

Country Music Stars To Headline Songwriter Fest

Island Hopper Songwriter Fest kicks off its seventh year from September 17 to 26 with an impressive lineup of talented singer-songwriters including Jimmie Allen and Michael Ray.

Allen, who won this year's Academy of Country Music Award for New Male Artist of the Year, will perform at the pool party at Pink Shell Beach Resort & Marina on Sunday, September 26. The Delaware native made history as the first black artist to launch a career with two consecutive No. 1 songs on country radio. His hit, *Best Shot*, claimed the No. 1 spot for three weeks and his second single, *Make Me Want To*, climbed the charts in March 2020. He recently released an album featuring collaborations with Little Big Town, Keith Urban and Mickey Guyton.

Ray, a Florida native, joins Island Hopper Songwriter Fest with three No. 1 songs, including *Kiss You in the Morning*, *Think a Little Less* and *One That Got Away*. He performs at Pinchers at The Marina at Edison Ford in downtown Fort Myers on Thursday, September 23. Ray kicks off his summer tour in June with



Michael Ray photos courtesy The Beaches of Fort Myers & Sanibel

country star Luke Combs.

"BMI is thrilled to partner once again with Lee County Visitor & Convention Bureau and iHeartMedia for the 2021 Island Hopper Songwriters Fest," said Dan Spears, BMI vice president of industry relations. "After the challenging year we've had, this festival offers the perfect opportunity to bring people back down



Jimmie Allen

to Southwest Florida and celebrate with great food, drinks and music. Thank you to all of the participating BMI-licensed restaurants, bars and hotels for giving our songwriters a platform to showcase their music and share the stories behind some of their most popular songs."

Island Hopper Songwriter Fest, a free 10-day music festival – except for a few

ticketed events – kicks off on Captiva Island on September 17, 18 and 19, then moves to historic downtown Fort Myers on September 20, 21, 22 and 23 and wraps up on Fort Myers Beach on September 24, 25 and 26. The event is the largest songwriter festival in Southwest Florida and offers a unique experience to interact with songwriters at pool parties and beachside venues. This year, more than 60 singer-songwriters from around the country will perform more than 100 shows.

This year's Island Hopper Songwriter Fest promises a unique lineup. In addition to hit-making headliners, other award-winning performers include Jay Allen, Dylan Altman, Aaron Barker, Hannah Ellis, Frank Myers, Dave Pahanish and Fort Myers native Sheena Brook.

Since May 2020, festival organizers have produced a virtual concert series, *Songs from the Sofa* and *Songs from the Sand*, in preparation for the Island Hopper Songwriter Fest. The monthly concerts have featured a preview of songwriters who will perform at this year's festival.

The free Island Hopper Fest app is available for iOS and Android users. Features include personalized schedules, festival discounts, maps and performance

continued on page 4



A scene from *A Night On Broadway*

photo provided

Theater Season Opens With Musical Revue

Broadway Palm will open its 29th season with *A Night On Broadway*, playing September 9 through October 2. This original concert-style musical revue will feature the best of Broadway by combining favorites from the past along with the most recent musical

hit sensations.

As a season-opener special, all tickets are \$55 for dinner and the show. Performances are Wednesday through Sunday evenings with select matinees.

The bright lights of Broadway will shine on the Broadway Palm stage with this all-new musical revue that showcases some of the greatest Broadway songs of all time. The cast will sing their way through decades of Broadway favorites from shows such as *Les Misérables*, *Phantom of the*

continued on page 6

Calls To Artists For Traveling Mural Exhibition

Love Your Rebellion and Artsemble Underground are accepting submissions for Murals on Tour, a traveling art exhibition about inequity. Concept submissions must be received by Monday, October 4.

The Murals on Tour project will select submissions by four artists from marginalized groups to create mural-sized pieces painted on vinyl canvases. The pieces will then be displayed on a schedule at different businesses and organizations throughout Southwest Florida. Last year's artists were Marvin D. Rouse, Cath Branwood, Bianca J. Russell and Nick Masiello.

One piece will show in a business or organization at a time on a monthly basis at partnered businesses and organizations between December 2021 and March 2022. Last year's locations were Ollie's Records and Pub, Nice Guys Pizza, Sidney and Berne Davis Art Center and Alliance for the Arts.

Each artist will be provided with a vinyl canvas, a \$100 supply stipend and a payment of \$250 for their piece, made possible in part by a sponsorship from Fort Myers Mural Society.



image by Annie Pritchard

The project's goals are to participate through the arts in an ongoing conversation about the challenges facing marginalized groups, create works of public art that are easily accessible due to their mobility, support Florida artists from marginalized groups via exposure and compensation, and build partnerships between businesses and organizations that want to increase the presence of public art in Southwest Florida, and further conversations via public art about challenges facing marginalized groups.

For submissions, guidelines and complete details, visit www.loveyourrebellion.org/murals-on-tour.✳

Historic Downtown Fort Myers, Then And Now:

The Towles At Home



by Gerri Reaves, PhD

This living room scene might look quaint and old-fashioned to the contemporary eye, but in the early 20th century, these accommodations were some of the most comfortable and elegant in town.

Seated at that rolltop desk is William H. “Wild Bill” Towles, and seated on the leather sofa is his wife, Wilhelmina “Willie” Boyd Towles.

The house was located on a large lot on the northwest corner of Fowler and Second streets, which Towles had purchased in 1900 from HA “Berry” Hendry.

In the vernacular of the day, it was described as a showplace. It was also the second large home he had built since moving to Fort

Myers in 1884 as a widower with a young daughter, Corinne.

The sheer size of the house was notable in Fort Myers: a formal living room and dining room, five bedrooms, four bathrooms, four fireplaces, a kitchen, butler’s pantry and laundry room.

Early maps indicate servants’ quarters and a swimming pool on the property.

Evident in the historic photo is the use of beautiful tropical woods, such as teak, which Towles imported from Cuba. The staircase and wainscotting pictured here are mahogany. The kitchen floor was imported Italian marble.

Homey details in the photo are the spittoon on the floor, the then-fancy fan on the desk and Towles’s hat hanging on the mirror frame.

Towles was always one to upgrade or replace in the interest of modernization and appearance. And, he didn’t limit his efforts to just his own home.

In 1901, he, along with neighbors HA Hendry, Conrad Menge, Dr. Shands and Dr. Brecht, built a shell side walk on Fowler between First to Second streets and built a curb along the entire street.

Wild Bill might look staid and proper – even stuffy – in this photo, but that impression belies his larger-than-life reputation in local history.



The former Towles property, along with the entire block, is slated for redevelopment as a four-story, 274-unit apartment complex photo by Gerri Reaves

He’s remembered today mainly for getting the Lee County Courthouse built – by devious, even illegal, some would say means, i.e., tearing down the old one.

But even before he settled in Fort Myers, the native of Perry, Florida, was making a name for himself in Bartow and later Tampa in the mercantile and cattle business. His name is among the great Florida cattle barons such as Jacob “Jake” Summerlin and the Lykes Brothers.

Towles also was involved in the import-export business in South America and the Caribbean, based in Tampa. That made it easy to import those exotic woods used in his house.

Upon settling in Fort Myers, he established a general store, built a dock and established a steamship line. His line was one of three, along with the Menge Brothers and Kinzie Brothers, that ran from the downtown docks.

And, he was a fearless city and county politician set on getting his way. And he usually did. Running up against him took guts. His abrasive style even inspired an assassination attempt.

He died in 1921 and is buried in the Fort Myers Cemetery.

In its final decades, the house was a florist shop and then a tourist home and apartments, until about 1987.

Today, the former Towles site is part of an apartment project bounded by First and Second on the north and south, and by Royal Palm Avenue and Fowler on the west and east.

Walk down to Fowler and Second and imagine Wild Bill’s show place that became a flower shop.

Then visit the following research centers to learn more about that part of town that will undergo monumental changes very soon, including a 274-unit apartment complex.

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

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit www.leecountyblackhistorysociety.org.

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

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



WH “Wild Bill” and Willie Boyd Towles sit in their well-appointed living room at Fowler and Second. The photo is undated. photo courtesy SWFL Historical Society

THE RIVER WEEKLY NEWS

FROM THE BEACHES TO DOWNTOWN FORT MYERS

Independently Owned And Operated
COPYRIGHT 2021 The River Weekly News
LORKEN Publications, Inc.

Read Online: www.IslandSunNews.com

Publisher
Lorin Arundel
Accounting
Mike Terry
Advertising
Bob Petcher

**Graphic Arts/
Production**
Ann Ziehl, Manager
Amanda Hartman
Willow Peterson

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers

Kay Casperson	Capt. Matt Mitchell
Suzy Cohen	Trinette Nelson
Linda Coin	Howard Prager
Marcia Feeney	Julie Rosenberg, MD
Katie Frederic	J. Brendan Ryan, CLU,
Shelley Greggs	ChFC, MSFS
Tom Hall	Di Saggau
Marion Hauser, MS, RD	Jeanie Tinch
Ross Hauser, MD	Allison Havill Todd
Craig R. Hersch	

Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213,
write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
or email: press@islandnews.com. To advertise, email: ads@islandnews.com.

The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.
We will correct factual errors or matters of emphasis and interpretation in news stories.



School District Earns Award



Members of The School District of Lee County with the award

photo provided

The School District of Lee County has received an Above and Beyond Silver level Aetna Workplace Well-Being Award. The district has a commitment to improving employee health and features a comprehensive wellbeing strategy that employees are passionate about. The award is the culmination of the employees' desire to live healthier, more active lives and make wellbeing a priority.

"I'm proud to be part of a company that emphasizes wellbeing," said Bonnie McFarland, director of insurance and benefits. "Even with the COVID-19 pandemic, we continued to support our employees' health. Our wellbeing program is as much a part of our culture as the service we produce. It's simply part of the way we do business."

The district's workplace wellbeing program focuses on creating and maintaining a healthy lifestyle. Exercise classes, nutrition classes and mental

wellbeing classes are offered. There is a fitness center, health coaching, virtual wellness resources, on site health screenings, on site flu shots and other programs geared towards wellbeing available. The district mission states, "We seek to provide a healthy work environment and enhance the quality of life for all district personnel."

The Above and Beyond award honors the district's superior performance in the following areas: strong wellbeing strategy; successful program outcomes; and variety of resources available

"Congratulations to The School District of Lee County," said Sandra Lozada, director of client management and wellness with Aetna. "This recognition shows how they continued to emphasize the importance of employee wellbeing in addition to addressing the COVID-19 challenges. We're proud to be partnered with The School Board of Lee County."✱

FSW Laboratory Officially Named



Brian and Kim Rist

photo provided

Florida SouthWestern State College recently hosted a reception to officially name its respiratory therapy program lab The Rist Family Foundation Respiratory Laboratory and

Classroom.

The Rist Family Foundation previously donated \$500,000 to support and provide new technology for the program.✱

STIFEL

Investment Services Since 1890

Jennifer Basey
First Vice President/Investments

Call me for a
personalized plan



KNOWLEDGE

For 130 years, Stifel has served as a trusted financial advisor to individuals, just like you. Our knowledge and service have helped clients navigate all market cycles, even the difficult ones.

SERVICE

Stifel, a full-service wealth management and investment banking firm, has the professional expertise and resources to assist you in developing a financial strategy designed for the challenges of today's up-and-down market and your long-term goals.

EXPERTISE

Contact our office in
Fort Myers, Florida.

(239) 985-6540
baseyj@stifel.com

12800 University Drive, Suite 300
Fort Myers, Florida 33907

Fort Myers Art:

Story Of Hope And Inspiration At Lab Theater



by Tom Hall

The Laboratory Theater of Florida will present the Southwest Florida premiere of *The Color Purple* from Friday, September 3 through Saturday, October 2.

Based on the Pulitzer Prize-winning book by Alice Walker and adapted for the stage as a musical by Marsha Norman, Brenda Russell, Allee Willis and Stephen Bray, *The Color Purple* is an inspirational story of strength, hope and determination. It is the tale of African-American women finding their independence in the first half of the 20th century. The songs are a powerful fusion of ragtime, jazz, gospel and blues that will transport the audience to journey alongside Celie and Nettie's heart-touching story of deliverance.

"Lab Theater proudly presents this numinous theatrical experience that has both entertained and divided audiences for many years," said Lab Artistic Director Annette Trossbach, who has



Cast members of *The Color Purple*

photo courtesy www.artswfl.com

produced the show. "The story remains banned across communities in the United States for its portrayal of African-American men and of a same-sex relationship. Censorship of art remains a controversial topic in Southwest Florida and across this country. Telling diverse stories is central to the mission of many theaters – we understand that history is written by those in power. Attempts to broaden the narrative are often removed from public view through various means

of censorship. The power of *The Color Purple* compels that it be told. And that other stories of the diverse fabric of American life be told. All of our stories are worthy of telling and celebrating."

Directed by Sonya McCarter, the team also features music direction by W. Earl Sparrow and choreography by Bianca Russell.

"What I love about this story is that it doesn't shy away from revealing the oppressions of the past and

unfortunately the present: racism, sexism and intolerance," said McCarter. "But that's not all I love. I love that it reveals the resilience of a people who at times have been broken but never bowed; I love its universality and that it's a story of the human condition: we all crave love, respect, empathy and understanding; we all experience times of disappointment, heartache and betrayal; I love that it's a story of spirituality, self-discovery and triumph."

The cast features Ruthgena Faraco as Celie, Julissa Jean-Bart as Nettie, Cantrella Canady as Sofia, Cadrick Smith as Harpo and Hoyt Goodine as Grady.

This show is sponsored by Emily Eason. Lab Theater also thanks additional sponsors Attorney Joe North, King Leo Promotions, AKA Sorority and Lee Pitts Live.

Tickets are \$37 each or \$15 for students with valid student IDs. For the protection of both cast and crew, Lab Theater requires that all patrons wear their masks over their noses and mouths during their entire stay at the theater.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. For more information or tickets, call the box office at 218-0481 or visit www.laboratorytheaterflorida.com.

