendar and time management skills – Encourage kids to write down important tasks on a calendar either digital or on paper. Then help them estimate how much time each task will take. After they complete a task, ask whether the time estimate was accurate or not. If needed, suggest adjustments for next time. It may also help to have kids write the due date directly on school assignments.

4. Establish daily routines – Creating a regular schedule can help kids learn what to expect throughout the day. Use picture schedules, clocks and other time management strategies.

And, most importantly, talk to your child about their strengths. It's important to remind kids what they're good at and to give them examples of when they were very organized and really got things done. Tell your child that you understand the struggles are real and that you'll work together to use strengths to help them improve.

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 simgreggs@gmail.com or at www.schoolconsultationservices.com.

Indie Films Review

Thank God For Indie Mondays continues on Monday, October 4 at the Sidney & Berne Davis Art Center, 2301 First Street in downtown Fort Myers. Doors open at 6:30 p.m.; the show begins at 7 p.m.

Join host Eric Raddatz, co-host Melissa DeHaven, with food/travel writer Blakely Trettenero, artist Cesar Aguilera and TV host/anchor Amy Oshier and get a chance to watch and then weigh in on how they feel about short indie films screened. Special guests, musical acts and interviews will be announced prior to each Monday night.

For tickets, visit www.sbdac.com/tgim-landing-2022 or pick them up at the door.

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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

Financial Aid Program Competition

Earn to Learn FL (ETLFL), a matched-savings financial assistance program, has been selected to compete in GuideWell's Growing Resilient Communities West Florida Pitch Competition on Thursday, September 30. The challenge is targeted to entrepreneurs, nonprofits, social innovators and grassroots organizations. It is focused on sourcing innovative approaches that empower community residents to be actively involved in developing their neighborhood's long-term resiliency.



Brenda Tate

Applicants were competitively selected to present in one of four virtual regional pitch events. The top three finalists from each region will each receive \$5,000 in funding and will be invited to the statewide challenge for a chance to win a \$40,000 grand prize.

ETLFL is a 501(c)3 nonprofit whose mission is to empower income-challenged students to complete college. ETLFL's Near Peer Coaching for Postsecondary Success program is the focus of this competition.

"A funding award from this challenge will be used to enhance our Near to Peer program and help additional students pursue their dream of completing a postsecondary education with little or no debt," said Brenda Tate, CEO of Earn to Learn FL.

In 2020, ETLFL secured an AmeriCorps grant to launch Near Peer Coaching for Postsecondary Success. ETLFL trains Near Peer Coaches to guide participating students in the areas of postsecondary access, personal finance training and career planning. The program targets economically disadvantaged students in Hillsborough, Pinellas, Sarasota, Lee and Collier counties, with plans to expand to other counties.

GuideWell Mutual Holding

Corporation (GuideWell) is a not-for-profit mutual holding company, and the parent to a family of forward-thinking companies focused on transforming health care. The GuideWell organization includes Florida Blue, the leading health insurance company in Florida;

ETLFL empowers low-to-moderate income students in Florida to earn college degrees and professional certifications with little or no debt through matched savings, personalized financial capability training and success coaching. In addition, eligible students who establish a habit of saving for higher education can receive matching funds for financial assistance provided by ETLFL supporters committed to enhancing workforce development and the economic well-being of Florida communities.

For more information, visit www.earntolearnfl.org, or email brenda@earntolearnfl.org✱

Still-Useable Paints And Chemicals Available

Lee County's Reuse Center, a free resource for residents, has diverted 93 tons of household chemicals away from final disposal and provided them free of charge to local residents and businesses.

The Reuse Center, which opened in December of 2018, allows residents access to still-useable paints and chemicals that have been turned in for responsible disposal by other residents.

Latex paint represents roughly half of the material that has passed through the Reuse Center. Cleaning supplies and pesticides are the next most common materials. But, depending on the day, items such as pool chemicals, suntan lotion or Sterno may be found on the shelf.

"Reduce, reuse, recycle – that's a phrase most people are familiar with," said Doug Whitehead, director of Lee County Solid Waste. "The Reuse Center provides a double benefit in that it allows the county to reduce the amount of material that needs disposal and makes that material available for reuse."

The Reuse Center is located at 6421

Topaz Court in Fort Myers. For more information and hours of operation, visit www.leegov.com/solidwaste/recycling/reusecenter.✱

Forums Set To Aid In Search For Superintendent

The Lee County School Board will hold community forums to gather more public input about who should be the next superintendent in the school board meeting room on Monday, September 27 at 6:30 p.m. and on Tuesday, September 28th at 9 a.m.

Board members are interested in suggestions to help build the leadership profile of the next superintendent. Both forums will be streamed live on the School District's YouTube channel at www.youtube.com/leeschoolstv and available on that site for viewing later.

The Lee County School Board has contracted with Ray and Associates, a superintendent search firm, to assist with the search for a new superintendent. The position will be posted publicly sometime in October, with an application deadline of December 13. Preliminary interviews of semi-finalists will be done by the board the week of January 10, 2022, with finalist interviews the week of January 17, 2022.

An online survey remains

available for students, parents and community members to fill out at www.surveymonkey.com/r/vs3nwt7. The feedback provided will help with the advertising of the superintendent position. The survey is open until 8 a.m. on October 7.

The school board meeting room is located at 2855 Colonial Boulevard in Fort Myers.✱

New Officers And Directors For FGCU Board

The Florida Gulf Coast University Foundation Inc. has approved its slate of officers, elected four new board members and re-elected another four members for a second term.

Foundation board officers for fiscal year 2021-22 are Chair Chuck Ketteman, Vice Chair Mayela Rosales, Treasurer Doug VanOort and Secretary Geurt Peet.

Newly elected board members are: Brett Diamond, Claudine Leger-Wetzel, Gail Markham and Michael Wynn

Board members serving a second four-year term are: Dr. Larry Antonucci, Harry Casimir, Mary Beth Geier and Michael Hartley

For more information, contact Katherine (Kitty) C. Green, the vice president of advancement and executive director of the FGCU Foundation, at 590-1064.✱



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OCTOBER 20 · 5 PM

SPOOKY MOLLUSKS AND OTHER EVILS OF THE DEEP: A HALLOWEEN SPECIAL

By **José H. Leal, Ph.D.**, Science Director and Curator, Bailey-Matthews National Shell Museum



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Will Power

Family Standards



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

Before I begin this week's column, the new proposed tax legislation was introduced into the House Ways and Means Committee. I wrote a white-paper on it that you can download at www.floridaestateplanning.com/2021taxlaw.

There's an old Yiddish phrase "un kinder aus yachsen mit bupkes ist immer bupkis!" (a child from a distinguished heritage with nothing is still nothing). In other words, it doesn't matter how important or distinguished someone's lineage is if each generation doesn't otherwise live up to the family's standards.

I think about that phrase from time to time when I hear complaints about adult children who haven't lived up to their parents' expectations in one way or another. Perhaps they spend too much money relative to what they earn, or they bounce from job to job without advancing their career, or they fail to finish their education.

Oftentimes, the complaining parents are quite successful. They might be doctors, lawyers, engineers, business owners or community leaders. Most of the time, the patriarch and matriarch themselves arose from modest backgrounds and had to earn and scrape for everything they now enjoy.

Their children, on the other hand, don't have the same frame of reference. The parents wanted their children to have it much easier than they had, so the children's lives were easier. The children had more handed to them – they didn't have to work and earn for everything that they have.

So, is it any surprise that the children don't have the same drive and ambition that their parents had?

