



THE RIVER WEEKLY NEWS

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VOL. 18, No. 38

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 20, 2019



Gone West

photos courtesy www.island-hopper.fortmyers-sanibel.com

from September 20 to 29.

Rodney Atkins will perform on the final night of the festival at Pink Shell Beach Resort & Marina on Fort Myers Beach. His fifth studio album, *Caught Up in the Country*, shows off what Atkins calls the most daring collection of his career. This follows six No. 1 singles, eight top five singles and more than 13 million units sold. Country calls his 2006 single, *Watching You*, the No. 1 song of the decade. That same year, he was named



Rodney Atkins

the top new male vocalist at the ACM awards.

Other performers on Island Hopper's already impressive lineup include Gone West, a new rock-country quartet featuring Colbie Caillat, in a show with special guest Ryan Hurd at Pinchers at The Marina at Edison Ford in downtown Fort Myers on Wednesday, September

25. Caillat, a two-time Grammy Award-winner, has sold more than six million albums worldwide and more than 10 million singles. Hurd has written songs for Blake Shelton, Luke Bryan, Lady Antebellum, Tim McGraw and many others. Hurd has also penned songs for his wife, Maren Morris, who headlined

continued on page 17



Vagabond

Summerset Regatta Sets Sail For 54th Year

The Caloosahatchee Marching and Chowder Society will be hosting its 54th annual Summerset Sailing Regatta in the waters off Fort Myers Beach from October 4 to 6.

There will be more than 40 sailboats

photos provided

from Naples, Marco Island, Punta Gorda, Tampa as well as Cape Coral and Fort Myers. Traditionally, there are four to five different classes of sailboats that will be involved in a series of buoy races on Saturday and distance races on Sunday.

The Pink Shell Marina, Moss Marine Marina and Salty Sam's Marina will welcome the many boats from out of town for the weekend full of parties and activities.

On Friday, October 4, there will be a Skippers Meeting at Bonita



T-Bone

Bills Waterfront Cafe, located at 702 Fishermans Wharf on San Carlos Island.

Buoy racing begins on Saturday, October 4 at approximately 10 a.m. near the "San Carlos Light." Boats will gather and race from many vantage points along the beach from the Fort Myers Beach Pier to the Lani Kai Island Resort, located at 1400 Estero Boulevard on Fort Myers Beach, where there will be a watch party on the Sun Deck Restaurant.

On Saturday, October 4 at 6 p.m., there will be a cocktail party at the Nauti

Parrot Dock Bar, located 19001 San Carlos Boulevard on San Carlos Island.

On Sunday, October 6 at approximately 10 a.m., racing continues with distance racing. The regatta wraps up with an awards dinner at Parrot Key Caribbean Grill, located at 2500 Main Street on San Carlos Island, beginning with a cash bar at 5:30 p.m.

For more information, visit [www.summersetregatta.com](http://summersetregatta.com) or call Allen Fiske, regatta chairman, at 305-720-7494.*

Historic Downtown Fort Myers, Then And Now:

ArveLee Apartments



by Gerri Reaves, PhD

In the first half of 1946, Fort Myers broke the all-time record for building, despite high-priced labor and drastic shortages of materials, as noted by *The News-Press*.

January alone was "the biggest month in the building history of Fort Myers."

The post-World War II building and economic boom was underway, and it wouldn't begin to fade for another two decades.

The construction and remodeling frenzy included everything from private residences, tourist cabins, garages, business structures and even the artificial lake on East First Street now known as Rock Lake Resort.

There was also a pent-up demand for apartment buildings such as the one pictured below.

In June, construction began on Robert Vivian "RV" Lee's \$40,000 apartment building.

The U-shaped, two-story, 16-unit structure went up on First Street between Park and Poinsettia avenues.

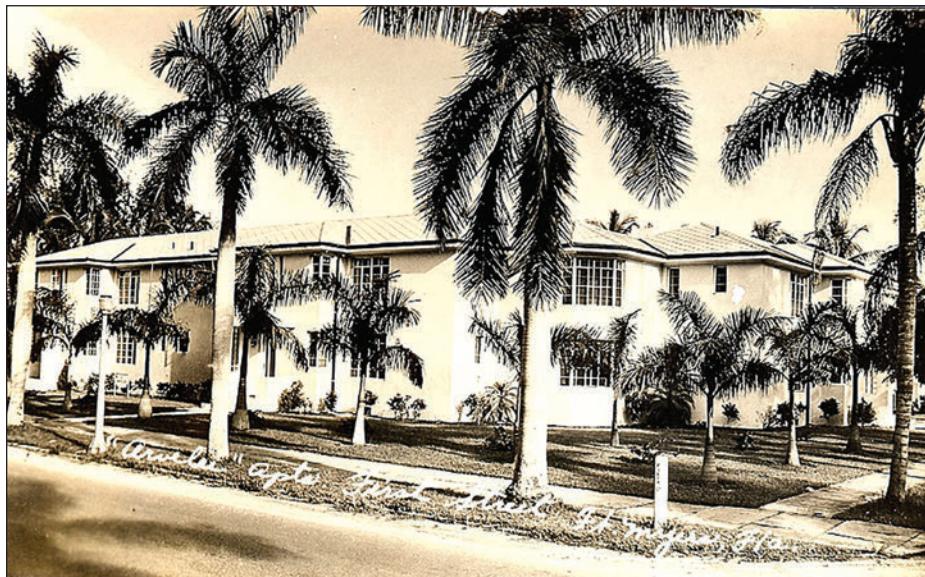
Five months later, Lee started construction on a \$4,000, 14-car parking garage on the property.

This historic photo taken soon after the apartments were completed highlights the building's Moderne architectural style. That style, which has roots in Art Deco, is a clean style with little ornamentation, curved surfaces, glass blocks and an emphasis on horizontal lines.

The light-colored planes and clean lines make for shadow-play in the subtropical sun.

The many-angled main corners effectively create rounded walls. Also, the front entrances have flat overhangs and curved walls with glass blocks.

The original white exterior has yielded to other colors over the years, such as



This photo of ArveLee Apartments was taken soon after RV Lee built them in 1946 on First Street between Park and Poinsettia Avenues
photo courtesy SWFL Historical Society

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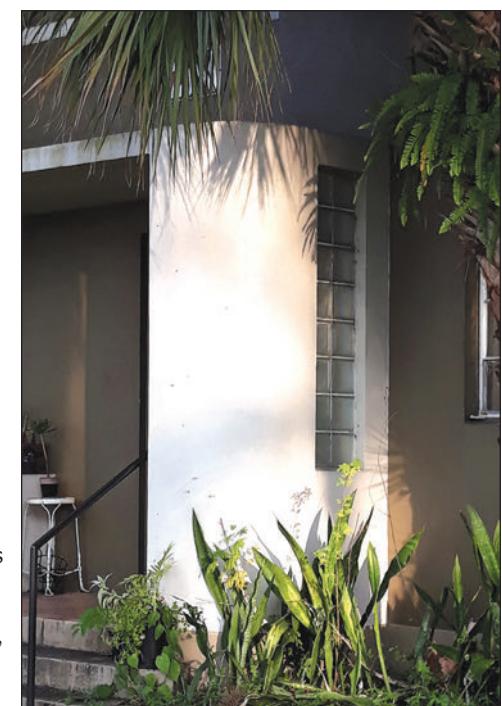
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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Today the postwar building retains the same basic exterior style, except for the dark paint
photos by Gerri Reaves



Curved walls and glass blocks are Moderne architectural feature

pretty pale aqua. Currently, however, the building is painted a very dark color usually found on Mediterranean-style exteriors.

Lee named his building Arvelee Apartments, an obvious take on his own name.

He had lived for a time in Southwest Florida in his youth, coming to the area with his family in 1903 and graduating from Alva High School in 1910.

He left the area in 1912, first for business studies in Philadelphia, Pennsylvania, followed by a period of work and then service in World War I in Washington, D.C., and France.

He moved to Fort Myers in 1920 and was soon appointed deputy clerk of the circuit court. Starting in 1925, he then served four, four-year terms as the Lee County's tax collector.

In 1941, he became a real estate broker, insurance agent and developer, and was active in a number of fraternal and civic organizations.

Walk down to First and Park to see an example of the post-WWII boom in apartment building.

Then visit the following research centers to learn about Fort Myers' midcentury growth spurt.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and

continued on page 6

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Lee Control Emergency Dispatch Center employees with Maddie

Dispatchers Greet Stress-Busting Ambassadors

There are jobs which are stressful, and then there are jobs which are highly stressful.

The Lee Control Emergency Dispatch Center (LCEDC) certainly lands in the highly stressful category and, two months ago, the people who bring relief and help to the public, started receiving a little stress relief themselves in the form of Gulf Coast Humane Society (GCHS) furry ambassadors.

Every second Tuesday and Thursday of every month, a GCHS staff member makes a trip over to the Lee Control Emergency Dispatch Center with a shelter dog for the dispatchers to love on and lower some of the stress which comes with the job.

The results thus far, have been as well received as can be.

"(The GCHS dogs) bring so many smiles to our staff here at Lee Control Emergency Dispatch Center," said LCEDC Chief Casey Allo. "When I reached out to GCHS about a month ago to ask if we could set up visits, I truly didn't foresee the impact that it would have on my staff."

The visits happen on the second

Tuesday of every month for the morning shift, while Thursday's visit coordinates with the second – or evening – shift.

So far with the four visits which have been made, the outcome has been a home run. Many smiles are created when a shelter dog walks into the room. There are plenty of treats handed out to the dogs, as well as hugs and pets.

"This partnership has been magnificent for both the dispatchers and our dogs," said GCHS executive director Jennifer Galloway. "We are so happy to bring even just a little stress relief to the 9-1-1 telecommunicators, who provide such an important and vital service to the people of Lee County. It is so gratifying to know our shelter dogs can bring some relief to these dispatchers.

"But it is also so beneficial for our shelter dogs to get out and be socialized and loved on. People don't realize how important it is for our shelter dogs to feel loved and appreciated, it makes their day, as well."

Allo included he sees firsthand how each and every day brings different kinds of stress for his telecommunicators. Any way to relieve some of it is always welcomed.

"The job that our Lee County 9-1-1 telecommunicators perform on a daily basis is extremely stressful and filled with so much negativity," Allo said. "Having the visits from our furry friends has

helped them take their mind away from the negative, from the stress and allowed them to have a few moments filled with compassion and unconditional love that only a man's best friend could provide.

"My staff looks forward to each visit, and they have all expressed how comforting it is to have the dogs come and stay for a while. They remember each visitor by name, and their social media accounts are filled with posts containing smiles and positive energy."

It's another way GCHS has given back to the community, after receiving top

photos provided

A dispatcher gives Scarlett a loving hug support from the community for over 71 years.

"We love seeing our shelter animals bring joy to people and, if we have to go out with our furry ambassadors and bring them to those people, we are going to do it," Galloway said.

The GCHS community outreach initiative also includes the Senior to Senior Program, staff visiting schools, summer camps, senior homes and businesses to provide the furry friend therapy, as well as to spread the positive awareness and message of "Adopt, Don't Shop."*



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Coach Jose Ojeda and his team celebrate their victories

photo provided

PAL Boxers Take Second Overall At Show

The Fort Myers Police Department Police Athletic League (FMPD PAL) Boxing Academy, under Coach Jose Ojeda, recently brought home four wins and a second place team trophy from the Reyes Macho Boxing show in Zephyrhills, Florida.

Winners included:

James Willis, age 12, from Oak Hammock Middle School

Nathan Martinez, age 14, from Immokalee High School

Brandon Williams, a novice boxer, from Florida Southwestern State College

Antonio Anglia, age 17, from Lehigh

Senior High School

Second place finishers were:

KeJuan Saez, age 14, from Riverdale High Schoo.

Luis Castellanos, age 17, from Fort Myers High School.

The Fort Myers PAL team and coaches traveled to the event with the help of community sponsors and the FMPD PAL organization. PAL is an important part of Chief Derrick Diggs community engagement initiative to bring sports programs to young children and teenagers to promote strong character and positive life skills. The PAL Boxing Academy's next tournament is scheduled for September 21 in Orlando.

For more information on the FMPD PAL leagues and programs, contact Senior Program Coordinator Keith White at 321-8237 or dwhite@fmpolice.com.*

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Downtown Dash Set For Friday

The Lee County Bar Association (LCBA) will hold the inaugural Downtown Dash 1 Mile Run/Walk along the Caloosahatchee on Friday, September 20. The run will start at 6 p.m. by the Lee County Regional Library, and participants will head down First Street, go through Centennial Park and finish on Hendry Street. After the event, there will be a concert near the finish line, featuring Deb & the Dynamics.

The Downtown Dash is a timed event for participants of all ages to test their speed in a one-mile run or simply stroll next to the Caloosahatchee and between the historic buildings of downtown Fort Myers.

The event is the brainchild of the LCBA's new Health and Wellness Committee. "We wanted something that was accessible to anybody of any fitness level," said John Miller, co-chair of the committee. "We wanted to pick a distance that was unique. You don't see a lot of mile runs."

The event is also a way to bring awareness to the physical and mental struggles facing those in the legal profession, Miller said. "The legal profession is struggling with physical and mental health issues among its practitioners, and it's a priority of the state bar to promote health and wellness of its members. John Webb has made it a priority this year as president of the LCBA to promote health and wellness."

Cost is \$20, increasing to \$22 on race day. Proceeds go to the Lee County Bar Foundation for promoting health and wellness in the community. On race day, registration and packet pick-up will start at 4:30 p.m. at the library.

Among the overall awards are Top Male and Top Female winners, Top Lawyer (male and female), Top Court Staff (male and female) and Top Legal Staff (male and female). There are 15 age-group male and female divisions. The event is sanctioned by the Fort Myers Track Club.

All participants will receive a T-shirt, and food and drink will be available.

Lee County Regional Library is located at 2450 First Street in downtown Fort Myers. Online registration is available at www.leebar.org.

crocheters share ideas, techniques and patterns. Attendees should bring their own projects. Basic supplies available for newcomers.

DNA Testing and Analysis: 9:30 a.m. Saturday, October 5; Meeting Room AB – DNA evidence helps to break through brick walls and confirm decades of research, while introducing an entirely new generation of people to genealogy. It also allows us to create maps linking specific segments of DNA to our ancestors. Registration is required.

Medicare 101: 10 a.m. Wednesday, October 9; Meeting Room AB – Learn the ins and outs of Medicare and the latest information on health care plan options. Presented by the Florida Department of Elder Affairs' SHINE program.

Download Drop-In: 3 p.m. Saturdays, October 12, 26; Main Library Building, Conference Room C – Receive personalized help downloading e-books, movies, music and more from Overdrive and Hoopla, two of Lee County Library System's largest online content providers. Bring your fully charged tablets, phones, e-readers and other digital devices for a hands-on help session. Bring passwords you may need for downloading apps. Kindle users will also need an Amazon

continued on page 30

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Fort Myers Art:

Playwright To Perform His True Story Adventures



by Tom Hall

Rich Orloff will perform *It's a Beautiful Wound* at the Alliance for the Arts on Monday, September 23 at 7:30 p.m. The play is the true story of Orloff's adventures in underground

therapy using MDMA (aka Ecstasy) and psilocybin mushrooms. Based on cutting-edge experiments to help people heal from deep psychological wounds, these sessions propel Rich beyond his ego and defenses into a journey that both challenges his perceptions and reveals possibilities he never before considered. Inspired by the autobiographical monologues of Spalding Gray, *It's a Beautiful Wound* takes the audience through the experience of psychedelic-assisted therapy in an honest, amusing and deeply compelling way (in much the way that Dr. John C. Lilly took readers into the inner life of a scientist exploring inner space through LSD and other methods of mystical experience in the 1960s counterculture classic *Center*



image courtesy www.artswfl.com

of the Cyclone: An Autobiography of Inner Space).

Orloff is the author of 15 award-winning full-length comedies, three comic revues, dozens of short plays (61 of which have been published by Playscripts, Inc. in eight collections) and the documentary-style play *Vietnam 101: The War on Campus*, which has had over 40 productions at theaters and schools around the country. His two-person comedy *Romantic Fools* has had 100 productions around the world and has had two productions in Madrid (where apparently they're no better at romance than we are). His comedy *Funny as a Crutch* was a *New York Times* Critic's Pick, a Backstage Critic's Pick, and www.nytheatre.com's Pick of the Week.

Orloff's full-length plays also include *The Naked Truth*, *Big Boys*, *Someone's Knocking* (Back Stage West Critic's Pick) and several others. They've been presented at such theaters as Arizona Theatre Company, Arkansas Repertory Theatre, Dayton Playhouse, Florida Studio Theatre, New Jersey Rep, Phoenix Theatre Company, West Coast Ensemble, and three times at the Key West Theatre Festival. His plays have won such awards and contests as the Festival of Emerging American Theatre, the Playwrights First Award, the InterPlay International Play Festival, the Theatre Conspiracy New Play Contest, the Pickering Award for Playwriting Excellence and the Abeles Foundation Playwrights Award.

Orloff's short plays have received over 1,800 productions on six of the seven continents (and a staged reading in Antarctica) and are particularly popular in schools and community theaters. His short comedies have been published seven times in the annual Best American Short Plays anthology series, three times in the annual Best Ten-Minute Plays series and in *The Art of the One-Act Play*, *Take Ten II*, *The Bedford Introduction to Literature* and *An Anthology of American Short Plays* (published in China).

A popular guest on college campuses, Orloff has given lectures and workshops on playwriting at New York University, Ohio State University, Oberlin College, Central Washington University, Western Michigan University and other schools throughout America. He lives in New York City but loves getting out of town.

For more about Rich Orloff and his plays, visit www.richorloff.com.

It's a Beautiful Wound is the tale of one person's journey towards reconciliation with the soul... with a slight detour for an appendectomy. And, of course, his comedy *Engagement Rules* was the Theatre Conspiracy at the Alliance New Play Contest Winner and will be performed in the Foulds Theatre beginning this Friday, September 20.