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. ✨

Dining In The Dark Fundraiser

Lighthouse of SWFL will hold the 11th annual Dining in the Dark fundraiser, a virtual event, on September 23 at 7 p.m. Dining in the Dark is a unique, sensory awareness experience which gives guests a first-hand glimpse into the challenges of living with blindness or low vision while raising much-needed funds to achieve the mission of guiding people to independence.

Dining in the Dark will use Remo Virtual Platform for an interactive dining experience. An online auction with fabulous gift packages will be held in conjunction with the event.

Guests may purchase tickets online for the event, then arrive at their pre-scheduled Outback Steakhouse curbside pickup location on September 23 to receive a meal package including dessert and a blindfold.

Once back home, guests will log into the event and Lighthouse of SWFL team members will provide live instruction to guide guests through donning the blindfold and using the techniques taught by certified vision rehabilitation instructors to help them experience their food and beverage without vision. Afterwards, they will hear about Lighthouse of Southwest Florida's impact on the community including powerful testimonials.

The online auction opens at 6 p.m. Wednesday, September 22 and ends Saturday, September 25 at 6 p.m. Participants will have the opportunity to check their bids throughout this time period.

Event sponsors include Gorovoy M. D. Eye Specialist, Southwest Florida Optometric Association (SWFOA); Juniper Landscaping; Bob and Reina Schlager; O'Donnell Landscapes Inc.; TriCircle Pavers Inc.; Crews Environmental; CRS Technology Consultants; Right at Home; Motto Mortgage Infinity; and Scott White Advisors LLC. For more information on ticket reservations or sponsorships, contact 997-7797, info@lighthouseswfl.org or visit www.dininginthedarkswfl.com. ✨

From page 1

Songwriter

alerts. Search for Island Hopper Fest in your mobile app store.

The 2019 Island Hopper Songwriter Fest received four SunSational Awards through the Florida Festival & Events Association and the Southeast Tourism Society named Island Hopper one of its Top 20 events.

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



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

CELEBRATING 25 YEARS LECTURE SERIES

Register online at: ShellMuseum.org/lecture-series

Free, virtual program, presented via Zoom.

SEPTEMBER 16 • 5 PM WHY AM I GROWING GIANT CLAMS IN THE MIDDLE OF THE ARIZONA DESERT?

By Dan Killam, Ph.D.
Biosphere 2, University of Arizona



Biosphere 2



SEPTEMBER 28 • 5 PM SHELL DRESSED: SEASHELLS IN FASHION AND JEWELRY

By Jean M. Burks, Curator Emerita, Shelburne Museum; and Kory Rogers, Francie and John Downing Senior Curator of American Art, Shelburne Museum

OCTOBER 20 • 5 PM SPOOKY MOLLUSKS AND OTHER EVILS OF THE DEEP: A HALLOWEEN SPECIAL



3075 Sanibel-Captiva Rd., Sanibel, FL
(239) 395-2233 • ShellMuseum.org

Open Daily
10 a.m.-5 p.m.





Beth Haely, center, with members of Veterans Club of America Post #1 photo provided

Veterans Club Meets Gold Star Mother

submitted by Robin Perkins Matthews, Adjutant, Veterans Club of America

At a recent general meeting, the Veterans Club of America Post #1 had a special guest visit to explain her story and mission. Beth Haely, a resident of Fort Myers, is a member of the SWFL American Gold Star Mothers Inc., which started back in 1928 as a nonprofit and nonpolitical organization composed of women who had lost a son or daughter in World

War I. Haely lost her son recently and her goal is to have a wreath placed on every headstone of a veteran son or daughter in Lee County.

After hearing her story and actually realizing that we had active members of our post who knew her son, our hearts were pulled with so much pride and love that, in one night, we raised enough money to get over half of the headstones in this county decorated with wreaths. A lot of tears were shed that night but hearts grew enormously.

The Veterans Club of America has always worked towards helping the community in various ways throughout its history since the 1980s, and this was just one more way of showing our love to country and county.*

Mid-Cape 5K Color Fun Run

Mercola Market & Café of Cape Coral will host Mid-Cape 5K Color Fun Run on Saturday, September 25 from 6 to 9 p.m.

The non-timed run will begin at 6:30 p.m. and go through the local area where runners pass different color stations at participating businesses. Registration for the run is \$15 per adult and \$10 for children ages 14 and younger. To register, visit www.runsignup.com and search "Mercola

Market" under "Find a Race."

Runners and their families can continue the fun with music, raffles, beer and wine specials as well as 10 percent off all market and café items. For more information about the event, call 599-9400.

Participating businesses include Wicked Dolphin Rum, ENG Crossfit, Sun Splash Family Waterpark, Cape Coral Animal Shelter and Team Doogie.

Mercola Market is located at 125 Southwest 3rd Place in Cape Coral. For more information, visit www.mercolamarketcc.com.*

Science Center To Hold 9/11 Ceremony

The IMAG History & Science Center will hold a free 9/11 Remembrance Ceremony on Saturday, September 11 at 11 a.m. The event will feature guest speakers, a dedication of a 9/11 memorial stone sculpture from the World Trade Center, and a 9/11 memorial display. Sandra Priest, founder, artist and sculptor of Project 911UP, donated the stone sculpture that is created from a piece of the slurry wall salvaged from Ground Zero. "The experience of seeing and touching this memorial is important to restoring hope and rebuilding our spirits as a people and a nation," said Priest.

Known as Patriot Day, September 11 is observed as a National Day of Service and Remembrance. Accordingly, 9/11 Remembrance Ceremonies, here in Fort Myers and throughout the United States, honor the loss of thousands of lives including fire fighters, first responders and others responding to these unthinkable tragedies. Keeping the memory of



World Trade Center memorial stone photo provided

9/11 alive is a sacred privilege for all Americans.

IMAG History and Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.imag.org or call 243-0043.*

Read us online at www.IslandSunNews.com



Window Treatments . Furniture . Flooring . Lighting . Accessories . Closets

DECORATING DEN INTERIORS®

Luxury Design | Concierge Service

"We take care of all of the details, so you don't have to"



695 Tarpon Bay Rd. Sanibel, FL 33957 239.472.6551
coin.decoratingden.com

LUCILLE'S BOUTIQUE

PREMIUM WOMEN'S CONSIGNMENT

15675 McGregor Blvd. Extension
Ft. Myers, Florida 33908

Mon - Fri 10 to 5
Sat 10 to 4

239-489-3554

Consignment
by appt. only

lucillesboutique@hotmail.com

BRING THIS AD IN FOR 10% OFF YOUR PURCHASE



A young athlete runs a drill at football camp photos provided

Camp Held For At-Risk Youth

The Tommy Bohanon Foundation, in continuing its mission to change the lives of at-risk youth in the Southwest Florida community through its extensive outreach initiatives and programs, recently hosted its 5th annual Tommy Bohanon Youth Football Camp at North Fort Myers High School. Young athletes from grades one through eight were invited to attend the camp hosted by former NFL player Tommy Bohanon where they learned



The Tommy Bohanon Foundation team and volunteers hosted the 2021 Tommy Bohanon Youth Football Camp at North Fort Myers High School

about a great deal more than football.

“Our annual football camp gives us the opportunity to guide kids towards the path to success,” said Bohanon. “We get to spend an entire day teaching kids valuable life skills, form relationships and build trust, all through the sport we love – football. These camps, like everything we do at the foundation, are done with the hope and intention of making a positive impact on their future.”

Over 40 volunteers participated in this year’s football camp, which contributed to its success. Coaches included Justin Lee, the Tommy Bohanon Foundation’s 2021

Most Valuable Playmaker Award recipient, and Dwayne Mack, head football coach for North Fort Myers High School. In all, there were 20 coaches from the collegiate and high school levels and 20 junior coaches who play local high school football that came together to coach just under 100 local at-risk youth. In preparation for camp, the high school junior coaches had the opportunity to be mentored by the professional coaches. They were taught new football skills, the responsibilities of being a coach and other important life lessons geared towards their future success. Fifteen additional volunteers, including

teachers and members of the Lee County Sheriff’s Office, provided support throughout the day. Tropical Smoothie Cafe sponsored the event and provided the players, coaches and volunteers with a healthy, catered lunch.

Despite complications imposed by COVID-19, the annual camp has never missed a year since it was founded in 2017. The Tommy Bohanon Foundation plans to host the 6th annual Tommy Bohanon Youth Football Camp in June of 2022.

To learn more, visit www.tommybohanonfoundation.org or contact Katie Bohanon at 671-0441 or katie@tommybohanonfoundation.org.

From page 1

Musical

Opera, CATS, Oklahoma, Wicked and 42nd Street. You’ll treasure the nostalgia of over a century of entertainment and magnificent music.

Directing *A Night On Broadway* is Victor Legarreta, who has directed and appeared in numerous Broadway Palm productions. In addition, he created *Yesterday’s: The 50s and 60s Musical, Groovin’: The 60s and 70s Musical, Let’s Go To The Movies, Dino and Friends, ‘Til Theft Do Us Part* and *No Claus For Alarm*.

Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information and tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office.✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH YESHUA MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

COVENANT PRESBYTERIAN

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com.

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

REDEEMER CHURCH

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH UNITED METHODIST

Sunday 9 and 11 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcforymiers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

LAMB OF GOD

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETH EL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE FAITH CENTER

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

THOMAS A. EDISON CONGREGATIONAL

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

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

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



This wild specimen in a scrubby coastal area shows the hardiness of the species, which is drought tolerant and thrives in full sun photos by Gerri Reaves

Plant Smart
Wild Sage

by Gerri Reaves

Wild sage (*Lantana involucrata*) is an easy-to-grow native shrub that's perfect for a butterfly or natural garden or as a hedge or screen.

This perennial woody evergreen of the verbena family typically grows four to eight feet tall with an almost equal width. The bark is light brown or gray and also rough in texture.

The multi-branched bushy foliage provides cover for wildlife.

Also called white sage and buttonsage, it's found mainly in the coastal counties of South Florida at the edges of hammocks, on coastal shell ridges, and in coastal thickets, pinelands and pine rocklands.

Stalked clusters of small fragrant tubular flowers measure about an inch across. Leafy bracts are below flowers.

The white to pink or lavender flowers have five lobes, flaring mouths and

Native wild sage's year-round flowers provide nectar to butterflies and other pollinators. Birds eat the berries.

yellow centers.

They bloom throughout the year.

Many butterfly species, such as cassius blue, Florida duskywing, giant swallowtail, martial scrub-hairstreak, gulf fritillary and many others visit the flowers for nectar, as do moths and bees.

The light green leaves are opposite, about an inch long, and generally oval in shape. They have toothed edges, a rough texture and a crinkly look.

When crushed, they emit a sage odor.

The leaves are used for a variety of medicinal purposes.

The tiny purplish fruit is not only an outstanding ornamental feature but is a significant source of food for birds and insects.

Give this fast to moderate grower well-drained sandy or limestone soil in full sun to partial shade.

It has low salt water tolerance but high salt wind and drought tolerance. It's generally hardy, low-maintenance and wind resistant.

Propagate it with seeds or woody

cuttings.

When purchasing this plant, be sure not to confuse it with the nonnative *Lantana strigocamara* (also known as *Lantana camara*), which is listed as a category 1 invasive pest plant by the Florida Exotic Pest Plant Council.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of*

Florida Field Guide by Jaret C. Daniels and Stan Tekiela, www.flawildflowers.org, www.fnps.org, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨

New Interactive Games Teach Marine Science

The Florida Fish and Wildlife Conservation Commission (FWC) has partnered with Pubble, a digital education company, to launch five interactive games that engage and educate students of all ages on marine fisheries conservation.

Take a virtual fishing trip, match habitats with Florida fish species, remove trash and invasive lionfish from a reef, learn proper fish handling techniques and complete a virtual fish dissection. Games are geared for students in fourth grade and older but can be played by students and adults of all ages. These activities bring marine science right to your fingertips, providing accessible content for your home or classroom, and tips to use when you head out on your own saltwater fishing trips.

For more information about FWC's saltwater outreach and education programs, visit www.myfwc.com/marine and click "Outreach & Education Programs." For questions, contact marine@myfwc.com or 850-487-0554. ✨

EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES



300 Center Road, Fort Myers FL 33907

PHONE **239.939.9663** • FAX **239.939.8504**

www.NoLawn.com • www.AllNative.biz

OPEN DAILY: 9 to 5 Mon - Sat • 10 to 3 Sun



OUR NURSERY FEATURES OVER 200 SPECIES OF NATIVE PLANTS ON SEVERAL ACRES

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

We also offer landscape design, consultation, installation and maintenance.



L'Shana Tovah!



from
CHAVURAT SHALOM
of SWFL (FELLOWSHIP OF PEACE)

An informal, unaffiliated group from every Jewish tradition who worship and learn together

CONTACT US: chavuratshalom@gmail.com

LEARN ABOUT US: chavuratshalomofsouthwestflorida.org

May the New Year bring peace for Israel and good health for all of us

Post-Spawn Hungry Tarpon



by Capt. Matt Mitchell

Our little area of the world has been famous for over 100 years for its amazing spring tarpon fishing. Pre-spawn tarpon show up usually early

in Boca Grande Pass like no other place on the planet. Along with all these fish come all the boats and anglers chasing silver.

By mid-June, most of this tarpon craziness has slowed as our water temperatures get in the high 80s. The majority of these highly migratory fish continue pushing north up to the panhandle of Florida. We always seem to have some fish here all summer, though the numbers drastically decrease from the prime time of April and May.

During spring, you often get a lot of shots at rolling fish. We get many days that we sit in hundreds of fish and no one gets a bite. Simply put, these springtime fish have love on the mind and many times just don't eat. This is so frustrating watching tarpon roll all around and even over your baits while refusing to play. We do have days in the spring that the bite goes off, though the frustrating days far out number the great days.

Post-spawn fall tarpon fishing is the opposite... not as many fish, though these fish are ready to eat. My favorite tarpon fishing of the year starts in September and goes until we get our first hard cold front that drops water temperatures into the low 70s. Not only are there far fewer boats targeting these fish, they will eat most offerings. Wide open mornings of jumping five to 10 fish are common when you locate these hungry cooperative fish.