Which leads me to today's estate planning lesson. It's not uncommon to hear a client say that they don't want the inheritance to take their children's drive and ambition away. A trust might be built that provides supplemental income but cannot be used for sole support.

These are all good ideas. But isn't it a little too late to teach these lessons through a will or trust? The average lifespan for someone who is currently 60-something years old is 86. In other words, today's 60-year-old can expect to live another 26 years, all things being equal.

If the children are 30 years younger, then they will become trust beneficiaries in their 50s – or maybe even their 60s. Will an incentive or supplemental needs trust really work to change habits that have been ingrained for several decades by that point?

Somehow, the lessons and values that made the parents what they are need to be ingrained at a much earlier age. Anyone with any means struggles with these issues – myself included. I grew up in a very modest setting and have worked to earn my own way from a very early age. While I didn't want my own children to have to work like I did, somewhere there's a line that one doesn't want to cross.

I think that it is certainly more difficult today than it was a generation or two ago. Smart phones, the Internet, Netflix and many other modern conveniences tend to distract us from having important family dinner discussions. Travel soccer teams take away time that would otherwise be spent learning morals and values in synagogue or at church. Two-income households mean that both mom and dad are exhausted at the end of the day and don't have the stamina to oversee homework or to attend school functions.

Somehow we all must work to change this dynamic.

This isn't to say that all children are on the wrong path and will become irresponsible spendthrifts later in life. I actually believe quite the contrary. There are a lot of good kids out there who work hard to earn good grades and are quite ambitious.

But there are also many who don't appreciate what their parents have built for them, and what their parents had to sacrifice to get the family where it currently is. And that, my friends, is not necessarily the kids' fault.

It's all of ours.

Hopefully, the pendulum will swing back as many realize what's happening. Until then, I'm afraid there will be many more estate planning discussions centering on how to protect our children from themselves when they inherit the assets that took so long and hard to earn.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✧

Virtual Program On Public Speaking

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will hold a program titled Simple Tips to Ace Public Speaking on Tuesday, October 12 from noon to 1:30 p.m. Lynn Hobeck Bates, APR, CPRC, vice president of external relations at Marie Selby Botanical Gardens in Sarasota, will serve as the event's main presenter.

This virtual program will provide attendees the opportunity to touch up on their public speaking and learn effective ways to capture an audience and keep them engaged – even through virtual meetings and presentations. Hobeck Bates will discuss ways to build on and practice speaking skills in order to elevate leadership and improve the ability to successfully communicate.

A strategic and accredited communications professional, Hobeck Bates serves in a senior leadership role at Marie Selby Botanical Gardens, directing all communications, marketing, website and public relations priorities for the two-campus organization. During her tenure, she has successfully launched a new brand upon the adoption of a companion campus for the organization, led communications for the city commission's passage of the master



Lynn Hobeck Bates

plan for the downtown Sarasota campus and works to increase positive visibility, visitation and earned revenue to the gardens.

Pricing for the webinar starts at \$5 for students, \$15 for members and \$20 for future members. To register, visit www.fpraswfl.org/events, and select October Seminar. Registration deadline is Friday, October 8.✧

General Manager Named

Broadway Palm Dinner Theatre has promoted Melissa Vogt to general manager. Vogt will continue to lead the company's marketing and public relations strategies while overseeing day-to-day operations and business development.

Owner and Executive Producer Will Prather said, "Melissa has spent the past two decades preparing for this role and is more than knowledgeable and capable to lead Broadway Palm into the next generation. I couldn't be happier for her, and I know she will succeed in this new position." Vogt joined Broadway Palm in 1999 as box office reservationist and held other positions over the last 23 years including box office manager, group sales coordinator and director of sales and marketing. Her responsibilities have included sales operations, developing and implementing the theatre's marketing and advertising plans,



Melissa Vogt

public relations initiatives, publicity/promotional events, and booking and executing an annual concert series.

A longtime resident of Southwest Florida, Vogt was recognized as one of *Gulfshore Business Magazine's* 40-Under-40 in 2017 and was a Young Professional of the Year finalist for *The News-Press* 2017 People of the Year. She is active on numerous committees for various organizations, serves on the board of directors for the Florida Attractions Association, The Greater Fort Myers Chamber of Commerce and Our Mother's Home. She also volunteers her time at local nonprofits.✧

Bank Hires Loan Processor

Tilia Howard has joined Sanibel Captiva Community Bank as a loan processing coordinator at its downtown Fort Myers branch, located at 1533 Hendry Street. She is responsible for processing loan files and ordering services and verifications needed for underwriting review.

Prior to joining the bank, Howard worked for several credit unions in the customer service and consumer lending departments.

Howard has an associate degree in psychology studies from Kellogg Community College in Battle Creek, Michigan.✧



Tilia Howard

Marketing Firm Earns Certification

Pushing the Envelope, Inc. (PTE), a strategic marketing communication firm based in Fort Myers, has recently earned its Google Partner Badge. This is a certification allowing for a deeper strategic partnership with Google and provides the firm with access to critical insights on the latest trends within Google's advertising platform, ultimately leading to better results for its clients.

Google Partners is a marketing program for advertising agencies or third parties that manage Google Ads accounts on behalf of other brands or businesses. Companies hoping to receive the badge are required to complete training and pass the Google Ads product certification exams.✧

Money Tip For Students

If students are considering borrowing money, they should do their homework on interest rates. The time students spend learning the basics about interest rates and annual percentage rates will pay off significantly, helping them save money when borrowing, according to Kentucky Higher Education Assistance Authority (KHEAA).

One interest rate is simple, or nominal, interest. But many loans use an annual percentage rate (APR), not simple interest.

For more information, visit www.kheaa.com.✧

Importance Of Routine Cancer Screening



by Julie Rosenberg, MD

Sen. Amy Klobuchar recently announced that she was treated for breast cancer earlier this year. A mammogram in February alerted Klobuchar to a possible issue, and a biopsy later confirmed Stage 1A breast cancer (early disease). She completed a course of radiation and is reportedly doing well. The purpose of Klobuchar's public announcement was in large part to remind people of the value of routine health checkups, exams and follow-throughs. In fact, she had deferred her routine mammogram due to the COVID-19 pandemic.

Why is Sen. Klobuchar's reminder so important for us?

Overall, cancer mortality decreased by 25 percent from 1990 to 2015 for the United States. Greater declines in mortality rates were seen during this period for cancers for which high-quality screening programs have been implemented. Among men, mortality rates dropped for lung cancer by 45 percent, for colorectal cancer by 47 percent and for prostate cancer by 53 percent. Among women, mortality rates dropped for lung cancer by eight percent, for colorectal cancer by 44 percent and for breast cancer by 39 percent.

The goal of cancer screening and early detection is to cure cancer by detecting the malignancy, or precancerous lesions, at an early stage prior to the onset of symptoms, when treatment of cancer is most effective. Cancer screening can contribute to decreasing cancer morbidity and mortality through two mechanisms: the detection of a precursor lesion, or the early detection of invasive cancer. The benefits of screening are greater when the detection of disease at an earlier (or precancerous) stage improves outcomes.

During the COVID-19 pandemic,

there has been a significant diversion of healthcare workers and resources. Healthcare facilities decreased routine screening and nonurgent surgeries to increase capacity for patients with COVID-19. People, too, expressed concerns about visiting healthcare facilities to undertake routine cancer screenings for fear of COVID-19 exposure and subsequent infection. Additionally, the pandemic catalyzed a shift from office-based medical visits to telemedicine. Routine cancer screenings typically require office-based care.