Tap Dance-Filled Musical Parody At Off Broadway Palm

Dames at Sea opens on Thursday, September 19 in the Off Broadway Palm. This is the campy long-running Off Broadway production that brought stardom to Bernadette Peters. Fueled

by the nostalgia of 1930s Hollywood musicals, *Dames at Sea* is a tap dance-filled musical parody of the golden era of Hollywood musicals.

Ruby heads to New York to become the next Broadway star, but after landing a job in the chorus, her dreams are almost shattered when the theatre is set for demolition. With the help of two sailors, the show is moved to their ship and, when the leading lady becomes sick, Ruby has the chance to jump in and save the day. Hear *Broadway Baby, Choo-Choo Honeymoon, Dames at Sea* and more.

Dames at Sea runs through November 2. For ticket information and performance dates and times, visit www.broadwaypalm.com/shows/dames-at-sea.

*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.***

Gulf Coast Writers To Host Videographer

Do you believe in the power of intention? Is accomplishing your dreams more than just a wish?

The Gulf Coast Writers Association will offer answers during its monthly meeting at Zion Lutheran Church on Saturday, September 21 from 10 a.m. to noon.

Author and videographer, Wilson Hawthorne will share his revolutionary approach in accessing your creative purpose. A man of many talents, Wilson has filmed commercials and documentaries as well as sub-contracted for ESPN, The Travel Channel and more.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, call 770-906-7885 or visit www.gulfwriters.org.**

From page 2

Historic Downtown

Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

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

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

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

DO YOU KNOW YOUR BIRTHSHELL?



September: The Limpet Shell, Sapphire

The Limpet shell is truly unique in that though it houses a sea snail, it is not a coiled shell. Characterized by clear thinking and individuality, those born to this shell are often seen as having enhanced mental clarity, a meticulous attention to detail and an analytical and reliable nature.



September: The Limpet Shell, Sapphire

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Kindergarteners attentive to learning with letters

Kindergarten Pre-Registration Period To Begin

The School District of Lee County is opening pre-registration for students who will start kindergarten in August 2020 on Monday, September 23. Pre-registration allows parents to avoid the lengthy wait times often experienced during the traditional student enrollment period.

"We are excited to once again provide the opportunity for parents to get the support they need for a smooth transition

to the school house," says Executive Director of Student Enrollment Soretta Ralph. "We welcome the Class of 2033 and can't wait to meet our new students."

Students entering kindergarten in August 2020 must be age 5 on or before September 1, 2020. The deadline to pre-register is November 1.

The documents required to pre-register include:

- Physical exam (dated within the last year)
- Florida Certificate of Immunization
- Proof of address
- Original birth certificate
- Social Security Card (if available)
- Custody documents (if applicable)
- Once pre-registered, a student number

photo provided

will be assigned. Parents are then advised to tour the elementary schools in their zone. A pre-printed application will be mailed in January allowing parents to go online and rank their schools in order of preference to finalize student enrollment. The first application period will be from January 13, 2020 to February 28, 2020.

Last year, 950 students were signed up for kindergarten during the inaugural pre-registration period. "The entire process took only 30 minutes compared to the hours I waited four years prior," parent Cara Sanderson said. "I highly recommend the pre-registration process for all kindergarten students."

Parents must pre-register their children at the Student Enrollment Office inside the

Lee County Public Education Center at 2855 Colonial Boulevard in Fort Myers. Enrollment specialists are available to assist parents from 9 a.m. to 4 p.m. Monday through Friday. On Monday, September 30, the office will only be open from 12:30 to 4 p.m.

"Student enrollment has one essential goal, enrolling students to succeed," Ralph said. "We look forward to helping next year's kindergarten class reach their highest personal potential."

Parents with questions can email studentenrollment@leeschools.net**

Continental Women's Club

The Continental Women's Club will hold its monthly meeting at The Hideaway Country Club on Thursday, October 3 at 11:30 a.m. The program will feature Kat Epple, Emmy and Peabody Award-winning composer and flutist. She will entertain participants with live music.

The club's annual Game Day Fundraiser will be held on Monday, October 28. This involves a fun day of bridge, Mahjong, euchre, Bunco, scrabble and more.

Continental Women's Club is a social and philanthropic club open to all women residing in Lee County. Monthly meetings are held on the first Thursday of each month. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information on the luncheon and game day.**

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October 20, 2019



"DING" DARLING DAY

#DISCOVERDING







Along The River

Arthur Miller's *The Crucible* will open the 11th season at **The Laboratory Theater of Florida** this Friday, September 20. There will be an opening reception at 7:15 p.m. Not only is *The Crucible* the season opener, but it marks a milestone as the 100th production put on by the theater.

Things take a deadly turn when Reverend Parris finds a number of young women inappropriately dancing in the forest. To save themselves from punishment, they claim they've been bewitched by various townspeople. Once these girls, who have never had any voice or control, get a taste of the power that their claims wield, is there anything they won't do to get everything they desire?

The opening night reception is sponsored by Publix. For teens, there will be a cast and crew meet-and-greet session with pizza generously donated by Downtown House of Pizza starting at 6:30 p.m. on Saturday, September 21, followed by a complimentary performance for the teenagers.

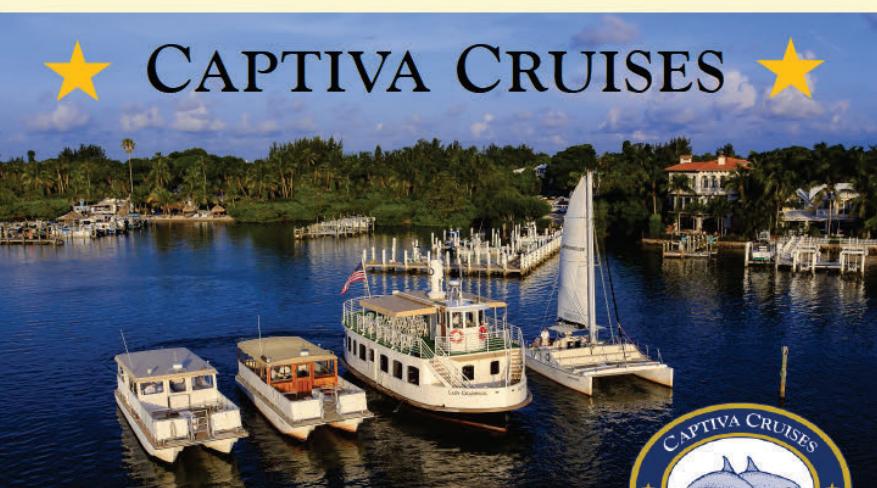
Reservations are required. There will be an audience talkback immediately after the performance on Sunday, September 29. Florida teachers are offered buy-one-get-one tickets for this production; teachers are urged to call 218-0481 to make their reservations.

The Crucible plays through October 12. Tickets are available to purchase on www.brownpapertickets.com or by calling the box office at 218-0481.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For performance times and more information, visit www.laboratorytheaterflorida.com.

The Ocean Conservancy's annual **International Coastal Cleanup** organized by Keep Lee County Beautiful will be held this Saturday, September 21 from 9 a.m. to noon. This cleanup is the largest volunteer effort of its kind.

Unlike a typical cleanup, volunteers



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Volunteers cleaning up at Lover's Key State Park

photo provided

have the opportunity to engage in vital research activities by taking on the role of scientific data collector for a day. With a specific focus on water-based natural resources, volunteers collect litter and record data by identifying the number and type of littered items.

Keep Lee County Beautiful compiles data and shares it on a national level with Keep America Beautiful and the Ocean Conservancy, as well as with Lee County officials to help provide local and global perspectives on the specific amounts and types of litter removed from the environment. This information is used to determine future requirements for cleanup initiatives, assess projects that are needed in communities and develop environmental awareness for those who share the waterways.

To register for the event at a particular location, visit www.klcb.org/coastal-cleanup.html.

The School District of Lee County

and the Lee County Sheriff's Office are joining forces for a special **free seminar** titled Active Threat: Prevention and Response for Parents at the **Barbara B. Mann Performing Arts Hall** this Saturday, September 21 from 10 a.m. to 12:30 p.m. Doors will open at 9 a.m. Metal detecting wands will be used at the entrance. Any bag (handbag, purse, diaper bag, backpack or laptop bag) larger than 12 inches by 12 inches by six inches will not be allowed inside of the building. At the security checkpoints, any patron with a bag larger than that size will be asked to return it to their vehicle. In addition, all bags of any kind are subject to visual inspection.

Parents interested in learning how to prevent the next threat, what will happen during a threat and how the district and sheriff's office will respond are encouraged to attend.

Reservations are required. Parents interested in attending can register at www.eventbrite.com/e/active-threats-prevention-and-response-for-parents-tickets-70648374189?aff=ebdssbdestsearch.

The Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers.

The 12th annual **Southwest Florida Peace Day** celebration returns to the **Alliance for the Arts** on Sunday, September 22. The festival is held in conjunction with the International Day of Peace, a day celebrated worldwide each year on September 21. The all-day local event begins with Yoga for Peace, led by Yoga Bird, at 8 a.m.

This family-friendly, pet-friendly free event features live music, entertainers and dance groups all day on three stages, original art and vendors. Local nonprofit organizations will be on hand with volunteer opportunities and information on how to get involved. Community leaders, spiritual leaders and the community can take part in a Peace Talks circle, dedicated to bridging the gaps and creating peaceful change in the community. A mobile mural with the 12th annual Peace Day theme will be moving around the grounds all day, ready for you to add your fingerprint. There will also be a 3D sidewalk chalk art exhibition with public participation.

There will be food vendors on site offering vegan, vegetarian and omnivore options. The event is plastic-free this year, in support of worldwide efforts to reduce and eliminate the staggering overload of plastic in landfills and waterways. Visitors are encouraged to bring reusable cups and carpool to lessen the carbon footprint.

Alliance for the Arts will be open to provide a space to cool off as you explore the art gallery inside.

There will be a raffle including original art, vendor products and services. Bring your canned or packaged food for local food bank donations and remember furry friends for donations to local pet shelters. The Big Red Bus will be on hand all day for blood donations.

The celebration is a community grassroots project made possible with support of businesses like SoulTerra, Iona Cannabis Clinic, Grand Illusion, Zak's Jewelry, Art & Soul Tattoo, Yoga Bird, Natural Awakenings, Feng Shui by Nan, The Mystical Moon, CREW Solar, Bath Fitter, SouthStar Creative, Alliance for the Arts and CasaShanti.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, contact Zachari VanDyne at 560-5224 or swfl4peace@gmail.com.

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Pursuit Of Fairness In Education Program

The League of Women Voters of Lee County Florida will hold a free educational program on The Pursuit of Fairness in Education: Diversity, Equity, and Title IX at The Collaboratory on Saturday, October 5 from 9 to 11 a.m.

Lee County has a complicated history from court-ordered desegregation to the present. A panel of experts will help participants understand where we are and where we need to be. Panelists include Precious Gunter, FGCU director of equity, ethics and compliance and Title IX coordinator; Chuck Bradley, Lee County School District director of positive prevention; a student serving on the Lee County Student Advisory Council; Dr. Shirley Chapman, chairperson of the Lee NAACP's education committee.

Gunter holds a bachelor of science degree in human resource management from the University of South Carolina and a Juris Doctor (JD) from North Carolina Central University School of Law where she served as senior editor

for the Law Review. Prior to coming to FGCU, she was an adjunct ethics instructor for Virginia College and a staff attorney for Legal Aid of North Carolina. Gunter is the designated chief compliance officer and oversees adherence, awareness and training for state and federal discrimination laws including sex, race, age, disability and religion. She chairs three committees: Title IX, Diversity and Inclusion, and Compliance Liaison.

Dr. Chapman is a lifelong educator whose 30-plus years of experience includes teaching at the elementary and secondary levels, administrative leadership in various Lee District schools and multi-tasking in various positions, including serving as a principal of a charter school. Her passions include mentoring teachers in effective curriculum strategies to ensure inclusion, diversity and ongoing training in ESE and innovative discipline strategies. She is an experienced presenter and speaker for many diverse community groups.

Bradley is a passionate veteran educator and administrator. He brings over 34 years of experience in Florida statewide as a teacher, administrator and assistant superintendent roles. Besides being director of positive prevention

for the school district, Bradley is the district equity coordinator for students. His duties include the implementation of Section 504 equity for students with disabilities, Title IX for gender equity and supporting Title VI implementation for racial equity. He is certified by the Association of Title IX Administrators (ATIXA) and is an experienced conference presenter for equity issues including LGBTQ equity.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. To reserve, call 278-1032 or e-mail reservations@lwvlee.org by October 2.*

silent auction items including tickets to events, boat rides, etc. There will be a fashion show with one-of-a-kind fashions designed and produced by Alyssa Lemay.

Event ticket donation is \$85. Net proceeds will be donated to Visuality, Inc., a 501(c)3 non-profit organization dedicated to supporting the Fort Myers LGBTQ community. Proceeds will be utilized for youth programs for ages 13 to 17 and 18 to 24.

The mission of Visuality is to enhance and sustain the health and well-being of the lesbian, gay, bisexual, transgender, queer plus communities and our allies by providing activities, programs, educational events and services that create community, empower community members, provide essential resources, advocate for civil and human rights; and embrace, promote and support our cultural diversity. We strive to end violence, harassment and discrimination based on real or perceived sexual orientation, gender identity or sexual expression.

Campo Felicè is located at 2500 Edwards Drive in downtown Fort Myers. For more information or tickets, visit www.eventbrite.com/e/visusality-presents-the-crystal-ball-tickets-57803857895?aff=ebdssbestsearch.**

Tickets Available For The Crystal Ball Fundraiser

Visuality is sponsoring The Crystal Ball in the ballroom at Campo Felicè on Saturday, November 16 from 7 to 11 p.m. Parking is available in the indoor garage.

There will be music, dancing, food, networking and just plain fun. Heavy hors d'oeuvres will be served and a cash bar will be available. Live music will be provided by Girl Krush. Bid on

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Volunteers Sought For Income Tax Assistance

The United Way of Lee, Hendry, Glades and Okeechobee is seeking volunteer tax preparers, interpreters and greeters to help the Volunteer Income Tax Assistance (VITA) sites during the 2019 tax season. With the support of trained, IRS-certified volunteer tax preparers, VITA sites provide free tax preparation to individuals and families earning less than \$66,000 per year throughout the five county area of Lee, Hendry, Glades, Okeechobee and Charlotte counties.

Volunteers of all ages and levels of experience are welcome, though all volunteers need to be comfortable working with a computer. There is a special need for bilingual Spanish speakers. Flexible hours are available January through April. Volunteers will receive specialized IRS certified training, including learning how to prepare basic tax returns, using online tax preparation software, and learning about tax deductions and earned income tax credits that benefit eligible taxpayers. In addition, experienced agents, certified financial planners and non-credentialed tax return preparers can earn continuing education credits when volunteering as a VITA tax preparer.

"Volunteers are the key to the success of the United Way VITA program. VITA volunteers not only make a financial but social impact in the lives of people



VITA volunteer Rita T. reviewing a return
photo provided

in our community," said Jeannine Joy, president of United Way. "So many of our volunteers return year after year because of the rewarding experience and the gratitude of the clients."

Last year, 187 volunteers helped file more than 5,500 federal tax returns, bringing over \$7.4 million dollars in federal tax refunds back to the local community through the United Way VITA program. In addition, United Way VITA clients saved the cost of tax preparation by a commercial service, which totaled over \$1.4 million.

An orientation and training class for

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

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

FAITH UNITED METHODIST

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

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

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

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcfmyers.org, 2466 First Street, 332-1152.

FORT MYERS CHRISTIAN

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD

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

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

new volunteers will be held at Florida Gulf Coast University on November 16. For tax professionals or experienced volunteers, an online training and certification tool is also available. For more information, register online at www.unitedwaylee.org/become-vita-volunteer, or contact Patrice Cunningham at patrice@unitedwaylee.org or 433-7206.

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout the community. You can reach the United Way Volunteer Center by calling 433-7567, or by visiting www.unitedwaylee.org/volunteer.**

Lazar will serve as the gala's emcees. Now in its fourth year, the charity gala hopes to raise funds to create a long-term residential program, solving part of the trafficking problem – how to best help victims after they've been rescued.

The gala is open to the public and will include chef stations, wine, silent and live auctions, and a raffle. Participating restaurants include Bahama Breeze, Bonefish Grill, Cantina Laredo, DaRuMa, Divieto Ristorante, The French Brasserie Rustique, Trattoria Mia and 3 Pepper Burrito Company. Sponsors for the event include Cape Coral Police Department, Cloud9 Float Spa, Davidson Irrigation, Lee County Sheriff's Office, Platinum PEO Resources, Inc., Scanlon Lexus of Fort Myers, The Eventful Company and Pushing the Envelope, Inc.

"Most people are aware that modern-day slavery, human trafficking, happens globally. However, to realize that it happens in our own backyard is hard to imagine and very unsettling. It's something we need to address and combat immediately," said Lynn Brewer, executive director of the Florida Coalition of Human Trafficking. "Our organization is forever grateful to those who support Taste of Freedom and our mission."

The Fort Myers Event Center is located at 1900 Park Meadows Drive in Fort Myers. For more information, tickets or to download a sponsorship packet, visit www.slavefreeflorida.org/taste-of-freedom-gala. Inquiries about the event and sponsorship opportunities can also be directed to Lynn Brewer at 691-1128 or Lori Cook-North at lori@eventfulinc.com.**

Fundraising Gala For Trafficking Coalition

The Florida Coalition Against Human Trafficking will host its 4th annual fundraising gala titled Taste of Freedom: Through the Looking Glass at the Fort Myers Event Center on Saturday, November 2 at 6 p.m. Taste of Freedom is a fundraising event designed to raise awareness about human trafficking in Southwest Florida, as well as empower and support victims.

Tickets are \$125 each. Eight top tables can also be purchased for \$900. Funds raised at the event will aid in servicing victims of human trafficking in Southwest Florida and help partners provide housing for minor victims.