Find the bait and the tarpon will be close by. Before these fish migrate out for winter, they are packing on weight and often gorging with abandon. They feed in and around the masses of glass minnows and fry bait. This set-up seems to be their favorite fall forage. Find these bait schools along with ladyfish and mackerel in the mix and most of the time the tarpon will be there.

Places to start your search include the beaches from Knapps Point north. Sanibel rocks has been amazing the past few years with these fish being here for months when the weather is stable. Fort Myers Beach south to Bonita Beach can also light up. The open water in Charlotte Harbor along with the east and west walls are famous for the fall tarpon fishing in the dark rain-stained water. Look for feeding birds to show you the way to the schools of bait. Once you locate these tarpon, it's possible to return to them for days if not weeks if there are no drastic weather changes.

After not targeting tarpon since mid-June, it felt good to locate these fish again. They did not disappoint as we managed to land three out of the four we hooked. These fish were aggressive and



Fall tarpon fishing is heating up

photo provided

ate like fall tarpon should. Every time we got an open shot to cast a bait to a rolling fish, it resulted in a hook-up.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel

in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.✪

CAPT. MATT MITCHELL



Light Tackle Sport Fishing
Sightseeing • Eco Tours
Tarpon • Snook
Redfish & More

C: (239) 340-8651

www.captmattmitchell.com
email: captmattmitchell@aol.com

f CLEAR YOUR GEAR™
It Catches More Than Fish
Single hooks cause less
damage than treble hooks



Cycling Safety Notes

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



SANIBEL BICYCLE CLUB

Send Us Your Fish Tales

We would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification.

Email to press@islandnews.com or call 395-1213.

ISLAND MARINE SERVICES, INC.

NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED

MERCURY - MARINER - JOHNSON - EVINRUDE
SUZUKI - YAMAHA - OMC - I/O'S - MERCUISER

Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life

472-3380 • 466-3344

Your Bottom Specialist • Call on Paint Prices



Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Chuck-Will's-Widow



by Bob Petcher

The Chuck-will's-widow (*Antrostomus carolinensis*) is a nocturnal bird from the nightjar family, which can be characterized by long wings, short legs and tiny bills. It is an extremely

well-camouflaged bird due to its brown coloring and dark patterned feathers. It naturally likes to sit on roadsides at night and can be spotted in headlights where its eyes appear to glow.

If you don't see them, you may hear their endless call, which they are named for, much like their more famous cousin, the whip-poor-will. The former's call has a vibrating middle note between two shorter notes, while the latter's song is quicker, higher-pitched and more piercing to the ears.

At CROW, an adult Chuck-will's-widow was admitted from Estero after colliding with a window and being found unable to fly. Upon examination, the patient presented with mild ataxia, causing it to have impaired balance and coordination.

"Ataxia means uncoordinated gait. When they hit a window, it can



Patient #21-4591 snacking on meal worms

photo by Haillie Mesics

have a stun effect that causes them to be disoriented. We can tell they are disoriented by the wobbly movement," said Dr. Charlotte Cournoyer, CROW veterinary intern.

In feeding, the patient required assistance.

"This species has more specific dietary needs when in care than some of our patients," said Dr. Cournoyer. "We tongfed soaked meal worms rather than offer diet, so it was a form of force feeding."

Veterinarians later confirmed the patient's symptoms to that of a window strike.

Ataxia is usually the most common symptom. Other signs can be depressed or quiet mentation, trauma (cuts, scrapes, broken bones), eye injuries and head tilt,"

said Cournoyer.

The very next day, the patient showed vast improvement and no signs of ataxia to prove the injury was not a serious one. Recovery was quick.

"If it is very mild, it is not uncommon that one dose of anti-inflammatory and some rest is enough for them to recover quickly," said Dr. Cournoyer. "Recovery time varies with severity of symptoms."

After a successful flight test, the patient was released at dusk in Estero. Even after a one-day turnaround, CROW medical staff believed it was the right call to bring the bird in at the time.

"It is a good thing it was brought in since it was having symptoms. If it was not able to walk and fly normally following the window strike, then it is at risk of

predation," said Dr. Cournoyer. "We are happy that it did recover so quickly."

Before being admitted to the clinic, the patient may have been in the process of migrating to a warmer climate. While some Chuck-will's-widows winter in Florida, some do migrate to the West Indies, Mexico, Central America and northern South America.

Luckily, the patient did not suffer significance weakness or any temporary paralysis. It may now join its flock and fly south if it intends to do so.

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.

Snook Season Now Open

The recreational harvest season for snook started September 1 statewide with the exception of state waters from Pinellas/Hillsborough counties (including Tampa Bay) south to Gordon Pass in Collier County. These waters are catch-and-release for snook due to impacts from red tide.

The Florida Fish and Wildlife Conservation Commission (FWC) encourages anglers to use proper handling

continued on page 16

A special *Thank You* for the laborers in America!

Labor Day Sale

75% OFF STOREWIDE

Friday and Saturday
September 3rd and 4th
9 am to 4 pm

We will be **closed** the week of September 7-11 and re-open Tuesday, September 14th.

**Furniture ♦ Clothing ♦ Sporting Equipment
Kitchen Items ♦ Artwork ♦ Jewelry**

Community Thrift Store

(239) 225-6529
15501 Old McGregor Blvd., Ste 2, Fort Myers, FL 33908
Next to Planet Fitness in Miner's Plaza, at the corner of McGregor and Gladiolus
Open Tuesday through Saturday from 9am to 4pm

© 2021 Shell Point Retirement Community. All Rights Reserved. ACT-1735-21

FORT MYERS OLIVE OIL and BALSAMICS

Where you can "taste" the difference!

Cape Coral Olive Oil Company Coming Soon!

We carry the freshest, finest quality Extra Virgin Olive Oil and Balsamic Vinegars.

Dozens of flavors to choose from!

FREE 60ml bottle of Sicilian Lemon Balsamic Vinegar with any purchase of Olive Oil.

Must present coupon. Limit one per person. Expires 9/10/21

Ask us about our CBD oils!

Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100
FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

County Schedules For Labor Day

Most Lee County administrative operations will be closed Monday, September 6, in observance of Labor Day.

The county's holiday schedule adjustments are as follows:

Solid Waste – All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs, the Village of Estero and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day for the entire week beginning September 6. This means that if your regular collection day is Monday, the collection truck will pick up that material on Tuesday. Regular collection schedules resume on Monday, September 13.

Lee County Solid Waste facilities and offices are closed on September 6, in observance of the holiday. This includes the operation at the Household Chemical Waste Collection Facility, 6441 Topaz Court, and the Resource Recovery Facility on Buckingham Road. The Topaz Court drop-off facility instead will be open 8 a.m. to noon on Saturday, September 11.

Parks & Recreation – Lee County Parks & Recreation beaches, parks, preserves, swimming pools and boat ramps are open Monday, September 6. Recreation centers and administrative offices are closed and reopen Tuesday,

September 7.

Lee County Utilities – The offices of Lee County Utilities, the call center and its drive-thru window will be closed Monday, September 6, in observance of Labor Day. A drop-box is on-site at the front door and another accessible via the drive-thru for payments by check.

Libraries – All library locations will be closed Monday, September 6. Each branch will resume regular operating hours Tuesday, September 7.

Domestic Animal Services – Animal Services will be open for regularly scheduled hours Saturday, September 4 (8 a.m. to 4 p.m.) for the Lost & Found Pet Center and 10:30 a.m. to 3:30 p.m. for the Pet Adoption Center. Animal Services will be closed for the holiday Monday, September 6, but will resume regular business hours Tuesday, September 7.

LeeTran – LeeTran will not run bus, trolley or paratransit services on the holiday, Monday, September 6. Service resumes Tuesday, September 7. Route schedules and maps are at www.rideletran.com.✳

Ceremony For 9/11 Anniversary

The Southwest Florida community is invited to join first responders and public officials for a 9/11 Remembrance Ceremony at Caloosa Sound Convention Center on Saturday, September 11. Doors open at 7:45 a.m.

with the ceremony set to begin at 8:30 a.m. This year marks the 20th year since the terrorist attack.

An array of agencies and organizations – including law enforcement, fire, public safety and airlines – will conduct the ceremony, which is expected to last about 90 minutes. The remembrance ceremony includes a national colors presentation, patriotic music and the reading of names of those who lost their lives in the line of duty. Brief comments from officials will be made, including Fort Myers Mayor Kevin Anderson, Fort Myers Councilman Johnny Streets, Lee County Commission Chairman Kevin Ruane and Florida State Rep. Jenna Persons-Mulicka.

The group of volunteers and first responders who are planning the event want to allow the community to “remember our heroes – the ones who served, the ones who are still serving and the ones who paid the ultimate price,” said Chief Tracy McMillion of the Fort Myers Fire Department, who also serves as vice chairman of the Lee County Fire Chiefs’ Association.

For more event information, contact the City of Fort Myers Fire Department at 321-7311 or Iona McGregor Fire District’s Megan Contreras, public information officer, at 689-9046 or contreras@ionafire.com.

Attendees are asked to follow current Centers for Disease Control guidelines for large events and gatherings. Details can be found at www.cdc.gov/coronavirus/2019-ncov/community/large-events/

considerations-for-events-gatherings. [html#anchor_1619540969756](https://www.fortmyersfilmfestival.com/html#anchor_1619540969756)

Caloosa Sound Convention Center is located at 1374 Monroe Street in downtown Fort Myers.✳

Photo Contest Deadline Nears

The submission deadline for the 29th annual “Ding” Darling Day Amateur Nature Photography Contest is Wednesday, September 15. All entries must be submitted electronically. Cash award prizes are \$300 for first place, \$225 for second and \$175 for third.

The contest, sponsored by the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with “Ding” Darling Day, scheduled for Sunday, October 10 at Lakes Park in Fort Myers.

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

Entries must be delivered by email to ddamateurphotocontest@gmail.com. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to the “Ding” Darling Wildlife Society (P.O. Box 565, Sanibel, FL 33957) with a memo “for photo contest” or online at tinyurl.com/dingdonations with a note in “gift comments” designating the donation as photo contest fees.

There is a \$25 per person entry fee that provides you with a membership to the society. One fee covers two entries per person.✳

Indie Films Return To Davis Center

Thank God for Indie Movie Mondays (TGIM) returns to the Sidney & Berne Davis Art Center this fall.

The first TGIM will be held Monday, September 6 with host Eric Raddatz, and co-host Melissa Tschari DeHaven. The house opens for cocktails at 6:30 p.m. and the show starts at 7 p.m. Tickets are \$10.

TGIM will feature judges Glam Bam Burlesque Rose Burstein, actress Cassidy Reyes and the Collaboratory’s Tessa LeSage. Each indie film to view comes from a different writer and director. There will be live entertainment during intermission, and the judges and audience comments on the films all evening long.

Get a look at how the Fort Myers Film Festival views submissions for independent films and participate in the selection process. Have a say whether or not they should make final programming. Come out and see short indie films submitted to the Fort Myers Film Festival every first Monday of the month in season at TGIM.

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

In the Moo-d for **UDDERLY GREAT FOOD!**



LIVE MUSIC
Fri, Sat & Sun
5pm - 8pm

Get a taste of Key West right here on Sanibel.
For the past 18 years, The Island Cow is Sanibel's award-winning family dining destination with great cookin', lavish island cocktails, specialty coffees, outdoor games, and live entertainment.



BODYGUARD Ultimate NO-SEE-UM DEFENSE SOLD HERE

Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | SanibelIslandCow.com



KEY LIME HONEY VODKA



Filtered to Perfection!
100% Gluten Free
Flavored with ALL NATURAL KEY LIMES AND...



PURE RAW HONEY

CAPTIVASPIRITS.COM

Discover the world's first Key Lime Honey Vodka!

Cut Rate Liquors - Cape Coral
Liquors and More - North Fort Myers
Total Wine and Spirits - Fort Myers, Estero, Naples
Shores Liquors
Liquor Wine & Smoke Shop at Fiddlesticks
A to Z Liquor
Lehigh Liquors
Dr. Watson's Liquor Store - Pine Island
Sydney & Bern Davis Art Center
Edison Restaurant, Bar & Banquet Center
Or Order online... Now Shipping to 31 states!



WE'VE GOT
BIG NEWS!

A New World-Class Arts Center



Tribby Arts Center, Shell Point's new, 44,000- square-foot visual and performing arts facility, nurtures the creative spirit and engaged minds of the community's active residents. Featuring the 400-seat, state-of-the-art Connie Brown Hall, which hosts musical, theatrical and educational programming, the two-story center also offers three art galleries for exhibiting work

from residents, as well as regional and national artists. Shell Point residents enjoy designated studios for music, painting, pottery, photography, glass, quilting, crafts, and the performing and literary arts, along with an on-site arts library and lounge. A café, gift shop and outdoor sculpture garden complete this exciting hub of creative and cultural activity at Shell Point.®

Come tour our exciting new resident amenity.

EXPLORE SHELL POINT TODAY! **ATTEND A DISCOVERY SEMINAR & TOUR**

9:30 A.M.	Wednesday, September 8	Tuesday, September 14	Wednesday, September 22	Tuesday, September 28
------------------	-------------------------------	------------------------------	--------------------------------	------------------------------

REGISTER for a small-group seminar and tour or schedule a private appointment at shellpoint.org/BIG or call (239) 990-2116.

SHELL POINT
RETIREMENT COMMUNITY®
Unparalleled setting. Unparalleled lifestyle.™



Shell Point is located on the Caloosahatchee River in Fort Myers, just minutes from the islands of Sanibel and Captiva. Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc.

WE ABIDE BY CURRENT CDC GUIDELINES TO PROTECT YOUR HEALTH AND THE SAFETY OF OUR RESIDENTS AND STAFF. WE WILL NOTIFY YOU ABOUT WHAT TO EXPECT BEFORE ARRIVING FOR YOUR TOUR.