Following the COVID-19 national emergency declaration, mammography and colonoscopy rates declined by over 90 percent in a large cross-section of commercially insured adults throughout the country. This led to a significant decline in the number of new cancer diagnoses and an increase in cancer-related deaths. Across different scenarios, as compared with pre-pandemic figures, there was an estimated 7.9 percent to 9.5 percent increase in deaths from breast cancer, a 15.5 percent to 16.6 percent increase in deaths from colorectal cancer and a 4.8 percent to 5.3 percent increase in deaths from lung cancer. Members of the oncology community feared that these trends could continue.

The good news – in most areas of the United States, cancer screening rates have now rebounded to pre-COVID levels. Despite the ongoing pandemic, health systems have been able to recalibrate resources and protocols in a relatively short period of time. With the current strict measures in place at all healthcare facilities, the risk of acquiring COVID-19 during a visit for routine cancer screening is very low.

In summary, cancer screening and diagnosis must continue to play an important part in standard healthcare measures. If you are delayed in getting a routine cancer screening test or tests, contact your healthcare provider today. Not only will you support your own health and wellbeing, but your efforts will support the continued progress in cancer diagnosis, treatment and survival over the next decades to come.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, *Beyond the Mat and Be True*. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.

Mobile Pediatric Vaccination Clinic

Golisano Children's Hospital's Mobile Pediatric Vaccination Clinic will be making stops around Southwest Florida next week to vaccinate children 12 years old and older for COVID-19.

The Mobile Pediatric Vaccination Clinic is walk-up only, and there is no cost for the COVID-19 vaccine, which will be Pfizer.

The mobile clinic will be at the following locations next week:

Thursday, September 23, noon to 4 p.m. – Sanibel and Captiva Islands Chamber of Commerce, 1159 Causeway Boulevard. This stop is primarily for second doses, however, first doses will be provided to those who would like them. Anyone who receives a first dose at this location may have to attend another site for their second dose.

Friday, September 24, 10 a.m. to 3 p.m. – Guadalupe Social Services, 211 South 9th Street, Immokalee. This stop is primarily for second doses, however, first doses will be provided to those who would like them. Anyone who receives a first dose at this location may have to attend another site for their second dose.

Saturday, September 25, 10 a.m. to 1 p.m. – YMCA, 1360 Royal Palm Square Boulevard, Fort Myers.

A parent or authorized guardian must accompany a minor for vaccination. The second dose will be set for the same

location or one nearby.

Anyone 12 years old and older can also receive their COVID-19 vaccine at no cost at Lee Health's Community Vaccination Clinic, located at Gulf Coast Medical Center. For more information, visit www.leehealth.org.

Top Recycling Spot Rating

Lee County residents and businesses recycled 76 percent of the waste generated countywide in 2020, earning second place in the state. Charlotte and Pinellas counties tied for first with 78 percent recycling rates.

Lee County received credit for recycling 1.6 million of the total 2.2 million tons of waste generated locally in 2020, according to numbers recently released by the Florida Department of Environmental Protection. The amount of material Lee County residents recycled in 2020 would be enough to fill 152 football fields with material 70 feet high, as high as the tallest point of the Sanibel Bridge.

Recycling credits include curbside recycling by residents as well as business recycling of materials such as cardboard, yard waste, scrap metal and construction and demolition debris, among other items. Lee County also receives recycling credit for energy produced from garbage processed at the waste-to-energy plant in Buckingham.

Overall waste generation in the county decreased 63,000 tons, or 2.76 percent, from 2019 to 2020.

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Frankly Speaking



by Howard Prager

Lots of news from the young to the old, and they've both got it. Let's start with the NFL. Tom Brady said last week he thinks he can play until he's age 50 (another six more years). That

would eclipse George Blanda, who played until he was 48. I wonder how Brady would feel if he wasn't a full-time starter but a part-time starter/QB bench coach? We may not find out for a while. Brady has already thrown nine TDs in the first two weeks of the season. He's not going to the bench anytime soon.

Comparatively, how are the rookie QBs doing? Just so-so. In the second week, only Mac Jones (Patriots) had a decent day, throwing a healthy 23 for 30 for 186 yards. Justin Fields (Bears) was thrust into the starting role, which he was already splitting with Andy Dalton, when Dalton went down with an injury. Fields threw for 60 yards, ran for 31 and had one interception. The Bears defense did the job though and they won. Zach Wilson (Jets) threw four interceptions and Trevor Lawrence (Jaguars) had one TD and two interceptions. They all have some work to do.

In college ball, some surprises. Fans

of Florida's big 3, Florida, Florida State and Miami saw all three teams go down on the same day for the first time in 43 years. Florida almost upset Alabama at the Swamp but couldn't pull it off, losing by just two. All the Top 10 teams won this past weekend, the first time that's happened this season.

Baseball is moving to the last two weeks of the season. The closest races remain in the NL where the Giants lead the Dodgers by one game (with the two best records in MLB), and the Braves lead the Phillies by 1.5 games as of my Monday deadline. In the AL, the big race is for the two wild card spots between the Red Sox, Blue Jays, Yankees and A's.

Speaking of the Red Sox, did you know about their bullpen wall of motivation? For regular readers of this column, I recently wrote about something similar in my new book *Make Someone's Day: Becoming a Memorable Leader in Work and Life*. I have a story about *The Washington Post* Wall of Gratitude, where former executive editor Marty Barron posted letters and notes of thanks to the reporters and staff. It became a place journalists went to be inspired. The bullpen coach of the Red Sox has done something similar. In a story from *The Athletic*, starting Opening Day at Fenway Park, coach Kevin Walker posted a few words of inspiration on a piece of tape. The first one reads "ABC: Always Be Confident." He continued to write little notes to build confidence for the mindset relievers need. Walker said, "At first, I didn't know how it was going to go

those first four or five days I put them up. Then Adam Ottavino finally said a week into this that, "I really love this and that it gives me the confidence to keep going."

Now with just six regular season home games remaining for the Sox as of Friday, that means there are now over 70 pieces of tape throughout the section. Walker continues: "You can't see it looking in, but if you sit down, it's on every rail that goes all the way across. Some days it's a really short quote, some days it's a little longer, but I try to keep them shorter so I have enough room to say it. And I'm running out of space!"

Why did he start doing this? "The bullpen can be a tough place; you're kind of removed from the game, and things happen fast down there," pitching coach Dave Bush said. "Every situation is different. There are a lot of different things written up there because not every player responds to the same thing, so it's a way to cover all the bases and make sure everyone gets the right mindset. When you sit down there long enough, you kind of feel forgotten. It's a good way for Walk and those guys to be ready and prepared." The final word goes to Walker. "I'm a big believer in being positive and continuing to pick people up. And, if there's any time they can see something that will pick them up for that

day, I think it's helpful." Here's a good news story from a player that truly appreciating fans – from WMTV Madison. "Milwaukee Brewers' superstar Christian Yelich wants to make sure fans don't miss the team's drive toward another National League Central pennant and the playoffs. The Brewers announced the outfielder purchased 10,000 tickets for this week's four-game series against the St. Louis Cardinals and gave them away for free! Yelich explained how important fans are to creating the excitement that helps power the team and said he wanted to give something back to them. "The fans are a big part of what we have accomplished this season," he said. "We want American Family Field to be rocking for that last homestand." While the Brewers are cruising into the post-season, the division rival Redbirds are still in a dogfight for the final Wild Card spot, giving Milwaukee an opportunity to pad their lead and spoil St. Louis' playoffs hopes." May you feel inspired this week too!