WINK-TV's Amanda Hall and Corey

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES

Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

NEW HOPE BAPTIST

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

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

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

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL 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](http://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.

THE NEW CHURCH

Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

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.

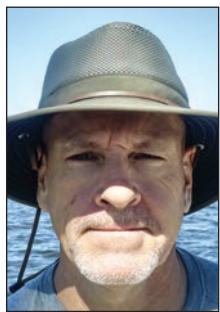
WORD OF LIFE

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.**

CROW Case Of The Week:
Magnificent Frigatebird



by Bob Petcher

Besides having one of the coolest names in the animal world, the magnificent frigatebird (*Fregata magnificens*) has been called a "master aerialist" when discussing its flight description.

It soars seemingly effortlessly on tropical breezes with hardly a flap, and its floating motion is, as the name implies, magnificent.

This large seabird has angular wings and a forked tail, which it uses to steer, as well as a long bill with a notably hooked tip. With this appearance, it has been referred to as pterodactyl-like.

Despite being a seabird with webbed feet, magnificent frigatebirds do not dive into the water after fish. One reason is, unlike other seabirds, they lack waterproof feathers. Instead, frigatebirds soar just over the surface of the water in an attempt to skim fish. They are more inclined to chase other birds though, forcing them to give up their recent catch. In fact, if you hear other seabirds or gulls making a ruckus, you'll probably notice a frigatebird harassing them for their meal.

Magnificent frigatebirds are the only seabirds in which the male and female



Patient #19-3849 is recovering nicely from multiple lacerations

photo by Brian Bohlman

look strikingly different. Males are predominantly black except for the bright red throat pouch, while females may not have the males' bright red pouch, but they are larger than males.

At CROW, an adult male magnificent frigatebird was admitted to the hospital after it was found in Punta Gorda bleeding and in the water, unable to fly. Upon examination by CROW veterinarians, they found multiple lacerations across the chest and pectoral region of the bird consistent with a predator altercation. The wounds were deep with exposed fat and muscle, but fortunately for the bird, the coelom (inner body cavity) was intact.

"Frigatebirds tend to avoid altercations with predators, since they spend most

of their time soaring on the thermals. However, if the frigatebird is in the process of stealing a fish from another bird, a common method of obtaining food for this species, then that bird may retaliate and cause injuries," said Dr. Robin Bast, CROW staff veterinarian, when asked about predators. "Although we cannot prove it, this is a plausible theory in this case."

Despite the wounds, the patient has a good body condition score. Dr Bast further described the patient as "not thin and had appropriate muscle condition, indicating the injury had happened recently and the bird had not been debilitated for a significant length of time."

After cleaning and closing the wound

with sutures, CROW medical staff is closely monitoring the frigatebird to ensure the wounds are healing and that he is maintaining his body weight.

"The emergency laceration repair took approximately 30 minutes and involved removing damaged and contaminated tissues, flushing the wounds and suturing them closed," said Dr. Bast. "Due to concerns for infection based on the wounds and the bird's bloodwork, an IV catheter was placed on admission and it received IV fluids and broad-spectrum antibiotics. As the bird improved, it was switched to oral antibiotics and pain medications. The wound closure sites are regularly checked to ensure appropriate healing."

The patient has progressed with regards to its diet since being admitted. It appears to be improving towards a hopeful release.

"Initially, this bird was on a liquid diet as it recovered from the procedure. Now, it is being transitioned to whole fish and it prefers finger mullet and smelt," added Dr. Bast. "Once the bird's bloodwork shows that the infection has cleared, the bird will be test-flown prior to release. Today (September 16), the patient was moved to an outdoor enclosure, but remains on medications."

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.*

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Fall Fishing Frenzy



by Capt.
Matt Mitchell

The amazing waters of Pine Island Sound continue to be just full of life. Feeding birds and hungry fish are being found in the entire length from Lighthouse Point all the way to Bokeelia. With strong prevailing northeast winds this week, I concentrated my efforts on the calmer eastern side of the sound. Fishing any place with feeding birds brought a mixed bag of fish including trout, snapper, jacks, bluefish and ladyfish. This crazy wide-open bite has to be experienced to be believed. For sheer numbers of fish, it cannot be beat.

My clients wanting to target redfish have been happy, though it's been all about the tide to catch these fish. This redfish bite, as usual, has come during the higher water periods. Windy conditions all week made sight fishing the schools tough if not impossible, so it's been a matter of working the mangroves and oyster bars.

Our redfish bite this week came from Mason Key south to Clam Key. Picking away at the wind-blown shorelines with both fresh-cut ladyfish and tail-hooked pinfish, we caught redfish after redfish up to 26 inches. The hot spots would

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Phillip with one of many big trout caught on his birthday fishing trip this week

photo provided

CAPT. MATT MITCHELL

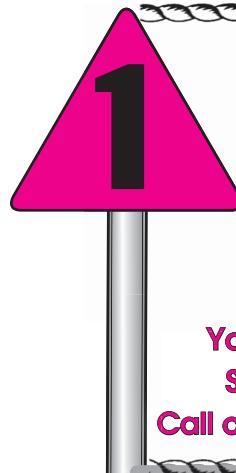


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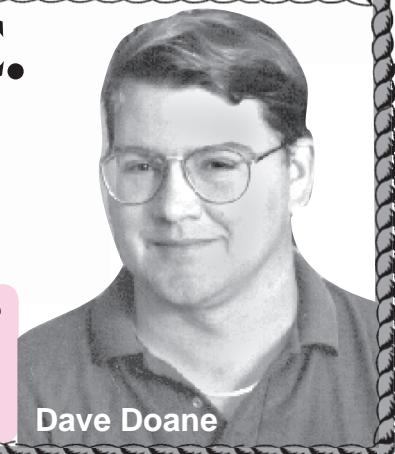


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Dave Doane

Plant Smart

Florida Arrowroot

by Gerri Reaves

Plant experts differ on the proper classification of Florida arrowroot (*Zamia integrifolia*), also known as coontie.

Thus, this native cycad has several synonyms, including *Z pumila* and *Z floridana*.

Although its "fronds" give it a fern- or palm-like appearance, it is neither a fern nor palm.

Cycad species, of which there are only a couple found in the state, are more closely related to pines than to ferns, as their cones indicate. *Zamia* is Latin for pine nut or cone.

Its natural habitats are pine flatwoods and rocklands, shell mounds, scrubs and hammocks.

A thick underground starchy stem not only makes it very drought tolerant but has led to its exploitation. It is currently on the Department of Agriculture's list of commercially exploited plants.

In early Florida history, both Native Americans and pioneers extracted an edible arrowroot-like product from the rootstock, thus the common name.

In early Florida, arrowroot flour and biscuits were staples, thus another common name, Indian breadroot.

Cycads might have been round since the age of the dinosaurs, but a century or so with Florida pioneers put its survival in the wild in question.

The dark green stiff compound leaves have a leathery texture and numerous pairs of slender leaflets.

The plant is dioecious, which means that it is male or female. Both cones have a velvety texture and vary in color from reddish brown to purple.

Male cones are slender and up to seven inches long. They have brown scales and interior pollen sacs.

Female ones are broader and fall apart when mature to reveal poisonous bright orange-red angled seeds.

The plant is adaptable, long-lived, very drought tolerant, and moderately salt tolerant.

It will grow in full sun or shade and makes a good groundcover of two to four feet tall.

Give it well-drained soil with some organic matter.



Both male and female plants produce cones. The female cone breaks apart to reveal poisonous orange-red angled seeds.

photos by Gerri Reaves

It can be propagated with seeds but is so slow growing that you might prefer buying pot plants. Sometimes it self-sows near the female plant.

Help this threatened species recover by purchasing it from a reputable native nursery and avoid confusing it with another cycad, nonnative cardboard palm (*Zamia furfuracea*).

Florida arrowroot is the larval host for the atala butterfly and the echo moth. The atala was once thought to be extinct in the state. While populations have rallied, it is still the focus of serious conservation attention.

The brightly colored seeds are eaten by birds, insects and small mammals – yet another reason to give it a place in your yard.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *Gardening for Florida's Butterflies* by Pamela F. Traas, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Sheryl Bowman et al., *Wild Plants for Survival in South Florida* by Julia F. Morton, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

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



Native Florida arrowroot is a low-maintenance, low-growing cycad

Volunteers Sought For Public Lands Day Project

Lee County's Conservation 20/20 program is celebrating National Public Lands Day with a volunteer project at Powell Creek Preserve on Saturday, September 28 from 8 to 11 a.m.

Volunteers are needed to collect and remove trash as well as non-native and invasive plants. Conservation 20/20 staff will provide supervision and supply all tools, equipment and protective gear.

To sign up, contact Felicia Nudo, Conservation 20/20 coordinator, at 560-2152 or email fnudo@leegov.com.

Volunteers:

Must wear long pants, comfortable lightweight jeans or khakis, and closed-toed shoes that can get dirty. No sandals or flip-flops.

Should bring a hat, sunglasses, sunscreen and a refillable water bottle.

Will receive a free one-day pass to a Lee County Parks & Recreation year-round pool.

Coordinated by the National Environmental Education Foundation, National Public Lands Day is held annually to improve public lands and promote outdoor recreation. Federal agencies and hundreds of state and local partners join collectively for this event. For more information, visit www.neefusa.org/npld.

Conservation 20/20 is Lee County's environmentally sensitive land acquisition and management program. Nearly 30,000 acres of conservation land is protected in Lee County through the program. The program was established in 1996 through voter referendum and reaffirmed at the ballot box in 2016, receiving 84 percent majority support from Lee County voters. Conservation 20/20 manages 48 preserves throughout Lee County.

Powell Creek Preserve is located at 15601 Hart Road in North Fort Myers. For more information, visit [www.conservation2020.org](http://conservation2020.org).**

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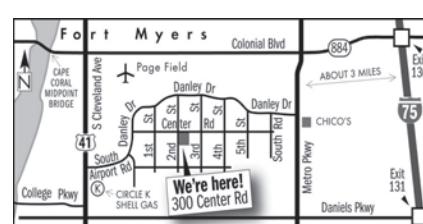
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Alliance Opens New Exhibit, Kicks Off Season

The Alliance for the Arts welcomed more than 150 artists, art supporters, neighbors and members to its opening reception on September 6 for the exhibit The Shape of Things: Carve Stone & Pat Zalisko. The exhibit will be on display through September 28. It is sponsored in part by Goldstein, Buckley, Cechman, Rice & Purtz.

The evening was also a celebration for the kickoff of the Alliance's 2019-20 season and featured craft beer tastings from Eight Foot Brewing, catering by Jayne Baker and the culmination of the Alliance \$10,000 match challenge by Mike Fink Law Firm.

The HomeGrown and Art Lives Here exhibits will be on display in the member galleries during the month of September. The HomeGrown exhibit features works from The Union Artist Studios. The Art Lives Here exhibit showcases all nine original paintings that are featured on billboards throughout Lee County. The Art Lives Here Campaign is made possible by Alliance season sponsor Carter-Pritchett Advertising.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.artinlee.org.



Pat Zalisko and Carve Stone

photos provided



Rick Plummer and Cole Peacock



From left, Jeff Mudgett, Rachel Peacock, Shelby and Warren Baucom, Amy McQuagge and Janet Mutzabaugh



Lynne and Ricky Pritchett



From left, Sonya McCarter, Brandi Couse, Lydia Black and Ehren Gerhard

Book Review

We Were Killers Once



by Di Saggau

Most of you are familiar with Truman Capote's *In Cold Blood* about the killing of the Clutter family in Kansas in 1959. Becky Masterman has one-upped Capote by putting both fictional and non-fictional characters in her novel *We Were Killers Once*. In this page-turner, she poses two questions: what if a third killer was involved and what if he is still alive? This is the fourth in the Brigid Quinn series, and it's a suspenseful thriller.

As the book opens, 6-year-old Brigid Quinn hears her family talking about not only the Clutter murders, but also the murder of the Walker family that occurred near Sarasota on December 19, 1959, not far from where she lives. In present day Arizona, retired FBI agent Quinn is obsessed with the idea that Dick Hickock and Perry Smith, also murdered the family in Florida a month after the Clutter slayings. The crime has never been solved. Brigid and her husband Carlo, a former priest and university professor, discover a letter hidden behind a sketch that was given to Carlo. It's a written confession by Hickock implicating a third person, Jerry Beaufort, who was 15 years old at the time.

Beaufort, is being released from prison at age 69, after serving time for drug possession. He is fearful that modern-day forensics could reveal

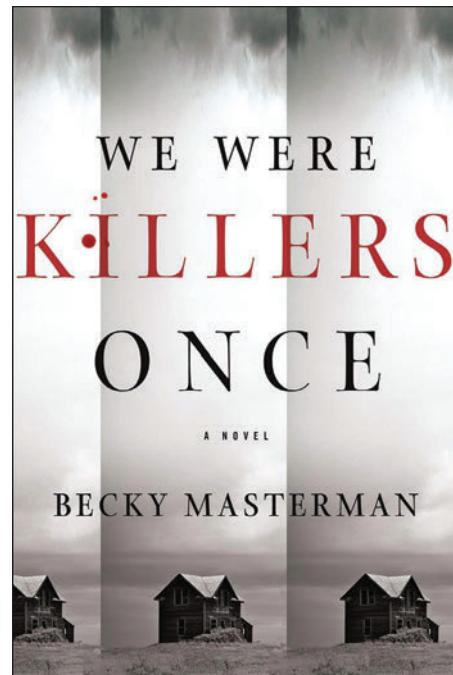


image provided

his role in the murders. His research leads him to Carlo, and he sets out to make sure no evidence reaches the authorities. Beaufort thinks he is pretty smart, but he's a few quarts low on intelligence in the way he expresses himself. He is a dangerous sociopath in a world that is foreign to him. It's clever how Masterman portrays his character and also how she takes what we know about the Clutter murders and adds her own twists about a third killer.

Following the path of Hickock's letter brings Beaufort into contact with Carlo and Brigid, and he's committed to get rid of anyone who gets in his way. *We Were Killers Once* is a fascinating alternative look at one of America's most famous crimes. It's easy to get lost in this novel and forget that it is a blend of fact and fiction.**

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know how important learning vocabulary is for kids. I want to help my middle school son start the new school year off right with his vocabulary work, but we don't have a lot of study time at the end of the day. Do you have any good ways to study vocabulary that are quick but work?

Jesse L., Fort Myers

Jesse,

You are absolutely correct about vocabulary being important. Students with small vocabularies are more likely to struggle with reading, have difficulty understanding content and can be seriously at risk for academic failure. Getting vocabulary words into long-term memory is vital to helping students understand and remember content. The

Common Core State Standards have set the bar high for vocabulary, so now it's even more important than ever.

Middle school teacher and author Marilee Sprenger says, "If we can explicitly teach about 300 words per year to our students, it can make a big difference in their vocabularies. Some students will learn about 3,000 or 4,000 words per year due to the literacy that surrounds them, while others have limited access and will only learn 1,000. Imagine how much you will be helping those students who have limited outside access to greater vocabulary".

Ms. Sprenger says that vocabulary can be taught successfully in a 10-minute block and has published several 10 minute learning activities for teachers to use. I have adapted these for parents. Some of these activities can even be practiced while you are driving to school. They are listed below:

Say a word from the list and have your student respond with both a synonym and antonym for the vocabulary word. Keep going until your 10 minutes are up.

Ask your student to write or

speak a sentence of 10 or 12 words demonstrating their understanding of one of the vocabulary words. Repeat until your time is up or you may want to practice the entire list for the week.

Ask your son (and other children) to act out one or more of the week's vocabulary words. This may be enough fun to go beyond 10 minutes.

Have your student draw a picture or symbol representing a word and have them explain their picture to you telling how it symbolizes the word chosen.

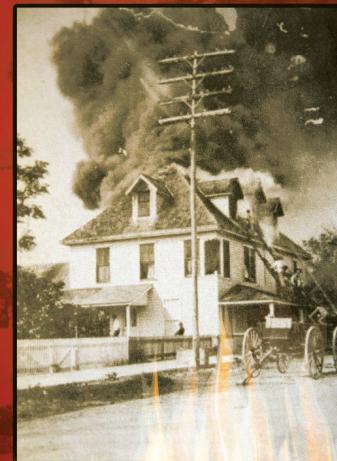
Since these activities are rather unique, it's quite probable that your son will remember the words he studies in these unconventional ways. Highly verbal children need one to two repetitions to learn new material, while typical learners need somewhere between five to 10 repetitions of material to learn it. Students who struggle with learning new information may need as many as 20 to 30 repetitions of new material to learn it successfully. The above activities give you some options for study and review that will help.

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

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Offices To Close For Mandatory Clerk Training

The Lee County Clerk's office will be closed the morning of Monday, September 30 for mandatory training. The clerk's downtown Fort Myers offices will open at 12:45 p.m. and the Cape Coral and Bonita Springs offices will open at 1:15 p.m. All offices will close as scheduled at 5 p.m.

During the half-day program, deputy clerks will be trained on a variety of topics, and professional trainers will stress the importance of teamwork necessary to provide service with excellence to our community.

"To ensure our customers are assisted by knowledgeable clerks, it's critical that our employees fully understand how newly enacted laws and services affect the public," said Lee County Clerk of Court Linda Doggett. "Our goal is to guarantee everyone who visits our office continues to receive the quality customer service they've become to expect from us."

Customers can conveniently view or file documents and court cases 24/7 at www.leeclerk.org. Payments for court fines, child support, alimony and tourist development tax can also be paid online.

For a list of office locations and services, visit www.leeclerk.org or call 533-5000.**



From left, Amy McQuagge, Rudi Hamer, Kim Becker, Toni Barber and Larry Fitch
photos by Barry Milligan

Bank Team Helps Raise The Walls For Habitat Home

Sanibel Captiva Community Bank partnered with Habitat for Humanity of Lee and Hendry Counties Inc. The partnership includes a \$20,000 donation and the dedication of 30 employees who helped build a home for a family in Fort Myers in late August. Bank employees volunteered

together on a Saturday to raise the exterior walls on one of 67 Habitat homes being built in Lee and Hendry counties this year.