Book Review

The Personal Librarian



by Di Saggau

Marie Benedict is known for uncovering the private lives of famous forgotten women. Along with Victoria Christopher Murray, the two have written *The Personal Librarian* focusing on Belle

da Costa Greene, who was hired by JP Morgan to be the personal librarian to his famous Morgan Library. His books were not ordinary tomes; they were original manuscripts autographed and annotated scores from the likes of Beethoven and Chopin. He was greatly aided by Belle to add valuable, rare purchases to his collection.

Belle makes quite a name for herself in Manhattan's art and social scene. Her wit and confidence delights her male coworkers. Her relationship with Morgan is often contentious with moments of sexual tension. Unknown to Morgan and others, Belle is a black woman with olive skin, who passes for white. She grapples with her own identity by wondering if it's wrong to use the color of her skin to rise in the ranks as so many white people have done. Is she letting down

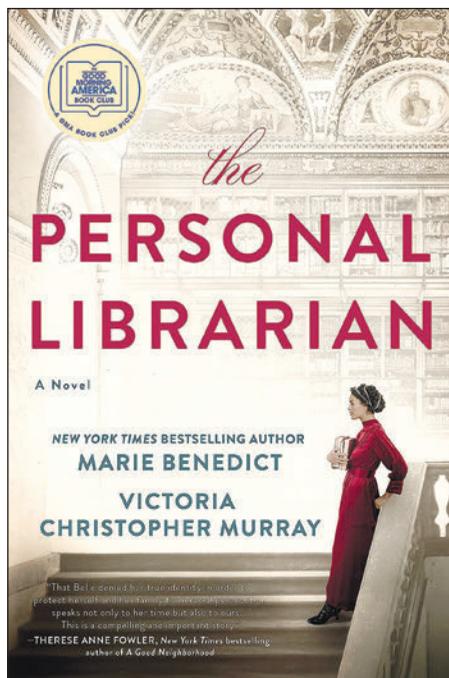


image provided

her ancestors, and what if her secret is discovered?

Belle is driven by the income she needs to support her mother and siblings, and also by her respect and awe for the books and artworks that Morgan acquires. She becomes skilled at auctions to acquire what he wants for his collection. Money is no object.

When Morgan dies, he leaves Belle \$50,000 which is equivalent to over a million dollars today. He never finds out

her secret. Both Benedict and Murray include an Author's Note in the book, and hearing about their research processes is a treat. The real Belle destroyed many records to try and hide her secret. After Morgan's death in 1913, she continued as librarian for his son, Jack Morgan and, in 1924, was named the first director of the

Pierpont Morgan Library.

The Personal Librarian is an extraordinary novel that will have you googling to learn more. I agree with what author Pam Jenoff said: "An extraordinary tale that is both brilliant historical fiction and an important and timely commentary on racism. A must-read."✳

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My partner and I do not agree about school attendance for our young elementary aged children. He says they can miss school at this age

since they are smart. I say that missing school is not good for them. Does it really matter if young children miss school?

Anita S, Cape Coral

Anita,

Missing school for any reason other than illness is not wise. Children must understand that they are expected to go to school every single day. Children need to build the habit of good school attendance that will carry on throughout their education and even into their careers. There are real consequences to missing school even in kindergarten, although they may not show up immediately.

Children who miss school frequently miss out on the fundamentals of reading and math. Data from a recent California study revealed that children who were chronically absent in kindergarten and first grade were far less likely to read proficiently at the end of third grade. Another study reported that students who arrived at school academically ready to learn – but then missed 10 percent of their kindergarten and first grade years – scored an average of 60 points below similar students with good attendance on third grade reading tests.

According to research from www.attendanceworks.org, an organization dedicated to "advancing student success by reducing chronic attendance", missing just 10 percent of the school year in the early grades can leave many students struggling throughout elementary school. And that by sixth grade, missing that much school is strongly linked to course failure and even eventually dropping out of high school. That's just 18 days – or two to three days per month.

Make sure that your partner does not believe the major myths about missing school, such as that absences are only a problem if they are unexcused, that sporadic absences aren't a problem and that attendance only matters in the older grades.

Does your partner think that the school lacks engaging instruction, or has a bad school climate and ineffective discipline? If he/she is concerned about these issues, he/she needs to become more involved in the school, so he/she understands what occurs there. Maybe he/she had a negative school experience, is

uncomfortable in schools and is just trying to protect your children.

Perhaps asking some of these questions will help him/her understand his/her reluctance to encourage strong school attendance and you will be able to resolve this issue.

For more information on school attendance, visit www.attendanceworks.org.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✳

Media Secrets To Be Discussed At Meeting

Several prominent media figures will share their secrets during the Above Board Chamber of Florida's upcoming How to Get Discovered by the Media event at the Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, September 9 from 11 a.m. to 1:30 p.m.

Attendees will have an unprecedented opportunity to ask questions and interact directly with local media personalities. They include: Krista Fogelsong, anchor, ABC7 News; AJ Lurie, vice president and marketing manager, Beasley Media Group; Steve McQuilkin, regional editor, business and environment, *The News-Press*; Andres Felipe Paz, publisher, *Todos Magazine*; Mindy Roosa, associate publisher, *Gulfshore Life* magazine; Jacob Ogles, editor, *Southwest Florida Business Today*; Eric Raddatz, presentation editor, *Florida Weekly*; Paul Lodato, general manager, CTN Southwest Florida; and Jane Monreal, evening anchor, FOX 4 News. Connie Ramos-Williams, chief marketing officer, founder and president at CONRIC PR & Marketing, will be the moderator.

To add a little more excitement to the events, everyone is encouraged to participate in a face mask competition. The members with the most creative, crazy and zany masks will win prizes. There will also be \$30,000 worth of media and other prizes awarded to members in attendance. Guests are welcome, but only members are eligible to win.

Cost is \$35 for members and \$40 for non-members. Lunch is included in the price.

The Crowne Plaza is located at 13051 Bell Tower Drive in Fort Myers. To register or become a member, visit www.aboveboardchamber.com or call 910-7426.✳

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

Available at
www.Amazon.com
www.OutSkirtsPress.com

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

Favorite Local Restaurant Earns Top Award

by Allison Havill Todd

What happens when you consistently combine great food, exceptional service and a fun atmosphere? Doc Ford's Rum Bar & Grille, located in Fort Myers Beach, discovered the answer to this upon recently receiving Trip Advisor's 2021 award for the number one "everyday eats" restaurant in the country. The award, based upon the number of positive five-star reviews a business receives, along with the quality of those reviews, is highly sought after and not easily obtained.

Trip Advisor has become the go-to website for many consumers around the world who are looking for the best places to stay, shop, eat and visit, and the attainment of top placement in any one category is quite an accomplishment amongst a lot of competition. Joe Harrity, Doc Ford's director of operations and marketing, shared that they "rely heavily on feedback from customers on Trip Advisor to measure their staff's performance and learn how they can continually improve every guest's overall experience in all of their restaurants." It also provides the staff an opportunity to create a unique connection with their customers.

The original Doc Ford's Rum Bar &



Doc Ford's Fort Myers Beach location

photo provided

Grille opened in 2003 on Sanibel Island and has since expanded to additional locations on Fort Myers Beach, Captiva Island and St. Petersburg, with a fifth location slated for the Bay Pines area in St. Petersburg. The founders, Marty Harrity (Joe's father), Mark Marinello and local bestselling author, Randy Wayne White, who created the Doc Ford character in his famed novels, all still have active roles in the business. However, Joe Harrity is quick to credit the staff at each of the restaurants for the business' continued success. In particular, he named the Fort Myers Beach location general manager, Kandice Salvador, who has been with

the company for over 12 years, as being instrumental in the restaurant receiving this top award.

Harrity mentioned that many of the staff have been involved with the restaurant for more than a decade and reiterated the pride all of the owners have in the professionalism of their team, naming the Trip Advisor top award as a true testament to all of their efforts. When asked how they have built such a caring and customer service oriented staff, he shared a favorite quote: "Train your people well enough so they can leave, but treat them well

enough so that they don't want to." And it would appear that the employees at Doc Ford's have been well trained and well treated.

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom.✪

Craft Beer Week Has Begun

The Greater Fort Myers Chamber of Commerce is presenting its inaugural SWFL Craft Beer Week from September 2 to 6 with a series of events celebrating Southwest Florida's craft breweries.

SWFL Craft Beer Week kicks off the celebration with an exclusive VIP event – Beers, Bowling & Bites at HeadPinz Fort Myers – and continues with events and specialty beer releases at participating breweries throughout the week. Breweries include Coastal Dayz Brewery, Crazy Dingo Brewing Co., Fort Myers Brewing Company, Millennial Brewing Company, Palm City Brewing Company, Point Ybel Brewing Company and Riptide Brewing Company.

To view the full schedule, visit www.swflcraftbeerweek.com.✪

Grant Awarded For Training Program

Goodwill Industries of Southwest Florida has been awarded a grant of \$50,000 from the Golisano Foundation to support Pathways to Opportunity (PTO), a day training program that provides life-changing opportunities for adults with significant intellectual and developmental disabilities who want to gain independence and empowerment and experience new opportunities.

Goodwill SWFL launched PTO in 2014 to help these adults transition from school to living as independently as possible. The program incorporates real-life training in the community to increase independence and expands the opportunities for participants to help them gain and retain daily living skills, independence and confidence, and increase their integration into their community. PTO is based in Lee County but Goodwill SWFL serves Charlotte, Lee, Collier, Hendry and Glades counties.

The program is person-centered and person-delivered. The service delivery model offers classes based on the needs and interests of the participants. Each quarter participants contribute

to all aspects of class selection, content and activities – and sign up for classes of their choice. Classes focus on education, recreation, creative expression, employment exploration, or helping them handle the consequences of COVID-19. This level of participation encourages independence and self-advocacy. Instructors design each class to build skills to achieve personal goals of self-sufficiency and assess each individual and the class to determine outcomes met. The adults work in a group setting to meet their individual interests and goals.

On April 20, 2020, PTO-2-GO was launched using the distance learning delivery model so some participants may continue their life skills training from the safety of their homes. This program also provides tools to assist with mental health and overall wellness while being at home.

"We are grateful to the generosity of the Golisano Foundation. Our program is an essential part of the lives of our participants and their caregivers. Through funding from Golisano, we will be able to expand our programs and support our participants on their roads to independence," said Carolyn Johnson, senior vice president of mission services and development.

The support of the Golisano Foundation will allow the program to expand and help cover the cost of those who privately pay.✪

MEET THE SHELL MAKERS

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

WIN A PRIZE ON OUR SCAVENGER HUNT



BAILEY-MATTHEWS
NATIONAL
SHELL
MUSEUM



3075 Sanibel-Captiva Rd., Sanibel, FL



(239) 395-2233 • ShellMuseum.org

Open Daily
10 a.m.-5 p.m.



LEE COUNTY
TOURIST DEVELOPMENT COUNCIL

Will Power

More Than Pushing A Button



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

We can accomplish so much these days simply by pushing a button. I just returned from a conference in Washington, DC, where I pushed many buttons using apps on my iPhone. It is simply amazing when you think about it.

I pushed buttons to check into my flight and to display my boarding pass. Another button informed me if my flight was on time, while yet another button tracked my bags onto the plane. Upon arrival at Dulles International, I pushed a button to summon an Uber to take us to our hotel.

Rather than wait in a long line to check into our room, I pushed a button to check in, reading the assigned room number on my screen. We ascended in the elevator, and, after finding our room, I proceeded to punch another button to unlock our door. Once in our room, we used buttons to read restaurant reviews and make a reservation.

We even pushed buttons to enroll in the conference breakout sessions, find the location of those sessions around the conference center, and communicate with the conference organizers.

There was virtually no interaction with a human being to accomplish all of these tasks. It seems that we can do a lot pushing buttons.

Even construct an estate plan.

But not a good one.

You see, unlike many transactions, a good estate plan is only developed through a meaningful interaction with a knowledgeable professional. Sure, you can access web-based estate planning programs, but those can only perform one minor function in an estate plan – that is preparing a legal document that would say who gets what in the event of your death. Even then, it probably doesn't do a thorough enough job.

Why is that? Because there is so much more thought that should go into constructing an estate plan. Consider, for example, that you have several different baskets of assets. Some carry taxable income with them (such as annuities, IRA and 401(k) accounts), while in others, you might achieve a step-up in tax-cost basis that eliminates capital gains to your beneficiaries. Without a thorough understanding of the

complexities surrounding these issues, it's likely that you don't maximize your plan, and that Uncle Sam becomes a larger beneficiary than he should.

How about those in blended families? A computer program won't provide any insight into the problems associated with economically tying your spouse, who is not the parent of your children, to those children through marital trust planning. Sure, the program will describe the benefits of providing income to your spouse for the rest of her life, and then how the trust will distribute principal to the children upon her death. Seems pretty straightforward.

Except, it's not.

Will that computer program reveal how to maximize family harmony when every dollar your spouse spends following your passing will result in one less dollar that the children inherit? There are strategies to consider beyond what the cold calculations that artificial intelligence can master.

How about protecting your children's inheritance from divorce or other economic maladies? Will those computer buttons know how to give your children the greatest amount of freedom in choosing their investments, distributing the trust income and principal, and ultimately deciding who should benefit from the inheritance following their deaths? I usually have lengthy conversations with my clients about the hopes and wishes that they harbor for their loved ones. Can you do that with Siri?

No. You can't.

Selecting your trustee in the event of your disability is usually another in-depth conversation that I engage in with my clients. There's so much to it, in fact, that I wrote a book exclusively on that subject. If you'd like a copy of that book, email me at info@sbshlaw.com. Once you receive it, please read the preface where I described how shocking I found the crushing responsibility to be when my mother contracted leukemia and I became the trustee of my parents' trusts. Reflect on the fact that I'm a board certified wills, trusts and estates attorney and a licensed CPA, and I found the responsibilities overwhelming. This is my career. Think about that for a moment.

There are so many variables to a good estate plan that every person's plan will be unique to that individual. Sure, if you have less than \$100,000 in assets and a house, you probably don't need the best estate planning attorney out there, and perhaps a computer program will suffice.