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.

Basketball Board Members Added

Classic Basketball, Inc., a 501(c)3 not-for-profit corporation that acts as the producer for the Culligan City of Palms Classic, recently added three community members to its board and shifted other positions.

New additions to the board include Jennifer Basey, first vice president/investments, Stifel, Nicolaus & Company; Merry Coffman, director of marketing and public relations, Pure Florida; and Joe North, Esq., attorney, The North Law Firm.

Basey has passion for basketball, having played the game in high school and college. Basey also coached basketball at the high school level.

Coffman has been involved with Southwest Florida Attractions Association, Visit Florida, River District

Alliance, PACE Center for Girls, Inc. and as a volunteer at past Culligan City of Palms Classic tournaments.

North is a long-time Fort Myers attorney and a big proponent of high school athletics. His support includes the North Law Firm Stadium at Dunbar High School, The Joe North Premier basketball tournament and as a Presenting Sponsor of the Culligan City of Palms Classic.

In addition to the new board members, long-time Board President Bill Pollock is now chairman emeritus, while his son John moves into the role of president. Long-time board member Dwight Sedgwick moves into a director emeritus role.

Culligan returns for its eighth year as Title Sponsor, with the North Law Firm and Millennium Physician Group as Presenting Sponsors. For more information or to purchase tickets, visit www.cityofpalmsclassic.com/tickets or call the box office at 481-4849 or 1-800-440-7469.*

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SPORTS QUIZ

1. A 1985 music video for a Dire Straits song featured footage of sports highlights and bloopers. What was the song?
2. The Rungrado 1st of May Stadium, site of the annual Grand Mass Gymnastics and Artistic Performance Arirang, is located in what Asian country?
3. Name the Springfield, New Jersey, golf course that hosted seven U.S. Open Championships from 1903-93 and PGA Championships in 2005 and 2016.
4. What *The Falcon and the Winter Soldier* and *Lodge 49* actor was a goaltender for such junior pro hockey teams as the Langley Hornets, Coquitlam Express, Brampton Capitals and Chicago Steel?
5. What Dallas Cowboys receiver celebrated a 45-yard touchdown catch in Super Bowl XXVII by dunking the ball over the goal post crossbar?
6. What did legendary college basketball coach Jerry Tarkanian have a habit of chewing on during games?
7. The University of Akron's athletic teams are known by what nickname?

ANSWERS

1. Walk of Life. 2. North Korea. 3. Baltusrol Golf Club. 4. Wyatt Russell. 5. Alvin Harper. 6. A towel. 7. The Zips.

Doctor and Dietician

Vitamin D And Your Health



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

More and more research has been accumulating on the importance of having healthy levels of Vitamin D in the blood. Back in the late 1990s when we first started Caring Medical, we were testing patients' Vitamin D levels – and nearly everyone was deficient. Did you know that at least 50 to 60 percent (likely even more) of

Americans are deficient in this essential vitamin?

Let's take a look at Vitamin D. Thankfully the primary source of vitamin D is from the sun. Another benefit of living in Southwest Florida – ample sunshine. Unfortunately, one of the causes of deficiency of vitamin D is frequent use of sunscreen, which blocks the body's ability to make vitamin D. We typically avoid using sunscreen (most are toxic anyway) and use sun shirts, hats and sunglasses in addition to going outside primarily in the mornings and late afternoons. It is generally recommended to get at least 10 to 15 minutes of direct sunshine exposure daily without sunscreen for those with fairer skin, while those with darker skin will likely need more time in the sun to make enough vitamin D at about 40 minutes per day.

This sunshine vitamin has been well-documented to play an important role in maintaining healthy bones and overall body bone structure. But that is not all vitamin D does to keep us healthy. Maintaining optimal blood Vitamin D levels can add years to our lives and help keep us healthier as we age.

When people age, they lose the ability to synthesize the vitamin D through sun exposure, which puts older people at greater risk for deficiency and the associated diseases. Many researchers have published on the relationship of vitamin D status to slowing age-related conditions such as Alzheimer's, Parkinson's and ALS.

A 2019 research review discussed the health benefits of vitamin D to include bone health and immunity, as well as protection from heart disease, cancer, diabetes, depression, skin conditions, arthritis, fatigue, chronic pain and infections. Vitamin D provides a protective effect on cell function that reduces bad inflammation.

Vitamin D, or 25-hydroxyvitamin D, is a fat-soluble vitamin that is considered essential because we cannot make enough on our own without exposure to sun and/or intake from food. When UV-B sun rays hit the skin, vitamin D3 (cholecalciferol) is made, which is the more active form.

How to optimize your vitamin D status? Get outside. Optimizing

vitamin D status is yet another reason to keep moving and get outside. Eat vitamin D-containing foods such as fish, cod liver oil, eggs, fortified dairy products including milk or nut milk and portobello mushrooms. If you find yourself inside a lot, you may need supplementation. The RDA is 600 IU (international unit) per day of vitamin D3 up to age 70, 800 IU over 70. We and other health experts have found that higher doses may produce more beneficial and protective effects, especially when fighting potential infections, up to 5,000 IU per day or higher depending on the situation.

We hope to see you out there soaking up some sunshine in the near future. It does the body good.

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.✱

Superior Interiors

How To Give Your Front Porch A Modern Look



by Trinette Nelson

While many people love to retreat to the backyard for a relaxing night, the front porch is the perfect place to start the day. Whether that involves reading a book, sipping

on coffee, or simply enjoying the great outdoors for all its worth, there are plenty of ways to soak up the joy this exterior space can bring.

You may be excited to spend your free time on the front porch, but when was the last time you showed it a little TLC? Sure, you don't have as much area to work with as you would an interior room in your home, but there are still plenty of small adjustments you can make and little details you can bring to life. A modern-style front porch is a great choice for a revamp, offering a chic refresh to your space and adding curb appeal to your home.

When it comes to home design and decor, sometimes the smallest changes have the biggest impact. This statement holds especially true to the front door. Something as simple as painting it a new color can draw attention to your home like never before. If you're going for a bold chic look, a dark hue like black, navy or charcoal can turn heads as they walk past your home. Don't forget to match the shutters to the door for maximum impact.

Another small but meaningful change you can make is updating your house numbers. A sleeker modern font can add a mid-century vibe to the outside of your home. Silver and black are two options that can help you achieve a chic look without going overboard.

Make sure to match the additional details on your front porch with the color you choose for your house numbers. The light fixtures, as well as the doorbell and door knocker, should all coordinate for a seamless look. At this time, you can also bring in the accessories that will fill the space. Match accents with flowerpots, candles, lanterns and any other small details that will bring your front porch living space together.

If there's enough room for a porch swing or other type of seating arrangement, make sure to take advantage of the opportunity. Metallic outdoor furniture is sleek, long lasting and works so well in a modern theme – just don't forget the cushions. A neutral option will complement the black accents effortlessly here.

No front porch is complete without a welcome mat. Choose something basic in a bold color that matches the theme or go with a traditional phrase that your guests and family members will adore.

Fall will be here before you know it. Now's the perfect time to say goodbye to summer decor and upgrade to a fresh, modern approach. Before you take on the project yourself, why not consider letting an experienced professional take the reins and help you curate the front porch of your dreams? They will develop a blueprint to your new and improved front porch so you can properly execute your vision with ease.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coincdecen.com.✱

dearRPharmacist

Treatments To Manage Hypertension



by Suzy
Cohen, RPh

Dear Readers: Being sedentary will raise your blood pressure. Researchers evaluated 28 older women with hypertension and made them

exercise. They compared the results to 17 other women who maintained their normal (sedentary) lifestyle and did not exercise. They had them exercising routinely for nine months and their blood pressure numbers improved. Then they had them rest without any kind of training, and their markers all went to pot. Essentially, exercise helped to reduce both systolic and diastolic pressures, as well as resting heart rate but after sitting around, there were no longer any benefits.