"We're honored and proud to partner with Habitat for Humanity to help complete a home for a Southwest Florida family in need of safe, reliable housing," said Sanibel Captiva Community Bank President and CEO Craig Albert. "The opportunity to have an affordable home can make all the difference to a family. With this build, we have the privilege of helping Habitat make that a reality for a local family."**

Hospitality Industry Honors Top Professionals

The 19th annual Lee County Visitor & Convention Bureau's (VCB) Elaine McLaughlin Outstanding Hospitality Service Awards (E Awards) recently acknowledged tourism professionals and their extraordinary customer service and dedication.

The ceremony, held at The Westin Cape Coral Resort at Marina Village in Cape Coral, included more than 700 guests. Presented by the VCB and The News-Press Media Group, the E Awards is a collaboration with local businesses to encourage customer service that makes a difference.

Residents and visitors wrote more than 1,000 nominations recognizing the dedication and generosity of frontline employees. Nomination criteria included service satisfaction, leadership, work ethic, job knowledge, performance skills, familiarity with the destination and assistance during an emergency.

From seven categories the top winners were:

Accommodations – Heather Patterson, Residence Inn by Marriott. Patterson offered support to a guest

who had a brother suffering from liver failure in an area hospital. The nominator wrote: "Not only did she and her family offer verbal support for us during this time, but something else extremely surprising happened during our visit. As we were all in the room with my brother, we had a surprise visit. My nominee, her family member and a few friends from a local support group showed up with flowers, cards and support. My brother has never seen love and support like this before. He was overcome with emotion. It has been a long, hard recovery for my brother, but he is on the road to recovery. He has been OK since our experience with my nominee and friends, and I owe her so much more than I am able to give her. Not only is she an exceptional employee to have on your team, but she's an excellent soul. There are not too many of those left."

Attractions – Matt Hetrick, Southern Instinct Charters

Hetrick found out about a woman from Michigan battling cancer who wished to see a Sanibel sunset. He dropped what he was doing to take her and her daughter out on his boat for a sunset. That was not his only good deed. His boat is equipped to take wheelchairs. Hetrick works with the Freedom Waters Foundation, an organization that offers boating opportunities and marine-related



The team raising a wall



David Wright

experiences for those with disabilities, special needs, at-risk youth and veterans. Recently, he took out a 95-year old World War II fighter pilot for the last boat trip of his life. The nominator wrote, "My nominee has a heart of gold and has compassion for those who need love most. He is madly in love with Southwest Florida and feels blessed to share its beauty from the helm of his boat. He simply says, 'I know what being on the water does for someone.'"

Restaurants – Kevin Tully, Outrigger Beach Resort

Kevin, who was also a 2014 nominee, is a star. As a nominator from Ohio shared, "He is an exceptional bartender/server and is quick, efficient and always smiling... He manages to stay positive while dealing with impatient customers under a harried work atmosphere. In spite of waiting on dozens of customers, he manages to keep brief conversations going so no one feels slighted. When the pace slows a bit, he takes the time to get to know people." He helped one nominator by collecting tabs for the Ronald McDonald House. He dropped off soup for an ailing mother of a customer. He makes people feel special. "It's the feeling he imparts that draws people in and makes them want to visit this restaurant, just to see him, their buddy," a nominator wrote.

Transportation – Teresa Jimenez, Lee County Port Authority; John Rush, Swissport USA Inc/Spirit Airlines; Chris Styles, Lee County Port Authority

These three nominees helped a desperate passenger by working together. A traveler from Lima, Peru arrived in Fort Lauderdale to learn that her mother was having emergency surgery in Peru. After getting some misinformation, she arrived in Fort Myers to take a flight back to Peru. In the meantime, her family in Peru had to find \$600 for her, which they wired to her to purchase an Air Canada ticket, but she didn't have the right credit card and other paperwork to enter Canada. One of the nominees determined that she needed to go back to Fort Lauderdale and catch Spirit Airlines back to Peru. The costs were mounting and time was ticking. A nominee offered to put her up for the night. Another nominee found a return flight to Lima out of Fort Lauderdale that departed in three hours. The third nominee helped pay the cab fare at his own personal expense. The nominator stated: "The world needs more people like them."

Other Services/Businesses – Roni Martorelli, Bailey's General Store

Martorelli makes her customers feel special. A customer wanted a specific

continued on page 18

Social Studies Teacher Of The Year Selected

The School District of Lee County recently announced that East Lee County High School Teacher Charles Morrison has been selected as the Florida Council for the Social Studies (FCSS) Dr. Theron Trimble Florida Social Studies Teacher of the Year in the high school division. The award recognizes Florida's most exceptional and innovative social studies teacher in elementary, middle and high school.

"It is a great honor to be recognized for the work that I have done so far and to be selected for such an amazing award," Morrison said. "I am excited to continue my journey in education and better serve my students now and in the future."

Morrison has been a teacher at East Lee County High School for three years. He teaches U.S. History and African American History.

"I am extremely proud of Mr. Morrison," said East Lee County Principal Melissa Robery. "He serves as an advocate for his students and helps to instill in them a love of U.S. History. He is an outstanding asset to our school. Mr. Morrison is always looking for new ways to engage his students and create a spark for their appreciation for learning. This is a well-deserved recognition."

From page 1

Songwriter Fest

Island Hopper in 2016. Nashville-based Gone West consists of two couples, Caillat and her fiancé and singer-songwriter Justin Young, and married songwriters multi-platinum singer-songwriter Jason Reeves and ACM and CMT nominated Nelly Joy.

Island Hopper Songwriter Fest, a 10-day festival, kicks off on Captiva Island from September 20 to 22, then moves to historic downtown Fort Myers from September 23 to 26, and wraps up on Fort Myers Beach from September 27 to 29. Island Hopper is the largest songwriter festival in Southwest Florida and offers a unique experience to interact with songwriters. This year, more than 70 singer-songwriters from around the country will perform more than 100 shows.

Regarded as an Island Hopper



Award-winner Charles Morrison teaches a class at East Lee County High School
photo provided

The Florida Council for Social Studies says it salutes Morrison's "inspiration and dedication to teaching the youth of Florida" and notes this year's winners are "highly skilled and adept at creating meaningful lessons for their students and advocating for social

studies education."

The Florida Council for the Social Studies Dr. Theron Trimble Florida Social Studies Teacher of the Year award will be presented to Morrison at the FCSS Conference in Orlando on October 19.**

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Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers age 18 months to age 5 on the Ronald McDonald Care Mobile at the Family Health Centers of Southwest Florida on Friday, September 27 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder (ASD), making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Family Health Centers of Southwest Florida is located at 316 Del Prado Boulevard in Cape Coral. To schedule a screening, call 343-6838.**

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Will Power

Sin Taxes We Could Have



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

We all know the government taxes everything that it can – and even imposes additional taxes on those indulgences that aren't good for us. Common examples of such taxes, known as "sin taxes," are the Mafioso-style usurious tariffs on cigarettes and alcohol.

The government searches for more and more revenue given the state of our current economic climate. So I thought that I might suggest (tongue in cheek, mind you) several other sin taxes that, as far as I know, haven't been imposed... yet.

Over Procreation Tax – The biblical adage to "be fruitful and multiply" can be taken too far. Case in point – the Duggar family (those of 19 kids, or is it 21?) who lead me to wonder – when in the world is Michelle Duggar finally going to go through menopause? Or another question, how in the world can one couple give the requisite love and attention to that many kids? So to discourage such behavior, I suggest the imposition of an "Over Procreation Tax." For each child over four, starting with the fifth child a couple has, the government imposes an annual tax equal to the cost of that child's public education, currently around \$6,500 annually (Disclosure: this columnist has three children! In true Congressional form, set oneself outside the boundaries of any new tax that one suggests).

Crying Baby in Restaurant Tax – For those parents who don't get the idea to remove their lovely bundle of joy from the restaurant within five minutes of it hitting 140 decibels (equal to the sound of a jet engine taking off), a tax equal to the cost of all other restaurant patrons' meals is imposed. This is similar to the age old golfer requirement that whoever hits a hole in one must buy a round of drinks for everyone in the bar – but without the joy of accomplishment.

Speedo/Waist Ratio Tax – While Europeans might be disproportionately affected, I suggest a tax be imposed equal to \$500 for every inch a man's waist exceeds his Speedo swimsuit's waist size. Proceeds used to supply those men with a government paid gym membership and board shorts swimwear of proper size.

Tattoo/Tooth Ratio Tax – If the ratio on any one person of tattoos to teeth exceeds 1:1 then a tax equal to the amount of laser tattoo removal surgery is imposed. The tax is imposed at the time the tattoo is applied, but the funds from the tax are then invested until the tattoo becomes an unrecognizable dark blue blob, at which time the government pays for its removal. Additional amounts may be imposed for proper dentures.

Thump Thump Thump Tax – Police would be encouraged to pull over and ticket those annoying drivers who blast their car stereos to the point that all nearby vehicles rattle to the bass beat. Fines of \$500 per incident should quiet the roads a bit.

TMI Facebook Tax – For those who post their every move on Facebook, I suggest a "Too Much Information" Tax equal to \$1 per post multiplied by

that person's number of Facebook "friends." For some – many of whom friend everyone from all of their former third grade classmates to the waiter who served them at Perkins last Sunday morning – that could amount to thousands of dollars per day.

Too Long at Checkout Line Tax – This tax will be levied on those men and women who wait until after the clerk rings up ALL of the groceries before they realize that they actually have to pay, and only THEN do they begin to take out their checkbook (and who pays by check anymore?!). These people usually have unusually long names such as Mary Joyce Simpson McGuillicuddy – which they take great pride in signing neatly and clearly – and oh, so very slowly – in perfect Palmer Method cursive.

Gullibility Tax – Speaking of grocery store checkout lines, a Gullibility Tax should be imposed on all of those checkout line "newspapers" such as the *Enquirer* and *Globe* – proportionately related to the number of times the words "Elvis," "Alien," "Abduction" and "Baby" appear in print.

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FSW Foundation Names Executive Director

Florida SouthWestern State College (FSW) recently named Keith Callaghan as the executive director of the FSW Foundation.

"I am honored to carry on the work of Susie DeSantis, Dr. Lou Traina and many others to help fund educational opportunities at FSW," Callaghan said. "I'm excited to be able to play a small role in the continued evolution of FSW, and I look forward to working with the FSW Foundation board and all members of the community who value the importance of quality education."

Callaghan previously served as FSW's assistant vice president of economic development and external affairs, as well as director of development for FSW's Charlotte Campus and Henry/Glades Curtis Center. Locally, he has also served as senior director of development



Keith Callaghan photo provided for the Lee Memorial Health System Foundation, director of annual giving for Florida Gulf Coast University and development director for the Conservancy of Southwest Florida.**

From page 16

Top Professionals

cleaning product, and Martorelli asked for her name and number to call when it came in. When the customer returned to Bailey's, "Roni" gave her the cleanser she had at home because the product was no longer available. She also gave another customer a new mug when the mug she bought was not dishwasher safe. She showed someone a repair kit to fix glasses and then made the repair. As one nominator wrote, "I look forward to my yearly visits because I know she will be there to take care of our problems. I hope her managers know what a gem they have."

Good Samaritan – Ronnie Wood, Lee County Sheriff's Office

Wood helped the same person, not once but twice. An employee of Best Western Waterfront rides his bike 10 miles to and from work. When the employee stopped at a local store, someone stole his bike. Wood heard his story and gave him his bike. A couple of weeks later, this same employee got hit by a car. He was not hurt but the bike he had received as a gift was in bad shape. Wood heard about

the accident and bought him a new bike. The nominator wrote: "My nominee went out of his way to help when he didn't have to and deserves to be recognized for doing more than needed. He was not responsible or obligated to give his personal bicycle, or even show up to help with the second incident. But he did it with an open heart, and my employee will not forget."

Best Tourism Boss – Angie Millican, Homewood Suites by Hilton at the Bell Tower Shops

Millican is a 2013 and 2014 E Award nominee and beloved by her staff. Many times, even when the hotel is at full capacity, if an employee needs a room for an emergency, she will make room for that employee. She is a great example of a patient, kind and caring leader. She is the "go-to" person for everything. Millican knows how to listen and always finds a way to make people feel confident that things will get better or will be resolved. She empowers her staff to help guests in the best way needed. The nominator wrote, "I will never leave my job because of my nominee, who treats us like family and with respect. When you look up the word 'phenomenal,' my nominee fits that definition perfectly."

Honor of Distinction Winner – Sean Adams, Lee County Port Authority Police

Adams has a knack for helping those in need. Recently, a German national who spoke almost no English needed help at a ticket counter. Adams stepped in to help. Once he understood that the man was developmentally delayed, he took more than three hours trying to get him assistance with local programs. Adams learned the traveler flew from Germany to Portugal to Newark and was supposed to end in Miami. His baggage made it to Miami with essential medication. Adams worked with the airline to try to get his luggage delivered locally. The man's mental condition deteriorated, and Adams realized he needed medical attention. A few days later, he followed up with the airline about the man's luggage and attempted to follow up with the hospital. A few days after that, an Orange County Sheriff's deputy inquired about the German traveler. The man's daughter was searching for him after she learned her father had mistakenly flown to Florida. Adams contacted the daughter, brought her up to date and contacted local hospitals and mental care facilities to try to locate the father. When he was

unsuccessful on his own, he contacted the Lee County Sheriff's Office and they agreed to help. They located the man at a local mental health facility. Adams helped the daughter get a hotel and offered to meet her and her family to help them reunite with her father. As a final kind act, Adams met the family and the father on his day off at the airport to see them off to Germany. But that's not his only good deed. He also helped a couple on their way to the airport fix a flat tire. First, he took the husband to the terminal so he wouldn't miss his flight. Then he returned to help the wife with the tire and found the spare unusable. He removed the tire, put it in his car, drove to the gas station to fill it with air, brought it back and put it on. He followed her to the gas station to make sure the tire was safe. About 20 minutes later, he called the nominee to make sure she got home safely. She wrote: "I was so grateful to have someone like this employee to help me, and not only did he help, I learned how to change a flat tire, too. You have a great employee, and we wanted to make sure he was recognized for a job well done."

For more summaries on the individual stories of the above-mentioned award recipients, visit www.EAwards.org.**



From left, Fort Myers Police Department Lt. Roger Valdivia, Enterprise Director Bill Fricke, Enterprise Rental Sales Executive Drew Ebersole and Police Athletic League Coordinator Keith White
photo provided

Enterprise Makes \$2,500 Donation To Police League

Enterprise Holdings, the parent company of Enterprise Rent-A-Car, presented the Fort Myers Police Athletic League (PAL) with a \$2,500 donation to support the organization's sports activities and youth-oriented programs.

Seminar For Female Entrepreneurs

Women looking to start their own businesses can learn from some of Southwest Florida's leading female entrepreneurs in a one-day seminar – Dress for Success of Southwest Florida's Entrepreneurial Spirit Program (E\$P) – on Saturday, September 21 from 9 a.m. to 2 p.m. in the offices of Markham Norton Mosteller Wright & Company, PA.

The E\$P Dream Team of five leading Southwest Florida professionals will cover topics designed to inspire future business owners and prepare them for success. The speakers and topics are:

Business accounting presented by Angela Cooley, partner at Markham Norton Mosteller Wright & Company, PA;

Understanding the importance of legal formalities, entity formation, copyright, trademarks and personal liability presented by Christina Harris

PAL's mission is to promote strong character and positive life skills in youth through athletic, educational and civic activities that are designed to help youths between age 5 and 17 reach their full potential by opening doors and offering opportunities to participate in programs that are sometimes beyond their reach due to expense or lack of opportunity.

Thanks to supporters such as Enterprise, the opportunity to participate in programs is being supported for the youth of Fort Myers.**

Schwinn, partner at Pavese Law Firm; Small business loans and financing presented by Jenn Poppen, assistant vice president and business relationship manager at Fifth Third Bank;

Branding and marketing plans presented by Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing;

Insurance for new businesses presented by Janet Moore, a chartered property casualty underwriter, certified insurance counselor and risk consultant at BKS-Partners.

A suggested donation of \$25 to Dress for Success of Southwest Florida includes a continental breakfast, lunch and certification of completion. Seating is limited and reservations are required by calling 689-4992.

Attorney Christina Schwinn of Pavese Law Firm is the presenting sponsor of the E\$P program. Other sponsors include Markham Norton Mosteller Wright & Company, PA, CONRIC PR & Marketing, Fifth Third Bank and BKS-Partners.

Markham Norton Mosteller Wright & Company, PA is located at 8961 Conference Drive in Fort Myers.**

Professor Of The Year Selected In Health Field

Florida SouthWestern State College (FSW) Health Information Technology Professor Elizabeth Whitmer has been named as Top Professor of the Year in health information technology by the International Association of Top Professionals (IAOTP).

Whitmer was selected for the award for her contributions to students and professionals. She created ROAR: Root Operation App Rescue, a smartphone app for medical coding students, and patented the My Healthcare Coder keyboard, a specially designed, user-friendly keyboard that includes only the 45 keys that healthcare coders use to convert clinical documentation.

"Accurate documentation can lead to better, more effective patient care," Whitmer said. "Documentation in the patient's record is integral to accurate coding. An error in the coding can result in the claim being denied and lost revenue. These tools can help provide more detailed information to other health care providers performing subsequent care or services on patients."



Elizabeth Whitmer photo provided

The International Association of Top Professionals (IAOTP) is an international boutique networking organization who handpicks the world's finest, most prestigious top professionals from different industries. These top professionals are given an opportunity to collaborate, share their ideas, be keynote speakers and to help influence others in their fields.**

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Superior Interiors

How To Style Your Kitchen Island And Countertops

by Trinette Nelson



Decorating the kitchen can be one of the most exciting home projects, especially if this is a space where you and your family members spend ample time. Between painting the walls, hanging decor and choosing cabinetry, you have so many different styles and themes to work from. Once you have the foundational pieces in place, it's time to think about something that often goes overlooked: how to style the island and surrounding countertops.