If you've taken the time to read this column, chances are you've accumulated somewhat more than that.

Yes, it's great that we can do so much by pushing a button on our Smartphones. But do you really want to put that small amount of thought into constructing a plan to protect you and your loved ones with what took you a lifetime to accumulate?

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

Local Firms Win Image Awards

The Florida Public Relations Association (FPRA) honored the Southwest Florida Chapter of the Florida Public Relations Association (FPRA) with several awards at FPRA's 82nd annual conference held at the Orlando Ritz Carlton Hotel recently. Members from 15 chapters across the state of Florida and public relations professionals from around the country experienced four days of professional development, networking and recognition from their peers.

The Golden Image Awards competition, celebrated during the conference, is conducted annually to recognize outstanding public relations programs in Florida and to encourage and promote the development of public relations professionalism. Winners demonstrate the best examples of innovation, planning and design.

FPRA State President Alyson Lundell, APR, CPRC, presented several member organizations from the Southwest Florida chapter with 20 awards across several divisions and categories:

Division A: Public Relations Programs Awarded to: Priority Marketing

Public Service Category: Awards of Distinction and a Judge's Award went to: Priority Marketing, Kids Minds Matter, Unmasking the Epidemic, #KidsMindsMatter

Internal Category: Judge's Award went to: LCEC New Employee Welcome Kit, LCEC Public Relations Team

Promotional/Marketing Category: Awards of Distinction and a Judges Award



Alyson Lundell of FPRA presents Golden Image Awards to Alexandra Argueta of Pushing the Envelope photos provided

went to: Pushing the Envelope Inc., Give the Gift of Angelina's Tiffany Hernandez, senior graphic designer

Virtual Special Events Category: Golden Image Award and a Judges Award went to: Priority Marketing and The Guadalupe Center for Circutacular

Award of Distinction went to: CONRIC PR & Marketing for Calusa Waterkeeper Saving Estero Bay

Other Category:

Award of Distinction went to: Adyn Strong, Priority Marketing, Fort Myers Brewing Company

Division B: Collateral of Public Relations Grand Golden Image Award went to Priority Marketing and The Guadalupe Center for Circutacular Invitation.

Annual Report Category: A Golden Image Award and a Judge's



From left, Emily Golden, Teri Hansen, Melissa Mitchell, Nicki McTeague and Holly Boldrin of Priority Marketing with some of their awards

Award went to: Priority Marketing and The Guadalupe Center for the Annual Impact Report

News Release or Pitch Category: Award of Distinction went to: Collier County Supervisor of Elections, VBM Editorial Campaign, Collier County Supervisor of Elections Office, Jennifer J. Edwards, Trish Roberston, APR, CPRC

Other Category: A Golden Image Award and a Judges Award went to: Priority Marketing and The Guadalupe Center, Circutacular Invitation

Division C: Digital Tools of Public Relations

Video Public Service Category:

A Grand Golden Image Award went to: Priority Marketing, Kids Minds Matter, Secret Garden Gala Video

Social Media Category: Award of Distinction and a Judges Award went to: Kids Minds Matter, Mental Health Mondays, Priority Marketing, Kids Minds Matter

Video-Public Service Category: A Golden Image Award and a Judges Award went to: Priority Marketing, Kids Minds Matter, Secret Garden Gala Video

The Southwest Florida chapter was also honored with President's Awards for Chapter Leadership and Communications and PR.✧

Superior Interiors

Creating A Conversation Area In The Home

by Katie Frederick



An authentic conversation is one of the most important ways of creating strong, lasting relationships with family and friends. Since the previous year offered limited face-to-face social interaction,

it's more important than ever to nurture those friendships and spend more time with loved ones. While so many people are excited to go out and about, there's always an opportunity to gather in your own home with close friends and family members. But does your current living arrangement set you up for success in the mingling department?

There are plenty of simple design tricks and methods of furniture arrangement that can turn a dull living space into a conversation station. Consider some of these tips for creating a gathering area that encourages honest laughs, small talk, deep discussion and fruitful exchange.

If you want to make a major difference in your house and create a space for gathering that your guests are sure to talk about for days after the get-together, start from scratch. An empty corner, nook near a window or bare-bones bedroom can make the ideal clean slate for your new conversation spot. This is an optimal way to maximize your current living space and

make sure every inch of square footage is being utilized to its fullest potential.

Furniture placement can make or break the vibe in a room. The easiest way to encourage the conversation is to bring seating close together, making it difficult to avoid others in your presence. A sectional sofa makes conversation simple, for example, as the wrap-around design brings people close together while ensuring face-to-face interaction. An arrangement of seated furniture around a circular coffee table is just as effective in this sense.

The focal point of the space should act as a conversation starter. This can be anything from the coffee table centerpiece or area rug to the accent wall or unique piece of decorative art hanging from the ceiling. Consider finding a statement piece and let it dictate how you decorate the rest of the room – complementing the focal point with paint, accessories and furniture can make for an inspiring decor experience.

The focal point should stand out against the rest of the decorations, but the theme in its entirety should inspire and encourage conversation. If you want to go above and beyond, make the entire conversation area stand out against the grain, even if it's only a small portion of an already established living area. This doesn't only act as a great conversation starter but can be a focal point in your home on its very own.

The desire to establish a conversation grouping in your home shouldn't end with the thought itself. If you want to bring this project to life but you're not sure where to get started, consulting with a design professional can surely help you get the ball rolling.

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

Client Relationship Manager Hired

SWFL Inc. has hired Jessica Hoover as its new client relationship manager. Hoover comes to the now seven-person staff with a background in sales management.

"I'm so excited to work with business owners in Lee, Collier and Charlotte counties and come up with creative ways to help their businesses connect with new customers," said Hoover.

Hoover was previously an executive team leader for specialty sales at Target, and has a bachelor's degree in marketing from Florida Gulf Coast University.

Tiffany Esposito, president and CEO of SWFL Inc., said she's thrilled to bring Hoover's sales experience and creativity to the team.

"We're always looking for new ways to help our small businesses grow," Esposito said, "and we know Jessica is the perfect person to help them succeed."

To create a custom business membership with SWFL Inc., contact



Jessica Hoover

hoover at jessica@swflinc.com. Businesses can also sign up for free membership at www.swflinc.com.

Master Naturalist Classes To Begin

The Ostego Bay Foundation Inc. will be hosting the Coastal Systems module of the University of Florida Master Naturalist series each Monday beginning on September 13 for five weeks. Through classroom, field trip and practical experience, this module provides instruction on the general ecology, habitats, vegetation types, wildlife and conservation issues of coastal systems in Florida – coastal uplands, estuarine and nearshore marine environments. The program also addresses society's role in coastal areas, developing naturalist interpretation skills and discusses environmental ethics.

Ostego Bay Foundation President Joanne Semmer, the lead instructor, said, "The total training consists of 40 contact hours, the scheduling of which will vary among different Instructors. The only requirements of students are enthusiasm, attendance and completion of group final projects. Classroom learning includes four instructional videos and 12 presentations."

The Ostego Bay Foundation is located at 718 Fishermans Wharf on San Carlos Island. To register, visit www.masternaturalist.ifas.ufl.edu or call the foundation at 765-8101.

ALL ABOUT REAL ESTATE EXPERT

SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home

Cathie Lewis, Realtor
I will Sincerely work for You
Phone: 239-745-7367
Cathie@AllAboutHome.Life
Pfeifer Realty Group

HOME

PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers

12345 12345 12345 12345 12345 12345 12345 12345 12345 12345

Order at www.naturebrackets.com (Free Shipping) • 239.454.1001

BECOMING A FLORIDA RESIDENT IS EASY!

ESCAPING YOUR FORMER STATE'S TAXING AUTHORITY IS THE HARD PART!

GET YOUR FREE GUIDE TODAY!

LEARN HOW STATES TRAP YOU EVEN IF YOU'VE DECLARED FLORIDA RESIDENCY!!

floridaestateplanning.com/escape

CRAIG R. HERSCH
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA

MICHAEL B. HILL
Florida Bar Board Certified Wills, Trusts & Estates Attorney

HAYLEY E. DONALDSON
Wills, Trusts & Estates Attorney, CPA

SHEPPARD LAW FIRM
ATTORNEYS AT LAW
SHEPPARDLAWFIRM.COM

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919
Sanibel & Naples by Appointment | 239.322.3831

Frankly Speaking

by Howard Prager



The most powerful words someone can say to you are: “You made my day!” You haven’t just done an act of kindness, you have done an act at the right time and in the right way, that turns someone’s day or even life around.

You inspired and motivated them, or helped them get unstuck. As a leader, it’s a most powerful tool for inspiring your staff and colleagues. As a caring person, it’s heart-lifting and impactful to those around you and those you care about.

That’s why I wrote my new book, *Make Someone’s Day: Becoming a Memorable Leader in Work and Life*. It is now available for preorder at your favorite online bookstore. I’ve been working on this book for four years because I believe people need to have strong positive influences that we can all provide, now more than ever. And we need to hear that someone appreciates us and what we do. It can make a manager or leader better by making the day of people he/she manages. It can make a great impression on volunteers who work for you. And, it can create a culture of kindness and gratitude that turns organizations around without being hard or complicated.

Make Someone’s Day shows you

how to do that with many examples for extroverts and introverts, an understanding of why it works, and a simple model to make people feel like a VIP. Here are a few stories from the book.

The first time I realized the powerful impact of *Make Someone’s Day* was at the station with other early morning commuters waiting for our train downtown. A young woman with a clipboard came up asking me to sign her petition to put someone on the ballot for election. I asked who it was for, and when I learned, I said I’d heard of him and would happily sign. I saw that I was the first person to sign her petition. As I handed her back the clipboard, she looked up at me and exclaimed, “You made my day!” Those words took me by surprise. I don’t know how many people she had asked before me. Had she been turned down or ignored? Was this the first time she was gathering signatures on a petition? All it took from me was the simple act of signing my name on the petition and that made her day. And, in turn, it made me feel great when she said that. My commute, the morning, even the day was totally different. I had been feeling good, but this brought it to a higher level. And, it wasn’t about what I did, it was remembering what she said: “You made my day.”

As a trainer at Disney, Lenn and many others worked long hours over several months to prepare Animal Kingdom to open at Walt Disney World. Afterward, the team members were all rewarded with a sneak preview of the park before it opened to the public, several guest passes, and a special memento as part of the opening

team. These types of perks can motivate us to go above and beyond in our jobs. It doesn’t take much, just appreciation for putting in extraordinary efforts to meet a goal. It’s often this small recognition and acknowledgement that encourages us to continue working so hard to accomplish major projects. Even 20 years later, Lenn fondly remembers that. The memories when someone makes your day can last a lifetime.

Karolus had a party for his 75th birthday. Friends from different walks of his life showed up to celebrate him, and being an actor, playwright, author, coach, teacher and consultant, his interests, abilities and friendships spanned quite a range of professions. Toward the end of the evening, Karolus thanked us all for coming. Spontaneously, before he could say goodbye, several friends stood up to toast him and acknowledge the contributions he made to their lives. Others did the same. The stories and tributes were very touching and kept on coming. Karolus was extremely moved by the tributes from people he felt closest to and was delighted this impromptu acknowledgement happened. We all need to hear that now. Each of us has many facets of our lives that others may not know about besides work – hobbies, long-term friends, activities and causes we care about and work on. People had no idea of all of the activities that Karolus did and all the impact he had. His birthday turned out to be a beautiful celebration of how he stood out throughout his life, and these reflections from others indeed made his day.

To learn more about *Make Someone’s Day*, why it works and how to incorporate it into your life, visit www.howardprager.com and download the first chapter for free. And let me know what you think about it.

My Good News Story of the week is also from the book about Hall of Fame running back Curtis Martin. When Martin was a junior at Pitt, a scout showed up from the Senior Bowl and gave him his card saying, “I want to see you at the Senior Bowl next year no matter what.” Martin knew that conversation was his ticket to the NFL. The first game of his senior year, he tore up his ankle and couldn’t play all year. Dejected, he remembered he had the card of this scout. Toward the end of the season, Martin called him, and immediately the scout

said he was so sorry that he tore up his ankle and couldn’t play that year. By then, though, the ankle had healed. So before he could hang up, Martin said to the scout, “Remember you said to me you want to see me play at the Senior Bowl no matter what? I know I didn’t play this year, but I want to play at the Senior Bowl. What can you do?” The scout thought for a minute and said to him, “If I can get you there, I can’t guarantee that you’ll play.” Martin said, “Fine, just get me there.”

Martin got there with all the top seniors, but he was low on the depth chart as a last-string fullback. His preferred position was running back, but he had heart and was going to take any opportunity he was given. He played with abandon at the position, blocking players far larger than he was, moving up the depth charts and making an impression on the NFL scouts in attendance. They thought if he had this much passion at this unnatural spot, they could only imagine how good he would be in his true position. Martin got drafted into the NFL and had a Hall of Fame career with the Jets. It is because he fought to show up and stand out, he made the most of it, because the scout from the Senior Bowl made his day.

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.✴

From page 9

Snook

methods to help released snook survive and promote high species’ abundance for anglers today and generations to come. To learn more about catch-and-release and the best way to handle a fish, visit www.myfwc.com/fishhandling.

A snook permit, as well as a recreational saltwater license, is required to harvest snook unless the angler is exempt from the recreational license requirements.

Researchers are collecting data on the harvest of snook. Snook carcasses provide biological data, including the size, age, maturity and sex of the catch.

For more on snook regulations, visit www.myfwc.com/marine and click on “Recreational Regulations” and “Snook” or download the Fish Rules App.✴

SPORTS QUIZ

1. Jacksonville Jaguars owner Sahid Khan was a lead investor in what pro wrestling promotion that was founded in 2019?
2. What sporting event for people with disabilities was created by German-British neurologist Ludwig Guttmann and first held in 1948?
3. John Salley was the first NBA player to win championships with three different teams. What were they?
4. The football term for a blocker pushing an opponent to the ground is named after what popular breakfast food?
5. What member of the 1996 Olympic USA gymnastics “Magnificent Seven” team published a memoir called *Off Balance* in 2012?
6. The second-shortest (5 feet, 5 inches) goaltender in NHL history played three seasons with the Chicago Blackhawks and went on to a broadcasting career. Who is he?
7. What Finnish driver, known as “The Iceman,” won the 2007 Formula One Drivers’ Championship?