It's not like we had to have a study to know this, but the topic of maintaining healthy blood pressure reminded me of another story I want to share with you today. A new acquaintance of mine mentioned he was taking atenolol pills for his blood pressure (and only that), and it concerned me because prescribers today should already know that the drug is not super useful for this purpose. There was a study a long time ago in the Lancet in 2004 which caused the drug to fall from grace. It didn't appear to work much better than a placebo so doctors started using other medications to manage hypertension.

Regardless, there are 3,788,125 people still taking the medication in the

U.S. and over 18 million prescriptions were written for it in 2019. Since it's not too useful for high blood pressure, maybe you are taking it for an off-label indication such as migraine or anxiety? The drug may also be used to relieve chest pain (angina) and help with essential tremors.

Some research indicates that if atenolol is used in combination with another medication for hypertension, then it's beneficial. More modern treatments include ACE (angiotensin-converting enzyme) inhibitors like enalapril, and even better, the ARB drugs such as candesartan. There is the category of calcium channel blockers too, drugs such as amlodipine, or nifedipine. These are considered modern treatments.

Doctors sometimes use diuretics to reduce fluid volume in the body, and these work via your kidneys. There are many agents today, and your doctor selects the best drug for you based upon your specific medical problem, age, kidney/heart function and even race.

Atenolol (and also propranolol) belong to the larger category of beta blockers. These drugs may increase potassium levels and reduce CoQ10 levels. They may also reduce melatonin, your sleep hormone. If you would like to read my longer article on this, I can email it to you if you sign up for my newsletter at www.suzycohen.com.

In the meantime, make sure you are working with a qualified professional to make appropriate changes to your diet, lifestyle and medication regimen. Blood pressure elevations do not happen overnight; they are the symptom of another disease so please do not ignore the warning signs of headache, nose bleeds, fatigue and edema.

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.✱

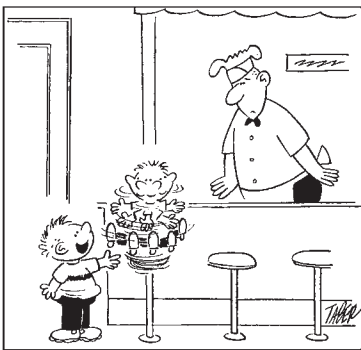


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	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
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

To be listed in calling card email your information to:
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PUZZLES

Answers on page 23



"No thanks, we just came in for the
_____!"

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!

Beyond
TEDIOUS

Blend
LEMING

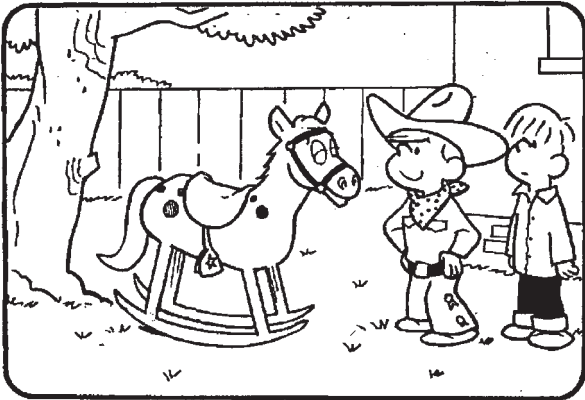
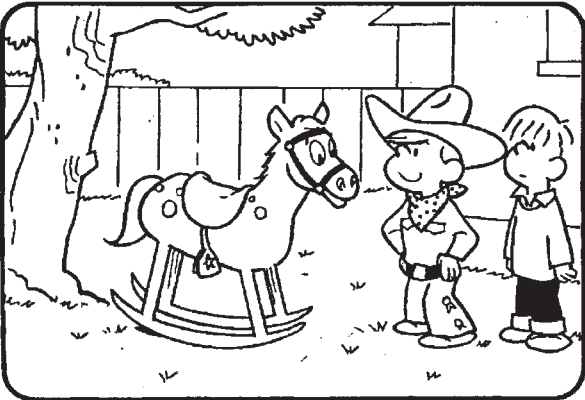
Coma
NECTAR

Pay
MITER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINGOFF



Find at least six differences in details between panels.

Differences: 1. Spots are different. 2. Eyes are closed. 3. Sweater is missing. 4. Tail is longer. 5. House is missing. 6. Bricks are added.

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

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

ON A FIRST-NAME BASIS

- ACROSS**

1 Father

6 Gather

11 No. on a car lot sticker

15 Quaint letter salutation

19 Pool table fabrics

20 Large town, in Italian

21 Burn slightly

22 Purple fruit from a palm

23 Candid bow wielder? [Anne]

25 Green

26 Lisa formerly of "The View"

27 Bread eaten at Passover

28 Gallic senior citizens? [Victor]

31 Subside

33 Earnest and solemn

35 D.C. VIPs

36 Four doubled

37 Ebony-colored card given on February 14? [Karen]

41 Stable scrap

42 Writer Ayn

43 Houston site

44 Little bit

46 A Great Lake

50 Cry of worry
- 53 Precious gem that formed just recently? [Neil]

57 Port in Italy

61 Boot leathers

62 Chi preceder

63 Hueless

Focus or Fiesta? [Betty]

67 Self-help writer LeShan

68 Butts in

70 Long-eared hopper

71 Undersized carriage with a fold-down top? [Martin]

76 Prefix with plane

77 University of Maine's town

79 Reply to "Are you?"

80 Annoyed

small songbird? [Christopher]

82 PD alert

83 Mutiny

87 Pioneer in graph theory

88 Sweetheart prone to sulk? [Ron]

92 Sailor who flew on a roc

97 Absorbed by

98 Follower of "Co.," often
- 99 Little bit

103 The last Mrs. Chaplin

104 Showery

106 Robust

artisan working in precious metal? [Oliver]

111 Venue

114 Byte lead-in

115 Brand of fake fat

116 Wee, in brief

117 British noble who feels no affection? [Patty]

121 Quartets doubled

123 Oratorio solo

124 "Der —" (nickname for Konrad Adenauer)

125 Clear quartz fashioned to look like a suitor's flower? [Billy]

129 Mets' clubs

130 In tatters

131 Tickle pink

132 Long-term con

133 Louver strip

134 ERA or HRs

135 Quick

136 Up to now
- DOWN**

1 Very close bud

2 Eternally, in poetry

3 "Glitter rock" group

4 Sicilian spewer

5 "For shame!"

6 Circus tumbler

7 "Glee" actress Lea —

8 Pt. of NCAA

9 Pear waste

10 Actress Gilbert

11 Poet Rod

12 Razor feature

13 Hotel listing

14 U. lecturer

15 Slashed-price product

16 Pastry bag fill

17 Cowboy's workplace

18 Vision

24 127-Down between Russia and Ukraine

29 Prefix with plane

30 Stephen of the screen

31 Spanish river

32 Boring

34 T. —

38 B-F linkup

39 "No" vote
- 40 General on Chinese menus

41 Stage prize

45 Total up

47 More stringy

48 Possible follower of "Psst!"

49 Menlo Park "wizard"

51 Grow mellow

52 Ring arbiters

54 Meat stamp inits.

55 Subtlety

56 Horned viper

58 Osaka drama

59 "— y plata"

60 "This is not —!" ("Red alert!")