If you find it difficult deciding what appliances to put on display alongside complementary accessories, have no fear. Here are a few tips for styling those kitchen surfaces with ease:

When it comes to decorating the kitchen countertops, less is always more. The last thing you want to do is clutter the space with a large mixer that you only use to make cookies when Christmas comes around. Store those appliances and leave the ones you use on a daily or weekly basis on the counter, such as the coffee pot and toaster.

The same goes for utensils – if you like to leave a pot of slotted spoons, spatulas and whisks on display, don't go overboard. Keep it to one or two versions of each utensil to avoid cluttering up the space with things you won't use.

There's something so vibrant and

lively about house plants; they effortlessly bring Mother Nature in without feeling like there's no barrier between the inside and out. The kitchen counters pose the perfect space to put your favorite bouquet of freshly picked flowers on display. Succulents can be a great focal point in the middle of the island or kitchen table as well.

Leave a bowl of fresh fruit on the island. Fruit bowls are a traditional option for kitchen decor that still look divine to this day. Consider placing your favorite seasonal fruit in a bowl for a modern and defined look. An assortment of fruits is a simple way to bring color to the countertops when they're lacking brightness.

If you like the idea of decorating with pieces that are fully functional, consider an arrangement of cutting boards on the countertops and against the backsplash. This is a great way to bring your kitchen accessories to life and make a statement with pieces that would normally go unnoticed in the cupboard.

Don't be afraid to think outside the box. If you're willing to decorate with accessories you wouldn't normally find in the kitchen, you have plenty of options to choose from that can effortlessly complement this living space. Books, artwork and ceramic sculptures can make a gorgeous centerpiece when executed correctly.

If you've gathered your accessories and you're still having a hard time getting everything to flow, it's time to reach out to a design professional to evaluate the space and check out the current accessories you're working with. From there, he or she will provide insight based on the prior tips, your personal style and offer additional ideas to enhance the space.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coinededen.com.***

inception, is Lee County's environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.Conservation2020.org.

The subject property was nominated to the Conservation 20/20 program in March of 2006, at which time the owners were engaged in a process to resolve outstanding title issues. Ultimately, staff negotiations reached an impasse in October of 2008. The property was re-nominated in May of 2018.

Correspondence received from staff at the Florida Museum of Natural History indicates that the existence of goats on the site does not negatively impact the archeological deposits. The goats eat vegetation on the ground and what they can reach in the trees, but do not dig beneath the surface.

The State of Florida has owned most of Mound Key since 1961, including a dock and hiking trails. For more information about the park, visit www.floridastateparks.org/parks-and-trails/mound-key-archaeological-state-park.**

Remaining Private Parcel On Mound Key Purchased

The Lee Board of County Commissioners recently agreed to purchase a 9.57-acre parcel on Mound Key for the Conservation 20/20 Land Acquisition Program. The negotiated purchase price is \$860,000 plus closing costs, which are estimated at \$40,000.

The property is the last remaining privately held parcel on Mound Key and is adjacent to the boundaries of Mound Key Archaeological State Park. Mound Key is located in Estero Bay and is accessible only by boat.

The island is a significant archaeological site, thought to have been the cultural hub of the native Calusa people.

The privately held land also includes a dock and has been used in recent years to pasture goats, which would be removed prior to the purchase closing.

Conservation 20/20, which has preserved about 29,700 acres since its

Financial Focus

Don't Chase Last Year's Mutual Fund Winners

by Jennifer Basey



The world of mutual funds can be confusing. With more than 9,000 funds on the market, how can you choose the ones that are right for you?

One way to start is by considering the various categories of mutual funds – and there are quite a few of them: Small Cap Growth, Large Cap Growth, Large Cap Value, Diversified Emerging Markets, Foreign Large Cap Blend and more – the list is extensive, and for many people, confusing.

However, with a little study, you can understand why these funds have their names – for example, a Small Cap Growth fund will contain stocks of smaller companies thought to offer growth potential. Once you know the goals of different categories of mutual funds, you can determine which ones fit into your overall investment strategy.

This is important, because you want to ensure your portfolio is appropriately diversified. For example, if you find that almost all of your mutual funds come from the above-mentioned Small Cap Growth category, you may be taking on more investment risk than you'd like, because funds that offer the greatest growth possibilities also usually carry the highest degree of market volatility. Typically, you may be better off owning an array of mutual funds drawn from several different categories, with the percentage each category occupies in your portfolio based on your goals, risk tolerance and time horizon. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it doesn't guarantee a profit or protect against losses in a declining market.)

You might be tempted to choose categories by looking at which most recently outperformed the others, and just stick with those groups. But is this a good idea?

It probably isn't – and the main reason you shouldn't chase performance this way is things change very quickly in the mutual funds arena. It's quite possible – and has happened many times – that the top category last year can fall into one of the worst-performing ones this year, and vice versa. Consequently, your efforts to capture a winning trend may be futile.

Of course, within the context of investing in various mutual fund categories, you still need to choose individual funds. And, as is the case with categories, you might be tempted to give considerable weight to a fund's track record. But, similar to the situation with fund categories, "chasing performance" is typically not a good strategy – after all, last year's "hot" fund may have cooled off considerably this year. Nonetheless, reviewing a fund's longer-term track record can help you understand how it might perform through

the ups and downs of the financial markets. Always keep in mind, though, that past performance can't guarantee how the fund will perform in the future.

Mutual funds are popular investments – and for good reason. Since each fund generally contains dozens of securities, you get a degree of diversification you can't achieve from owning individual stocks or bonds. And, as discussed above, you can diversify further by owning funds from several categories. Just remember, though, that as you build your mutual fund portfolio, don't get caught up in last year's results – because old news just may not be that relevant today.

Mutual fund investing involves risk. Your principal and investment return in a mutual fund will fluctuate in value. Your investment, when redeemed, may be worth more or less than the original cost.

*This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.***

Semifinalists For Merit Scholarship

Cape Coral High School seniors Tan Hollman and Hankyeol Yang and Fort Myers High School seniors Benjamin Lombardo and Sydney Marcy have been named as semifinalists in the 2020 National Merit Scholarship Program. National Merit semifinalists represent less than 1 percent of all high school seniors.

"We are so proud of Tan Hollman and Hankyeol Yang, our two National Merit Scholarship semifinalists," said Cape Coral High Principal Christian Engelhart. "This is an accomplishment that is reserved for the highest achieving students in America and is a testament to the intelligence and hard work of these two young men. On behalf of the entire Cape Coral High School family, congratulations Tan and Hank."

More than 1.5 million high school students entered the 65th annual National Merit Scholarship Program by taking the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). Only 16,000 qualified as semifinalists.

"We are very proud of Ben and Sydney for all of the hard work that they have done to reach this point of being a National Merit semifinalist," says Fort Myers High School Principal Dr. Robert Butz. "They have progressed to be in a very elite group of young people, and they are great representatives of Fort Myers High School."

Two district charter schools also have National Merit Scholarship Program semifinalists: Angelina Cintron at Florida SouthWestern Collegiate High School and Kiera Kistner at Oasis Charter High School.

These academically talented high school seniors now have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$31 million that will be offered next spring. More than 90 percent of the semifinalists are expected to attain finalist standing, and about half of the finalists will win a National Merit Scholarship, earning the Merit Scholar title.**

Keynote Speaker Set For Mental Health Luncheon

Sarah Owen, president and CEO of the Southwest Florida Community Foundation, brings a face of hope and powerful words of encouragement to every event where she shares a vision. She will bring that same energized message to the podium as the keynote speaker for the Hope Clubhouse Faces of Hope Who Give Mental Health Luncheon at Broadway Palm Dinner Theatre on October 28 from 11 a.m. to 1:30 p.m.

Tickets are \$100, and sponsorship opportunities are available.

Hope Clubhouse is a non-profit which provides a pathway of hope for hundreds challenged by mental health issues.

Among the mental health areas Owen plans to address are:

The economic impact mental health can have on local businesses.

The perception of mental health and its impact on those suffering from it and those trying to understand the challenges.

Owen remembers an email, which went viral several years ago, profiling an employee, who told her boss she wanted to take a "mental health" day. Owen said the fact the boss was supportive of the employee using the day to address her challenges, just like he would be for an employee using time for a physical illness, was embraced by thousands of people who understood the need.

"That really resonated with people," Owen said. Businesses need to support individuals experiencing mental illness. "It goes to the vitality of the community."

Owen's leadership the past eight years at the community foundation has helped bring communities and organizations together through conversation and building partnerships that create a stake

Build A Stronger Entrepreneurial Foundation

The Horizon Council and the Lee County Economic Development Office will host the Horizon Council General Membership Meeting at Florida SouthWestern State College, Building U, Room 102, on Friday, September 27 at 8 a.m. Registration and networking start at 8 a.m., and the meeting begins at 8:30 a.m.

The meeting will feature a panel discussion about efforts in Lee County to build a stronger entrepreneurial foundation. To register in advance, go online to eventbrite.com and enter Horizon Council in the search box.

Offering entrepreneurial insights centered on students, the panel includes:

Angela Fisher, president and CEO, Junior Achievement of Southwest Florida
Jonathan Romine, program director, SecondMuse

Jakub Adamowicz, alumni, Florida Gulf Coast University School of Entrepreneurship

Jade Gibson, student, FGCU School of Entrepreneurship



Sarah Owen

photo provided

in the issue and find solutions. Under Owen, the foundation continues to award thousands in grants to non-profits each year. Last year, the foundation moved into the historic Atlantic Coast Line Railroad Depot in downtown Fort Myers, where a massive renovation project resulted in the Collaboratory, creating a gathering place for many organizations in the community to share ideas and build futures.

Her tireless efforts have built an eye-popping resume. She is the past chair of the Community Foundations of Florida. She is a Florida Delegate for the National Vision 20/20 Initiative, a board member of the Southwest Florida Economic Development Alliance and serves on the Healthy Lee Steering Committee. The 2016 News-Press Person of the Year also advises many other successful nonprofits

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For tickets, sponsorships and more information, visit [www.hopeclubhouse.org](http://hopeclubhouse.org).**

The panel is the first in a planned series of Horizon Council discussions focused on entrepreneurship, including future discussions set for financial assistance, mentoring assistance and serving expanding markets.

Next month, the Horizon Council, Horizon Foundation and Lee County Economic Development will gather to present the Industry Appreciation Awards at the Hyatt Regency Coconut Point Resort on Friday, October 25. Visit www.leecountybusiness.com/iaaw for more information.

The Lee County Economic Development Office provides business assistance to retain existing businesses, encourage entrepreneurship and attract new businesses.

The Horizon Council is a public-private advisory board established in 1991 to advise the Lee Board of Commissioners on economic development issues. The council's mission is to improve Lee County's business environment, retain and encourage expansion of existing businesses and attract new and diversified employers.

Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers. For more information, visit www.leecountybusiness.com or call 533-6800.**

Bank Hires Operations Clerk

Eduardo Castro has joined Sanibel Captiva Community Bank as an operations clerk with the bank's operations center located at College Parkway. He will be responsible for a variety of regular and recurring operational and accounting functions to support bank operations.

Castro has nearly 10 years of data analysis and record-keeping experience. Prior to joining the bank, he served as a data administrator and senior log and records manager for the United States Marine Corps in North Carolina and South Carolina. A 2018 Florida Gulf Coast University graduate with a degree in accounting, Castro is currently pursuing a master's degree in accounting and taxation, and is expected to graduate in 2020.

Founded in 2003, Sanibel Captiva Community Bank has two locations on



Eddy Castro

photo provided

Sanibel and five locations in Fort Myers. To learn more, visit www.sancapbank.com.**

Florida Alters Local Tree Law

A new law in Florida bans local governments from requiring a permit or mitigation for pruning or removing a tree on residential property. Under the new legislation (Chapter 2019-155, 163.045, FS), property owners must obtain documentation from an International Society of Arboriculture (ISA) Certified Arborist confirming the tree presents a risk to people or property.

This article will help Florida residents become more familiar with ISA's credentialing program. Headquartered in Atlanta, Georgia, ISA is a nonprofit organization whose guiding principles include: research, public awareness, membership, professional development, promotion and safety for the arboriculture industry around the world. As part of ISA's dedication to the care and preservation of shade and ornamental trees, it offers the only internationally recognized and accredited personal certification program in the arboriculture industry. ISA has over 33,000 credential holders in 47 countries worldwide.

The ISA credentialing program includes the following six certifications and qualification: ISA Board Certified Master Arborist, ISA Certified Arborist, ISA Certified Municipal Specialist, ISA Certified Utility Specialist, ISA Certified Tree Worker Climber Specialist, ISA Tree Worker Aerial Lift Specialist and the ISA Tree Risk Assessment Qualification – all which require passing an exam to earn.

Certifications and qualifications are voluntary credentials documenting a specific industry knowledge base. They are managed by a private credentialing body, like ISA. Credentials are not licenses; licenses are traditionally issued by governments.

The certification with the largest number of credential holders, the ISA Certified Arborist certification, is a credential that verifies an arborist's

fundamental knowledge across a broad range of arboricultural topics. There are currently 1,947 certified arborists in Florida. Additionally, certified arborists can earn ISA Municipal Specialist and ISA Utility Specialist certifications to document their proficiency in either of those specific arboricultural fields.

The ISA Tree Worker Climber Specialist and Aerial Lift certifications are designed for arborists to show proficiency via climbing or using aerial lift devices to work safely and efficiently in tree canopies. The ISA Board Certified Master Arborist (BCMA) certification is the highest of certifications offered by ISA, and it recognizes certified arborists that have reached the pinnacle of their profession. There are currently 29 BCMAs in Florida.

The ISA Tree Risk Assessment Qualification (TRAQ) is a qualification BCMAs and certified arborists can earn to document their advanced proficiency in the art and science of tree risk assessment, which is the subject of this new Florida law. There are currently 309 professional arborists who also hold the TRAQ credential in Florida.

Arborists who have the qualification and certifications discussed above can provide documentation required by the new Florida tree law. To learn more and to find an ISA certified arborist in your area, simply use the search tool Find an Arborist at www.isa-arbor.com.

Be aware that there may be individuals who claim to be ISA certified arborists but are not. We encourage anyone that considers using the services of an ISA certified arborist to check their credential(s) through ISA's Verify a Credential tool available at [www.treesaregood.org/findanarborist/verify](http://treesaregood.org/findanarborist/verify).

If you find someone that you suspect may not be ISA certified, but claims to be, notify ISA using an easy-to-use reporting tool located at www.isa-arbor.com/credentials/ISA-ethics-and-integrity/false-advertisements. Be aware that ISA does not credential companies; only individuals can earn and maintain an ISA credential.**

Frankly Speaking

by Howard Prager



It's 4:30 a.m., dark and cloudy outside, adding to the darkness. I'm up on purpose – I'm taking my daughter Hillary to her first Ironman competition, the 70.3 in Atlantic City. That's an official half Iron Man with athletes competing from 41 states and 20 countries. She's swimming 1.2 miles, then biking 56 miles, and finally running a half marathon, 13.1 miles along the Atlantic City boardwalk. My job: to get her there and cheer her (and other athletes) on throughout the race armed with maps and online timing to have an idea as to where we can find her. But it's not about me. It's about Hillary and the 2,700 other athletes, up to 77 years old, who compete in this specific event for this extreme sport. They also have an aqua bike competition – people who just swim and run – and even relay teams competing. I'm fine observing. The day before, there were hourly briefings on rules, equipment, penalties and advice. Lots of pop-up stores selling all types of specialty gear, food and even recovery slippers, and appointment times for giant leg restoration recovery systems designed to help athletes "recover

faster, increase circulation and conquer sore muscles." This is a whole world and industry I never even knew existed.

The bright lights at Bader Field, pumping music and palpable excitement wafted through the air as athletes got their gear in place for transition where they would go after completing one segment and moving on to the next. Bike racked in place, approved helmet, athlete's number on the bike and helmet. Bike shoes, socks, water bottles, energy gels, bars, tabs and salt, and number tattoos on their arms and legs. Running shoes with automatic laces. Cap and sunglasses. Additional energy food snacks. Then over their tri-suit, the wetsuit along with Vaseline, anti-fog spray in the goggles, swim cap. Ready to go. It's starting to brighten up a bit and drizzle. As long as there are no thunderstorms and we get some clouds to keep the sunrays down for the athletes, all is good.

Minor bugs don't stop anyone. One athlete, a former college basketball player, said she woke up with the stomach flu. She wasn't sure she could make it but was going to try. There was an amputee participating who changed prosthetics on his leg and did the running on a blade. Others battled various challenges, all revved up and excited to be competing.

Then they're off. Groups of five athletes jumping into the water every 10 seconds and swimming on a route patrolled by lifeguards and officials in boats and paddleboards. It was very colorful seeing all the bright swim caps

and people swimming quickly through the water. The fastest person finished the swim in just over 25 minutes. In fact, elite athletes go first. From there it was running through a shower spray, getting the wetsuit off and with their tri-suit underneath, racing to their bikes to quickly dry off and get ready to bike out. Hillary did OK on the swim portion, her toughest section. She was determined to make up the time through the bike and run, her strongest suits. Sure enough, she averaged over 20 mph and sailed through the 56-mile bike section. Due to a light rain and drizzle, there were quite a few wipeouts, flat tires and accidents. These athletes just got up and got going. Spectators helped throughout, yelling both words of encouragement and to slow down on wet curves where some of the athletes had wiped out. One final transition and it was off running to the famous Atlantic City boardwalk, where a lane was roped off the whole distance and a stage, village and pop-up stores appeared at the end of the run. Can you imagine running a half-marathon after all this?! Hillary's official time: 6 hours 17 minutes. She finished 30th

out of 79 in her group of age 30 to 34 females. The athlete with the stomach bug and the amputee finished, as did 1,944 participants. The fastest elite athlete completed at 4 hours, 10 minutes. It was exhilarating watching and cheering these athletes who trained for months and purchased extensive equipment for this competition. Definitely, athletes all.

Feel good story of the week? Do you remember going to your first major league baseball game? Very exciting. My first game was at age 7 at Yankee Stadium. What about a 112-year old man, a lifelong White Sox fan, celebrating his birthday at his very first Sox game? Thanks Club 100. Or a 99-year old fan who was surprised by her family to be taken to her first Pirates game? It's never too late for your first major league experience, or in my case, my first Ironman spectator experience.

*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.***

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Audubon To Hold EagleWatch Program

Audubon of Southwest Florida will discuss its EagleWatch Program at the Collaboratory on Thursday, September 19 at 7 p.m. The program is presented by Shawnlei Breeding, the Audubon EagleWatch program manager for the Audubon Center for Birds of Prey.

For 26 years, dedicated volunteers have monitored bald eagle nests around the state as part of Audubon Florida's community science EagleWatch program. Come learn more about the program and how the data collected is helping Florida's population of bald eagles. The program is free and open to the public.

Breeding began her career as an administrator before switching gears to pursue her dream of working with animals. She came to Audubon from Disney's Animal Kingdom where she was a bird keeper at their Avian Research Center. She has a bachelor of science degree in zoology from the University of Oklahoma and a master's degree in conservation biology from the University of Central Florida. Breeding has volunteered with multiple conservation programs, including hand-raising endangered piping plovers, organizing wintering shorebird surveys and mapping sea turtle nest data. She resides in Winter Park with her husband, Steve, and their two rescue cats.

The Collaboratory is located at 2031 Jackson Street in downtown Fort Myers. For more information, email audubon.southwest.florida@gmail.com.**

SPORTS QUIZ

- In 2018, Boston's Craig Kimbrel became the fastest pitcher to 300 career saves (330th opportunity). Who had held the mark?
- Gleyber Torres, in 2018, became the youngest New York Yankee to hit a walk-off home run (21 years, 144 days). Which Yankee Hall of Famer had been the youngest?
- In the highest-scoring playoff game in NFL history, was the point total over 100 or under it?
- Since being in the NCAA championship game in 1998, how many games has Utah's men's basketball team won in the NCAA Tournament?
- Name the last Calgary Flames player before Johnny Gaudreau in 2019 to have a six-point NHL game.
- Sifan Hassan set a women's record in 2019 for running the mile in 4 minutes, 12.33 seconds. How long had the previous world record stood?
- Only three PGA golfers in the past 30 years have won at least one major three years in a row. Name two of them.

ANSWERS

1. Joe Nathan got his 300th save in his 335th save opportunity in 2013. 2. Mickey Mantle, who did it in 2010. 3. Unherd: Arizona and Greene Bay combined to do it in 1996. 4. Eight, the last team coming in 2016. 5. Al Malinits did it in 1994. 6. It stood for 23 years – Mikelson and Tiger Woods. 7. Brooks Koepka, Phil Mickelson's Swelana Masterkova set the previous mark of 4:12.56 in 1996. 8. Brooks Koepka, Phil Mickelson and Tiger Woods.

Beautifulife:

No Pain, No Gain



by Kay Casperson

You have most likely heard the term, "no pain, no gain." What does this mean to you? You may relate this to gaining strength or becoming a better or more proficient athlete. After all, unless you feel the burn, the bruises, the fall, the sweat or the defeat, you really are not moving forward, right? I'm not so sure that it takes that much to push some people, but others might need a more significant nudge now and then to become better, stronger and even more appreciative in many ways.

Another way to look at this phrase is from a health standpoint. I recently had a weird issue come up that sent me to the doctor's office searching for answers as to why I had an excruciating pain in my neck shooting up into my head. I couldn't even move, and it was so unbearable that I finally had to give in and get it checked out. My pain tolerance is extreme, from having babies to sports injuries and everything in between, but nothing was worse than what I just recently felt. It was diagnosed as Acute Torticollis, which basically means an abnormal tightening of the neck, causing shooting pain, which can come up suddenly for different reasons. This issue can be caused by sleeping in an awkward position, extending or twisting the neck muscles, a past injury, or even an infection of some kind. In my case, the only thing I could come up with was overdoing it while thinking I'm invincible, moving large pieces of outdoor furniture around due to a hurricane heading our way!

This experience taught me something

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is it alright to confront someone when you feel he is treating you or someone else poorly?

A: Confrontation can be most helpful for all involved.

It basically brings an important and legitimate issue to the forefront that can no longer be ignored. Confrontation doesn't have to be hostile or belittling.

Confronting in a firm but unwavering way is addressing the person's behavior, not his core personality. That is where the focus needs to be. You possibly will get defensiveness on the receiving end. However, you must stay calm yet strong and, no matter how manipulative this person may be, stay consistent and speak your truth. Depending on the personality

interesting. I am usually extremely healthy, active, energetic and strong. I actually can't remember the last time that I had been sick or in pain. I may even have been a bit relaxed and overconfident about my capabilities in terms of lifting, doing, going non-stop... without much thought. My children were concerned because they never see me in pain to the point of tears. When I started feeling better, I realized just how precious it is to feel good, and it moved me forward to a place of being very appreciative and blessed that I was healthy and pain-free.

No pain, no gain can coincide with other areas of your life as well, such as your finances, your career, your love life, your dreams and your goals. You see, unless there is loss of some kind, a setback, or even a closed door, some people never move forward. I believe that sometimes we need to be knocked down to get back up and become even stronger than we were before. Sometimes things need to be thrown at us, to move us into a different place, or we would not have made a move ourselves or grown that much stronger.

Regardless of how you look at the term "no pain, no gain," I bet you can remember a time in your life that something painful moved you farther, made you run faster, made you think smarter and changed your life in some way. It's not always by choice, but it is a part of this beautiful life we live in.

My affirmation for you this week is:

"I choose to learn from pain, disappointments and setbacks, and will use them to push me forward to be better and to appreciate life even more."

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.***

traits of the person you are confronting, you may feel you have confronted a bus going down a hill with no brakes. You don't want to be flattened like a pancake. Once the flood gates open, look out. It's important that you stay consistent and do not back down as you know the truth and reality of what this person did. He or she may try every trick in the book to get out of taking on any responsibility. Do not let him or her get away with that.

Remember, you care enough to bring up an important issue and address it to get a positive outcome. It's up to you to take charge, and do it quickly so you are not put on the defensive. You have in mind your own set of boundaries and expectations you plan to use to get the intended results you want from the confrontation. Be willing to enforce these boundaries, limits and expectations to get the most out of what your intention and desired result is.

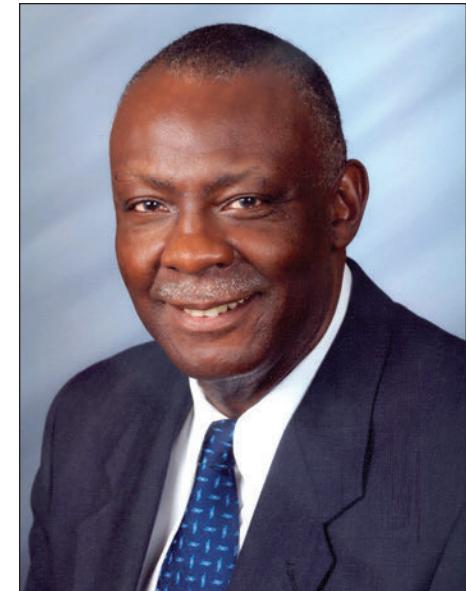
*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.***

Tax Collector Honored With Legacy Award

The faithful and accurate execution of financial transactions sits at the top of a tax collector's responsibilities. For the ninth year in a row, Lee County Tax Collector Larry D. Hart and his team have been honored with the Legacy Award for Financial Operations by the Florida Tax Collectors Association (FTCA).

"One of the most important things we do as an agency is making sure that we uphold the highest standards of accountability and integrity in the collection and distribution of the money collected throughout Lee County," Hart said. "Our staff works to maintain consistency year to year throughout our annual audit, and the Legacy Award is a testament to their dedication and continued success in this regard."

To receive this accommodation, a five-person judging panel, made up of government financial executives from throughout the state examined the Tax Collector's processes in the following fields: Customer Focus; Innovation and Automation; Perfect Annual Audit Report; and Budgeting.



Larry D. Hart

photo provided

This rigorous and comprehensive review focuses on the tax collector's financial records, practices and use of technology.

FTCA President Ben Anderson lauded Hart and his staff for their years of outstanding service.

"The citizens of Lee County should be very proud of the successful financial work by Larry Hart and the Lee County Tax Collector's office," Anderson said.**

Our email address is press@riverweekly.com



**JOIN ROSS HAUSER, MD FOR
3 FACEBOOK LIVE WEBINARS!**

OSTEOARTHRITIS
TUESDAY, OCT 8 | 2-4PM

**CERVICAL
INSTABILITY**
TUESDAY, NOV 5 | 2-4PM

**VAGUS NERVE
FUNCTION**
TUESDAY, DEC 3 | 2-4PM



Sponsored by Caring Medical Regenerative Medicine Clinics
9738 Commerce Center Ct.
Fort Myers, FL 33908
239-308-4725 | CaringMedical.com

Dr. Hauser will cover both basic and in-depth information about these conditions and how Prolotherapy is used for resolving them, with research and information from his upcoming book *Joint Instability: The Missing Diagnosis*. Send your questions in live via Facebook, or email them ahead of time to DrHauser@CaringMedical.com.

dearPharmacist

Heartburn Medicine May Be Laced



by Suzy Cohen, RPh

Dear Readers: The news broke on September 13 with a statement from Dr. Janet Woodcock, the director at the Center for Drug Evaluation and Research. This is a day that will go down in history.

According to the statement, "The U.S. Food and Drug Administration has learned that some ranitidine medicines, including some products commonly known as the brand-name drug Zantac, contain a nitrosamine impurity called N-nitrosodimethylamine (NDMA) at low levels. NDMA is classified as a probable human carcinogen (a substance that could cause cancer) based on results from laboratory tests. NDMA is a known environmental contaminant and found in water and foods, including meats, dairy products and vegetables."

Part of how it hurts us is by rendering inactive two powerful antioxidant 'cleansing' enzymes in the liver. The first one being catalase, and the second one being glutathione. These two enzymes are used to neutralize poisons in the body. NDMA is hepatotoxic.

We get into NDMA when we eat bacon and hot dogs, cold-cuts and cured meats. It's in cheese, beer and chewing tobacco. But in our stomach medicine?!

The FDA is not issuing a drug recall and advising that everyone remain on their medication. In other words, they don't want you to panic and stop taking it during their evaluation. Traces of this carcinogen were found by a Connecticut lab in both the brand name drug and a few generic

samples that were tested. They did not test every single brand that you see on the shelves. They did not yet publicly name the brands that are tainted. But there was enough found for the FDA to start warning consumers.

When most people think of a generic drug, they think that there is just one generic maker of that drug. But that's not true at all. There are dozens of manufacturers of the generic version called "ranitidine." Not all of the generic makers have this NDMA problem.

So again, finding NDMA in a handful of samples does not mean that every single generic version of ranitidine is contaminated.

As for other H2 receptor antagonists in the same category as ranitidine, there is nothing to be worried about yet: Cimetidine (Tagamet), famotidine (Pepcid) and nizatidine (Axid).

By the way, this isn't the first problem with NDMA. In June 2019, the FDA issued a recall for the blood pressure drug called losartan "over small amounts of carcinogen."

One more thing regarding the PPI drugs such as Prilosec (omeprazole), Nexium (esomeprazole) and Prevacid (lansoprazole). These medications have not been evaluated or found to be contaminated with any NDMA. But if you take them, just support yourself with a good magnesium supplement because they are strong drug muggers.

According to the Toxicology Data Network, some symptoms that might occur if you're poisoned with NDMA include nausea/vomiting, cramps, diarrhea, liver damage, enlarged liver, fatigue, headache and kidney problems. If you are not dependent on your heartburn medicine, consider some natural alternatives that could suppress acid and/or coat and soothe your stomach. I have those articles posted at my website to help you.

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.

Free Tai Chi Workshops To Help Seniors

The Area Agency on Aging for Southwest Florida (AAASWFL) is offering a free health and wellness program, Tai Chi for Arthritis and Falls Prevention, at the Lake Kennedy Senior Center on Mondays and Wednesdays from 10 to 11 a.m. The eight-week workshop started September 16 and meets twice weekly.

The program is designed for adults age 60 and older to help improve balance and movement while also relieving arthritis pain and stiffness. Class size is limited and advance registration is required.

Tai Chi for Arthritis and Falls Prevention is a basic beginner workshop consisting of 12 Tai Chi movements. Tai Chi is a low-impact form of Chinese martial arts that involves slow, controlled, flowing movements that can be beneficial for balance, mobility and pain relief.

Falls are the leading cause of fatal injuries among seniors. According to the U.S. Centers for Disease Control (CDC), one in four seniors fall each year. High fall rates among older adults are the result of physiological changes, including a loss of balance, muscle strength and stability issues.

Accordingly, one in four older adults also is affected with some form of arthritis, and a quarter of those diagnosed limit their physical activity because of their arthritis. While arthritis may limit physical activity for many, the CDC notes that exercise can reduce arthritis pain and other symptoms by as much as 40 percent.

Funding for Tai Chi for Arthritis and Falls Prevention is provided through the Older Americans Act title III-D and administrated through the Florida Department of Elder Affairs.

Space is limited and advance registration is required.

Lake Kennedy Senior Center is located at 400 Santa Barbara Boulevard in Cape Coral. For more information or to register, call Sherry Young at 866-413-5337 or email sherry.young@aaaswfl.org.

Lee Health Adds System Diversity Director

Michelle Happer has joined Lee Health as its newest system director of diversity. In this role, she will oversee and lead Lee Health's diversity, patient care civil rights and language services.

Happer has more than 10 years of health care, education and community relations experience in diverse settings.

"We're thrilled to bring Michelle on board. She brings extensive experience with large organizations and an outstanding record of driving performance and accountability within those companies," said Lisa Sgarlata, DNP, MSN, MS, FACHE, Lee Health chief patient officer and chief nurse executive.

Happer most recently served as the manager of compliance and cultural diversity for the Sentara – Optima Health Plan in Virginia Beach, where she was responsible for cultural diversity and inclusion program initiatives. The managed care plan serves more than 450,000 members across Virginia. Before that, she was a physician relations executive for Inova Health System in Falls Church, Virginia, a leading nonprofit health care provider in



Michelle Happer

photo provided

Northern Virginia.

Happer has a doctorate of education in organizational leadership from Nova Southeastern University. She also earned a master of arts degree in communication and public relations and bachelor of science degree from Norfolk State University in Norfolk, Virginia. She is completing a master of arts in health care law from Regent University.

Doctor and Dietician

How To Stop Eating Junk Food



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

Why is junk food so addictive? Studies show that manufacturers aim for the point where consumers experience ultimate pleasure combining salty, sweet and fatty flavors together. These combinations are difficult to resist, and the brain reacts similarly to cocaine.

There are ways to resist the junk:

Plan meals and snacks, have them packed and ready, making you less susceptible because alternatives are ready and waiting. I meal prep on Sunday, shop, make Mason jar meals, and prepare veggies with nut butters and hummus.

Focus on the perimeter of the grocery store where you will find healthy produce, dairy, meats, fish and grains that are packed with nutrients.

As you learn to incorporate these foods into your diet, the fake junk food will begin to lose its appeal.

Choose foods that make you full such as healthy fats and protein. We need fat, so if you are eating fat-free, time to dump that stuff. Nuts, olive oil, avocado, fatty fish like salmon, or coconut oil are great resources. Consume foods that contain protein: meat/fish, or vegetarian sources such as legumes, tofu and nuts. When you are full, you are less likely to reach for the junk.

Choose fruits instead of sugar, which are high in vitamins, water and antioxidants, as well as fiber, which slows and balances blood sugar. Wean yourself off sugar, and fruit will taste really sweet.

Diversify your food choices and try new things. Eating a more varied diet lessens the chances of reaching for junk out of boredom, as well as helps with disease prevention. How about kale or collards, or maybe yellow beets or rainbow carrots with a new hummus flavor.

Focus on the health benefits and positive effects of eating healthy. You only live once! Let's make it a good one.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Ruger And Catrina



Catrina ID# A790714

Hello, my name is Catrina. I am a 5-year-old female domestic shorthair who is a curious gal that loves to check out everything and everyone. I am not shy about the world around me, and I love attention. My unique coloring gives me that little extra something that puts me above the rest of the other gals if I say so myself!

My adoption fee is \$10, and you can get another kitty at no additional charge.

Hi. I'm Ruger. I am a 2-year-old male hound mix who is a perfect-sized dog for an apartment, condo or home. This mid-sized cutie loves to play and run in the play yards. I am learning basic obedience skills from the team of volunteers, and they report that I am quite the quick learner. My new family can continue the



Ruger ID# A790881

training with ABC 4K9's.

My adoption fee is \$10.

It's 'Game On' at Lee County Domestic Animal Services for Football Season in September. As football fans prepare for football season, Lee County Domestic Animal Services suggests adopting a special four-legged friend to help cheer on the home team. Adoption fees will be reduced for the entire month of September. Adopters will draw mini footballs for reduced adoption fees. Adoption fees will range from \$10 to \$40 depending on if someone scores a first down or a touchdown. All Pet of the Week featured pets will be touchdown adoptions at just \$10.

*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.***

Haven on Earth Animal League

AbbyCaDabby And Winter



AbbyCaDabby

Winter

Hi, I'm AbbyCaDabby. After six years, my family decided they didn't want me anymore. I have a beautiful snowshoe coat and piercing blue eyes. I'm up to date on all vaccines and very healthy. I just need someone to give me a chance. My adoption fee is \$100.

Hello, I'm Winter. I'm a 4-year-old female with a sad story. My owner died, and the family surrendered me. I am very sweet and really need to find someone to love me forever. I'm up to date on all vaccines and healthy. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information,

call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.**

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.**



Sweetie Pie

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 29

Super Crossword

NOVEL COUPLES

ACROSS

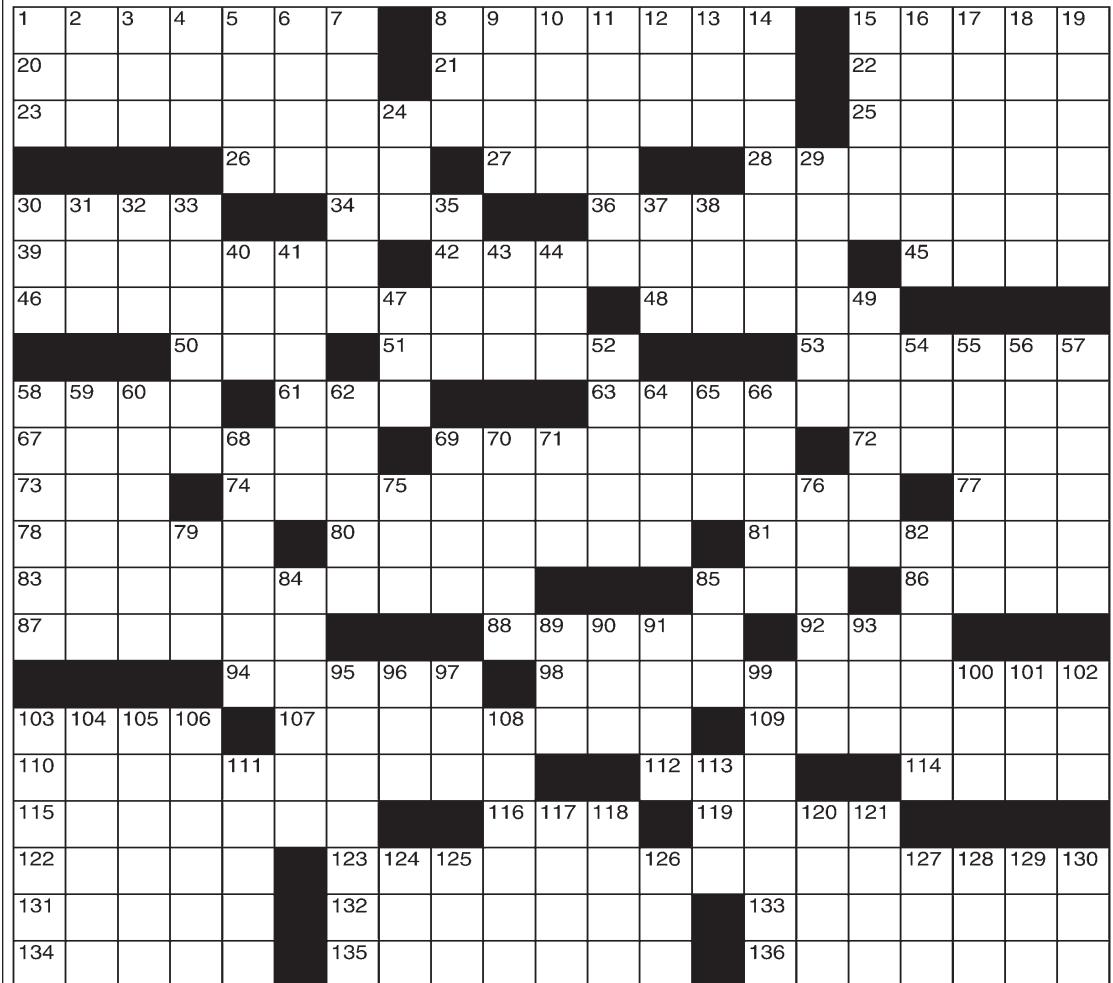
- 1 High-fiber cereal ingredient
 8 Thwacked
 15 Something imperative
 20 Endorse
 21 Many a quaint cabin
 22 "The Gypsy" singer Shore
 23 Tree anchors growing in a groundwork? [Asimov-Haley]
 25 Split in two
 26 Lyric poems
 27 — chi
 28 Dirtier, as a chimney
 30 Headland
 34 Awful review
 36 Actress De Mornay after marrying "Star Trek" ensign Harry? [du Maurier-Kipling]
 39 Egg-shaped instrument
 42 Defeat in cleverness
 45 Lays (down)
 46 Dear granny? [Morrison-Zola]
 48 Indulges fully

- 50 Belle of a ball
 51 Butler's girl
 53 Knight's tunic
 58 Livy's "to be"
 61 Geller of the paranormal
 63 Small, thin part of a beach hill? [Herbert-Levin]
 67 Government financial assistance
 69 — News (Utah paper)
 72 Elliptical
 73 Laughter syllables
 74 Scott Joplin's "The Entertainer," for the film "The Sting"? [Doctorow-Rand]
 77 Long of film
 78 Boise locale
 80 Related compounds
 81 Wielded, as power
 83 Distress after a really deep sleep?
 85 Eminent lead-in
 86 Gives help to
 87 Neighbor of Norway
 112 "I" finisher
 114 Dog ID sites
 115 Pistol, e.g.
 116 Sarge, e.g.
 119 Lacerations
 122 Tough guy's claim
 123 Abducted old Japanese chief? [Stevenson-Clavell]
 131 Give rise to
 132 Brainless [Cook-King]
 133 Treat as a hero
 134 Finisher
 135 Moves very quietly

- 88 Biblical quendom
 92 Woolen cap
 94 Nash of funny poems
 98 President Grant is gabby? [Joyce-Benchley]
 103 Blood type, informally
 107 Physician who may cry "Stat!"
 109 Hall of talk TV
 110 Have a phobia of queasiness? [Hubbard-Sartre]
 112 "I" finisher
 114 Dog ID sites
 115 Pistol, e.g.
 116 Sarge, e.g.
 119 Lacerations
 122 Tough guy's claim
 123 Abducted old Japanese chief? [Stevenson-Clavell]
 131 Give rise to
 132 Brainless [Cook-King]
 133 Treat as a hero
 134 Finisher
 135 Moves very quietly

- DOWN
 1 Clumsy type
 2 Of yore
 3 Mr. Capote, briefly
 4 Singer Folds
 5 Total change
 6 Very little
 7 Memo tablet
 8 — mo
 9 — Blanc (Alps peak)
 10 Home to Taj Mahal
 11 Groups in church robes
 12 "Kitchy —!"
 13 Lifesaving pro
 14 Pie, e.g.
 15 Not standing, as a committee
 16 Sporty two-seaters
 17 Not typical of
 18 "Don't waste your breath!"
 19 Heat units
 24 "Life — cabaret"
 29 Eight-player bands
 30 Kernel holder
 31 Strikeout star
 32 Good friend
 33 Ate away at
 35 Actor Beery
 37 Printers' widths
 38 Ewe's cry
 40 "So — heard"

- 41 Space cloud
 43 One, to Juanita
 44 Road coater
 47 — do not!
 49 Dancer in Matthew
 50 Total change
 52 "Be — and help me"
 54 ROY G. —
 55 1972 Jack Lemmon film
 56 Made tighter, as a knot
 57 Horrors
 58 Moral code
 59 Eye makeup
 60 Bagel variety
 62 Former TV host Philbin
 64 Some vases
 65 Mesh
 66 Thin air
 68 Start of a cry from Juliet
 69 Gucci alternative
 70 Awards for Tina Fey
 71 Recognize
 75 Philosopher Lao —
 76 Phillips — Academy
 79 Harbored
 82 Kind of plane engine
 84 Engaged, as a car engine
 85 Ballet step
 89 Lean-to's kin
 100 Comic Gasteyer
 101 Faux hair
 102 Maritime "Mayday!"
 103 Business workplace
 104 — Marcus (retailer)
 105 Accessory for an iPod
 106 Oily matter
 108 Am unable to
 111 Reformer Ralph
 113 Native metal
 117 "The Elder" of Rome
 118 Andy Taylor's tyke
 120 Greek letters
 121 Quick drink
 124 Africa's Amin
 125 Quick swim
 126 HP products
 127 Artist Yoko
 128 Gimlet liquor
 129 Arm of Israel
 130 Tchr.'s org.



King Crossword

ACROSS

- 1 Old love boat
 4 Cattle comments
 8 Dispatch
 12 Luau side dish
 13 Reed instrument
 14 Inlet
 15 Small
 17 Enthusiastic
 18 Eviscerate
 19 Soon
 21 Rook
 24 Potential syrup
 25 Roman 52
 26 Thanksgiving veggie
 28 Pass along
 32 Ricelike pasta
 34 — Mahal
 36 Cannonball, maybe
 37 Color workers
 39 High-pitched bark
 41 A mere handful
 42 Mimic
 44 Bets
 46 Poetic feet
 50 Existed
 51 Tangelo trademark
 52 Do some firing
 56 Sandwich cookie
- 57 Great Lake
 58 Londoner's letter
 59 Cut, as logs
 60 Tear to bits
 61 Type measures
- 59 Prophets
 60 Resold for big profits
 61 Corporate symbol
 62 Tear to bits
 63 Mandible river
 64 Agent
 65 Hocked
 66 Historic boy king
 67 Listener
 68 Twosomes
 69 Lumoxox
 70 City in India
 71 Ethereal
 72 Ball of yarn
 73 Huge
 74 Pretty much
 75 Japanese sash
 76 Leak slowly
- 77 Prophets
 78 Resold for big profits
 79 Corporate symbol
 80 Shakespeare's river
 81 Safecracker
 82 Mimic
 83 Church leader
 84 Petrol
 85 Twosomes
 86 Lumoxox
 87 City in India
 88 Ethereal
 89 Ball of yarn
 90 Angry
 91 Triumph
 92 Buddhist sect
 93 Wood and Wynn

DOWN

- 1 Smartphone download
 2 Marseilles monarch
 3 Huge
 4 Pretty much
 5 Japanese sash
 6 Leak slowly

MAGIC MAZE

GOT WORDS?

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

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

Begot	Gotcha	Gotten	Negotiate
Ergot	Gotham	Ingot	Spigot
Escargot	Gothenburg	Maggot	Turgot
Forgot	Gothic	Margot	



"I was just practicing — I'm getting
next week."

answer on page 30

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!

Cloud
WOPER

_____ _____

Growl
LUMBER

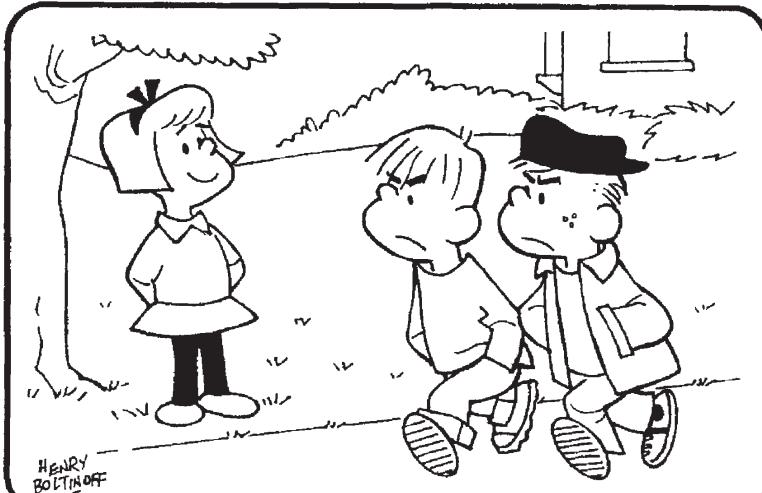
Control
ANGAME

Beyond
TEDIOUS

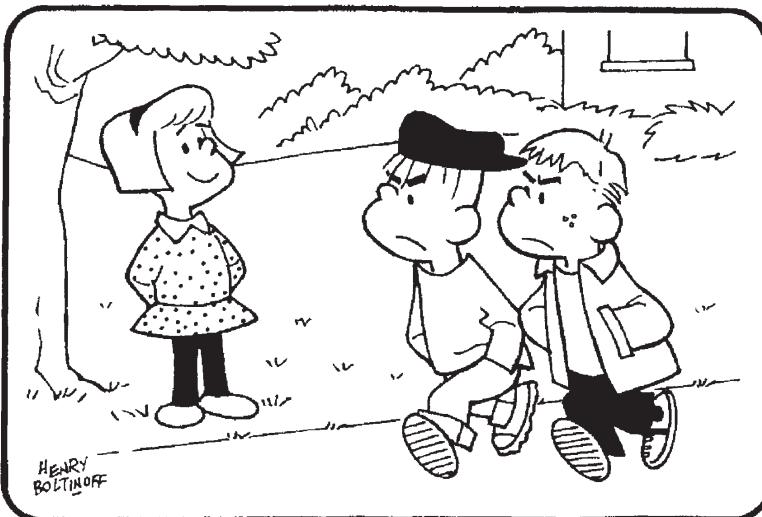
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



SUDOKU

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

answer on page 29

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

Differences: 1. Dress is dotted. 2. Jeans are black.
3. Different boy is wearing cap. 4. Bushes have been added. 5. Girl's bow is gone. 5. Side window is gone.



Blue Crab Stuffed Shrimp

1 pound shrimp, peeled, deveined, and butterflied
1/2 pound blue crab, picked over for shells
1/3 cup panko (Japanese breadcrumbs)
1/4 cup mayonnaise
2 tablespoons seafood seasoning
1 lemon, juiced
1 tablespoon fresh parsley, chopped fine
Oil for cooking

Sea salt and fresh ground pepper, to taste

In a small bowl combine panko, mayonnaise, 1 tablespoon seafood seasoning, lemon juice, parsley, salt and pepper. Gently fold in crab making sure not to break up any large pieces. Using a tablespoon or small scoop, roll small balls of crab mixture. Place stuffing on top of shrimp and gently press shrimp tail over to hold in place.

Heat oil in large sauté pan over medium-high heat. Season shrimp with salt and pepper. Place flat side down and stand upright in pan (as shown in finished picture) and cook for 3-4 minutes. Place lid (or tin foil) over pan and finish cooking for 2-3 minutes or until shrimp are cooked through. Sprinkle 1 tablespoon seafood seasoning and serve immediately.**



Blue Crab Stuffed Shrimp

photo courtesy Fresh From Florida

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My Stars ★★★★

FOR WEEK OF SEPTEMBER 23, 2019

Aries (March 21 to April 19) An offer to help with a stalled project should reassure you that you have a workable plan in spite of the problems in getting it up and running. The week's end brings more positive news.

Taurus (April 20 to May 20) A past problem about a workplace situation re-emerges early in the week. Talking things out helps ease tensions by midweek, but some hurt feelings could linger a few more days.

Gemini (May 21 to June 20) Optimistic aspects dominate your efforts. However, expect to confront some criticism, some of which might be valid, so keep an open mind. But overall, it's your views that will count.

Cancer (June 21 to July 22) Social interaction with new people, especially on the job, could be a bit strained in the early part of the week. But the awkwardness passes as you get to know each other better.

Leo (July 23 to August 22) Expect news about a follow-up to a workplace change that could make a difference in your career path. Meanwhile, new friends widen the circle for all you Social Lions who love to party.

Virgo (August 23 to September 22) Enjoy your well-earned plaudits for a job well done. But be aware that some people might not share your colleagues' admiration, and you might have to work harder to win them over.

Libra (September 23 to October 22) It's a good week to recheck your probably already overlong "to do" list and decide what to keep and what to discard. Lose the clutter and focus your energy on what's really important.

Scorpio (October 23 to November 21) This is a good time to take a new perspective on what you've been offered. Expanding your view could help to uncover any plusses or minuses that weren't apparent at first.

Sagittarius (November 22 to December 21) Applying the usual methods to this week's unique challenges might not work too well. Instead, use your creativity to find a way to resolve any impasse that develops.

Capricorn (December 22 to January 19) So what if fate throws some obstacles in your path this week? Just keep in mind that the sure-footed and resolute Goat can

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September 13, 2019

Place Classified





Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:32 am	11:56 am	7:07 pm	10:35 pm
Sat	5:18 am	1:14 pm	9:21 pm	11:07 pm
Sun	6:18 am	2:39 pm	None	None
Mon	7:39 am	3:56 pm	None	None
Tue	12:06 am	2:33 am	9:12 am	4:58 pm
Wed	12:31 am	4:02 am	10:34 am	5:50 pm
Thu	12:54 am	5:07 am	11:42 am	6:34 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:37 am	11:58 am	6:12 pm	10:37 pm
Sat	4:23 am	1:16 pm	8:26 pm	11:09 pm
Sun	5:23 am	2:41 pm	None	None
Mon	6:44 am	3:58 pm	11:11 pm	None
Tue	8:17 am	2:35 am	11:36 pm	5:00 pm
Wed	9:39 am	4:04 am	11:59 pm	5:52 pm
Thu	10:47 am	5:09 am	None	6:36 pm

Punta Rassa Tides

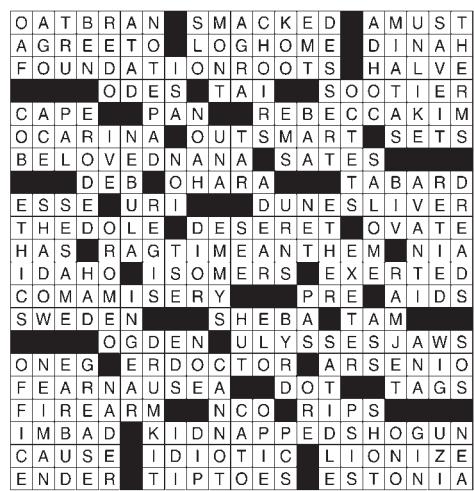
Day	High	Low	High	Low
Fri	4:36 am	11:52 am	6:22 pm	11:12 pm
Sat	5:07 am	12:42 pm	7:11 pm	11:34 pm
Sun	5:46 am	1:57 pm	8:10 pm	None
Mon	6:34 am	12:03 am	9:21 pm	3:13 pm
Tue	7:37 am	12:47 am	10:52 pm	4:25 pm
Wed	9:18 am	3:01 am	None	5:38 pm
Thu	12:09 am	5:13 am	11:47 am	6:40 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:42 am	1:23 am	9:17 pm	3:12 pm
Sat	7:28 am	1:51 am	11:31 pm	4:30 pm
Sun	8:28 am	2:23 am	None	5:55 pm
Mon	9:49 am	7:12 pm	None	None
Tue	2:16 am	5:49 am	11:22 am	8:14 pm
Wed	2:41 am	7:18 am	12:44 pm	9:06 pm
Thu	3:04 am	8:23 am	1:52 pm	9:50 pm

PUZZLE ANSWERS

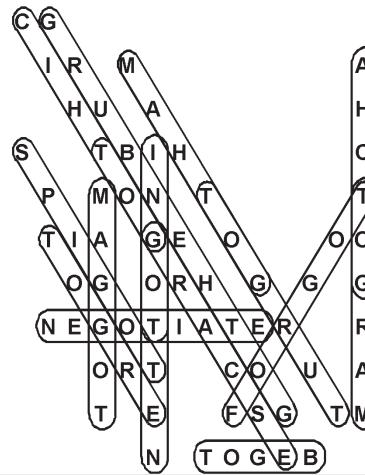
SUPER CROSSWORD



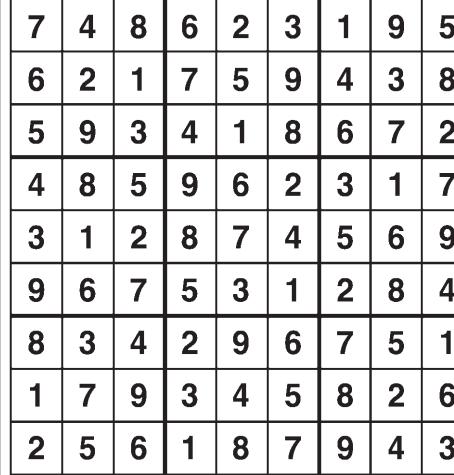
KING CROSSWORD



MAGIC MAZE



SUDOKU



get past any barrier by focusing on the goals up ahead.

Aquarius (January 20 to February 18) This week calls for better communication with people in both your private life and the workplace. Start by asking questions, and then pay close attention to the answers.

Pisces (February 19 to March 20) Potentially beneficial workplace changes could be closer than you realize. Make sure you know what's going on so that you're not left high and dry when the good things happen.

Born This Week: You're not timid about pushing to have your aims realized once you've set your mind to accomplishing your goals.

MOMENTS IN TIME

• On Sept. 27, 1540, in Rome, the Society of Jesus – a Roman Catholic missionary organization – receives its charter from Pope Paul III. The Jesuit order succeeded in converting millions around the world to Catholicism.

• On Sept. 28, 1066, claiming his right to the English throne, William, duke of Normandy, invades England. On Christmas Day, William the Conqueror was crowned the first Norman king of England. William I also is known for his Domesday Book, a great census of the lands and people of England.

• On Sept. 24, 1941, the Japanese consul in Hawaii is instructed to divide Pearl Harbor into five zones and calculate the number of battleships in each zone. The United States had intercepted the message, but it was dismissed a month

later as being of no great consequence.

- On Sept. 26, 1957, *West Side Story*, composed by Leonard Bernstein, opens on Broadway. The show went on to an impressive maiden run of 732 performances. In 1961, a film version was an enormous hit and took home 10 Academy Awards.

- On Sept. 23, 1969, the trial for eight antiwar activists charged with sparking violent demonstrations at the August 1968 Democratic National Convention opens in Chicago. Most were convicted on criminal charges or contempt of court, but none served time after convictions eventually were overturned on appeal or charges dropped.

- On Sept. 25, 1970, ABC premieres *The Partridge Family*, which would become a smash hit. The group's songs were not actually recorded by the five siblings and their mom in a garage, but were mostly the work professional musicians in Los Angeles.

- On Sept. 29, 1982, seven people die in Chicago after ingesting over-the-counter painkiller laced with cyanide. No other contaminated capsules were found in a nationwide recall, but the mass murder led to new tamper-proof medicine containers.

STRANGE BUT TRUE

- It was infamous French statesman and military leader Napoleon Bonaparte who made the following sage observation: "In politics, absurdity is not a handicap."

- It may be hard to believe, but there is an official competition to see who can sit in a sauna for the longest period of time. The World Sauna Championships have

taken place in Heinola, Finland, annually since 1999. The starting temperature is 110 F, and a liter of water is poured on the stove every 30 seconds. The winner is the last person who is able to leave the sauna without assistance. Competitors participate at their own risk, and they are required to sign a waiver agreeing not to take legal action against the event organizers.

- The ubiquitous summertime flip-flop sandals are known in Australia as pluggers, are called slops in South Africa and slippers in Hawaii, and New Zealanders call them jandals.

- Evidently, it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

- Those who keep track of such things say that about 15 percent of all Google searches are new – that is, they have never been searched before on Google.

- You might be surprised to learn that Jane Austen's novel *Pride and Prejudice* was originally titled *First Impressions*.

- In 2006, an Illinois police officer was arrested for driving under the influence of alcohol. This probably would not be noteworthy, except that it was the same police officer who received an award for making the most DUI arrests in his county.

THOUGHT FOR THE DAY

"Be not too hasty to trust or admire the teachers of morality; they discourse like angels but they live like men."

— Samuel Johnson

TRIVIA TEST

- Geography:** The Falkland Islands lie off the coast of which country?
- Games:** What color is the Pennsylvania Avenue spot on a Monopoly board?
- Anatomy:** How many chambers are in the human heart?
- Music:** What was the title of Elvis Presley's last No. 1 hit?
- Food & Drink:** What ingredient is used in a dish described as Florentine?
- Advertising:** Which snack featured the advertising line, "The more you eat, the more you want"?
- Comics:** What is the name of Dagwood Bumstead's next-door neighbor in the comic strip *Blondie*?
- Literature:** What area of England did poet William Wordsworth often feature in his work?
- Animal Kingdom:** What is the scientific name for a turtle's upper shell?
- Television:** What was the destination of the Robinson family in the *Lost in Space* series?

TRIVIA ANSWERS

9. Carapace 10. The Alpha Centauri star system
7. Heet Woodley 8. The Lake District
5. Spinach 6. Cracker Jack
1. Aggenita 2. Green 3. Four 4. Suspicious
Minds (1969)

From page 4

Library Programs

account and password for accessing it.

Book Discussion *Mind and Matter: a Life in Math and Football* by John Urschel: 3 p.m. Monday, October 14; Main Library Building, Conference Room C – This book discussion series focuses on memoirs and autobiographies. Read the book selection ahead of time and come to discuss.

Hope by Song: 6 p.m. Monday, October 14; Amphitheater – The Hope by Song's mission is to help those whose stories of abuse, addiction, homelessness or post-traumatic stress disorder have not been heard by inspiring them to tell their stories. Their words are used to create songs of struggle and hope, then used to educate others dealing with similar issues to encourage new, more beneficial ways of thinking about their lives and to foster a greater awareness and a deeper understanding of those in less fortunate

situations.

Adult STEM: 6:30 p.m. Wednesday, October 16; Meeting Room ABCD – This month we are going to put all of our coding skills to use for the library and work together to create a magazine counter for the library's periodical department. Raspberry pis are low cost credit card-sized computers that can be adapted for many tasks. We are going to use Scratch to create a program that will sense the weight of a magazine. Registration is required.

Book Discussion *The Beekeeper's Lament: How One Man and Half a Billion Honey Bees Help Feed America* by Hanna Nordhaus: Noon Wednesday, October 16; Main Library Building, Conference Room C – Sometimes fiction seems real and nonfiction reads like a novel. This year, both will be discussed. Registration is required.

Knitting Nook: 5:30 p.m. Monday, October 21; Main Library Building, Conference Room C – A casual self-guided group of knitters and crocheters share

ideas, techniques and patterns. Attendees should bring their own projects. Basic supplies available for newcomers.

Oculus Go Virtual Reality: 1, 1:45, 2:30 and 3:15 p.m. Thursday, October 31; Main Library Building, Conference Room C – Step into virtual reality (VR) with Oculus Go. Whether you're a beginner or advanced user, anyone can try out these VR headsets to play games, use apps or browse the internet. For ages 18 and older. Registration is required.

Children's Programs

Toddler Tales: 10 a.m. Tuesdays, October 1, 29; For ages 18 to 36 months – This interactive and active time for toddlers and their caregiver is designed to advance prereading and social skills. They'll experience storytelling, wordplay, felt board stories, fingerplays, puppets, singing, music-making, socializing, dancing and, of course, books.

Preschool Storytime: 10 a.m. Wednesdays, October 2, 30; For ages 3 to 5 – Children attend this program

independently while the caregiver waits nearby. Your preschooler will continue to build relationships with other kids, books and the library in a storytime designed specifically for them.

Bubblemania: 10 a.m. Thursday, October 3 – Join us for an exciting morning of bubble wand-making and bubble-blowing as we listen to our favorite tunes.

Read to Sam, the Therapy Dog: 3 p.m. Thursdays, October 3, 10, 17,

24 – Improve your reading skills with Sam, the therapy dog. Drop on by the Kids Zone for your chance to read to Sam and his handler.

Family Storytime: 10 a.m. Saturdays, October 5, 19; For children age 5 or younger – Your whole family is invited to this enjoyable, all-ages storytime that encourages the development of prereading skills through songs, rhymes, fingerplays and stories.

Preschool Dance Party: 10 a.m. Tuesday, October 8 – Let's rock out to

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Today's Word

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some amazing music, use the parachute and instruments and dance until we drop during this super energetic program. Little ones will be naptime ready after our preschool dance party. This program is appropriate for walkers through age 5.

Elementary Homeschool Connection: 11 a.m. Friday, October 11 – Homeschoolers ages 5 to 11 and their caregivers are welcome to join in for a fun and educational activity. We'll engage in science experiments, technology, building, crafting and making of all types. Registration is required.

Kids Read Down Fines: 11 a.m. to noon Saturdays, October 12, 26; 4 to 5 p.m. Wednesday, October 16 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and younger only and applies only to charges on overdue materials. Bring your library card.

Junior STEAM Club: 10 a.m. Monday, October 14 – Each month will feature a different STEAM related theme for children ages 3 to 5. Get creative with books and activities that feature science, technology, engineering, art and math for preschoolers. Registration is required.

Interactive Movie: 2 p.m. Monday, October 14 – Celebrate Dia de los Muertos. More than just a movie showing, audiences participate in this screening. You can take part in the action with props, sound effects and a whole lot of fun or just sit back and enjoy the film. Families of all ages are welcome. Rated PG. Registration is required.

Little Makers STEM Stations: 10 a.m. Tuesday, October 15 – Discover, build, create. Preschoolers ages 2 to 5 are welcome to a morning of construction with Lego pieces, magnetic tiles, giant blocks and more. Kids can also create with a STEM kit, or get into tactile sensory play foam, sand and play-dough.

After-School Fun: Monster Sock Puppets: 4 p.m. Tuesday, October 15 – Get creative and make a monster sock puppet while enjoying spooky music and scary stories.

Little Racers: 10 a.m. Tuesday, October 22 – Children ages 2 to 5 will build and race through our little library town with cars, trucks and anything that zooms. We provide the vehicles, roadways and buildings; you bring your imagination.

STEAM Club: Water, Water Everywhere

Experiments: 4 p.m. Tuesday, October 29 – Learn how Archimedes' screw works as we experiment with water absorption and filtration. This program is appropriate for elementary-aged children.

Baby Rhyme Time: 10 a.m. Thursday, October 31 – For ages 18 months and younger. During this special storytime, you and your baby will learn new nursery rhymes and fingerplays, interact with puppets, sing, read books and dance.

Teen Programs

Teen Anime Drawing and Fan Club: 5 p.m. Wednesday, October 2 – Share creations, discover new anime and connect with other fans. Colored pencils, pens and paper supplies are provided.

Poetry Night: 6 p.m. Tuesday, October 8 – Come write and share your own poetry and add it to the poetry wall. Meet others who love to write poetry and be creative together. No registration is required.

Books and Bites for Teens: Scary

Stories: 5 p.m. Wednesday, October 9 – Share your favorite scary story with friends as we enjoy tea and cookies. Registration is requested but not required.

Kids Read Down Fines: 11 a.m. to noon Saturdays, October 12, 26; 4 to 5 p.m. Wednesday, October 16 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and younger only and applies only to charges on overdue materials. Bring your library card.

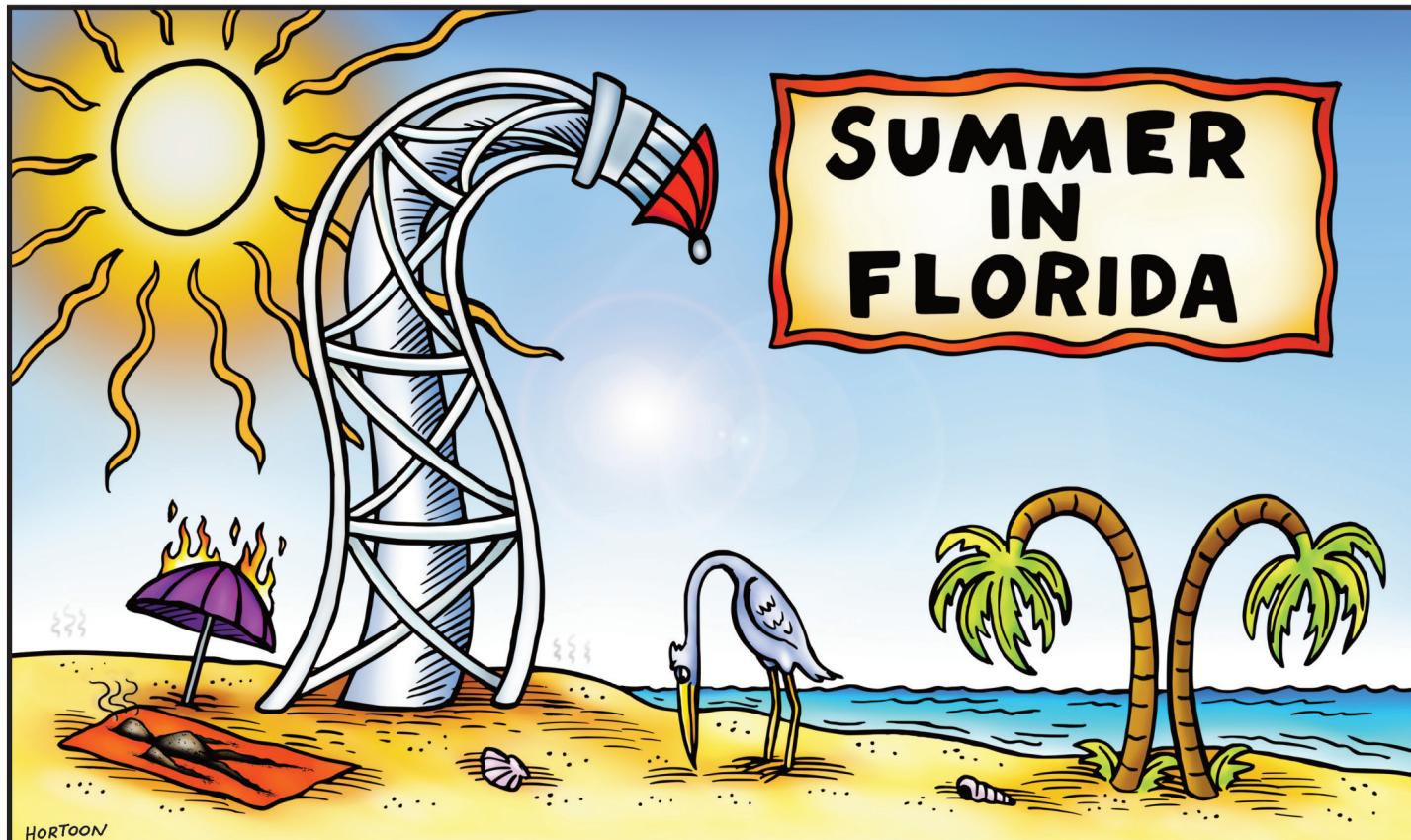
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Tween Art Club: Button Bracelets: 5 p.m. Wednesday, October 23 – Design and create your own button bracelet. All supplies are provided.

Middle School Homeschool Connection: 2 p.m. Monday, October 28 – Meet new friends as we tackle various STEAM topics in this monthly program designed to spark dialogue and facilitate creative thinking. This month we will go into the world of virtual reality using the Oculus Go. Registration is required. Space is limited.

The Fort Myers Regional Library is located at 2450 First Street in Fort Myers. Adult programs are held in the meeting room building located across the library campus at 1651 Lee Street. For more information about a program or to register, call the library at 533-4600 or visit www.leelibrary.net to find out about programs at other locations.**

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Palmetto Point	Fort Myers	2007	6,600	\$2,495,000	\$2,225,000	566
Orchid Ridge	Bonita Springs	2002	4,134	\$1,998,900	\$1,775,000	516
Cortona	Miromar Lakes	2019	2,821	\$1,896,000	\$1,765,000	160
Shell Harbor	Sanibel	1973	2,230	\$1,595,000	\$1,400,000	56
Shell Harbor	Sanibel	1970	1,750	\$1,395,000	\$1,205,000	169
Trevi	Fort Myers	2007	3,613	\$949,900	\$800,000	259
Woodlake At Bonita Bay	Bonita Springs	1988	2,687	\$949,000	\$949,000	11
Cape Coral	Cape Coral	2019	2,454	\$799,900	\$780,000	154
Buckingham	Fort Myers	2017	3,279	\$749,900	\$735,000	9
Crown Colony	Fort Myers	2005	3,037	\$718,000	\$685,000	122



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