ANSWERS

1. All Elite Wrestling (AEW). 2. The Stoke Mandeville Games. 3. The Detroit Pistons (1989-90). 4. Pancake. 5. Dominique Moceanu. 6. Darren Pang. 7. Kimi Räikkönen.

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



Brian R. Hutcheson, D.C.
Chiropractic Physician

Brian Hutcheson, DC

Ross A. Hauser, MD
ProloTherapist

Ross Hauser, MD

D. Matias
ProloTherapist

Danielle Matias, MMS, PA-C

9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

Doctor and Dietician

An Essential Nutrient You May Be Lacking



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

We recently read an article claiming that vegans were becoming brain damaged due to lack of choline in their diets. Others jumped on the bandwagon stating those who were consuming plant-slant diets were prone to choline deficiency. So, is everyone okay as long as they consume meat? Let's take a look at choline.

What is choline? It is an essential nutrient involved in many important biological processes, including normal metabolism, transport of fats, methylation, nerve impulse/neurotransmitter synthesis, as well as memory and focus. An essential nutrient is only synthesized in small amounts or not at all in the body. Thus, choline must be consumed in the diet to maintain optimal health.

Choline deficiency can result in fatty liver and alterations in brain function and cognitive performance. Some studies have used supplemental choline in the treatment of dementia and head trauma patients, as well as with neurological damage of strokes and retinal dysfunction in glaucoma patients. More research needs to be done in these areas, but it looks promising.

Because choline is a messenger throughout the body, deficiency can result in widespread negative health effects, including liver damage and muscle damage. It can also cause problems for the developing fetus in

pregnant women.

Everyone needs choline to maintain a healthy liver and brain. The RDI (reference dietary intake) for choline is 425 mg for adult women and 550 mg for men. Choline is critical during fetal development, as it modifies brain and spinal cord structure influencing lifelong memory function and possible risk of neural tube defect, thus pregnant women may need upwards of double the RDI for women.

Where can we get choline to keep our livers and brains healthy? Good sources of choline include eggs, grass-fed beef, organic liver, pasture-raised chicken, fresh scallops, Alaskan salmon and cod, and organic dairy, as well as plant-based foods such as organic tofu, green veggies, potatoes, cruciferous vegetables, beans, nuts, seeds, whole grains and some fruits. The trend to consume only egg whites as a "health benefit" has additionally contributed to the choline deficiency problem, because egg yolks are loaded with choline and many other healthy nutrients at 169 mg choline per one egg, 137 mg in the yolk. Thus, we still recommend a real food, balanced diet with a plant-slant as well as one that includes moderate consumption of whole eggs and grass-fed beef.

Unfortunately, most Americans (89 percent) are not getting enough choline in their diets – only 11 percent meet their needs. Eating extremely limited, restricted, or nutrient-poor foods will cause you a lot of problems – and choline deficiency is just one of them.

If you consume a healthy diet versus what is called the SAD (standard American diet), you should have no problem consuming adequate choline in your diet. We cannot stress the importance of eating real food and dumping junk, fast food and other ultra-processed food sources. Choline is just another example of an essential nutrient that could go missing if you choose to eat poorly.

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

COVID-19 Testing Sites Expanded

The Florida Department of Health-Lee (FDOH-Lee) and Lee County Government are collaborating to expand COVID-19 testing using a vendor, Nomi Health.

FDOH-Lee has an agreement with Nomi Health to increase drive-through COVID-19 testing appointments at its clinic. PCR and antigen tests are available Monday through Friday from 8 a.m. to 4 p.m. The FDOH-Lee clinic is located at 3920 Michigan Avenue in Fort Myers. Testing is by appointment only.

Lee County Government is allowing the use of its CenturyLink Sports

Complex for Nomi Health to operate a drive-through COVID-19 testing location. PCR and antigen tests are available Monday through Saturday from 7 a.m. to 7 p.m. The testing site at CenturyLink is located at 14100 Ben C. Pratt/Six Mile-Cypress Parkway in Fort Myers. Testing at CenturyLink is available by appointment or people may simply arrive at the site and register there. Testing is subject to weather conditions.

Appointments are available for both sites. To schedule an appointment, visit the vendor's website at <http://testing.nomihealth.com/signup/fl>. You can also call Nomi Health's dedicated Florida testing call center at 904-295-0562. The call center is open from 8 a.m. to 8 p.m. seven days a week.*

dearPharmacist

Best Peptides For Your Skin And Their Purpose



by Suzy
Cohen, RPH

Dear Readers: Peptides are very popular now for good reason. They go on to form a chain that is called a protein, and some of those proteins

heal the body. If your mind goes to peptides found in bone broth, or in anti-aging beauty supplements, you'd be right. Biologically active peptides are needed for heart health, beautiful skin and strong bones.

Peptides are naturally found in your skin. You have a lot when you're young. When you apply them via a face cream or serum, it signals a giant cascade of chemicals in your body that essentially tells your skin cells to make youthful compounds again. You may not see it, but you'll get compliments about not looking your age, or similar.

Peptides are intended to work very specifically to fight skin inflammation, form collagen, or kill bacteria that causes acne or skin infections. Also, some are hydrating, and minimize brown spots and hyperpigmentation. The advantages of having a peptide in your moisturizing cream is so worth the extra price. Rather than list brand name beauty products, I thought I would give you the names of the peptides themselves. This way, you can look at your own product to see if it contains it.

Palmitoyl Tripeptide-5 – This is a very popular one and it goes by the name Syn-Coll. You can find this ingredient in high-end luxury, skin care

products that help with wrinkles and dryness. It's a synthetic peptide that stimulates your own skin cells to make collagen.

Palmitoyl Tetrapeptide-7 – This is very commonly used in anti-aging serums, moisturizing night masks and wrinkle creams to help minimize acne scars and hyperpigmentation. This is a key ingredient in Matrixyl-3000.

Acetyl Diipeptide-1 – This is another popular peptide that is useful as a soothing agent, rather than a smoothing agent. What's fascinating is that it stimulates nerve cells that are in your skin to release an opiod type of compound called met-enkephalin, which relaxes your muscles a little bit.

Copper Lysinate/prolinate – This is sold under the brand Neodermyl. It is an essential amino acid mineral complex that is supposed to boost your skin's own collagen Type I and III, as well as elastin production. It also has a relaxing effect on facial muscles.

Acetyl Hexapeptide-8 or 3 – This ingredient is found in youth-promoting cosmetics, serums and eye creams. It is a peptide that is a fragment of something called SNAP-25, and marketed under the name "Argireline."

Peptides are a promising avenue for youth seekers. Beauty products containing peptides are sold widely today, almost everywhere. But before purchasing, do your homework, look at reviews and consider your needs. If you're in your 30s, you don't need to pay for the expense of a collagen-boosting cream. But if you're middle-aged, I'd say the investment is worth the price.

If you would like to read the longer version of this article and learn about more peptides, sign up for my free newsletter at www.suzycohen.com.

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

Blood Donations Urgently Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

All blood donated at Lee Health stays within the health system to care for

patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.*

Repairing Relationships

Narconon reminds addicts and alcoholics that those relationships that you managed to destroy with your addiction can be repaired. Stop talking about it and making broken promises. Seek treatment and start making a change to mend those relationships.

For more information on repairing relationships, visit www.narconon-suncoast.org/blog/repairing-relationships-damaged-by-addiction.html. Call 1-877-841-5509 for a no cost screening or referral.*

- Emergency 911
- Lee County Sheriff's Office 477-1200
- Florida Marine Patrol 332-6966
- Florida Highway Patrol 278-7100
- Poison Control 1-800-282-3171
- HealthPark Medical Center 1-800-936-5321
- Ft. Myers Chamber of Commerce 332-3624
- Foundation for Quality Childcare 425-2685
- Fort Myers Beach Chamber of Commerce 454-7500
- Fort Myers Beach Library 463-9691
- Lakes Regional Library 533-4000
- Lee County Chamber of Commerce 931-0931
- Post Office 1-800-275-8777
- Visitor & Convention Bureau 338-3500

- ARTS**
- Alliance for the Arts 939-2787
 - Arts For ACT Gallery & Studio 337-5050
 - Art League Of Fort Myers 275-3970
 - Barbara B. Mann Performing Arts Hall 481-4849
 - BIG ARTS 395-0900
 - Broadway Palm Dinner Theatre 278-4422
 - Cultural Park Theatre 772-5862
 - Edison Festival of Light 334-2999
 - Florida Repertory Theatre at the Arcade 332-4488
 - Florida West Arts 948-4427
 - Fort Myers Harmonica Band 610-653-7940
 - Fort Myers Symphonic Mastersingers 288-2535
 - Gulf Coast Symphony 489-1800
 - Harmony Chorus, Charles Sutter, Pres 481-8059
 - Naples Philharmonic 239-597-1111
 - The Schoolhouse Theater 472-6862
 - SW Florida Symphony 418-0996
 - Theatre Conspiracy 936-3239
 - Young Artists Awards 574-9321

- CLUBS & ORGANIZATIONS**
- American Legion Post #38 239-332-1853
 - Angel Flight 1-877-4AN-ANGEL
 - Animal Refuge Center 731-3535
 - American Business Women Association 357-6755
 - Audubon of SWFL <https://www.audubonswfl.org/>
 - Caloosahatchee Chapter DAR 482-1366
 - Caloosahatchee Folk Society 321-4620
 - Cape Chorale Barbershop Chorus 1-855-425-3631
 - Cape Coral Stamp Club 542-9153
 - duPont Company Retirees 454-1083
 - Edison Porcelain Artists 415-2484
 - Embroiderers Guild of America - Sea Grape Chapter 239-267-1990
 - FM UDC Chapter 2614 728-3743
 - Friendship Force Of SW FL 561-9164
 - Garden Club of Cape Coral 239-257-2654
 - Horticulture and Tea Society 472-8334
 - Horticultural Society 472-6940
 - Lee County Genealogical Society 549-9625
 - Lee Trust for Historic Preservation 939-7278
 - Navy Seabees Veterans of America 731-1901
 - Paradise Iowa Club of SWFL 667-1354
 - Sons of Confederate Veterans 332-2408
 - Southwest Florida Fencing Academy 939-1338
 - Southwest Florida Music Association 561-2118
 - Kiwanis Fort Myers Beach 765-4254 or 454-8090
 - Kiwanis Fort Myers Edison 694-1056
 - Kiwanis Fort Myers South 691-1405
 - Iona-McGregor 482-0869
 - Lions Club Fort Myers Beach 463-9738
 - Lions Club Fort Myers High Noon 466-4228
 - Lions Club Estero/South Fort Myers 898-1921
 - Notre Dame Club of Lee County 768-0417
 - Organ Transplant Recipients of SW Florida 247-3073
 - POLO Club of Lee County 477-4906
 - Rotary Club of Fort Myers 332-8158
 - Sanibel-Captiva Orchid Society 472-6940
 - United Way of Lee County 433-2000
 - United Way 211 Helpline (24 hour) 211 or 433-3900

- AREA ATTRACTIONS**
- Bailey-Matthews National Shell Museum 395-2233
 - Burrough's Home 337-9505
 - Calusa Nature Center & Planetarium 275-3435
 - Edison & Ford Winter Estates 334-7419
 - Fort Myers Skate Park 321-7558
 - Imaginarium Hands-On Museum & Aquarium 321-7420
 - JN "Ding" Darling National Wildlife Refuge 472-1100
 - Koreshan State Historic Site 239-992-0311
 - Langford Kingston Home 239-334-2550
 - Ostego Bay Foundation Marine Science Center 765-8101
 - Skatium 321-7510
 - Southwest Florida Historical Society 939-4044
 - Southwest Florida Museum of History 321-7430
 - True Tours 945-0405

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

PUZZLES

Answers on page 23



"I don't suppose either of you would be interested in a _____ down front."

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!

Gentle
COILED

Reap
RANGER

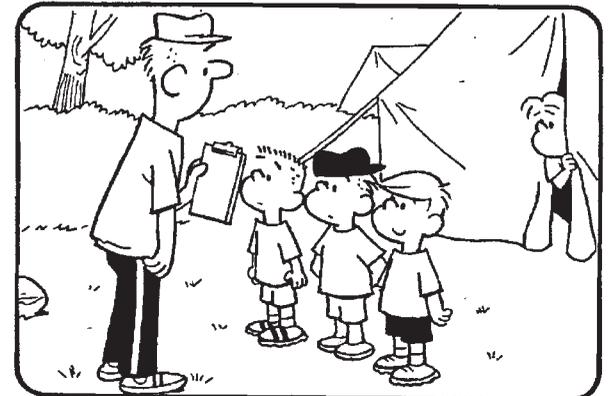
Cut
HEARS

Confront
SISTER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Stripe is added. 2. Fencil is removed. 3. Tent is smaller. 4. Shorts are different. 5. Rock is moved. 6. Cap is reversed.