63 Self-reflective question

64 Talk about ad nauseam

65 1950 Asimov classic

66 Five doubled

67 Elegant tree

69 With 109-Down, unprocessed facts

72 "Mon Oncle" star Jacques

73 Actress Joanne

74 MSN rival

75 Employs

78 Suffix with audit or arm
- 81 — Lanka

84 Revise copy

85 Ryder vehicle

86 A maestro conducts it

89 In Maine

90 Doze off

91 Dude

93 — de plume

94 Removes via very hot water, as impurities

95 "No" voter

96 Writer Roald

100 Oxfam or Amnesty Intl.

101 Huge statues

102 Voted in

105 Twisty fish

107 Gung-ho

108 Writer Santha Rama —

109 See 69-Down

110 Fishhook lines

111 Hefty slices

112 Deep pink

113 Madonna musical

114 Groove for a letter-shaped bolt

118 Ingests

119 Old Chrysler

120 Bombeck of humor

122 Sextet halved

126 "I reckon so"

127 Body of water

128 Drop the ball

King Crossword

- ACROSS**

1 Havana's land

5 For each

8 — Valley, Calif.

12 Miles away

13 Parisian pal

14 Former Yankee slugger, to fans

15 Abe Lincoln's first home

17 Cello's ancestor

18 In the style of

19 Shiny, as a photo

21 Trombone part

24 Swizzle

25 Ireland

26 Backyard structure

30 Old

Oldsmobile

31 Move to one side

32 — roll (winning)

33 Theme park attraction

35 Landed

36 Mater lead-in

37 Test score

38 Spider's creation

41 Spill catcher

42 Location

43 Cozy spot on the slopes

48 Sandwich
- shop

49 Last (Abbr.)

50 Jeopardize

51 Pieces for one

52 Evening hrs.

53 Hose woe
- tune

8 Relishes

9 Eye part

10 Cattle calls?

11 In a lazy way

16 Hearty quaff

20 Joyful tune

21 Lowly worker

22 Stead

23 Press agent?

24 "The March King"

26 "OK" gesture

27 Spanish greeting

28 Oklahoma city

29 See socially

31 Only
- 34 Aloha State

35 Garden shelters

37 Baseball's Hodges

38 Scoundrels

39 Sandwich treat

40 Phone inventor

41 Morsels

44 Carrier to Amsterdam

45 Cacophony

46 Fed. property manager

47 Heart chart (Abbr.)
- DOWN**

1 Nev. neighbor

2 Flying saucer

3 Satchel

4 Video-game hub

5 Sunscreen additive

6 Brit. record label

7 Cellphone

WORDS
MAGIC MAZE ● CONTAINING
A DRINK

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A LIGHTWEIGHT CORD

- Armchair

Brother

Coffecake

Colander
- Decider

Forsake

Hopscotch

Keypunch
- Lollipop

Platte

Stalemate

Steaming
- Tantrum

Virginia

Waterloo



Pan Seared Grouper with Smoked Gouda Grits and Tomato Bacon Gravy
photo courtesy Fresh From Florida



Pan Seared Grouper With Smoked Gouda Grits And Tomato Bacon Gravy

- 4 (5 to 7 ounce) portions grouper
- 2 large tomatoes, diced small
- 1 cup thick-cut bacon, chopped small
- 1 cup grits, coarse ground
- 2 ½ cups vegetable stock
- 1 cup milk
- 1 tablespoon butter
- ½ cup smoked Gouda cheese, cubed
- 1 teaspoon olive oil
- ¼ cup fresh parsley, chopped fine
- 1 tablespoon fresh garlic, chopped fine
- ¾ cup heavy whipping cream
- ½ lemon, juiced
- 4 scallions, sliced thin for garnish
- Sea salt and fresh ground pepper, to taste

Gouda Grits In a medium-sized saucepot, add 2 cups vegetable stock and 1 cup of milk. Bring ingredients to a simmer over medium heat. Add grits and butter and let cook according to the

directions on the package of grits. When the grits are cooked, add the smoked Gouda cheese and stir to combine. Taste grits and adjust seasoning with salt and pepper. If the grits seem too thick, add a small amount of vegetable stock or milk until the desired consistency is reached. Turn the temperature to low until the dish is ready to be plated. Florida Grouper Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the preheated pan. Lightly season the grouper fillets with salt, pepper and fresh parsley. Carefully place the seasoned fillets top side down in the sauté pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove the cooked fillets from the pan and add the chopped bacon. Cook the bacon until crispy, and add the tomatoes and garlic. Cook the tomato mixture until the tomatoes start to wilt and release their juices. Add the heavy cream, lemon juice and 1/2 cup vegetable stock. Quickly bring ingredients to a boil and reduce heat. Taste tomato gravy and adjust seasoning with salt and pepper. Serve the grouper over a bed of grits and top with the tomato gravy. Garnish with the thin sliced scallions.*

PETS OF THE WEEK



Rhett ID# A883002 photos provided
Lee County Domestic Animal Services

Rhett And Lemon

Hello, my name is Rhett. I'm a brown 1-year-old male pit bull. I'm as distinguished as my *Gone with the Wind* counterpart. I'm a tall, handsome boy who is what the volunteers refer to as a "leaner." I will come up to you and lean against you as soon as you start petting me. Rub my ears and we will be fast friends. Throw a tennis ball or two and you will be my best friend for life. My adoption fee is \$75.

Hi, my name is Lemon. I'm a brown 2-year-old female domestic shorthair tabby. I have been here for a month



Lemon ID# A882186

now and have been overlooked in lieu of the smaller kittens. I don't know how everyone has overlooked my stunning green eyes and sparkling personality. With the adopt-one-get-a-feline-friend at no additional charge, you can take a kitten home as well. 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 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 20, 2021

- Aries** (March 21 to April 19) Decisions involving your finances might seem to be foolproof. But they could have underlying risks you should know about. Don't act on anything until all the facts are in.
- Taurus** (April 20 to May 20) Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.
- Gemini** (May 21 to June 20) You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.
- Cancer** (June 21 to July 22) Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.
- Leo** (July 23 to August 22) That elusive goal you'd been hoping to claim is still just out of reach. But something else has come along that could prove just as

- desirable, if only you would take the time to check it out.
- Virgo** (August 23 to September 22) This is a good time to get away for some much-needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.
- Libra** (September 23 to October 22) Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow things down.
- Scorpio** (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.
- Sagittarius** (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.
- Capricorn** (December 22 to January 19) Congratulations. This is the week you've been waiting for: After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.
- Aquarius** (January 20 to February 18) You're in an exceptionally strong position

- this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.
- Pisces** (February 19 to March 20) The new moon starts this week off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.
- Born This Week:** You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

MOMENTS IN TIME

- On September 27, 1854, two ships collide off the coast of Newfoundland, killing 322 people. The wooden-hull Arctic slammed into the iron-hull steamer Vesta and was severely damaged. In trying to beach the ship, the Arctic's captain ran over several lifeboats, causing more people to drown.
- On October 1, 1908, in Detroit, the first production Model T Ford is completed. Its 22 horsepower, four-cylinder engine could reach speeds up to 40 mph and run on gasoline or hemp-based fuel.
- On September 28, 1928, a lab accident led Sir Alexander Fleming, a