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

To Play Sudoku:

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

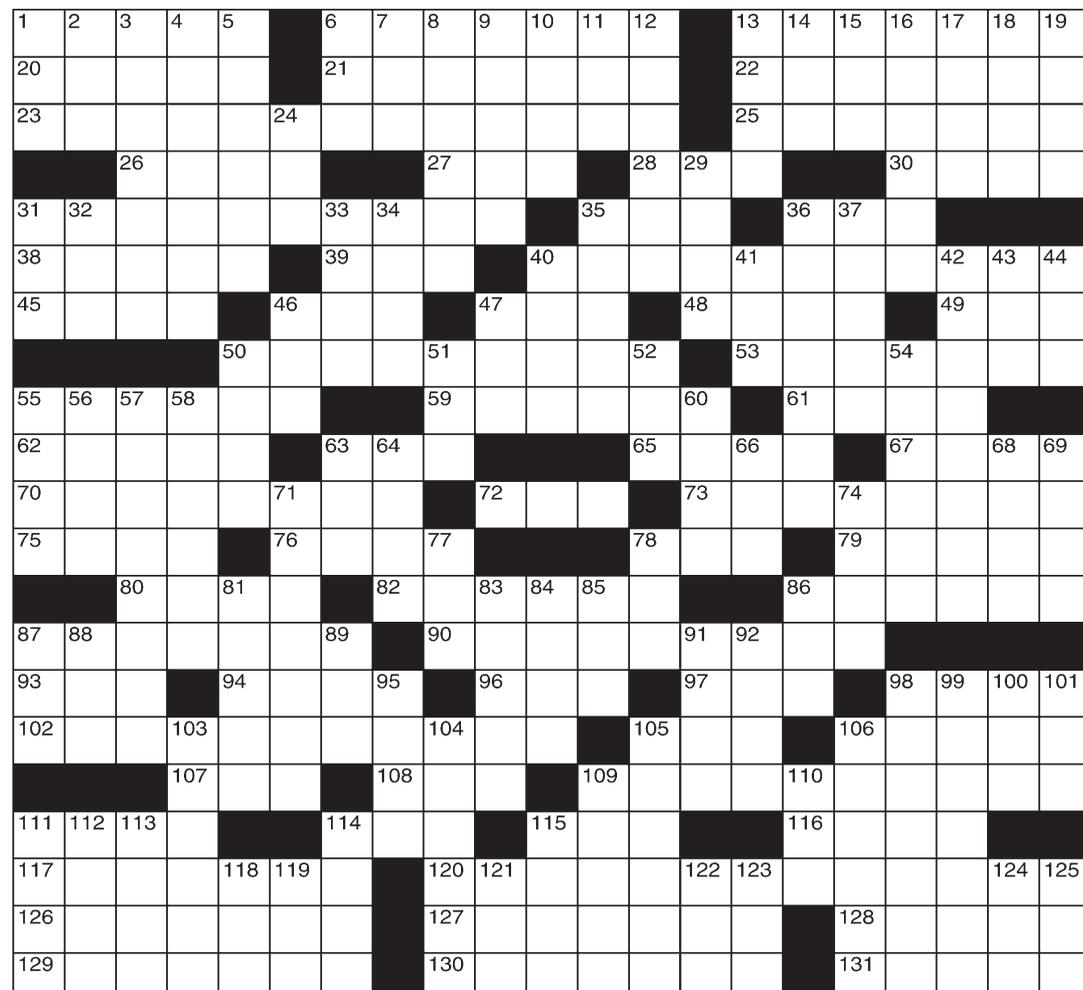
PUZZLES

Answers on page 23

Super Crossword

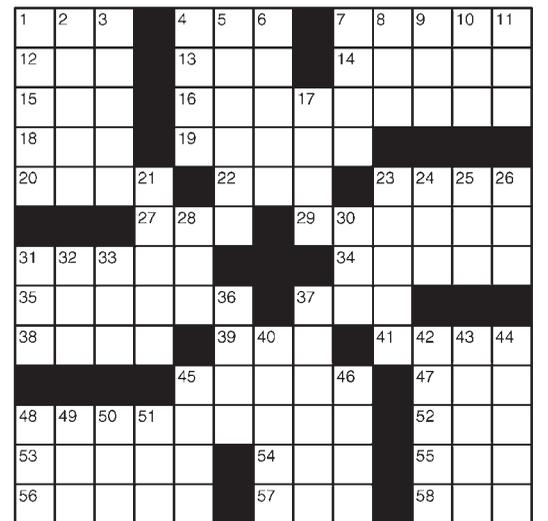
GAME TIME

- | | | | | | |
|--------------------------|--------------------------|-------------------------|-------------------------|--------------------------|---------------------------|
| ACROSS | 53 Suggest | 98 Mass seats | DOWN | 37 Black tea | 84 Imitates |
| 1 Ford dud | 55 Catch sight of | 102 Game whose | 1 High trains | 40 User of | 85 Day- — |
| 6 Like a poetic | 59 Big arteries | players try to | 2 Medico | a certain | colors |
| lament | 61 Sports squad | get rid of all | 3 Office gizmo | weeding tool | 86 Mac rivals |
| 13 Reggae land | 62 Writer | their cards | 4 — Unidos de | 41 Perp nabber | 87 Ad — |
| 20 Mucho | Calvino | 105 Taoism's | América | 42 Most | 88 NHL's Bobby |
| 21 Sailing event | 63 Mensa figs. | Lao- — | 5 Espresso | spacious | 89 French "king" |
| 22 Warded off | 65 Brunch, e.g. | 106 "The land of | quaffs | 43 With | 91 Sail holder |
| 23 Game in | 67 TV host Kelly | cotton" | 6 Blunder | 52-Down, | 92 Help do bad |
| which groups | 70 Game | "cot" | 7 Lower limb | retort to "No | 95 Mil. figures |
| of items are | containing | "cotton" | 8 Vain person | you're not!" | 98 Small guns |
| named | 100 tiles | "cot" | 9 Country star | 44 Mined matter | 99 Demonstrate |
| 25 Game utilizing | 72 Apt word for | "cot" | Brooks | 46 Stipend, say | 100 Nintendo |
| five dice | this puzzle's | "cot" | 10 Inflammation | thermal | system |
| 26 Liver spread | theme, found | "cot" | suffix | 50 "No —!" | 101 Autumn mo. |
| 27 Part of TGIF | by using the | "cot" | 11 Polished off | ("Sure!") | 103 Fast car, e.g. |
| 28 "That's | three letters | "cot" | 12 North African | 51 Owns | 104 "Yippee!" |
| show —!" | that appear | "cot" | city citadel | 52 See 43-Down | 105 Meditative |
| 30 Singer Elliot | nowhere else | "cot" | 13 Rap star | 54 Arctic coats | martial art |
| 31 Game of | in this entire | "cot" | married to | 55 Frisbee, e.g. | 106 One-named |
| bluffing and | puzzle's grid | "cot" | Beyoncé | 56 Mark | singer of the |
| trivia | 73 Game based | "cot" | 14 Film director | 57 Bay Area city | 1994 hit "You |
| 35 Enraged | on jumping | "cot" | DuVernay | permanently | Gotta Be" |
| 36 Tax doc. pro | and capturing | "cot" | 15 "Doesn't | 58 Light cigars | 109 Baseball |
| 38 Filled cookies | 75 Burn a little | "cot" | excite me" | 60 Faith faction | great Lou |
| 39 Autumn mo. | 76 Eclectic mix | "cot" | 16 Elaborately | 63 Sick | 110 Nero's lang. |
| 40 Game | 78 Greek vowel | "cot" | decorated | 64 Brit. monarch | 111 Conks |
| involving | 79 Certain eye | "cot" | auto | beginning | 112 — unto itself |
| picking fruit | surgery | "cot" | 17 Chichén — | in '52 | 113 Sit in neutral |
| from trees | 80 Notified | "cot" | (Mayan ruins) | 66 "Caught ya!" | 114 — of March |
| 45 Boomers' | 82 Dogs' jinglers | "cot" | 18 OK grades | 68 — -dieu | 115 Mark |
| children | 86 Glues | "cot" | 19 Citrus drinks | (kneeler) | permanently |
| 46 Seal herd | 87 Indianan, | "cot" | 24 Suffix with | 69 Inquires | in brief |
| 47 Part of TGIF | informally | "cot" | profit | 71 "Bolero" star | 119 Suffix with |
| 48 Glimpse | 90 Game | "cot" | 29 Sacred cow | 74 Pottery need | Wisconsin |
| 49 Atop, in | featuring war | "cot" | 31 Be a pugilist | 77 Strange | 121 NYSE event |
| poetry | negotiation | "cot" | 32 "— you in?" | 78 "— Beso" | 122 Bray starter |
| 50 Game having | 93 Pt. of PLO | "cot" | 33 Portal | 81 Tripoli is its | 123 Letter #19 |
| a cross- | 94 Male buds | "cot" | 34 "T.N.T." band | capital | 124 Lyrical poem |
| shaped | 96 Zodiac cat | "cot" | 35 Center | 83 Is inclined | 125 Letter #20 |
| playing area | 97 "Six-pack" | "cot" | 36 Chuckle | | |

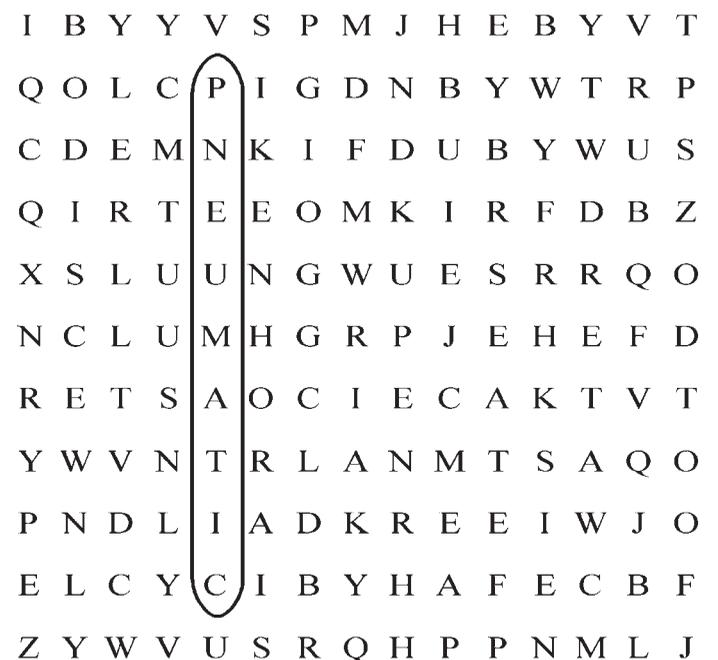


King Crossword

- | | | | |
|-------------------------|--------------------------|--------------------------|--------------------|
| ACROSS | 58 Aachen article | 11 NBC show | 37 Formosa, |
| 1 Josh | since 1975 | today | today |
| 4 Reggae rela- | 17 Awestruck | 40 Short jackets | today |
| tive | 21 National sym- | 42 Moved side- | today |
| 7 Paper packs | bol | ways | ways |
| 12 NYC airport | 23 Chef's garb | 43 Prolonged | ways |
| 13 Stetson, e.g. | 24 Greek conso- | attack | ways |
| 14 DeGeneres of | nant | 44 Choir member | ways |
| talk TV | 25 Shoe width | 45 Singer Anita | ways |
| 15 Einstein's | 26 Hosp. work- | 46 Within (Pref.) | ways |
| birthplace | ers | 48 Ref | ways |
| 16 Everybody | 28 Speck | 49 Oom- — | ways |
| 18 As well | 30 Sturdy tree | 50 Year in | ways |
| 19 Orange vari- | 31 Satchel | 51 French diarist | ways |
| ety | 32 Altar promise | Anais | ways |
| 20 Region | 33 Sister | | ways |
| 22 I love (Lat.) | 36 Poker variety | | ways |
| 23 Mimicked | | | ways |
| 27 Billboards | | | ways |
| 29 Chipmunk's | | | ways |
| kin | | | ways |
| 31 "That's it!" | | | ways |
| 34 The Ram | | | ways |
| 35 Chaperones, | | | ways |
| usually | | | ways |
| 37 Ring decision | | | ways |
| 38 Vanished | | | ways |
| 39 Pot brew | | | ways |
| 41 Tree home | | | ways |
| 45 Belly button | | | ways |
| type | | | ways |
| 47 Conk out | | | ways |
| 48 Fluctuating | | | ways |
| 52 Mil. bigwig | | | ways |
| 53 Craze | | | ways |
| 54 Rebel Turner | | | ways |
| 55 Swelled head | | | ways |
| 56 Fake | | | ways |
| 57 — -cone | | | ways |
| DOWN | | | ways |
| 1 Clumsy one | | | ways |
| 2 Nome dome | | | ways |
| home | | | ways |
| 3 Matt of | | | ways |
| Hollywood | | | ways |
| 4 "Scram!" | | | ways |
| 5 Sunflower | | | ways |
| State | | | ways |
| 6 Top players | | | ways |
| 7 Actress | | | ways |
| Russo | | | ways |
| 8 Days of yore | | | ways |
| 9 Carte lead-in | | | ways |
| 10 Actor Gibson | | | ways |



MAGIC MAZE ● — BRAKE



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: Also Known as a Parking Brake

- | | | | |
|---------|-----------|-----------|-----------|
| Air | Disc | Foot | Parachute |
| Bicycle | Drum | Hydraulic | Pneumatic |
| Caliper | Emergency | Jake | Water |
| Coaster | Engine | Overrun | |



Veggie Stuffed Mushrooms

photo courtesy Fresh From Florida



Veggie Stuffed Mushrooms

24 medium-sized mushroom caps, rinsed and stems removed
 1 cup zucchini, finely diced
 ½ cup onion, finely diced
 ½ cup radish, finely chopped

½ cup bread crumbs
 ½ cup fresh basil leaves, chopped
 3 tablespoons Parmesan cheese
 1 egg
 1 teaspoon freshly ground pepper
 Preheat oven to 375 degrees.

Combine all ingredients except mushrooms; mix well. Stuff mixture into mushroom caps and place stuffed mushrooms on a large baking pan. Bake until mushrooms soften and mixture begins to brown, approximately 15 minutes.*

PETS OF THE WEEK



Blackie ID# A675139 photos provided Lee County Domestic Animal Services

Blackie And Choppa

Hello, my name is Blackie. I'm a black and white 9-year-old female domestic shorthair. I have found myself back at the shelter due to my previous owner's living situation. I'm a one-eyed beauty who is very loving and trained. I will roll over to get the attention of volunteers when they enter the cat room. And who could resist my face? Make an appointment today to see me, and you won't be able to resist me either. My adoption fee is waived.

Hi, my name is Choppa. I'm a black 7-year-old male Labrador retriever.