- young bacteriologist, to one of the great discoveries of modern medicine. Having left a plate of staphylococcus bacteria uncovered, Fleming noticed that a mold that had fallen on the culture had killed many of the bacteria. He identified the mold as penicillium notatum, similar to the kind found on bread.
- On October 2, 1948, the first American road race since World War II takes place in Watkins Glen in New York. The New York Central railroad agreed to suspend train service so the drivers could safely cross the tracks.
- On September 29, 1969, the U.S. Army drops murder charges against eight Green Berets accused of killing a Vietnamese national, citing reasons of national security after the CIA refused to release highly classified information.
- On October 3, 1981, a hunger strike by Irish nationalists at the Maze Prison in Belfast in Northern Ireland is called off after seven months and 10 deaths. Afterward, British Prime Minister Margaret Thatcher agreed to several of the protesters' demands, including the right to wear civilian clothing.
- On September 30, 1999, large doses of radiation are released at Japan's

continued on page 22

 FRIDAY Cloudy High: 85 Low: 74	 SATURDAY Partly Cloudy High: 86 Low: 76	 SUNDAY Mostly Cloudy High: 84 Low: 73	 MONDAY Mostly Sunny High: 85 Low: 76	 TUESDAY Sunny High: 89 Low: 78	 WEDNESDAY Sunny High: 87 Low: 79	 THURSDAY Sunny High: 86 Low: 75
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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	2:51 am	9:33 am	4:23 pm	9:05 pm	Fri	1:56 am	9:35 am	3:28 pm	9:07 pm	Fri	3:34 am	10:19 am	4:37 pm	10:18 pm	Fri	5:01 am	12:02 am	6:33 pm	12:49 pm
Sat	3:14 am	10:17 am	5:18 pm	9:23 pm	Sat	2:19 am	10:19 am	4:23 pm	9:25 pm	Sat	3:53 am	10:51 am	5:14 pm	10:34 pm	Sat	5:24 am	12:21 am	7:28 pm	1:33 pm
Sun	3:42 am	11:09 am	6:32 pm	9:39 pm	Sun	2:47 am	11:11 am	5:37 pm	9:41 pm	Sun	4:09 am	11:23 am	5:50 pm	10:44 pm	Sun	5:52 am	12:39 am	8:42 pm	2:25 pm
Mon	4:16 am	12:12 pm	None	None	Mon	3:21 am	12:14 pm	None	None	Mon	4:30 am	12:00 pm	6:27 pm	10:54 pm	Mon	6:26 am	12:55 am	None	3:28 pm
Tue	4:58 am	1:30 pm	None	None	Tue	4:03 am	1:32 pm	None	None	Tue	5:00 am	12:49 pm	7:11 pm	11:11 pm	Tue	7:08 am	4:46 pm	None	None
Wed	5:59 am	2:51 pm	None	None	Wed	5:04 am	2:53 pm	None	None	Wed	5:36 am	2:03 pm	8:05 pm	11:34 pm	Wed	8:09 am	6:07 pm	None	None
Thu	7:29 am	4:00 pm	None	None	Thu	6:34 am	4:02 pm	11:29 pm	None	Thu	6:20 am	3:15 pm	9:12 pm	None	Thu	9:39 am	7:16 pm	None	None

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AC Tune-Up Yet?

LCEC Offers Safe Connection For Generators

With storm season in full swing, power outages can and do happen, even with Lee County Electric Cooperative (LCEC) working around the clock to deliver reliable electric. If you plan to use your portable generator in the event of a power outage, it is vital to understand the dangers that come along with this convenience. Generators can create hazardous conditions for both the people within the home they are powering and any electric crews working in the area.

GenerLink, offered by LCEC, eliminates the use of extension cords and other hazardous connections by providing a safe connection from the electric meter directly to the generator. It also detects when a generator is operating and automatically disconnects from the utility grid, eliminating dangerous backfeed.

The benefits of GenerLink include: easiest and safest generator connection; allows customers to run virtually any appliances up to the capacity of their generator; easily installed behind the electric meter by a certified LCEC technician; connection at the meter keeps your portable generator outside where it is safe; and seven-year manufacturer's warranty.

For more information, visit www.lcec.net/my-home/products-and-services/generlink.

Financial Aid Tip

Students who plan to attend technical school or college in the fall of 2022 should submit the Free Application for Federal Student Aid (FAFSA) as soon as possible beginning October 1, according to Kentucky Higher Education Assistance

Authority (KHEAA). Even students who don't think they will qualify for financial aid should submit the FAFSA. Rules governing student aid programs sometimes change, and students who don't file the FAFSA may miss out on free money that could help pay for their education.

The parents or guardians of students considered dependents under federal guidelines must also provide financial information on the FAFSA. This affects most students going directly to college from high school, who are typically considered a dependent.

The FAFSA asks for information about income, assets and expenses. The data provided on the FAFSA determines whether students qualify for federal grants, work-study and loans, as well as several state grants and scholarships. Many colleges also use the FAFSA to award their own grants and scholarships.

A formula set by Congress is used to determine if students qualify for federal and state aid.

Some student aid programs have limited funds and provide awards on a first-come, first-served basis, so students and families should submit the FAFSA as soon as possible.

For more information, visit www.kheaa.com.

From page 20

Moments In Time

Tokaimura nuclear plant in an accident caused by a serious error made by workers at the plant. Instead of pouring 5 pounds of powdered uranium into nitric acid, workers poured 35 pounds.

NOW HERE'S A TIP

- If you need to pick up small shards of glass, use a cotton ball that's been moistened, or a slice of white bread

(insides only) wadded up.

- Glass and chrome will shine if you clean them with newspaper. You can mist the paper with water first, but not too much. Rub... and the shine comes right out, plus no streaks or lint.

- "Use purified water in your coffemaker to lengthen its life. Water deposits build up and affect both the flavor and function of your machine. They can be cleaned, but it's much better if you use purified drinking water from a jug. It makes it very easy to fill the machine, too." – ME in Wyoming

- "Purchase colorful laundry baskets for each child in your home. In the evening, you can have the child find all his or her stray items, put them in the basket and then put them away. In our house, the kids also use their basket to hold anything they need for school the next day – backpack, coats and outerwear, even boots. We stack the baskets by the door, and nothing gets left behind." – PW in Missouri

- When you are frying up ground beef, add a tablespoon or two of water. It will help the excess grease to pull away from the meat, making it easier to drain off.

- "To speed the healing of bruises, try eating pineapple. Drink lots of water, too. I play contact sports, and this has always helped me." – RE in Missouri

STRANGE BUT TRUE

- Baritone Leonard Warren died on stage at The Met in 1960 just as he finished singing Verdi's *Morir, Tremenda Cosi (To Die, a Momentous Thing)*.

- While shedding, geckos will eat their skin in order to prevent predators from finding and eating them more easily.

- A man named Ronald MacDonald robbed a Wendy's in 2005.

- In the early 2000s, when hackers were not that rampant, a survey showed that 70 percent of London commuters would reveal their computer password in

exchange for a chocolate bar, while 30% of the respondents admitted they would give their password even without said candy.

- The sequel to the 1953 film titled *Gentlemen Prefer Blondes* was called *Gentlemen Marry Brunettes*.

- Per capita, the happiest countries in the world also rank highest in terms of consumers of antidepressants.

- The term "plastic surgery" was coined in 1839, 70 years before plastic was even invented. It comes from the Greek word "plastike," which means "the art of modeling" of malleable flesh.

- Journalist John Richards founded The Apostrophe Protection Society in 2001 to enforce the proper use of the apostrophe in written English. He closed the society in 2019, however, at the age of 96, with the announcement that "the ignorance and laziness present in modern times have won!"

- The World Health Organization (WHO) recommends avoiding drinking camel urine to prevent contracting Middle East respiratory syndrome. Thanks, guys, but we'll wait for the shot.

- Abibliophobia is the fear of running out of material to read.

THOUGHT FOR THE DAY

"When the path ignites a soul, there's no remaining in place. The foot touches the ground, but not for long."

– Hakim Sanai

TRIVIA TEST

1. **Television:** What was the name of Tim Taylor's friend and sidekick on the *Home Improvement* sitcom?
2. **Geography:** Which U.S. city has the nickname "Big D"?
3. **Literature:** Which novel begins with the line, "Last night I dreamt I went to Manderley again"?
4. **Medical:** What usually causes rickets

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9/24 ★ 10/8

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with

the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

- in children?
5. **Music:** Which novel is referenced in The Police's song *Don't Stand So Close to Me*?
6. **Food & Drink:** Cafe du Monde is a famous restaurant in what city?
7. **Entertainers:** Which famous actor was born Maurice Micklewhite?
8. **Measurements:** What scientific unit of measurement also is the name of a mammal?
9. **General Knowledge:** What is a thalassophile?
10. **Anatomy:** What is the colored part of the eye called?

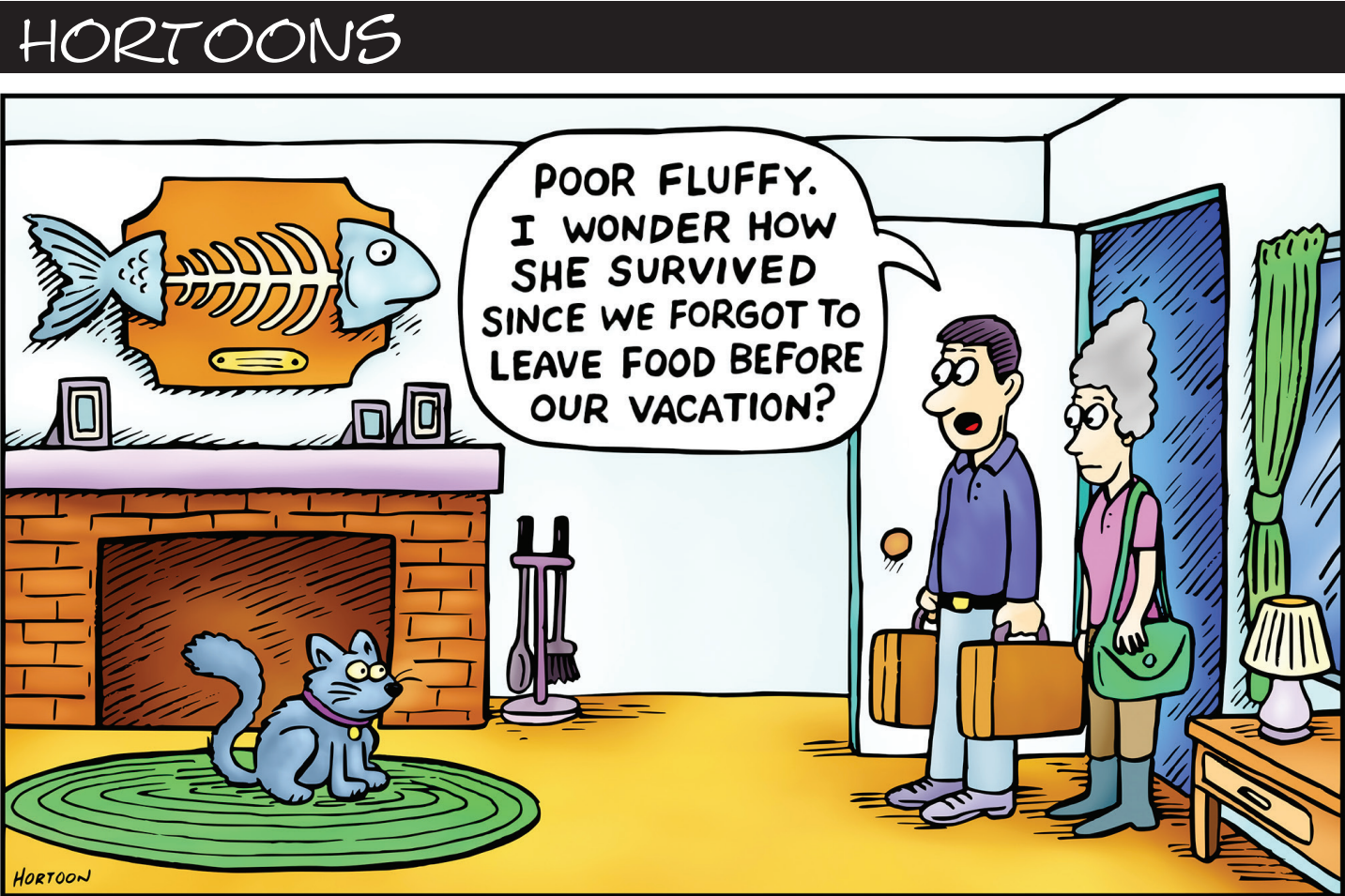
TRIVIA ANSWERS

1. Al Borland 2. Dallas 3. Rebecca Orleans 4. Lack of vitamin D 5. Lolita 6. New Orleans 7. Michael Caine 8. Mole, which is used to measure particles in a substance 9. A lover of seas and oceans 10. Iris

SCRAMBLERS ANSWER

1. Outside 2. Mingle;
3. Trance; 4. Remit

Today's Word
RIDES



PUZZLE ANSWERS

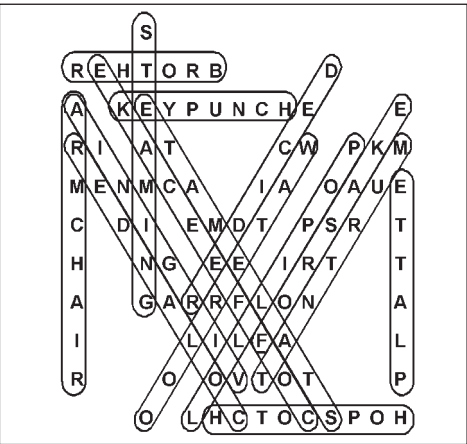
SUPER CROSSWORD

B	E	G	E	T	S	A	M	A	S	S	M	S	R	P	S	I	R	S
F	E	L	T	S	C	I	T	T	A	C	H	A	R	A	C	A	I	
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KING CROSSWORD

C	U	B	A		P	E	R		S	I	M	I	
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L	O	G	C	A	B	I	N		V	I	O	L	
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	1994	5,000	\$4,750,000	\$4,150,000	39
Gulf Ridge Sub	Sanibel	1986	3,961	\$4,395,000	\$4,075,000	113
Salerno	Miromar Lakes	2018	3,948	\$3,300,000	\$3,275,000	5
Esplanade Lake Club	Fort Myers	2021	3,554	\$2,811,325	\$2,811,325	522
Del Sega	Sanibel	2017	3,527	\$2,295,000	\$2,340,000	1
Wildblue	Fort Myers	2020	3,923	\$1,700,000	\$1,685,000	7
Cape Coral	Cape Coral	2018	2,504	\$1,495,000	\$1,600,000	2
Mcphie Park	Fort Myers Beach	1956	2,805	\$1,624,000	\$1,462,500	33
Dolphin Cove	Bonita Springs	2000	2,986	\$1,350,000	\$1,450,000	2
Palmetto Point	Fort Myers	1977	2,999	\$1,399,900	\$1,405,000	7



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