Choppa ID# A604292

I'm a current volunteer favorite at the shelter. My stunning good looks are only outshined by my sparkling personality. I will sit and wait patiently for my turn to go outside, and I love to chase tennis balls in the play yard. Once I get my energy out, I will lay next to the volunteers for some snuggle time. My adoption fee is waived.

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

My Stars ★★★★★
FOR WEEK OF AUGUST 30, 2021

Aries (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Ovine sense of order help restore domestic tranquility.

Taurus (April 20 to May 20) The Bovine's flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises. Stay with it until it's resolved to your satisfaction.

Gemini (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but continued attempts to smooth things over eventually prove to be successful. A major purchase looms.

Cancer (June 21 to July 22) A promise that was made but never kept suddenly re-emerges in your life. You now have to decide if you're still interested in what it offers or if you've moved past it.

Leo (July 23 to August 22) Romance comes to unattached Leos and Leonas who have been waiting for Cupid to

target them for far too long. Domestic purr-fection is also enhanced for paired Felines.

Virgo (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

Libra (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But instead of concentrating on the short run, look toward potential benefits down the road.

Scorpio (October 23 to November 21) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless.

Sagittarius (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

Capricorn (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for "describing the behavior of Goats") when it suits your needs.

Aquarius (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

Pisces (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

Born This Week: You like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or scientist.

MOMENTS IN TIME

• On September 9, 1776, the Continental Congress formally declares the name of the new nation to be the "United States" of America. This replaced the term "United Colonies," which had been in general use.

• On September 6, 1915, a prototype tank nicknamed Little Willie rolls off the assembly line in England. Far from an overnight success, it weighed 14 tons, got stuck in trenches, overheated and crawled over rough terrain at only 2 mph. With

improvements, tanks would eventually transform military battlefields.

• On September 11, 1930, Katherine Anne Porter's first collection of short stories, *Flowering Judas*, is published. Porter went on to publish 25 stories and one novel, *Ship of Fools*, which took her more than two decades to complete.

• On September 10, 1940, in light of the destruction and terror inflicted on Londoners by German bombing raids, called "the Blitz," the British War Cabinet instructs British bombers over Germany to drop their bombs "anywhere" if unable to reach their targets. One even landed in the garden of Joseph Goebbels, the Nazi Party's minister of propaganda.

• On September 7, 1950, Julie Kavner, perhaps best known as the voice of Marge Simpson on *The Simpsons*, the longest-running animated show in TV history, is born in Los Angeles.

• On September 8, 1974, in a controversial executive action, President Gerald Ford pardons his disgraced predecessor Richard Nixon for any crimes he may have committed or participated in while in office. Ford later

continued on page 22

 FRIDAY Sunny High: 87 Low: 79	 SATURDAY Partly Cloudy High: 90 Low: 84	 SUNDAY Partly Cloudy High: 85 Low: 77	 MONDAY Partly Cloudy High: 88 Low: 82	 TUESDAY Mostly Sunny High: 86 Low: 78	 WEDNESDAY Few Showers High: 87 Low: 80	 THURSDAY Mostly Sunny High: 86 Low: 78
---	--	--	--	--	---	---

Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:41 am	4:06 am	10:46 am	6:23 pm
Sat	1:55 am	5:03 am	11:41 am	7:00 pm
Sun	2:08 am	5:50 am	12:29 pm	7:33 pm
Mon	2:18 am	6:34 am	1:14 pm	8:03 pm
Tue	2:30 am	7:18 am	1:59 pm	8:31 pm
Wed	2:45 am	8:04 am	2:46 pm	8:58 pm
Thu	3:04 am	8:53 am	3:38 pm	9:24 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:46 am	4:08 am	9:51 am	6:25 pm
Sat	1:00 am	5:05 am	10:46 am	7:02 pm
Sun	1:13 am	5:52 am	11:34 am	7:35 pm
Mon	1:23 am	6:36 am	12:19 pm	8:05 pm
Tue	1:35 am	7:20 am	1:04 pm	8:33 pm
Wed	1:50 am	8:06 am	1:51 pm	9:00 pm
Thu	2:09 am	8:55 am	2:43 pm	9:26 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	8:44 am	6:10 pm	None	None
Sat	11:44 am	7:07 pm	None	None
Sun	1:33 am	6:35 am	12:48 pm	7:53 pm
Mon	2:07 am	7:38 am	1:37 pm	8:34 pm
Tue	2:39 am	8:28 am	2:26 pm	9:10 pm
Wed	3:10 am	9:13 am	3:21 pm	9:45 pm
Thu	3:38 am	9:54 am	4:15 pm	10:16 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:51 am	7:22 am	12:56 pm	9:39 pm
Sat	4:05 am	8:19 am	1:51 pm	10:16 pm
Sun	4:18 am	9:06 am	2:39 pm	10:49 pm
Mon	4:28 am	9:50 am	3:24 pm	11:19 pm
Tue	4:40 am	10:34 am	4:09 pm	11:47 pm
Wed	4:55 am	11:20 am	4:56 pm	None
Thu	5:14 am	12:14 am	5:48 pm	12:09 pm

PROFESSIONAL DIRECTORY

CONSTRUCTION/REMODELING



COOPER
CONSTRUCTION

Custom Homes & Remodeling Specialists
We can design, build and manage any endeavor you can dream up.

239.454.5699
cooperconstruction@embarqmail.com

Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

GENERAL CONTRACTOR



D. BROWN
GENERAL CONTRACTORS LLC

CGC1517615



NEW CONSTRUCTION & REMODELS

239-593-1998 | www.dbrowngc.com

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"



TREE WEST

- Tree Trimming • Tree Removal
- Stump Grinding

239-910-3256
info@treewestflorida.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

WINDOW CLEANING



JC Window Cleaning
239-203-5913
407-902-7845
Juan Penaloza

Residential-Commercial-New Construction
Pressure Washing, Window Cleaning and
Gutter Cleaning

LICENSED and INSURED
jccpcleaning@aol.com / jccpwindowcleaning.com

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE
HOME WATCH • CLEANING SERVICE



JUERGEN SCHREYER
OWNER

ISLAND HOME SERVICE
P.O. Box 1050 • SANIBEL • FLORIDA 33957
WWW.ISLANDHOMESERVICE.COM
INFO@ISLANDHOMESERVICE.COM
PHONE: (239) 472-5247 • CELL: (239) 229-6366

AIR CONDITIONING

CAC1819960



ALLIED AIR SERVICES
HEATING • VENTILATING • AIR CONDITIONING
Home of The Comfort Club!

FISHING CHARTER

Light Tackle Sport Fishing
Sightseeing • Eco Tours
CAPT. MATT MITCHELL



USCG Licensed & Insured
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

CLEANING SERVICES



Professional Cleaning Services

Residential & Commercial
Construction Clean Up
Interior Windows
Home Watch

Jennifer Watson
(239) 810-6293
brightntidy@gmail.com
Licensed & Insured

Respect the Locals

Please view from a distance and don't give manatees food or water



1-800-432-JOIN (5646)
savethemanatee.org



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

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

WWW.ALLIEDAIR.BIZ

NOW SERVING
Sanibel & Captiva Islands!

CALL ANYTIME
(239) 217-4111

HVAC SERVICE | REPLACEMENTS
APPLIANCE REPAIR & DIAGNOSTICS
COMMERICAL/RESIDENTAL

*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

END OF SUMMER AC TUNE-UP
Have you done your AC Tune-Up Yet?

Generator Safety Tips From LCEC

If you power your home with a portable generator during electrical outages, consider serious health and safety risks to you, your neighbors and unsuspecting line crews working in the area, if not operated properly. The following are tips to protect everyone this storm season.

Buy the right size generator that determines how much electricity you need for your home.

Read the operating instructions carefully before operating the generator.

Do not connect a generator directly to your home's electrical system. Plug appliances directly into the generator.

Never use a generator indoors or in an attached garage. Keep in an open, well ventilated area away from open windows.

Buy a battery-operated carbon-monoxide alarm to alert you if carbon monoxide levels become dangerous.

Do not touch a generator if you are wet or standing in water.

Consult an electrician for questions about safe operation of your generator.

Visit www.lcec.net for more tips for staying safe around electricity.*

Lower Costs When Not Using Your Computer

One easy way to conserve electricity while saving on your electric bill is to power down your computer when you are not using

it or put your computer in sleep mode whenever possible.

The following is the cost difference for keeping your computer with an LCD screen on 24/7 for an entire year:

Fully powered – approximately \$89

Sleep mode – approximately \$20

Other tips to keep in mind when it comes to your computer:

Power off monitor if you're away from your computer for more than 20 minutes.

Power off computer and monitor if you're away for more than two hours.

Ditch your desktop for a laptop, which uses substantially less electricity.

Look for the Energy Star logo when purchasing electronics.

Visit the Energy Efficiency tab at www.lcec.net for more ways to save.*

From page 20

Moments In Time

explained that he wanted to end the national divisions created by the Watergate scandal.

• On September 12, 1993, the rebuilt Lacey V. Murrow Bridge over Lake Washington opens in Seattle. The old bridge was almost 2 miles long, contained 100,000 tons of steel and floated on more than 20 hollow concrete pontoons. During repairs in 1990, the bridge broke apart and sank in a flood.

NOW HERE'S A TIP

• If you keep a couple of crackers in your sugar jar, they'll keep the sugar from caking.

• Cucumber is a speedy diuretic. Try snacking on slices for a cool treat. Or deseed slices and slip a few in your glass of cold water.

• "When we go to the doctor with our

youngest, we bring a few crayons. She'll lie down on the exam table paper, and we draw her outline. Then she can fill in her face and other details. This usually calms her while she is waiting. The doctor even has used the outline to talk about her body to her." – ES in Georgia

• "In older houses, you might have a problem with cracking drywall when trying to hang pictures. You can solve this by placing a bit of clear tape over the spot where you're going to drive a nail. It goes right in. If you're nailing into wood, drag your nail through some soap (bar soap is fine) before striking. It does the same thing, keeping the wood from splitting." – PK in New Jersey

• To prevent garbage cans from filling with water during rainstorms, drill several holes in the bottom, near the sides. This also will help bags to come out of the can easier.

• Boost your metabolism by drinking green tea... hot or cold. Try it over ice with honey and a sprig of mint.

STRANGE BUT TRUE

• Autism is more common than childhood cancer, diabetes and AIDS combined.

• A bizarre dream in which cannibals surrounded him and prepared to cook him as they waved spears helped inspire Elias Howe's invention of the sewing machine. When he awoke, he remembered that the spears had holes in their shafts and moved up and down.

• "Bhang lassi" is an Indian milkshake whose main ingredient is marijuana.

• According to British law, any unclaimed swan swimming in the open waters of England and Wales belongs to the queen. The law originated in medieval times when swans were a delicacy for the wealthy.

• "Gingerphobia" is a fear of redheads.
• The Russians arrived 12 days late to the 1908 Olympics because they were using the wrong (i.e., Julian) calendar.

• In 1995 a woman in Sweden lost her wedding ring while cooking for Christmas. Understandably distraught, she looked everywhere for it and even pulled up her kitchen floor, but didn't see it again until 16 years later, when, while gardening, she discovered it encircling a carrot that had sprouted in the middle of it.

• The amount of copper on the Arizona capitol building roof is equivalent to nearly 5 million pennies.

• Bumblebees can fly higher than Mt. Everest.

• Because he got a 25 percent profit share of merchandise, Elvis Presley manager Colonel Tom Parker was always in search of new ways to get fans to lay down some cash. One of the most notable was marketing to Presley's haters with badges that read "I Hate Elvis" and "Elvis is a Jerk."

THOUGHT FOR THE DAY

"The mark of the immature man is that he wants to die nobly for a cause, while the mark of the mature man is that he wants to live humbly for one."

– JD Salinger

TRIVIA TEST

- General Knowledge:** What word represents the letter "Q" in the NATO phonetic alphabet code?
- Movies:** Which actress, as a child, won a Best Supporting Actress award for her role in *The Piano*?
- Advertising Slogans:** What product is advertised with the slogan "Vermont's Finest"?
- Geography:** What is the English

CLASSIFIED

VACATION RENTAL

Island Vacations

Of Sanibel & Captiva

Million \$ Views Await You!

• Cottages • Condos • Homes •

Miles of Beaches & Bike Paths

239-472-7277

1-888-451-7277

1/4 * TFN

ANNUAL RENTAL

SANIBEL SINGLE FAMILY HOME

3 BR 2BA Ground level home available 10/1.

New Roof, Siding, Windows, Beadboard

Updated Kitchen, Tile Floors,

Fenced in Yard.

Annual Rental at \$3,795/ month.

Call 941-681-0233.

8/27 * 9/17

SERVICES OFFERED

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion.

FPE panel replacement, Landscape

Lighting. Generator Sizing, etc, etc, etc.

Call or text Roger 239-707-7203

State License #13002788

4/20 * TFN

SERVICES OFFERED

HELPER

Are you elderly, disabled or just

don't have free time?

I can help!

Just give me a call...

973-919-2116

12/11 * TFN

HELP WANTED

YARD WORK

Two Island households seek reliable

person to do monthly and/or occasional

light yard work - includes mowing.

coe1537@icloud.com

8/13 * TFN

TUTORING

I am a certified special/regular ed

teacher with a specialty in reading and

10 years classroom experience.

Affordable academic testing available

along with full report. References and

resume available upon request.

Email rag2200@aol.com

9/3 * 9/10

RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and

I'll send you 3 houses you could

OWN for the same monthly payment.

chip@chipwolfe.com

chipwolfe.com

239-848-0906

REMAX OF THE ISLANDS

6/5 * TFN



Cottages To Castles

Unique Vacation Rentals

2427 Periwinkle Way

Sanibel, FL 33957

Local: (239) 472-6385

Toll Free: (800) 472-5385

Fax: (239) 472-5858

www.cottages-to-castles.com

1/26 * TFN

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

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

To advertise in the
Island Sun and The River Weekly News
Call 395-1213

DOC FORD'S
RUM BAR & GRILLE

**“FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE.”**

The New York Times
Magazine



WWW.DOCFORDS.COM

THE ORIGINAL
YUCATAN SHRIMP!

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale