



THE RIVER WEEKLY NEWS

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Vol. 20, No. 38

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 17, 2021

Cabaret Premiere At Florida Rep

Florida Repertory Theatre will return to indoor performances with *Let's Fall in Love: A World Premiere Cabaret Event* in the ArtStage Studio Theatre. Previews begin Tuesday, September 28 and the concert runs through November 7 in the intimate venue.

Let's Fall in Love celebrates the music of Nat King Cole, Frank Sinatra, Sammy Davis Jr., and Tony Bennett, but it begins with the crooner who started it all, Bing Crosby. With Chicago-based singer and actor Evan Tyrone Martin at the center of the action, the cabaret charts the singer's journey and how these iconic voices inspired him to become a professional singer. Using the music of Nat King Cole as a way in, audiences will take a journey through American musical history to see how Crosby made way for a new kind of singer, and how Cole broke barriers and rose to international stardom while crossing paths along the way with Sinatra, Davis and Bennett.

"We are so pleased to be opening our doors to the public this fall," said Florida



Evan Tyrone Martin photos provided

Rep Artistic Director Greg Longenhagen. "The 2021-22 season has been a long time in the making, and we couldn't be happier to showcase Evan Tyrone Martin in this brand new musical event. I can't think of a better way to welcome our patrons back than with a celebration of this iconic American music. Audiences are in for a treat with this salute to Nat King



Jason Parrish

Cole – and so many voices that defined a generation of popular music in the '40s, '50s and '60s. We'll see you at the theater soon."

Let's Fall in Love is a collaboration between Martin, Florida Rep's Associate Artistic Director Jason Parrish and longtime guest musical director and arranger Victoria Casella. The trio has



Victoria Casella

been hard at work since the spring selecting and arranging music, and crafting a narrative that celebrates these diverse American voices.

Parrish directs the cabaret after his recent work on Florida Rep's *A Gentleman's Guide to Love & Murder*, *Alabaster* and *Million Dollar Quartet*.

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From left, cast members Brian Keith Graziani, Lamont Whitaker, Sarah Cammarata, Shawday Graves and Victor Legarreta photo provided

Original Revue At Broadway Palm

by Di Saggau

I always look forward to a musical revue produced by Victor Legarreta. He shares his love for musicals that touched his life in his new show at Broadway Palm Dinner Theatre, *A Night On Broadway*. It offers songs from over 15 famous Broadway shows. The cast is incredible, one of the best. Legarreta plays a father

who introduces his young son to the songs of Broadway past and present. The night I saw the show, his son was played by River Reed. That role is shared with Eli Veldhuysen van Zanten.

The musical journey begins with *Old Man River* from *Showboat*. Lamont Whitaker deserves a shout out for his rendition of this song, and also for *Music of the Night* from *Phantom of the Opera*, which he sings later. What a talent. *This Nearly Was Mine* from *South Pacific* is beautifully sung by Christopher

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Collaborative Art Project At FSW



Collaborative artwork by William Wegman and Jack Messing photo provided

William Wegman & Jack Messing: *Two Clever By Half – A Call & Response Project* will be on display at the Bob Rauschenberg Gallery at Florida SouthWestern State College now through December 4. Described by the artists as "an experimental visual discussion in a studio setting within

the gallery," this site-specific exhibition will premiere newly commissioned collaborative works in a frequently evolving installation. With the artists-in-residence often creating work in full view during regular/public gallery hours, this exhibition will provide an opportunity to experience

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Historic Downtown Fort Myers, Then And Now:
Twilight Stroll, 1969

by Gerri Reaves, PhD



As night falls on historic downtown, this 1969 film still from *Lemon Sun* captures a scene on First Street, filmed from the entrance to the Heitman Arcade.

At center is the Leon Building on the southwest corner of First and Hendry. In 1969, that second-floor balcony led to a room in the El Leon Hotel, and the street-level storefront was occupied by Hogan’s Men’s and Teen’s Wear.

Across Hendry (left), fuzzy lighted signage from two businesses in the Earnhardt Building are visible: Royal Palm Pharmacy, with a pinkish horizontal lettering, and the jumbo-size “Y” and “S” of McCrory’s.

The traffic and filled parking spots imply that downtown is humming, exactly the impression a promotional film should convey.

In 1969, the Fort Myers-Lee County Chamber of Commerce commissioned *Lemon Sun* to promote the area generally, not focus on a particular industry or business. Running only 15 minutes and produced by Charles Fuller Productions, the film showcases the area as a superb place to live, play and prosper.

Recreation gets plenty of footage: golfing, boating, beach going, tennis and more. As the title suggests, the film spans sunrise to nightfall in paradise, although the footage was actually shot over a period of several months.

Opening scenes show delivery trucks at dawn and workers heading off to workplaces. The closing shots show a bit of the town’s nightlife, including scenes on downtown streets.

Promotion of downtown was crucial in the late-1960s, for the arc of the business district was following that of countless traditional downtowns across the country.

After the post-World War II economic boom, several factors threatened their very existence. Most experienced at least a temporary downturn, as the suburbs grew and malls were built, draining vitality from the downtowns.



This image from the 1969 promotional film *Lemon Sun* captures First Street after sunset
 photo courtesy Florida State Archives



The scene is as busy today, but with a different mix of businesses photo by Gerri Reaves

Film shots show shoppers strolling along the brightly lit First and Hendry streets past open stores and crowded window displays.

In one still, a family pauses in front of a shoe store. Would it surprise you that there were at least three shoe stores in the main business district in 1969?

Two stores were located on First, and another – Shoe Fair – was located on the corner of Hendry and Main.

In another still, a man and woman stride by a women’s clothing store, and in another, a man is silhouetted against the interior of a coffee shop or lunch counter, where an interior sign advertises an item for 55 cents.

A visit to today’s historic downtown makes it clear that Fort Myers was one of the fortunate business districts. It persisted, reinvented and came back from the 1960s and 1970s slump.

While you’re not likely today to see a family shopping for shoes on a Saturday night, downtown still draws the evening strollers.

The streets are as busy as in the old days, but certainly with a different mix of businesses.

Gone are the nationally known chains like McCrory’s, Sears Roebuck, Kress and JC Penney (with the exception of one well-known international coffee bar, of course).

In their places are local and regional stores, not to mention the many art and entertainment venues.

Take a downtown evening walk and imagine what you’d see in 1969.

Then visit the following research centers to learn more about how downtown has reinvented itself over the decades.

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

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

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

Sources: Archives of the Southwest Florida Historical Society, *The News-Press* and www.floridamemory.com.✪

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 Lorin Arundel
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 Mike Terry
Advertising
 Bob Petcher

Graphic Arts/ Production
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Supplies Collected For Military Troops

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

The Veterans Club of America, Post #1 had a month-long campaign to collect various items to send to active military members overseas. We wanted to show our appreciation and love to those who are fighting for freedom in the world. These members are away from their family and friends.

Not only did we send some necessary items, but also some American loved staples as well to show that they are loved and thought of every day that they are not home. We had 80 percent of our members giving either supplies or money to purchase supplies. One of our members, Birdie Harmon, did all the shopping and packing of boxes.

"This is my baby! I enjoyed doing this for our troops," said Harmon.

Eighteen boxes were full of everything from chips, jerky, socks, toothpaste, paper, pens to puzzles and other items that will remind them of our country.*



From left, Andre Tchir and "Birdie" Harmon. Birdie, Andre and his sister Anna (AJ) packed and transported the 18 boxes of supplies that were shipped overseas to military families. photo provided

Registration Open For Scarecrows In The Park

The Lakes Park Enrichment Foundation invites the Southwest Florida community to participate in its 12th annual Scarecrows in the Park competition. Entries will be exhibited at Lakes Regional Park throughout the Children's Garden from October 15 to 31. The park fundraiser will be part of the Lakes Park Fall Festival.

This year's competition has been re-imagined, making it easier on the participants and incorporating CDC guidelines for social distancing. All entries will consist of a single scarecrow figure attached securely to a pole or post, dressed as a favorite book character. Expect to see Dr. Seuss characters, Harry Potter, Frankenstein, fairy tale characters – the possibilities are endless – along the paths in the Children's Garden.

Businesses, organizations, school and youth groups, and individuals are encouraged to participate. The deadline for registration and naming your scarecrow is Thursday, September 30. Entries must be brought to the park fully assembled.

A team of celebrity judges will select the winners on opening night from 5 to 6 p.m. People's Choice voting will continue throughout the festival. Proceeds will benefit park-enhancing projects and programs funded and managed by the Lakes Park Enrichment Foundation.

"Scarecrows in the Park has been a highlight of the fall season for the past 11 years," said Marsha Asp, a foundation director and event chairperson. "We are

all eager to celebrate the season outdoors in a safe, open environment and the 2021 Fall Festival will include a pumpkin patch, bounce houses, hayrides, the very popular Halloween Express train and concessions." Attendance in past years has exceeded 50,000, and this year is expected to be just as popular.

To register, visit www.lakespark.org. Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, call 533-7578 or email questions to info@lakespark.org.*

Foundation Names Speaker For Evening Gala

The Uncommon Friends Foundation's annual Uncommon Evening Gala will feature John Morgan from the law firm Morgan & Morgan as the featured speaker. This year's event Be Uncommon! will be held on Wednesday, November 10 at historic Burrough's Home & Gardens.

In 1988, John Morgan founded Morgan & Morgan after graduating from the University of Florida College of Law. The firm has expanded to more than 750 attorneys across 17 states in over 50 areas of practice.

The Uncommon Evening Gala is the foundation's signature event, celebrating the organization's core values, as well as awarding scholarships and the business ethics award. The gala also raises funds for its mission to support character education, business ethics, scholarships and historical preservation.

For more information, call 337-9503 or visit www.uncommonfriends.org.*

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Fort Myers Art:

Studio Players Casting For Neil Simon Comedy



by Tom Hall

The Studio Players is casting five roles for *Barefoot in the Park* on Tuesday, September 21 from 7 to 8:30 p.m.

One of Neil Simon's most beloved comedies,

the story follows newlyweds Corie and Paul Bratter, who are over the moon to begin their life together in their new apartment in Manhattan. It may be small and a six-flight climb, the heating may be busted and snow may be falling through the skylight, but nothing can quash their newlywed bliss. When Corie decides to set her conservative widowed mother up with their eccentric, Bohemian neighbor, a wild night ensues – one that highlights just how different Corie and Paul are. The young couple must learn how to accept and embrace their differences as they learn that marriage is no easy walk in the park. Paula Keenan directs.

The Studio Players is casting:

Corie Bratter – a newlywed, married only six days at the beginning of the



photo courtesy www.artswfl.com

play. She is young, pretty and full of enthusiasm for the future. Impulsive and fun-loving, she considers herself a doer, not a watcher. Her impetuosity is not shared, at first, by her mother or husband, and they are aghast when she cheers the crazy antics of Victor, a neighbor. Corie eventually learns to appreciate dependability and quiet strength.

Paul Bratter – a young lawyer who marries Corie and is far more concerned with practical matters than she is. He does not like their uncomfortable, small apartment in a Bohemian section of New

York City and would prefer a more staid lifestyle than his wife.

Ethel Banks – Corie's widowed mother. She lives a placid, boring life in New Jersey and cannot really stomach Corie's lifestyle. She can barely even get up to Corie's apartment, and she tends to complain a great deal about anything new and about her bodily ailments until she finds Corie's adventurous neighbor, Victor Velasco.

Victor Velasco – Corie and Paul's eccentric, womanizing neighbor who is a gourmet cook and who shares Corie's sense of fun and adventure. A middle-aged man, he lives in the attic above Corie and Paul's small apartment. He eventually winds with Ethel, after Corie sets them up on a blind date.

Telephone repairman – he goes up, huffing and puffing, to Corie and Paul's new apartment in an attempt to fix the phone, and he witnesses their marital discord.

The auditions will take place in Joan Jenks Auditorium in the Golden Gate Community Center, located at 4701 Golden Gate Parkway in Naples. For more information, email Keenan at info@thestudioplayers.org or call 398-9192.

Deadline For Estero Fine Art Show Is Next Saturday

Hot Works LLC is accepting submissions for the 28th Estero Fine Art Show until Saturday, September 25. The show, which features original work in a wide array of disciplines, including painting, clay, glass, fiber, sculpture, wood, photography and jewelry, will take place at JetBlue Park on Saturday and Sunday, January 29 and 30.

Artist applications are accepted electronically at www.zapplication.org or manually at www.hotworks.org. For more information, contact Executive Director Patty Narozny at patty@hotworks.org or 1-248-684-2613.

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.✪

LCEC Grants Environmental Funding Awards

Lee County Electric Cooperative (LCEC) will provide environmental funding awards to ArtFest Fort Myers, Cape Coral Wildlife Trust, Cape Coral Friends of Wildlife, Monofilament Busters, Cypress Cove Landkeepers, Audubon of Southwest Florida, Audubon's Corkscrew Swamp Sanctuary and Future Forestry. Since the program's inception in 2013, LCEC has awarded more than \$186,000 to local organizations for a variety of initiatives focused on protecting the environment.

LCEC accepts applications for environmental funding awards twice a year, in March and September. To apply for an award, organizations should visit www.lcec.net/about-lcec/community-and-education/environment to download an application. Questions related to the LCEC Environmental Funding Award program can be sent to pr@lcec.net.✪

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From page 1

Art Project

the work in progress of Massing and Wegman, both internationally renowned (yet, first-time) collaborators.

Best known for photography, video, paintings and drawings frequently depicting his beloved subject of Weimaraner dogs with great humor, character and gravitas, Wegman has been featured in numerous solo gallery exhibitions and museum retrospectives throughout the United States, Europe and Asia since the 1970s. He has created film works for *Nickelodeon*, *Sesame Street* and *Saturday Night Live*, and was a featured guest on *The Tonight Show* with Johnny Carson and Jay Leno, *Late Night with David Letterman* and *The Colbert Report*.

For more than 35 years, from 1983 until his partner's death in 2019, Massing collaborated almost exclusively

with Michael Galbreth as the conceptual artists' duo, The Art Guys. Experimenting with a wide range of materials and activities, using a "direct-to-the public" methodology that often circumvented the established art world, The Art Guys staged exhibitions and events at grocery stores, movie theaters, airports, restaurants, sports arenas and many other non-traditional venues, while also exploiting mass media and entertainment to explore contemporary society. Once described in *The New York Times* as "a cross between Dada and David Letterman, John Cage and the Smothers Brothers," Massing and Galbreth, much like Wegman, were known to use humor and everyday materials as a way to demystify art and to welcome a broad range of audiences.

The Bob Rauschenberg Gallery is located at 8099 College Parkway, Building L, in Fort Myers. For more information, call 489-9313 or visit www.rauschenberggallery.com.✪



Members of the Southwest Florida Gator Club

photo provided

Club Raises Funds For Scholarships

The Southwest Florida Gator Club recently released results from its inaugural Later Gator Poker Run event in June.

The boating event was a “full house” with close to 100 boaters participating and raising over \$11,000 for its scholarship fund, which is used to award annual scholarships to local, deserving students attending the University of

Florida.

There were five waterfront locations that each boat visited to collect a playing card along with other incentives. The captains and crews stopped at Cabbage Key, Tarpon Lodge, Matanzas on the Bay, Doc Ford’s and Salty Sam’s Marina.

The award ceremony was held at Salty Sam’s Marina Shrimp Dock where dinner was served, and prizes were awarded. MAB Homes captured first place, followed by First Responders in second and Stokes Marine in third.

To see photos of the event, visit www.facebook.com/swfloridagatorclub. ✨

School District Seeks Feedback

The Lee County School Board is seeking public input as it searches for a new superintendent. In order to determine which qualities the community is looking for in the next superintendent, a public survey is open and available for feedback.

Visit www.surveymonkey.com/r/VS3NWT7 to participate in English, www.surveymonkey.com/r/VTGFV8Q to participate in Spanish and www.surveymonkey.com/r/VZJGH3V to participate in Haitian Creole.

The links to the survey will remain open until 8 a.m. on October 7. Feedback provided will be used to develop the profile used in advertising the position. The links are also available on www.leeschools.net.

There also will be time set aside on September 21 and 22 for face-to-face dialogue between the search consultants and representative groups of staff, students and community. The details

these meetings are still being worked out and will be shared as soon as available.

The superintendent position will be posted publicly sometime in October, with an application deadline of December 13. Preliminary interviews of semi-finalists will be done by the board the week of January 10, 2022, with finalist interviews the week of January 17, 2022.

The board has contracted with Ray and Associates, a superintendent search firm, to assist with the search for a new superintendent. ✨

Fort Myers Beach Pier Reopens

The Fort Myers Beach Fishing Pier at Lynn Hall Memorial Park has reopened to the public.

The pier had been closed since mid-August for maintenance to resurface the concrete deck, which is done every 10 to 15 years. The work is funded through the Tourist Development Tax, which is assessed on short-term lodging. ✨

Fort Myers Native Serves Aboard Navy Warship

by Mass Communication Specialist 2nd Class Vanessa Behrend, Navy Office of Community Outreach

Petty Officer 3rd Class Ronald Cassamajor, a 2018 South Fort Myers High School graduate, is serving aboard one of the world’s largest warships, the U.S. Navy aircraft carrier USS Dwight D. Eisenhower (CVN 69).

“I joined the Navy for the opportunity to travel and experience different cultures,” said Cassamajor. “I learned to be an accepting individual and that people are different.”

“Mighty IKE” is a nuclear-powered aircraft carrier named for Dwight D. Eisenhower, one of four five-star generals of the Army, a hero of World War II and the 34th president of the United States of America.

Serving in the Navy means Cassamajor is part of a world that is taking on new importance in America’s focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

“It protects the maritime defense and our nation’s security,” said Cassamajor.

With more than 90 percent of all trade traveling by sea, and 95 percent of the world’s international phone and



Ronald Cassamajor

photo by Jeffery T. Williams

internet traffic carried through fiber optic cables lying on the ocean floor, Navy officials continue to emphasize that the prosperity and security of the United States is directly linked to a strong and ready Navy.

As a member of the U.S. Navy, Cassamajor as well as other sailors, know they are a part of a service tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance.

“The Navy instills in me a sense of pride, duty and dedication to my country,” added Cassamajor. ✨



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Camps For Kids Offered At Estates

Edison and Ford Winter Estates offers school break camps for students age 6 to 12 throughout the school year. These programs are designed to enhance children's education in STEAM (science, technology, engineering, art and math), history and the natural world when school is closed. Camps are taught by the Edison Wild Wizards in the "living laboratory" at the estates and run from 9 a.m. to 4 p.m. each day. Edison Ford members receive discounted registration fees.

Registration is open for the following school break day camps:

Spooky Science (ages 6 to 12): October 15, 9 a.m. – In keeping with the Halloween spirit, students will create some wild and wacky science experiments in this one-day camp including a glowing lava lamp and several forms of slime. Students are invited to take part in this crash course in mad science. Edison Ford members: \$45; non-members: \$50

Code Camp (ages 6 to 12): November 22 to 24, 9 a.m. – This popular three-day camp teaches the basic logic of computer science. Campers will explore loops, switches and functions that make up the building blocks of video games. They will get to take home a drive with their creations and a library of code examples. Edison



Students learn about science, technology, engineering, art and math in school break camps at Edison and Ford Winter Estates.

photo provided

Ford members: \$120; non-members: \$145

Creative Chemistry (ages 6 to 12): December 20 to 23, 9 a.m. – Participants will learn about chemistry through experimentation during this creative four-day camp. Subjects of study include: crystals and minerals, slime (polymers), chemical reactions and more. Edison Ford members: \$160; non-members: \$185

Design & Innovation (ages 6 to 12):

December 27 to 30, 9 a.m. – Following in the footsteps of Edison and Ford, campers will unlock their inner inventor and designer during this four-day camp. They will learn how to make things using computer-aided design (CAD) and a 3D printer. In the camp, the Edison winter home becomes a subject of study as the young inventors create a digital model of the famous house. Edison Ford members: \$160; non-members: \$185

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.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To register, visit www.edisonford.org or call 334-7419.*

From page 1

Broadway Palm

Hager. *Memory from Cats*, sung by Martina Long, is another hit. The entire cast has their moment to shine as they sing the hits from *The Music Man*, *Westside Story*, *Hello Dolly*, *Les Miserables*, *The Lion King*, *Hamilton* and many more. This includes Sarah Cammarata, Shawday Graves, Brian Keith Graziani, Chris Lewis and Rachael Haber, all so very talented.

Adding greatly to the show is the music of Loren Strickland and his orchestra. This is a show that you don't want to end. It's entertaining from start to finish. And, speaking of finish, just when you think it's all over, the cast treats us to *Seasons of Love* with the famous lyrics "500 25 thousand six hundred minutes" from *Rent*. Needless to say the audience was on their feet with a much-deserved standing ovation for an evening of music that has touched our hearts and brought back so many fond memories.

A Night On Broadway plays through October 2 at Broadway Palm. It's a show not to be missed. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.*

[ery.org](http://www.ery.org), 111 Evergreen Road, 997-2847.

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

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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.

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

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

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040. *Email changes to press@islandsunnews.com or call 395-1213.**

Plant Smart

Coastalplain Staggerbush

by Gerri Reaves

Coastalplain staggerbush (*Lyonia fruticosa*) is a native multi-stemmed shrub of the heath family.

Also called poor-grub, it occurs in pine flatwoods, pine-oak scrubs, palmetto flats and bogs throughout the state.

Depending on the habitat, it might take a low scrubby form or develop into a shrub six feet tall.

Slow-growing but long-lived, this evergreen has stiff upright branches.

The alternate leaves vary in shape: ovate, or egg-shaped; obovate, with tips wider than base; or elliptical, with a middle wider than the tapered ends.

The undersides of young leaves have rust-colored scales, a characteristic similar that the species shares with its relative, rusty staggerbush (*Lyonia ferruginea*).

The undersides of mature leaves are usually grayish.

Fragrant white to pinkish flowers are five-lobed and urn-shaped with 10 stamens and hairy filaments.

They appear in long umbrel-like clusters in the leaf axils of new leaves – that is, usually on wood from the current season.

They bloom most of the year except the coldest months, attracting a variety of bees, butterflies and other pollinators.

The tiny cylindrical fruit is five-angled.



Native coastalplains staggerbush produces clusters of white to pinkish urn-shaped flowers

photos by Gerri Reaves

This shrub prefers full sun to partial shade and acidic sandy soil. It is not salt tolerant.

It works well as a screen in dry location.

It can be propagated with seeds.

Sources: *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.coastalplainplants.org, www.fnps.org, www.regionalconservation.org, and www.wildsouthflorida.com.

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

Holiday For Heroes Campaign

The American Red Cross Holiday for Heroes campaign is an annual local initiative to care for and honor South Florida military members and veterans. Every year, the American Red Cross in South Florida leads a series of projects throughout the holiday season, beginning on Veteran's Day through the New Year.

The first initiative, Holiday Care Packages for Heroes, provides the community with the opportunity to donate items for care packages to military members and local area veterans that are in hospitals or nursing homes for the holidays. These items and messages are graciously donated by the community and placed inside holiday stockings hand-sewn by volunteers. For more than 10 years, South Florida Red Cross volunteers have cut and sewn hundreds of stockings in what started in the Naples and Fort Myers area but has spread throughout the entire region.

The Red Cross, with lead partner Arthrex, Inc. and other sponsors, will assemble and deliver these stuffed holiday stockings for military members and local area veterans who are away from their families during the holidays.

The second initiative, Holiday Gifts for Veteran Families, provides the community with the opportunity to

donate gifts for veteran families during the holidays. In a time where many families have needed comfort and relief, the Red Cross is helping to spread hope and happiness by giving back to veterans and their children this holiday season.

"It's incredibly important to let our service members and veterans know how much we appreciate them," said Josett Valdez, regional CEO for the South Florida Red Cross. "When you are far from home or in a hospital or nursing home, especially around the holidays, many feel detached from their loved ones, so to receive a care package and well wishes from home is powerful. It makes you feel connected and reminds you that the sacrifices being made are for a worthy cause and are not forgotten."

This year, in response to the COVID-19 outbreak, the usual drop-off locations have been transitioned to online gift registries. Using the registries, the community can purchase requested items for direct shipment to the South Florida Red Cross distribution team.

For Holiday Care Packages for Heroes, purchases must be made by Friday, October 29 from the Holiday for Heroes online gift registry.

For Holiday Gifts for Veteran Families, purchases must be made by Friday, November 26 from the Holiday Gifts for Veteran Families online gift registry.

To learn more about Holiday for Heroes, visit www.redcross.org/holidayforheroes.*

Storytelling At Local University

Storyteller and artist Kuniko Yamamoto will hold two events at Florida Gulf Coast University during the next two weeks.

On Wednesday, September 22, Yamamoto presents Folktales & Personal Tales – Rooting Osaka in Wasmer Art Gallery/Bower Art Complex from 6 to 7:30 p.m.

She taps the imaginations of audiences with folk tales and legends from her native Japan, and uses masks, musical instruments, origami, magic and mime to take her listeners to faraway lands and into the distant past. Yamamoto also tells her personal stories and original stories rooting her hometown Osaka, where comedy is king.

On Wednesday, September 29, Yamamoto presents Origami Monologue, in Wasmer Art Gallery/Bower Art Complex from 6 to 7:30 p.m.

Origami is the art of paperfolding, but why is it so important to Yamamoto? What is origami evolution? How did origami save her and her friends from deep depression at love lost? She shares personal stories now with the understanding that she herself is like an



Kuniko Yamamoto

origami folded piece with a mastery of storytelling and origami.

A native of Japan, Kuniko Yamamoto received a bachelor of psychology degree from Otani University in Kyoto, Japan in 1983. She started performing professionally in her hometown of Osaka, where she grew up studying traditional dance, music and theater. She now lives in Sarasota, where she is a performer and teaching artist of origami and storytelling.

FGCU is located at 10501 FGCU Boulevard South in Fort Myers. For more information, visit www.fgcu.edu.*

County Approves Conservation Land Acquisition

The Lee Board of County Commissioners recently voted to acquire about 22 acres in Cape Coral near county-owned Judd Community Park for Conservation 20/20.

The property is located south of Pine Island Road and a quarter-mile west of U.S. 41. Yellow Fever and Hancock creeks converge on the west boundary of the property, which includes both upland and wetland plant communities.

The purchase price is \$1,485,000, plus costs to close. The Conservation 20/20 Land Acquisition and Stewardship Advisory Committee (CLASAC) voted in July to forward

this purchase agreement for board consideration.

The acquisition is contingent upon the release of all obligations pertaining to the Declaration of Covenants for Judd Creek Preserve, Assignment of Developer Rights for Judd Creek Preserve, South Florida Water Management District's Environmental Resource Permit and a Deed of Conservation Easement. All of these

would be at the seller's expense.

There are currently about 31,340 acres within Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.*

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Muskie Fishing In Wisconsin



by Capt. Matt Mitchell

After a long hot Florida summer, I've been planning to get away both from the heat and to take some time off. The plan was to drive to Boulder Junction in the

very northern part of Wisconsin during the beginning of September. This place is the Muskie capital of the world. Once there, I had three days of fishing booked with my long-time client Tom who guides and manages Wittig's Point Resort. Tom has lived year-round in Boulder Junction, guiding/running a fishing camp that's been in his wife's family for three generations.

This is a part of the country I had never seen. After some research, I booked a private cabin on five acres on the Cisco Chain of Lakes. Mary and I took our time and made the roughly 1,400-mile drive up over four days, then made a large loop coming back through the Upper Peninsula (UP) of Michigan.

On our first day of fishing, Tom planned on marking off some of the easier fish off my bucket list. Small mouth bass, walleye and lake perch made for some great action, but he explained the water temperature being



Mary Laser with a northwoods smallmouth bass

photo provided

in the high 60s was going to make our next few trips targeting muskie tough. Heading back to the cabin that

afternoon, we had plenty of walleye and panfish for a fish fry that night, which was outstanding.

During the next few trips, we fished different lakes casting both custom-made big spinner baits and plastic baits made to resemble a sucker fish. On day one, I had one muskie follow the bait all the way to the boat. I failed to make the classic figure eight moves once the fish was next to us. On day two, on an even prettier lake, I had another muskie follow the spinner all the way to the boat again, but just not eat. Then about an hour later, I had one hit the huge plastic sucker out from the boat and, after a hook set and a few cranks, it just came unhooked.

I had done some research on these "fish of a thousand casts" and knew our odds of getting one were pretty low. As a fisherman, I understand the hunt and was thrilled to even seeing a few of these elusive prehistoric giants. Getting to spend time on the water in this beautiful remote place was amazing. It was the perfect spot to wind down and cool off as we lit a fire nightly.

One day, we rented a side-by-side ATV and rode trails for miles into northern Michigan. This whole area is full of hundreds of miles of snow mobile/ATV trails. What an amazing untouched place the northwoods are. After seeing these muskie and the thousands of lakes to fish, I'm more fired up than ever to mark this species off my bucket list.

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

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BILL FISCHER

From page 1

Florida Rep

Casella returns as arranger, musical director and pianist after recent work on *A Gentleman's Guide to Love and Murder*, *Tenderly*, and arranging for *Fascinatin' Gershwin* and *Night and Day*. The evening also features two Florida-based musicians – Matt Koller (*Tenderly*) on drums and Perry Orfanella (Florida Rep debut) on bass.

Let's Fall in Love is sponsored by Sam Galloway Ford-Lincoln.

Florida Rep's parking lot will open two hours before each performance and offers guests free parking across the

street from the Arcade Theatre.

Patrons are required to wear masks at all times while inside theater facilities. Florida Rep continues to monitor the COVID-19 situation and will comply with CDC and local guidance.

Florida Rep is a fully vaccinated workplace, and all staff and guest artists must be fully vaccinated in order to work for the company.

Florida Repertory Theatre is located at 2268 Bay Street in downtown Fort Myers. Tickets are \$59 and \$55 and available at www.floridarep.org and through the box office by calling 332-4488. The cabaret can also be purchased as part of any 2021-22 season subscription series.*

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Striped Skunk

by Bob Petcher



The striped skunk (*Mephitis mephitis*) is a medium-sized mammal with a glossy black coat, a thin, white stripe between its eyes and two stripes on its back. Skunk

babies are blind and deaf when they are born.

At CROW, two newborn striped skunk siblings were admitted after being found outside of their burrow in Cape Coral. Finders reported not seeing the mother for over two days. Upon examination, the skunks were dehydrated and thin.

"The skunks are currently a little over 2 weeks old and are growing very quickly," said CROW Rehabilitation Manager Breanna Frankel. "With them being so young, they can't regulate their body temperature yet, so they are living in a temperature-regulated incubator. We are currently providing them milk formula six times a day, and they require stimulation as they can't go to the bathroom on their own. We are monitoring their hydration and health status daily and providing any additional care that may arise."

Veterinarians suspect the baby skunks



Patients #21-4744 and #21-4745 are so young that their eyes have yet to open

photo by Haillie Mesics

were orphaned. Frankel stated the most common cause of babies being orphaned is their mother passing away, and acknowledged the finder was correct in bringing the skunks to the clinic. If someone is unsure in considering if an animal should be left alone or not, they can always call CROW or send photos so that medical staff can determine a potential patient's health status.

"They were found right outside a burrow, which was likely theirs but they were too small to move themselves out of the burrow," Frankel said. "The finder spent quite a while playing baby skunk

sounds and trying to locate mom but was unsuccessful. With no evidence of mom coming back and with the infants being dehydrated and thin, it became obvious they had been without care for a period of time."

The two baby skunks will remain in CROW's care until they are old enough to be released. That process may take time to assure that the patients are ready to go it alone in the wild.

"These skunks will likely wean off milk by 7 to 8 weeks old and move to an outdoor enclosure soon after that," said Frankel. "At this point, they will be

fully eating on their own, but it will take several months after that for them to learn adequate survival skills before they can be released."

Until then, the youthful skunks may be undergoing various diet changes under a watchful eye.

"They have a specific milk formula that provides necessary nutrients as they grow. Their eyes are still currently closed and they will continue on milk only until their eyes open," said Frankel. "Once their eyes open, we will start to offer a slurry diet of milk formula and soaked chow to help acclimate them to eating on their own. Their dietary needs may change day to day, so they are under careful observation."

When the siblings have matured and are ready to be released, careful consideration will again be taken in determining habitat.

"Typically, we like to release animals where they are found, but each situation is different," said Frankel. "When we get to that point, we may decide to release them at a different location, on ideal habitat for their species, if we determine their original location was not safe or suitable."

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.

Student Support From Junior Achievement

Junior Achievement of Southwest Florida released its 2020-21 impact statistics that showcase an expansion of its student influence during an unpredictable and challenging year. The organization provided more than 126,000 hours of instruction to nearly 13,900 students in 576 classes throughout Collier, Lee and Charlotte counties. This represents a 98- 33- and 29-percent increase, respectively, over the previous year.

"I am so proud of the work that our team, volunteers and supporters have done for the students in our community," said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "Despite the current challenges, our organization is confident that we can continue to expand our outreach this school year and assist our future leaders with gaining the knowledge and skills they need to succeed."

The organization will continue to accelerate its existing programs to deliver an impactful and essential curriculum focusing on work and career readiness and financial literacy. For more information, visit www.jaswfl.org.



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Pace Center girls, Olivia Kuefler and Annah Hoyle photos provided



Sally Jackson and Allison Shea



Peggy Vogelsinger and Mercedes Aza



Francesca Goduti and Marilyn Halwix

Shopping Event Raises \$65,000 For Pace Center

Pace Center for Girls Love That Dress! fundraiser brought in \$65,000 recently to support Pace Lee programs.

"We're thankful for all who came out to this year's Love That Dress!, joining our efforts to empower Pace girls in finding their voice and achieving their full potential," said Jennifer Cellitti, executive director of Pace Center for Girls, Lee. "Beyond the fun and fashion of Love That Dress! is the impact of dollars raised, supporting programs that enable girls and young women to celebrate a life defined by responsibility, dignity, serenity and grace."

Love That Dress! featured three days of shopping at Embassy Suites by Hilton from August 19 to 21, where a collection of 9,000 high-quality, new and gently used dresses, shoes handbags and accessories were sold at deeply discounted prices.

Proceeds will support academic programs and counseling services to girls and young women ages 11 to 18 who are working to overcome risk factors such as poverty, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member, mental health, and physical, emotional or sexual abuse.

Pace Lee also brought in 15 Pace Center girls, providing them with an opportunity to shop, dress up and honor the female spirit.



Marion Eidem and Danielle Bennetti



From left, Teresa Gunter, John Gunter, Jennifer Nelson, Jennifer Cellitti and Amy McQuagge

Sponsors for Love That Dress! included Designer sponsor Suncoast Credit Union Foundation. VIP Suite sponsors included California Closets, Noelle Casagrande "Fashionista Friends," Goodwill Industries of Southwest Florida, Laser Lounge Spa, Marja Norris and Stilwell Enterprises & Restaurant Group, Priority Marketing, Sanibel Captiva Community Bank, Seminole Casino Hotel, Anna "Boots" Tolles, Kellie Urban and Peggy Vogelsinger. Media sponsors were 96.9 WINK FM and *Gulfshore Life*. The Storage Unit sponsor was Kelly Fayer Law Firm. Volunteer Meal sponsor was Jason's Deli. In-kind sponsors included Embassy Suites and Miromar Outlets.

To learn more about Pace Lee and its programs, visit www.pacecenter.org/locations/lee.✽



Allison Charney Hussey and Jennifer Nelson



From left, Maria Wiles, Melissa Mitchell and Elaine Hawkins



Toni Patterson and Lucia Zaikov



Mindy and Morgan Roosa



Rebekah Lynn and Ashley Price-Swick



Jenna and Adriana Cellitti



From left, architect Christopher J. Lee, Shell Point Vice President of Operations Adam Hinds, designer Lori Wegman and Shell Point President Martin Schappell photos provided

New Shell Point Arts Center Earns Design Award

The Tribby Arts Center at Shell Point Retirement Community was recently honored with a Grand Aurora Award for its innovations in architecture and interior design.

Completed earlier this year, the \$25 million Tribby Arts Center earned top accolades in the regional award's Best Commercial Project – 20,000 Square Feet & Over division. The 44,000-square-foot space features a 400-seat auditorium, three art galleries and designated studios for residents to practice music, painting, pottery, photography, glass, quilting, crafts, and the performing and literary arts. A café, gift shop and outdoor sculpture garden complete the hub of creative and cultural activity at Shell Point.

To help make the Tribby Arts Center vision a reality, Shell Point tapped a pair of professional partners who over

the years have collaborated on other project teams throughout the 700-acre community. Chris Lee, principal of Christopher J. Lee Architects, Inc., previously served as design architect on Shell Point's Coastal Commons clubhouse in the Coastal Links neighborhood in 2016, while Lori Wegman of Wegman Design Group created interiors for Shell Point's new Welcome Center in 2018, along with several amenity and common space renovations around the campus. Wegman is also currently overseeing the creative interior design for Shell Point's new six-floor Larsen Health Center. Scheduled for completion by year's end, the 200,000-square-foot facility will blend professional healthcare services, a state-of-the-art medical center and modern skilled nursing care with private rooms and water and preserve views.

"At Shell Point, we continually invest in our community with both regular capital updates and the addition of new facilities and exciting amenities," said Adam Hinds, vice president of operations. "Partnering with true professionals like Chris and

FSW Receives Grant For Arts

Florida SouthWestern State College (FSW) received a \$20,550 grant from the Truist Foundation recently. The grant will be used to expand and purchase new equipment for FSW's associate in science degree in digital art and multimedia production program.

"FSW's digital arts program trains students to become creative thinkers, inventors and leaders of tomorrow," said Dr. Ryan Wurst, professor, digital art. "This grant will provide access to essential equipment of the future like virtual reality, digital fabrication, and motion capture. We believe in building a future-thinking workforce that is adaptable to rapidly changing technologies and, with this grant, the Truist Foundation is making our students' dreams a reality." ✨



The two-story Tribby Arts Center was complete in 2021

Lori allows us to explore the creative possibilities as we offer our residents the best possible retirement lifestyle."

Additional Tribby Arts Center team members included Hole Montes, Stantec, Fiber Solutions, TSG Design Solutions, Siebein Associates, Liebl & Barrow Structural Engineering and Energy Concepts of Southwest Florida.

Presented annually by the Florida

Homebuilders Association and the Southeast Building Conference, the Aurora Awards celebrate residential and commercial construction professionals who are actively involved in projects located in Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Texas, Virginia and the Eastern Caribbean. ✨



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Book Review

Malibu Rising

by Di Saggau



Malibu Rising takes place over the course of one day, August 27, 1983, the day of Nina Riva's infamous annual party. Four famous siblings throw an epic party to celebrate the end

of the summer, but over the course of 24 hours, their lives will change forever. During one unforgettable night, they each have to choose what they will keep from one another.

Everyone wants to be around the famous Rivas. Nina is a talented surfer and supermodel. Her brothers, Jay and Hud, are respectively a championship surfer, and a renowned photographer. Then there's their baby sister, Kit, another surfing gifted athlete, who invites a guest without consulting her siblings.

Their father is Mick Riva, a pop singer of Frank Sinatra-level fame. He's irresistible, handsome and enters and leaves marriages without thinking of the consequences. He is distracted by a pretty woman and has married six of them. Mick blames his parents for setting terrible examples of parenting and fidelity.

Surfing is what the brothers and sisters have in common, and Taylor Jenkins Reid obviously knows the sport and teaches the reader a thing or two. The siblings'

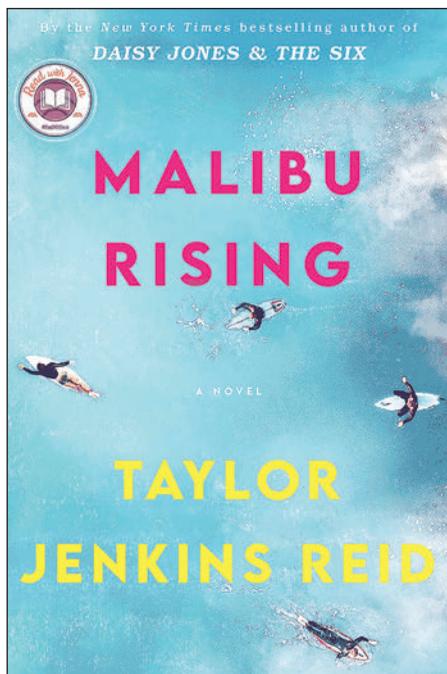


image provided

passion for the sport grew outside the beach bungalow where they were raised. Nina's heart and values lie there, rather than the too-elegant home on a cliff that she and her husband own.

Hundreds come to the party and, due to over-imbibing, they trash the place with out-of-control behavior. No one calls the police until a bullet hits a mirror. The Riva siblings have a lot to learn and they get answers to a lifelong question about their father. *Malibu Rising* is a fast-paced, engaging novel.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, I'm a parent of a 4-year-old, and I'd like to know more about crossing the midline and why it was so important. How does this help children, and how can I help my daughter with this action?
Alexis E, Sanibel

Alexis,

Crossing the midline is an important developmental step for children. The body's midline is an imaginary line down the center of the body that divides the body into left and right. Crossing the body's mid-line is the ability to reach across the middle of the body with the arms and legs. Crossing the midline happens when your child moves their hand or foot across this line to work on the opposite side of their body.

Before crossing the midline happens, a child will typically use only one side of their body at a time. For example, they'll use their left hand only to play with a block on their left side. When children can cross the midline, they are using both sides of their brain to coordinate smooth, controlled, complex movement. It is important to combine movement patterns that cross the body for daily tasks such as reading, writing and tying shoelaces.

Crossing the body's midline is an important developmental skill needed for many everyday tasks such as writing, reaching towards your foot to put your shoes and socks on with both hands and being able to complete puzzles when the puzzle is placed on the other side of the body. When a child spontaneously crosses the midline with the dominant hand, then the dominant hand gets the practice needed to develop good fine motor skills by repeated consistent hand dominance. If a child avoids crossing the midline, then both hands tend to get equal practice at developing skills, and the child's true handedness may be delayed. This means that once a child starts school, learning to write is much more difficult when they have two less skilled hands rather than one stronger, more skilled (dominant) hand. Difficulty crossing the midline also makes it difficult to visually track a moving object from one side to the other, or track from left to right when reading, meaning reading can also be delayed.

If a child has difficulties crossing the body's midline they might:

Swap hands mid-way through a task such as when writing, drawing, painting, or coloring;

Use their left hand for activities on the left side of the body and their right hand for activities on the right-hand side;

Rotate their trunk to the opposite side when reaching across the body to avoid crossing the midline;

Have difficulty visually tracking an object from one side of the body to the other, such as following text when reading;

Have poor handwriting skills; Use different feet to kick a ball (mixed feet dominance); and

Have difficulty coordinating gross motor patterns (crawling, skipping, jumping jacks).

Activities that provide opportunities for children to cross the midline reinforce the pathways between the hemispheres and allows for the fundamentals of fine motor skills, such as the development of their dominant hand, as well as enhancing a child's coordination and learning.

Here are a few suggestions to help children cross the midline:

Encourage them to practice activities that build bilateral integration skills (using both sides of the body together); jumping and skipping; riding a bike; catching a ball; beating a drum; working on buttons; tying laces; threading beads and cutting with scissors.

Build midline crossing into everyday activities (for example, set up shoes and socks so they are placed on the other side of the child's body, so they are forced to cross the midline when dressing);

Work on core stability and trunk rotation to encourage the physical movement of crossing the body's midline;

Popping bubbles with only one hand (reaching across their body to pop the bubble on the other side); and

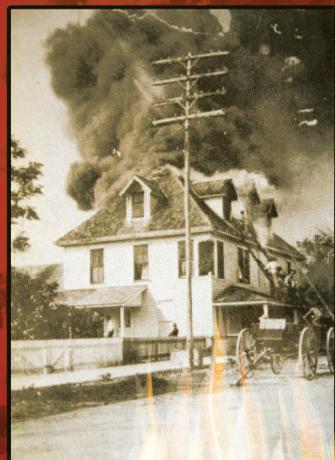
Try playing Simon Says and building in midline crossing opportunities like saying rub your left elbow with your right hand.

If your child continues to have difficulties with crossing the midline, talk to their teacher or doctor. An evaluation by an occupational therapist may be warranted.

*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.**

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
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Valerie's House Receives Grant

Valerie's House has been awarded a \$50,000 grant from Major League Baseball (MLB) and the Major League Baseball Players Association (MLBPA) to help in its mission of helping children grieve the loss of a loved one.

The joint Healthy Relationships Community Grant program currently has a distribution of more than \$500,000 to 11

nonprofit organizations, marking nearly \$2.5 million donated to more than 50 organizations so far in this program. The focus areas for the organizations receiving funding include support for survivors of domestic violence, mental health resiliency and developing positive relationship skills in youth as a preventive measure to breaking the cycle of violence.

This overall initiative is a \$3 million commitment to provide funding to organizations that support survivors of domestic violence and help improve mental health resiliency.*

CEO To Serve On Public Policy Committees

Hope Healthcare President and CEO Samira K. Beckwith has been selected by the National PACE Association (NPA) to serve on the public policy and education committees for 2021-22. The public policy committee monitors legislative activity that impacts PACE, while the educational committee assists in selecting and directing the content and focus of NPA's educational programming. An NPA member since 2009, Beckwith also currently sits on the National PACE Association Board of Directors.



Samira K. Beckwith

Beckwith was an innovator for bringing PACE – the Program of All-Inclusive Care for the Elderly – to Florida as founding president of the state's PACE Providers Association in 2010. Under Beckwith's nearly three decades of leadership as CEO, Hope has experienced tremendous growth and offers five PACE Centers throughout Lee, Collier and Charlotte counties to seniors at risk for nursing home placement by keeping them healthy, comfortable and independent in their own homes for as long as possible.

Hope PACE provides adult day care at Hope Care Centers, where participants receive nutritious meals, social engagement through games and activities, and light exercise for strength and mobility.✱

Sponsorships Sought For Our Mother's Home

Local businesses can make a difference in the lives of the young women residing at Our Mother's Home (OMH) in Fort Myers. Sponsorship packages for the organization's largest event of the year, Women on the Rise, are now available to help provide teen mothers with a supporting environment to stay with their children, learn life skills and continue their education.

Women on the Rise will be held at The Collaboratory on Friday, October 1 from 9 a.m. to 2 p.m. Several guest speakers and a panel of professionals will share their insight on how women can live happier and healthier lives.

"Our sponsors make it possible for us to provide these young girls and their children with a safe space to thrive," said Our Mother's Home Executive

Director Alicia Miller. "This year's event will pave the path of an exciting future for our girls. We are proud to provide an opportunity for the women in our community to focus on their mental health and wellness while helping Our Mother's Home further our mission of empowering young mothers."

At this year's event, the first Dr. Teresa Sievers Pathway to Freedom Fund will be presented to one of the young women living in the home, allowing her to accomplish her goals without the burden of financial restraints.

Guest speakers include Dr. April Brown, licensed mental health counselor, certified relationship, intimacy and sex therapist; Christin Collins, global thought leader, consultant and holistic coach; and Heather Turco, crime prevention specialist at Lee County Sheriff's Office. Panelists include Vanessa Tyler, brand ambassador of Studio+; Claribel Bocanegra, CEO of Gemstones in the Making; and Dr. Paul Simeone, clinical psychologist. Sponsors include Lee Health and Jason's Deli.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. To learn more about the sponsorship packages for Women on the Rise, contact Alicia Miller at 267-4663 or alicia@ourmothershome.org.✱

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, September 24 from 9 a.m. to 2 p.m.

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

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

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit www.rmhcsfwf.org.✱

Agency Adds Digital Marketing Coordinator

Codie Whitaker has joined CONRIC PR & Marketing as a digital marketing coordinator.

Whitaker joined the agency earlier in the year to provide part-time website management services for clients. Now a fulltime digital marketing coordinator, he will continue to provide website management and maintenance as well as provide account management, digital marketing strategy and social media management. In addition, he will provide creative writing, design and video production to amplify each client's unique voice.

"I have seen firsthand the good things CONRIC does not only for local businesses but for our community as a whole," said Whitaker. "Working with this award-winning team and agency is truly an honor."

Prior to joining CONRIC, Whitaker freelanced as a web designer, developer and tutor. He has helped businesses and professionals across the globe



Codie Whitaker

improve their online presence and the effectiveness of their digital marketing campaigns. Whitaker also has a demonstrated history of developing and maintaining efficacious social media communications for clients.

Whitaker studied web design and development at Full Sail University, earning his certification with honors while tutoring and mentoring his peers. He has a passion for education, writing, digital design and community service.✱

Business Award Winners

Winners in five categories were named at the Hyatt Resort & Spa for the SWFL INCredible Awards recently.

Pure Florida, a father-son team that specializes in water experiences, was named the 2021 SWFL Small Business of the Year. Andres Paz, chief experience officer at AdVenture, a concierge on-demand marketing firm, was selected as the SWFL Citizen of the Year. The Nonprofit of the Year was Midwest Food Bank of Florida, an organization that is dedicated to alleviating hunger, malnutrition and providing disaster relief locally. The Innovation Award was presented to M&M Multimedia, a video production company and web development firm. The INCredible Award was presented to Meighan Harris of Bonita Springs-Estero Realtors.✱



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A Valuable Law School Lesson



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

I was 18 years old when my dad dropped me off as a freshman on the front steps of my dorm at the University of Florida. “You’re on your own now,” Dad said, shaking my hand. “You know your mother and I don’t have funds to help you.” As my parents and younger sister drove away, I wondered how I was going to earn the degrees I aspired to.

Seven years later, I earned bachelor’s and master’s degrees in accounting then went on to earn a juris doctorate in law. I completed an eight-year program in just seven, often working two jobs at a time to cover expenses. I finished my studies with

Patti as my fiancée.

As school starts again for a new school year, I can’t help but become nostalgic, particularly with the many memories I have from the University of Florida’s College of Law. Whenever I recall my law school days, I’m often reminded of the hardened, knowledgeable professors who didn’t humor our quick wit, but taught us so much more than we could find in our textbooks.

One such professor was Scott Van Alstyne. He wasn’t your standard law scholar; he became a professor after a storied legal career including stints as the managing partner at two large, well respected law firms in Chicago and Milwaukee. To this day, I can hear his nasally upper-Midwestern accent as he chastised me and my classmates for our dumb answers.

“Mr. Hersch, I wouldn’t trust you to represent me in a parking ticket dispute!” was one of his more humorous jabs I can relay in a family-friendly newspaper.

Some of my classmates, including one who is now president of the Florida Bar, complained to the dean about Professor Van Alstyne’s tactics and salty language, but I understood the goal. An ability to think calmly under pressure was necessary for our careers. Despite the frequent jabs, “Scotty” as we affectionately called him, became one of my favorite professors. He even hired me as his teaching assistant during my third year of law school, the final stretch before graduating.

Yet, just before the last semester of our third and final year, the Bar decided that all

law students would require the successful completion of an ethics course to graduate. Because our curriculum was set, they squeezed Ethics 101 into an already jam-packed schedule. You may have heard that in the first year of law school, they scare you to death, in the second year, they work you to death, and in the third year, they bore you to death. The third year is particularly difficult to survive because most students have jobs lined up.

However, our ethics professor didn’t show us sympathy. He was a recent graduate himself, but the worst was the starting time of his two-hour class – 7:30 a.m. every Thursday. On Wednesday evenings, CJ’s, a local oyster bar, featured \$2 pitchers of beer for law students. CJ’s was rustic, complete with cement floors, picnic tables and a jukebox. I have great memories eating greasy wings and singing Jimmy Buffet tunes arm-and-arm with my classmates atop the tables into the wee hours of the night.

It’s also where another classmate (who would later become my sister-in-law) introduced me to Patti and her sparkling green eyes. When summoned, I jumped off a table to introduce myself, sloshing a red Solo cup full of beer following a rousing rendition of *Cheeseburger in Paradise*. But that’s a story for another time.

So, you can imagine how we fared during this sunrise class. After one particularly rowdy evening, the professor bellowed, “Mr. Hersch, a man walks into your office with a smoking gun, slams it down on your desk, and says, ‘I just shot a man with this gun.’ What do you do?”

Still groggy and hoarse from the night before, I smiled broadly and said, “I would tell him to get the hell out of my office as I’m a tax attorney, I don’t practice criminal defense law!” The class erupted in laughter, and I beamed with pride at my own cleverness. The professor, clearly not amused, and sensitive about perceived challenges to his authority due to his youth, stared me down as the laughter dissipated, resulting in an awkward silence. Only then did he growl at me to visit with him after class.

Once in his office, I was met with a seemingly endless diatribe, lasting so long that I missed my next class. He didn’t like my joke, eventually marking me with a C+ for the semester despite my feeling that I nailed the final (my other grades that term included four As and a B+). I laugh now when recalling the experience, but I learned a valuable lesson on when to keep wisecracks to myself.

It’s been more than 31 years since I graduated from law school, but there will always be something special about the time I spent in Gainesville. It was hard work, but the professors, nights at CJ’s, and the expertise I left with made all the work, studying and late nights worth it.

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New Account Executive

Tammy Birchfield has joined Spiro & Associates Marketing, Advertising, Public Relations and Brand Architecture as an account executive.

Birchfield will manage new business initiatives, collaborate with all departments to enhance clients’ marketing value, lead the strategic direction and implementation of marketing programs, as well as oversee the day-to-day activities and interaction with clients.

Birchfield brings over 10 years of customer service experience in healthcare management and marketing. As business office manager for AllianceCare Home Health and staffing coordinator for United Home Care Services of Southwest Florida, Birchfield was responsible for the day-to-day operations of her offices, employees and marketing efforts. She also has experience in the spa and plastic surgery sector, working as a licensed esthetician.

“I’m excited to be working with such a talented and motivated team,” Birchfield said. “I am also really looking forward to expanding my knowledge in the creative development of campaigns.”

Born and raised in Carrollton, Ohio, Birchfield moved to Southwest Florida in 1985. Her knowledge of the area also

extends into the construction, healthcare and real estate industries.

“Tammy is a great addition to our team,” Chief Creative Officer Christopher Spiro said. “We can’t wait to see the amazing work she will help produce for our clients.”✪

Data Scientist Added To Team

Kristina Troyer has joined the team at Cypress at Home as a new data scientist, with over 15 years of experience as a strategic clinical leader.

“Kristina’s passionate and creative approach using predictive analytics to improve client outcomes will be vital as we initiate the use of remote patient monitoring technology,” said Executive Director Christine Burns. “We are excited to couple Kristina’s passion for technology and innovation with her clinical background as a doctorate prepared physical therapist.”

Troyer received her doctor of physical therapy from the University of South Florida and will complete a masters degree in data analytics by spring 2022. Most of her career path focused around building longitudinal therapy and rehabilitation care pathways where she learned the value of collecting, measuring and analyzing statistical information

to provide more informed care for the patients she worked with.

Troyer will improve the overall wellness and quality of life for all residents and clients through data analytics. “The culture at Cypress is data-driven and innovative. The team implements change quickly and efficiently due to leadership’s exceptional collaborative mentality,” she said. “It’s a privilege to get to join a team with a strong focus on excellence.”✪

Chamber Names Coordinator

SWFL Inc. has hired Kate Brennan as its new communication and public relations coordinator.

“I’m excited to have the opportunity to help business owners in Lee, Collier and Charlotte counties build their brand, create new relationships and promote their services across Southwest Florida,” said Brennan, a New Jersey native with a bachelor’s degree in marketing from Sacred Heart University.

Tiffany Esposito, president and CEO of SWFL Inc., said, “Her expertise in social media, public relations and marketing will continue to add value to the products and services for the members of SWFL Inc.”

Businesses can sign up for free membership at www.swflinc.com.✪

New Director

Michelle Rhinesmith is the new director of membership and campaign strategy at WGCU. She has spent 25 years in public media. During her career, she has worked as the fiscal and program specialist at WQCS in Fort Pierce; the on-air and online fundraising producer for WMFE in Orlando; and as the station manager at WHQR in Wilmington, North Carolina.

“We’re delighted to have a public media professional of Michelle’s caliber at WGCU,” said Pamela Garvey, associate general manager for development and community relations.✪



Michelle Rhinesmith

Bank Hires Teller

Jasmine Jones has joined Sanibel Captiva Community Bank as a teller at its Winkler office. She is responsible for assisting customers with personal and business banking transactions. Jones has an associate degree in paralegal studies from Florida SouthWestern State College.✪



Jasmine Jones



Tammy Birchfield



Kristina Troyer



Kate Brennan

College Holding Resource Fair For Adult Learners

Florida SouthWestern State College (FSW) will hold an Adult Learners' Resource Fair in Building J on Saturday, September 18 from 12:30 a.m. to 2:30 p.m. Current and potential adult learners and their families are invited to attend.

Adult learners, or nontraditional students, are students who are over age 22 when beginning college but can also include students who are married, students supporting dependents, veterans, financially independent students and students who work full-time. More than 25 percent of FSW's student population are adult learners.

During the fair, current and potential FSW adult learners will have a chance to visit with various departments, including financial aid, tutoring, online learning and the library. In addition, potential adult learners will be able to attend sessions on navigating college admissions, how to pay for college and balancing the various responsibilities they face. Potential adult learners will also receive a promo code to apply for free.

Activities, games on the lawn, popcorn and snow cones will be available for attendees and their families. Free tickets to the FSW women's volleyball game at 2 p.m. that afternoon will also be available to the attendees and their families.

Registration is not required.

FSW is located at 8099 College Parkway in Fort Myers. For more information, contact FSW Admissions Director Amber McCown at 489-9226 or amber.mccown@fsw.edu.

Workshop On Hiring Top Talent

The Southwest Regional Manufacturers Association (SRMA) will hold a three-hour workshop titled Attracting, Engaging and Retaining Top Talent at CareerSource Southwest Florida on Wednesday, September 29 at 8 a.m.

Learn how to attract, engage and

retain top talent with a focus on providing valuable resources and education to the Southwest Florida manufacturing community.

Presented by Marc Simms of Right Performance Management, attendees will learn how to identify candidates who fit within their company's culture and job description, as well as how long they'll stay. Business leaders responsible for hiring, managing, training or retaining employees are encouraged to attend this informative workshop. Breakfast will be sponsored by First Citizens Bank.

CareerSource Southwest Florida is located at 6800 Shoppes at Plantation Drive, Unit 170, in Fort Myers. To register for this event, to see a full calendar of events, and for more information about the Southwest Regional Manufacturers Association, visit www.srma.net, or email info@srma.net.

Webinar For Older Adults On Preventing Falls

Step Smart is committed to empowering older adults in Southwest Florida to age well and help prevent falls. The group is partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week from September 20 to 24.

On Wednesday, September 22 at 11 a.m., there will be a virtual injury prevention live webinar to learn how you or an older relative, friend or neighbor can help prevent falls. The webinar will be followed by a 15-minute Tai chi demonstration by the Area Agency on Aging and will feature a new online falls risk assessment tool available at no cost to individuals across the country. Visit www.ncoa.org/fallsfreecheckup to complete a short, 12-question survey that screens for the most common falls risk factors.

To register, call 351-5550 to receive the link to the webinar. There will also be short videos from various local professionals in the different fields of some of the factors that affect the risk of falls. For more information, visit www.stepsmart.org or email info@stepsmart.org.

Kiwanis Club Donates Supplies To Students

The Fort Myers Metro-McGregor Kiwanis helped local elementary children start off the school year by donating over \$2,000 in school supplies. Donations included 144 backpacks, underwear, socks, hygiene products and other school supplies. The donations were divided between Cypress Lake Middle School, Dr. Carrie D. Robinson Littleton Elementary School, Orangewood Elementary School and Ramya C. Page Elementary School. Additionally, art supplies have also been donated to support arts instruction at Dr. Carrie D. Robinson Littleton Elementary School.

"These schools are those our club members are normally on-campus volunteering throughout the year with our sponsored leadership programs, Bring Up Grades program and reading mentoring programs," said club president Cathy Smith. "We wanted to make an extra effort to help these students since we cannot be there in-person due to COVID restrictions."

"We reached out to our contacts at each school to find out what students were in need of to try and fill that gap," said club secretary Kim Berghs. "We wanted to do our homework to make sure what we donated was really what was needed."

The school supply donation drives



Dr. Carrie D. Robinson Littleton Elementary School Assistant Principal Jeff Sanders with Kiwanis member Connie Prevatt photo provided

were funded by the Kiwanis volunteers and also with local fundraising efforts through the club's Delicious Dining Discount coupon book. The coupon book includes 46 local restaurants in Lee County for \$25. Most discounts are valid now through November 15. To purchase the coupon book, mail checks payable to Fort Myers Metro-McGregor Kiwanis PO Box 61104 Fort Myers, Florida 33906-1104. For more information, email discountdining@metro-mcgregor.com or visit www.metro-mcgregor.com.

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Frankly Speaking

by Howard Prager



Tennis excitement burst onto New York on the same weekend as the touching tributes to the 9/11 anniversary. On the women's side, we had the first finals match of

teens since 1999. From CBS Sports, "In the first U.S. Open final between two unseeded players, 18-year-old Emma Raducanu took home her first Grand Slam championship when she defeated 19-year-old Leylah Fernandez in straight sets, 6-4, 6-3. Raducanu became the first qualifier to win a Grand Slam, doing so in just the second Grand Slam tournament of her career. Raducanu also became the first British woman to win a Grand Slam title since Virginia Wade won Wimbledon in 1977 and the U.S. Open in 1968." Wade was present to cheer on her fellow Brit.

"Raducanu is also the youngest women's tennis player to win a major since Maria Sharapova (also in attendance) upset Serena Williams in the 2004 Wimbledon final." Raducanu did not drop a set en route to her victory – 20 matches – a fete last done by Serena Williams in 2014. Fernandez and Raducanu spoke eloquently afterwards, with Fernandez mentioning how important it was to

play in New York on 9/11. On a side note both were born in Canada. On the men's side, from ESPN, "Daniil Medvedev earned his first major title by beating Novak Djokovic at his own game in a stunning upset Sunday in the U.S. Open men's final. Medvedev denied Djokovic a victory that would have given him the first calendar year Grand Slam in men's tennis since 1969." The crowd definitely wanted to see history made, and cheered for Djokovic every time he battled back. Asked how he felt afterwards, Djokovic said, "Relief. I was glad it was over because the buildup for this tournament, and everything mentally and emotionally I had to deal with throughout the tournament, was just a lot to handle." Hence the reason we are hearing more about this from other elite athletes in tennis and other sports.

Milwaukee's ace Corbin Burnes combined with reliever Josh Hader to pitch baseball's record ninth no-hitter this season, breaking a mark set when pitchers began throwing overhand in 1884 as the Brewers beat the Cleveland Indians 3-0 on Saturday night. But that's not all. The Cleveland Indians are the only team to be no-hit three times in a single season. They were no-hit by Carlos Rodón of the Chicago White Sox on April 14 and then again against the Cincinnati Reds' Wade Miley on May 7.

Maybe the Indians should change their name to the Guardians now. Here's ESPN on the new name. "The Guardians were inspired by the large landmark stone edifices -- referred to as traffic guardians -- that flank both

ends of the Hope Memorial Bridge and leads to the stadium. As the team moved closer to making a final decision on the name, team owner Paul Dolan said he found himself looking closely at the huge art deco sculptures. 'Frankly, I hadn't studied them that closely until we started talking about them, and I should emphasize, we're not named after the bridge, but there's no question that it's a strong nod to those and what they mean to the community.' Fans aren't thrilled with the new name, which will change immediately after this season. Dolan said he knows there's a portion of Cleveland's fan base that might never accept the change. 'We're not asking anybody to give up their memories or the history of the franchise that will always be there.' The team's colors will remain the same, and the new Guardians logos will incorporate some of the architectural features of the bridge."

"On any given weekend" now applies to the NCAA as some of the mightiest have fallen. Last weekend, Oregon beat Ohio State in Columbus, Florida State lost to Jacksonville State on a walk-off touchdown in Tallahassee and No. 15 Texas was thrashed by unranked Arkansas. Michigan beating Washington wasn't an upset, but doing so with two running backs gaining 345 yards on the ground wasn't expected. Stanford routed USC whose kicker was ejected on the kickoff for targeting and now the team's coach has been "ejected" by the school. BYU crushed Utah in the "Holy War" rivalry for the first time in the last nine attempts.

Our good news story of the day comes from Florida via the Good News Network... At the age of 98 years and 94 days, great-great-grandmother Edith Murway-Traina already had a Guinness World Record as the "oldest female competitive powerlifter" under her belt – and she successfully deadlifted 150 pounds to do it.

As a former dance instructor and performer, physical fitness was always a way of life for the Bronx-born Florida transplant, but considering she took up weightlifting a scant nine years ago, the progress Traina's made is truly impressive – especially since discovering her newfound avocation was pretty much a happy accident. Traina was accompanying her pal to the gym to try

out some new exercises because "she didn't want to go by herself." Murway-Traina told the *New York Post*. "I saw all these other ladies lifting weights, and it looked interesting. I picked up a couple of weights and had to prove to myself that I could accomplish this."

Once she got started, Traina turned out to be a natural. Soon enough, she was on the team, competing in senior events, and bringing home awards. "When you pull a bar up and you lift it, there's a certain power that you experience that is only yours," she told the *Post*. Traina admits that a great deal of her motivation has to do with how much she enjoys being in the limelight and the positive feedback she's received. She says that every time she competes, she gets applause, and gets a little bit happier. Traina also appreciates that her current notoriety largely has to do with her advanced age, but as long as she can be a positive role model who blows the "sweet little old lady stereotype" out of the water, she's good with that. "I think in my 90s, I became more aware of the need for people to be recognized for who they are, or what they are, or how they are, and it's the most beautiful thing in the world," she told the *Guinness Book of Records*. "I think I survive on that, mostly, myself." That plus some well-deserved applause and her next trophy, of course.

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.

President's List Honorees

Six Southwest Florida natives were recently named to the president's list for the summer 2021 semester at Southern New Hampshire University in Manchester, New Hampshire.

Diana Karadas, Abigail Macdonald, Alison Lanoie, Wesley Griffith and Sarah Treida of Fort Myers, and Michaela Lentz of Cape Coral were the full-time students who earned a minimum grade-point average of 3.700.✪

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SPORTS QUIZ

1. What Philadelphia Flyers goaltender was killed in a car accident in 1985 and posthumously selected to the NHL All-Star Game the following year?
2. Name "The Fight Doctor" who served as Muhammad Ali's physician and cornerman from 1962-77.
3. The Carolina Courage, Philadelphia Charge and San Diego CyberRays were teams in what women's soccer league that played three seasons from 2001-03?
4. What is the bowling term for a ball that crosses over to the other side of the head pin opposite the side it was thrown?
5. Name the journalist/sportswriter whose column "Hey, Rube" appeared on ESPN.com from 2000-05?
6. What sanctioning body for the motorsport of drag racing was founded by Wally Parks in 1951?
7. Remington Products CEO and spokesman Victor Kiam was principal owner of what NFL team from 1988-91?

ANSWERS

1. Pelle Lindbergh. 2. Ferdie Pacheco. 3. Women's United Soccer Association (WUSA). 4. Brooklyn. 5. Hunter S. Thompson. 6. National Hot Rod Association (NHRA). 7. The New England Patriots.

Doctor and Dietician

Baked Feta And Tomatoes, Oh My



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

Feta and tomatoes are just meant to go together – what a great combination. The feta and tomato pasta recipe that went viral on TikTok this year has turned out to become a favorite for us, as well as many of our friends. Greek cooks have been combining and baking feta and tomatoes for many years. We have made an appetizer out of baked feta and tomatoes over the years, and you can certainly do that with this recipe as well. We have made different versions of this dish that include roasted peppers,

onions and herbs, as well as serving it with roasted chicken, shrimp and even steak.

Let's look at the health benefits of the main ingredients in this recipe:

Feta cheese – Feta cheese is Greek brined curd white cheese made from sheep's milk or a mixture of sheep and goat's milk. Its flavor is tangy and salty, which we love. It is often served with olive oil and/or olives and aromatic herbs such as oregano, basil and parsley. Interestingly, feta has been a protected designation of origin (PDO) product within the European Union since 2002. In 2013, an agreement with Canada was made so that they could also produce feta. Otherwise, feta will be labeled "feta-style" cheese if made in other markets. Feta contains calcium and is lower in fat and calories than many other cheeses.

Tomatoes – We have used all sorts of tomatoes in this recipe, including large beefsteak, heirloom and cherry tomatoes. We prefer cherry tomatoes as they blend better when serving in pasta. Tomatoes are moderately high in vitamin C and high in water, low in fat and contain lycopene, which in some studies has shown to function as an antioxidant.

Olive oil – We absolutely love good olive oil. It is a major component of the healthy Mediterranean diet, and we

include it daily in our diets. We have been on several bicycling trips over the years and have tasted olive oil made fresh from the olive groves – so good. We recommend using cold-pressed, extra virgin olive oil (EVOO). Olive oil is rich in vitamin E and good fats.

Herbs – We grow herbs in pots in the backyard including oregano, basil, rosemary, parsley, cilantro, mint and thyme. Our favorite way to consume these herbs is to make "the green stuff" which is to combine a large handful of the above herbs, chop in food processor, add four to five cloves of garlic, EVOO, pinch of salt and pepper, lemon juice and/or splash of wine vinegar and blend together. So refreshingly delicious.

Ingredients and directions for the recipe – 4 ounces feta cheese, 15 ounces cherry tomatoes, fresh herbs, olive oil, salt/pepper, 1 box pasta (penne, spaghetti, orecchiette – we use gluten-free), 1 small hot pepper or red pepper flakes. (optional – serve with a protein such as grilled chicken, shrimp,

steak – cooked separately.) Preheat oven to 400 degrees. Spread tomatoes on baking dish, toss with olive oil and herbs. Place feta cheese in the middle of the dish, top with olive oil and herbs. Bake for 35 minutes. Start cooking pasta as this bakes. Remove from oven and smash feta-tomatoes, tossing to combine. Add to drained pasta, adding a little pasta water if needed to thin the sauce. Garnish with fresh herbs and/or shredded parmesan. If omitting the pasta and serving as an appetizer, accompany with some crusty bread. We make our own gluten-free bread, and it is delicious with this recipe.

Cheers. We hope you enjoy this dish as much as we do.

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

Superior Interiors

Reasons To Float Your Furniture



by Marcia Feeney

Are you struggling with how to fit your furniture in the living room, and can't for the life of you come up with a good layout? You might need to "float" your furniture or

pull everything out from the wall and create an island of sorts comprising your sofa, chairs and tables, while anchoring it all with the placement of an area rug. It's a unique way to ditch the basic placement, mix things up and make the most of your space.

What decorating magic is this, you ask? Pushing your sofa, lounge chair and end tables up against the wall is the standard living room setup for many, but that's not your only arrangement option. When the room is either large, with an open plan, asymmetrical, or has a fireplace focal point, the furnishings can easily "float." By floating your sofa, you'll have a much better flow in a large living room, and there will be no awkward unused areas. This type of arrangement can allow for you to create other smaller vignettes, such as a wall lined with tall bookshelves or a reading corner (perhaps even a game table) by a window.

An open floor plan can make room

division seem impossible. But with the appropriate placement of furniture, you'll create fine lines between the living room and kitchen with ease. Instead of placing your sofa against the wall, bring it in closer to the middle of the room and place the love seat adjacent. Your open floor plan will seem a lot less disjointed and more cohesive.

By bringing your seating arrangements closer together, you'll create a more intimate atmosphere that encourages guests to engage in conversation. If your visitors are any further than eight feet apart, this makes it more difficult for them to get comfortable and engage in conversation with each other.

Since floating your furniture really helps to establish walls that define the room, it can also create somewhat of a hallway to help guide your guests throughout your living space and ease the flow of traffic. Don't just bring your sofas and chairs closer to the center of the room – keep the chests and side tables nearby as well.

Without the proper arrangement, a large piece of furniture can take up too much space and allow little room for other seating options. By placing your sofa and coffee table correctly, you can maximize the space to create room for another place for guests to sit.

Are you ready to spruce up your living space? Consider consulting a design professional. With their help, you'll figure out how to make the most of your space while keeping it stylish, comfortable and fully functional.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coincdecen.com.**

deaRPharmacist

Off-Label Drug Uses: Curious And Unexpected



by Suzy Cohen, RPh

Dear Readers:

Medications aren't always used for what they were intended for. Many drugs are FDA-approved for one condition,

but later on, after use on the mass population, new valuable uses are found for the same drug. Since it takes time and money to bring a drug to full FDA-approved status, the medications are simply ordered by physicians and other prescribing practitioners for what's called an "off-label" use.

Physicians are most apt to prescribe off-label medications for children, or for patients facing life-threatening or terminal disorders. To give you an example of other off-label uses, take a look at these popular medications and their traditional approved use, as well as their off-label use. It's interesting!

Ambien (Zolpidem) – America's favorite sleeper! This medication is approved and indicated for insomnia, but it has an off-label use that some doctors know about. It minimizes jet lag when you fly to another time zone, and you take it on the long over-night flight.

Glucophage (Metformin) – This is a block buster medication traditionally used to reduce blood sugar in people who have Type 2 diabetes. As for its off-label uses, it could help PCOS (Polycystic Ovary Syndrome) symptoms.

Neurontin (Gabapentin) – Used conventionally for neuropathic pain, this drug has an off-label use for

bipolar disorder, as well as restless legs syndrome.

Minipress (Prazosin) – This medication is used to control high blood pressure, but off-label it is prescribed to help with nightmares that are associated with posttraumatic stress disorder (PTSD).

Pamelor (Nortriptyline) – Nortriptyline is FDA-approved and indicated for depression. This antidepressant is frequently prescribed for neuropathy, and to help people stop smoking.

Risperdal (Risperidone) – This is a medication approved to treat schizophrenia or acute manic phases of bipolar disorder. It has an off-label use for OCD (obsessive compulsive disorder) as well as symptoms of autism and Tourette's syndrome.

Pepcid (Famotidine) – This is a commonly used medication for heartburn and reflux, and it's sold over-the-counter in the United States. When it comes to off-label uses, famotidine is prescribed to reduce gastritis symptoms associated with non-steroidal drugs such as ibuprofen and naproxen.

The list of these off-label uses is the tip of the iceberg. This phenomena is fascinating, and it clearly demonstrates the importance of utilizing unapproved drugs to help with conditions that don't respond to traditional remedies. Using a drug for its off-label use may spawn ethical question for some of you. In other words, would you be afraid of taking medications that are not FDA-approved? Or would this concern be minimized if your pain level was high enough to try it, for example? It's a discussion to have with your own practitioner. If you'd like to read the longer version of this article, I can email it to you. 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.**

- 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



"Too many _____ for my taste!"

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!

Visual

CAPITOL

Bend

RECASE

Hinder

PRIMIA

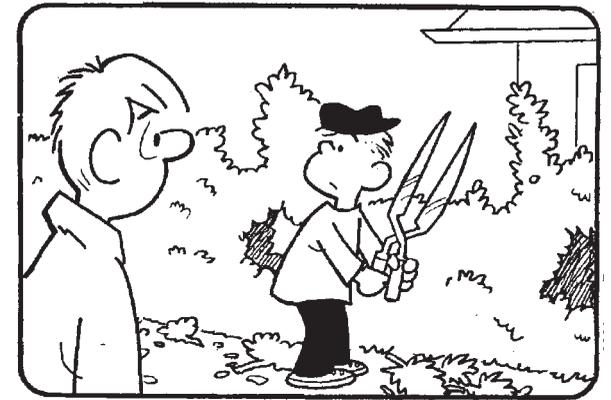
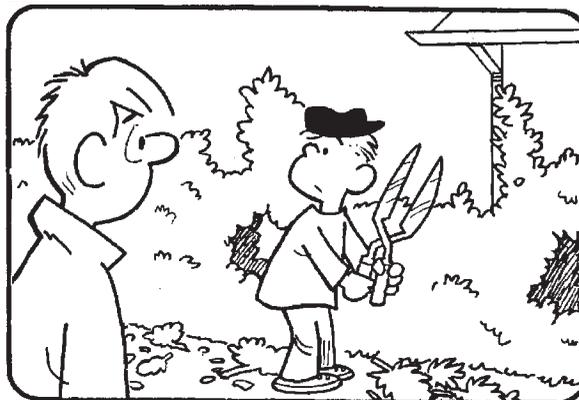
Boost

AIRES

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Blades are longer. 2. Drainpipe is missing. 3. Pants are different. 4. Leaf is removed. 5. Window is added. 6. Collar is different.

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

To Play Sudoku:

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

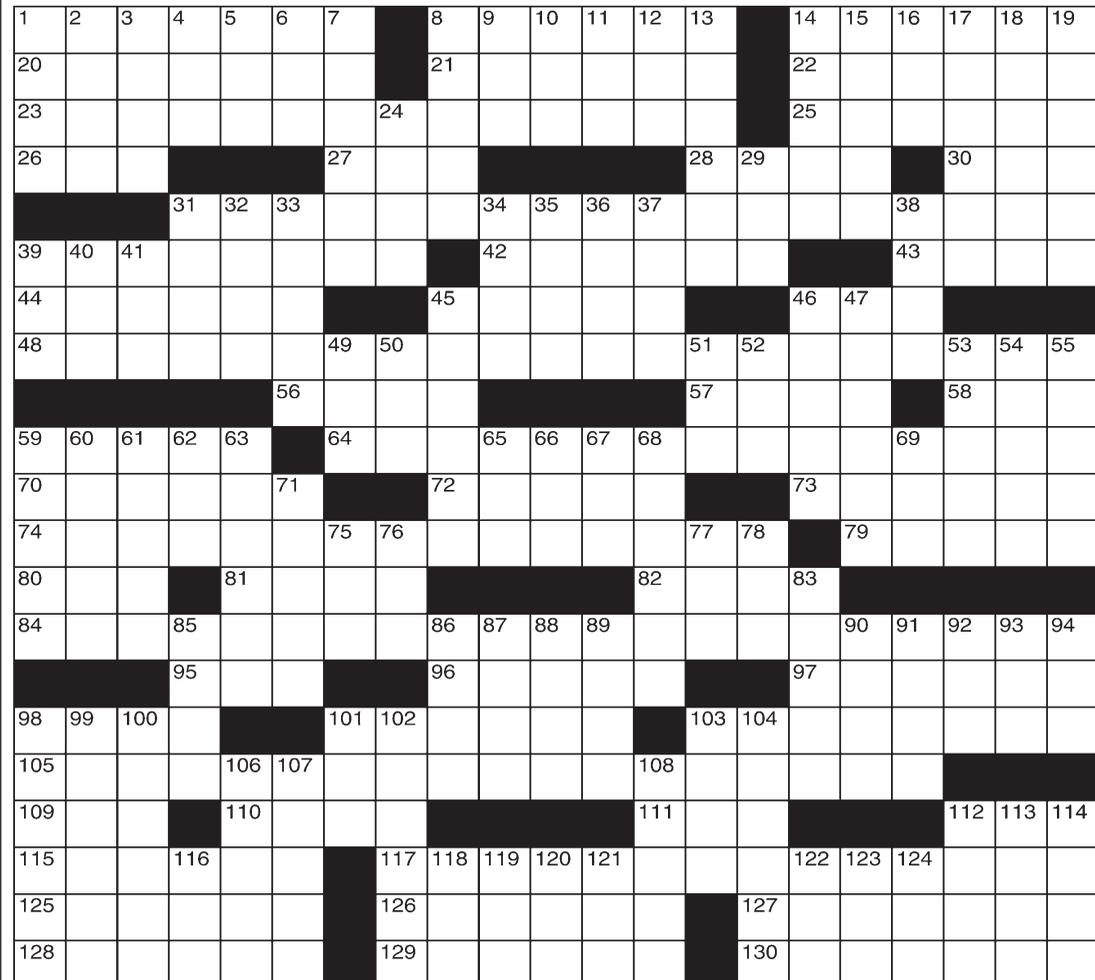
PUZZLES

Answers on page 23

Super Crossword

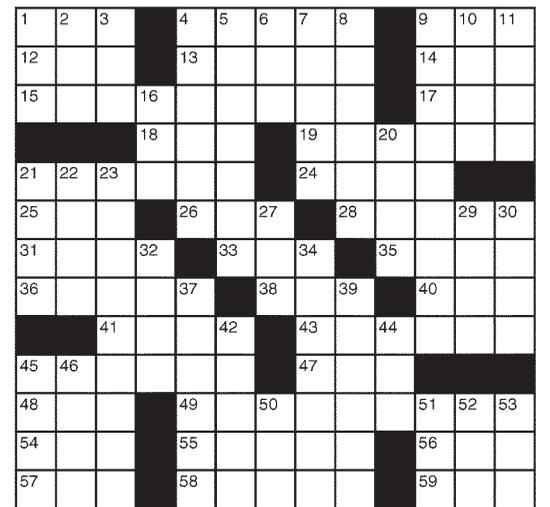
VISITING THE ISLE OF WIT

- ACROSS**
- 1 Earns back, as losses
 - 8 Study of vision
 - 14 One who's not stingy
 - 20 Shrunken Asian lake
 - 21 Disperse from a central point
 - 22 Spacecraft segment
 - 23 Will soon obtain U.K. citizenship?
 - 25 Like Peru's mountains
 - 26 Revered Fr. nun, maybe
 - 27 Motorist's crime, for short
 - 28 Soccer icon
 - 30 "Phooey!"
 - 31 "That louse just hatched a few hours ago"?
 - 39 Aim at
 - 42 Styling sites
 - 43 Hilarity
 - 44 Book after Song of Solomon
 - 45 "To recap ..."
 - 46 Swiss river
 - 48 Hairly pollinator's darting movement?
 - 56 Hairstyle
 - 57 On — streak (lucky)
 - 58 "Hamilton" composer — -Manuel Miranda
 - 59 Watch over
 - 64 Partial mending of a paper cut?
 - 70 Excited pointer's cry
 - 72 Diner
 - 73 Pink pencil tip
 - 74 Siblings who compose legal orders?
 - 79 Spacek of film
 - 80 Dude's prom duds
 - 81 "Now, Voyager" actress Chase
 - 82 In — (as first placed)
 - 84 "My career as a tailor will start soon"?
 - 95 Tee lead-in
 - 96 Chris of tennis
 - 97 Certain pizza chain logo
 - 98 Depletes
 - 101 Major road
 - 103 4 p.m. social event, maybe
 - 105 Interweave while wearing a lustrous Sir Lancelot costume?
 - 109 Omelet need
 - 110 Get up
 - 111 Hockey hero Bobby
 - 112 Historical unit
 - 115 Headwear for Fred Astaire
 - 117 Occupy a chair to apply Visine drops?
 - 125 Invent bananas
 - 126 Like green
 - 127 Filthy place
 - 128 Closet staple
 - 129 Mini and midi
 - 130 Orthodontic separators
 - DOWN**
 - 1 Rally cheers
 - 2 "QED" center
 - 3 Costco unit
 - 4 Suffix with schnozz
 - 5 Kind of PC port
 - 6 For each
 - 7 Declined the offer
 - 8 "Come —!" ("Get real!")
 - 9 NBAer Gasol
 - 10 Blasting stuff
 - 11 Debtor's note
 - 12 Mongrel
 - 13 Get involved
 - 14 Teeny
 - 15 Sweetie pie
 - 16 Tack (on)
 - 17 Very sorry
 - 18 Paige on a stage
 - 19 Backpedal
 - 24 Lookalike
 - 29 High rollers?
 - 31 End-of-workweek cry
 - 32 Make whole
 - 33 Moral tenet
 - 34 Lacks life
 - 35 Kimono belt
 - 36 Swivel
 - 37 Burial locale
 - 38 Ugly fairy-tale figure
 - 39 — for tat
 - 40 Silver-gray
 - 41 "Norma —"
 - 45 Less sure
 - 46 Outranking
 - 47 Fiddles with
 - 49 Talking- — (scoldings)
 - 50 With 77-Down, well-drilling structure
 - 51 Egypt and Syr., once
 - 52 Conductance unit, once
 - 53 Hallow
 - 54 German indefinite article
 - 55 See 113-Down
 - 59 Mafioso John
 - 60 "Yep"
 - 61 Siri's Amazon counterpart
 - 62 Ticket info
 - 63 Fishing boats
 - 65 Asian ideal
 - 66 "Addams Family" cousin
 - 67 "Eh, so-so"
 - 68 Determine beforehand
 - 69 — tai (drink)
 - 71 Drying ovens
 - 75 Ruling from a boxing ref
 - 76 Ball swatter
 - 77 See 50-Down
 - 78 Actor Gilliam
 - 83 Allow to flow again
 - 85 Life jacket, e.g.
 - 86 Himalayan humanoid
 - 87 Fifty-fifty
 - 88 Actress Polo
 - 89 — Mawr College
 - 90 Hurly-burly
 - 91 Epps of "House"
 - 92 Fish feature
 - 93 "Ltd." cousin
 - 94 Boot tip
 - 98 Brief outline
 - 99 Longhair cat
 - 100 Filthy place
 - 101 Horse's kin
 - 102 Monkey used in research
 - 103 Fills with black gunk
 - 104 Slip-ups
 - 106 Fuming mad
 - 107 Gunpowder stuff
 - 108 Stabs
 - 112 "Jane —"
 - 113 With 55-Down, back-door access
 - 114 Some cobras
 - 116 Ugly fairy-tale figure
 - 118 Signing stuff
 - 119 Prefix with cycle or color
 - 120 Holiday tree
 - 121 Make a pick
 - 122 Jay-Z's genre
 - 123 Ticket info
 - 124 List abbr.



King Crossword

- ACROSS**
- 1 Pool stick
 - 4 Gasoline dispensers
 - 9 Attorney's field
 - 12 "Right you —!"
 - 13 Not moving
 - 14 Blond shade
 - 15 Online reference source
 - 17 Carefree
 - 18 By way of
 - 19 Pancake toppers
 - 21 Museum tour guide
 - 24 — Hari
 - 25 Swelled head
 - 26 Solidify
 - 28 Semesters
 - 31 Stately trees
 - 33 Homer's neighbor
 - 35 Mt. Rushmore's state
 - 36 Seized vehicles
 - 38 Dict. info
 - 40 Sundial numeral
 - 41 Hgt.
 - 43 Ancient pyramid builders
 - 45 Bale
 - 47 Mineral suffix
 - 48 Days of yore
 - 49 Sibelius work or vodka
 - 7 Spectrum creator
 - 8 Patronize, as a hotel
 - 9 New York airport
 - 10 Now, in a memo
 - 11 Reasons
 - 16 "— been had!"
 - 20 Numbered rds.
 - 21 Woodland grazer
 - 22 Leer at
 - 23 Summaries
 - 27 Went first
 - 29 Primary
 - 30 Tackles moguls
 - 32 Auctioneer's cry
 - 34 Cecil B. —
 - 37 Arm's-length portrait
 - 39 Femme —
 - 42 Ore layers
 - 44 Longing
 - 45 Smile broadly
 - 46 Forearm bone
 - 50 Rebel Turner
 - 51 Morning moisture
 - 52 — -de-France
 - 53 Succor
- DOWN**
- 1 Crow's cry
 - 2 Mentalist Geller
 - 3 "A spider!"
 - 4 Slipcover trim
 - 5 Like leftovers
 - 6 Club —



MAGIC MAZE ● — CANAL

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **Compliments of your Dentist**

- Albert
- Ear
- Kiel
- Suez
- Barge
- Erie
- Panama
- Volga-Don
- Champlain
- Gota
- Sault Ste. Marie
- Welland
- Corinth
- Grand
- Ship



Blue Crab Salad With Avocado

photo courtesy Fresh From Florida



Blue Crab Salad With Avocado

- 8 ounces jumbo lump blue crabmeat, picked over for shells
- 1 large ripe avocado, halved, pitted, peeled
- 3 teaspoons fresh squeezed Key lime juice
- 1/2 teaspoon Florida Key lime zest
- 1/3 cup red onion, finely chopped
- 3 tablespoons mayonnaise

2 tablespoons fresh cilantro, finely chopped
 1/2 teaspoon ground cumin
 Hot chili oil and cilantro oil, as needed (optional)
 Mix together red onion, mayonnaise, cilantro, lime juice, cumin, and lime zest in medium sized mixing bowl. Gently mix in crab meat. Season salad with salt and pepper. Drizzle avocado halves with remaining 1 teaspoon lime juice to prevent discoloration and season with salt and pepper. Arrange avocado halves, cut side up, on plates. Fill tops of avocado with crab salad. Garnish salad with cilantro oil and hot chili oil, if desired.*

PETS OF THE WEEK



Tito ID# A881452 photos provided

Lee County Domestic Animal Services

Tito And Gucci

Hello, my name is Tito. I'm a black and white 6-year-old male pit bull. I'm one of Clear the Shelters' #petoftheday, and that means my adoption fee is waived before the event on September 18. I'm a big guy with the heart of a lap dog. I walk great on a leash and I was a perfect gentlemen at LCDAS' recent adoption event. I love people of all ages.

Hi, my name is Gucci. I'm a black 2-year-old male domestic shorthair. I live up to my high-end name. I'm a regal feline that is good-looking. I know it and will lounge around like I own the place. I love attention and to be brushed. I also get along well with the



Gucci ID# A881632

other cats in LCDAS' large cat room. My adoption fee is waived.

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

My Stars ★★★★★
FOR WEEK OF SEPTEMBER 13, 2021

Aries (March 21 to April 19) Mars, your ruling planet, helps you deal with career challenges in a way that reflects some of your own hidden strengths. This impresses some important decision-makers.

Taurus (April 20 to May 20) Your strong bovine will, combined with your romantic nature (you are ruled by Venus), helps turn a romance with a potential for problems into one with more-positive possibilities.

Gemini (May 21 to June 20) Mercury's influence creates some unsettling moments, but nothing that you can't live with. You'll soon learn more about that major change that is about to be revealed.

Cancer (June 21 to July 22) Opportunities for you are like the phases of the Moon: constantly appearing and reappearing. So, cheer up. The opportunity you think you let slip by will be replaced by another.

Leo (July 23 to August 22) An opportunity that you hoped would open up for you remains closed. Stop wasting

time scratching at it. Something else you'll like will soon make itself apparent and accessible.

Virgo (August 23 to September 22) Congratulations. You'll soon hear some positive feedback for all the hard work you recently put into a project. A Pisces could soon swim into your personal life.

Libra (September 23 to October 22) Someone whose friendship you felt you had to write off will try to revive it. What you do is up to you. But don't do it without giving it considerable thought.

Scorpio (October 23 to November 21) A job-related plan might need to be reworked to allow for changes. Lucky for you that Saturn remains a strong influence that can help you focus on getting it done right.

Sagittarius (November 22 to December 21) This is a good time to move into areas of self-discovery. You might be surprised about who you really are and how you really relate to those around you.

Capricorn (December 22 to January 19) Expect to confront someone who will make an unwelcome request. Stand by your resolve to do the right thing no matter what "persuasion" might be offered.

Aquarius (January 20 to February 18) A friendly competition could become more contentious than you expected. Take time out to discuss the reasons behind this unexpected change, and act accordingly.

Pisces (February 19 to March 20) You have a wonderful mind for solving mysteries, so you should feel confident about solving the one developing very close to you. An unlikely source offers help.

Born This Week: You're a great host or hostess. You love being with people, and you're very good about planning all sorts of social events that bring folks together.

MOMENTS IN TIME

- On September 22, 1598, 26-year-old playwright Ben Jonson is indicted for manslaughter after a duel. He was very nearly hanged, but his ability to read and write saved him. He claimed "benefit of clergy," which allowed him to be sentenced by the lenient ecclesiastical courts. In his time, Jonson was as famous as Shakespeare.

- On September 25, 1789, the first Congress of the United States proposes 12 amendments to the U.S.

Constitution, and sends them to the states for ratification. Ten were ratified and are known as the Bill of Rights.

- On September 21, 1866, HG Wells, pioneer of science fiction, is born in Bromley, England. In 1895, he published his classic novel *The Time Machine* about a man who journeys to the future. The book was a success, as was *The War of the Worlds* (1898).

- On September 20, 1881, Chester Arthur is inaugurated, becoming the third person to serve as president in that year. In March, President Rutherford Hayes turned over the reins of government to James Garfield, who was assassinated July 2 by a crazed gunman. Arthur, the vice president, was sworn in the next day.

- On September 26, 1928, work begins at Chicago's new Galvin Manufacturing Corporation. In 1930, Galvin would introduce the Motorola radio, the first mass-produced car radio. (The name had two parts: "motor," evoking cars, and "ola" derived from "Victrola" record players.)

- On September 24, 1968, CBS airs the first episode of the pioneer newsmagazine show *60 Minutes*, which

 FRIDAY Cloudy High: 87 Low: 76	 SATURDAY Partly Cloudy High: 84 Low: 75	 SUNDAY Mostly Cloudy High: 86 Low: 74	 MONDAY Cloudy High: 88 Low: 79	 TUESDAY Mostly Cloudy High: 84 Low: 73	 WEDNESDAY Mostly Cloudy High: 85 Low: 76	 THURSDAY Cloudy High: 84 Low: 74
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	1:26 am	4:01 am	10:48 am	6:14 pm	Fri	12:31 am	4:03 am	9:53 am	6:16 pm	Fri	1:25 am	4:04 am	10:07 am	5:50 pm	Fri	3:36 am	7:17 am	12:58 pm	9:30 pm
Sat	1:35 am	5:14 am	11:54 am	6:52 pm	Sat	12:40 am	5:16 am	10:59 am	6:54 pm	Sat	1:23 am	5:38 am	11:58 am	6:51 pm	Sat	3:45 am	8:30 am	2:04 pm	10:08 pm
Sun	1:47 am	6:08 am	12:47 pm	7:23 pm	Sun	12:52 am	6:10 am	11:52 am	7:25 pm	Sun	1:35 am	6:48 am	1:00 pm	7:39 pm	Sun	3:57 am	9:24 am	2:57 pm	10:39 pm
Mon	1:57 am	6:53 am	1:33 pm	7:48 pm	Mon	1:02 am	6:55 am	12:38 pm	7:50 pm	Mon	1:55 am	7:42 am	1:46 pm	8:19 pm	Mon	4:07 am	10:09 am	3:43 pm	11:04 pm
Tue	2:07 am	7:34 am	2:15 pm	8:09 pm	Tue	1:12 am	7:36 am	1:20 pm	8:11 pm	Tue	2:19 am	8:27 am	2:30 pm	8:55 pm	Tue	4:17 am	10:50 am	4:25 pm	11:25 pm
Wed	2:19 am	8:13 am	2:56 pm	8:28 pm	Wed	1:24 am	8:15 am	2:01 pm	8:30 pm	Wed	2:45 am	9:08 am	3:14 pm	9:27 pm	Wed	4:29 am	11:29 am	5:06 pm	11:44 pm
Thu	2:33 am	8:52 am	3:37 pm	8:46 pm	Thu	1:38 am	8:54 am	2:42 pm	8:48 pm	Thu	3:10 am	9:45 am	3:57 pm	9:55 pm	Thu	4:43 am	12:08 pm	5:47 pm	None

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

FPL Teams With Musicians For Energy Savings

Florida Power & Light Company (FPL) wants customers to learn how to save money with the new all-in-one energy-savings online tool – the FPL Energy Manager – and sing a happy tune with Savings to Sing About, a new music-themed, energy-savings trivia game. FPL partnered with Cameo to embed surprise video messages from well-known musicians – such as Kenny G, Mark McGrath, Chaka Khan and Johnny Van Zant from Lynyrd Skynyrd – offering energy-savings trivia and helping spread the word about FPL’s free Energy Manager.

Now through November 2, customers can play and watch cameos from well-known artists while testing their energy savings IQ. Customers will race against the clock to answer multiple choice questions using the game’s interactive platform. Every two weeks, up to 100 top players will win a smart thermostat for their home or a three-month subscription to a music streaming service. Visit www.fplsingyoursavings.com to start finding savings they can sing about.

With the rising temperatures, staying cool is on everyone’s mind. The new FPL Energy Manager allows customers to view the when, where and how of their home’s energy use and adjust accordingly to rake in the savings:

Energy Dashboard – know when you are using energy during a selected time period

Energy Analyzer – put a spotlight on where your home uses energy, so you can use less and save more

Energy Simulator and Calculator – remix your energy to see how small changes can save you big over time
In addition to the FPL Energy Manager, customers can learn low-cost/no-cost energy saving tips they can implement at home to help decrease their monthly bill through FPL’s Savings to Sing About Trivia Game.

Official rules for FPL’s Savings to Sing About Trivia Game found at www.fplsingyoursavings.com.

For more information about NextEra Energy companies, visit www.nexteraenergy.com, www.fpl.com or www.nexteraenergyresources.com.✪

From page 20

Moments In Time

would become the longest-running prime-time show in American television history. The first episode featured coverage of the Richard Nixon and Hubert Humphrey presidential campaigns.

• On September 23, 1992, Manon Rheaume becomes the first woman to play in men’s North American pro sports leagues when she takes the ice for the NHL’s Tampa Bay Lightning in a preseason game.

NOW HERE’S A TIP

• For a little extra visibility in the basement, try applying glow-in-the-dark or reflective tape on the edges of the stairs.

• This tip will change your life when peeling eggs: After you have hard-boiled your eggs, drain and submerge in ice water. Put them back in the pot, put the lid on and shake. Shake in all directions for up to a minute. The eggs practically slip right out of their shells. Just rinse and prep. – JoAnn

• “To distinguish your keys, especially house keys that have similar stamps, simply paint the key head with different colors of nail polish. You could even add a very subtle dot of the matching polish on the key lock. Reapply as needed.” – SL in Oregon

• If you keep birds, here’s a reminder: Never preheat pans on high heat – especially nonstick pans. They can let off a chemical that you or I cannot detect but can be a health hazard if your bird friend is in the kitchen area. Don’t keep birds in the kitchen when cooking.

• “To mark the end on a roll of tape, save your bread tabs. Stick one on the tape end and it will be ready and easy to start the next time. If it’s a thick tape, you can use two clips – one at either side of the tape. This way, it won’t split on you.” – ME in Maryland

• Use a flat iron to iron your collar if it’s ruffled. This also works to straighten out buttonholes that have crimped.

STRANGE BUT TRUE

• Christopher Havens, a high school dropout and convicted murderer, taught himself advanced mathematics and solved a decades-old math puzzle involving “continued fractions” while in prison. He then published his findings in an international advanced math journal in January 2020.

• The Grand Canyon is so big that it creates its own weather.

• In August 1971, the Pittsburgh Pirates became the first professional team to have all nine players in the lineup be of Black or Latino descent.

• World War II German interrogator Hanns Scharff’s unusual techniques for extracting information – which included sharing his wife’s homemade baked goods, cracking jokes, unsupervised nature walks and afternoon tea – were

so successful that the U.S. military later incorporated them into their own interrogation schools.

• The blood in that infamous *Psycho* shower scene was actually chocolate syrup.

• Because it turns yellow when fully ripe, the Persian lime is not commonly found in markets, as it gets confused for lemons, but is used for most commercial purposes.

• Hungarian composer Franz Liszt received so many requests for locks of his hair that he bought a dog and sent fur clippings instead.

• The Bible is the most commonly stolen book in the world.

• Pill bugs, also known as roly-polys, are not insects but rather crustaceans. They breathe through gills and are more closely related to shrimp and lobsters than other bugs.

• The moon is not round, but shaped like an egg.

• Brunettes are more likely than anyone else to become hooked on nicotine. The high levels of the pigment melanin in their hair also make it difficult for the liver to metabolize the nicotine, keeping it in the system longer and making it easier to become addicted.

THOUGHT FOR THE DAY

“The vacation we often need is freedom from our own mind.”

– Jack Adam Weber

TRIVIA TEST

- 1. Television:** What is Yogi Bear’s home in the animated *The Yogi Bear Show*?
- 2. Games:** How many answers are possible in the Magic 8-Ball game?
- 3. Literature:** What is the Grinch’s home in *How the Grinch Stole Christmas!*?

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8/27 * 9/17

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Performs other duties as required. Evening and Saturday hours required. Job description is available online at www.sanilib.org/employment.

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9/10 * 9/17

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4. **General Knowledge:** What is a penny mostly made of?
5. **Geography:** What is the only country that borders the United Kingdom?
6. **Animal Kingdom:** What kind of creature is a mandrill?
7. **Movies:** Which rock group does The Dude hate in *The Big Lebowski*?
8. **Food & Drink:** In which decade did the first Taco Bell open?
9. **Music:** Which city is the setting for Eminem's *8 Mile*?
10. **Ad Slogans:** What product is advertised as being "good to the last drop"?

TRIVIA ANSWERS

1. Jellystone Park
2. 20
3. Mount Crumpet
4. Zinc coated with copper
5. Ireland
6. A monkey
7. The Eagles
8. 1960s
9. Detroit
10. Maxwell House coffee

SCRAMBLERS ANSWER

1. Optical
2. Crease;
3. Impair;
4. Raise

Today's Word
CALORIES

HORTOONS



PUZZLE ANSWERS

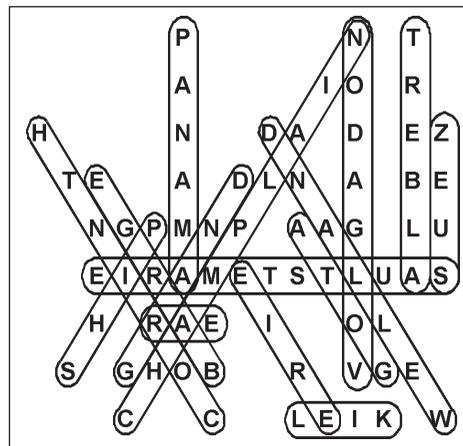
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TUX ILKA SITU
IHAVENOTYETBEGUNTOFIT
ESS EVERT DOMINO
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SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2010	5,931	\$3,200,000	\$3,175,000	27
Jose's Hideaway	Upper Captiva	2017	2,292	\$3,300,000	\$3,173,000	31
Beach Homes	Captiva	1974	1,620	\$3,200,000	\$3,100,000	6
Beachview Country Club Estates	Sanibel	2001	3,130	\$1,549,000	\$1,550,000	2
Catalpa Cove	Fort Myers	2002	4,862	\$1,399,000	\$1,350,000	44
Tradewinds	Sanibel	1992	1,486	\$1,349,000	\$1,349,000	2
Cape Coral	Cape Coral	2007	2,328	\$1,300,000	\$1,300,000	3
Cape Coral	Cape Coral	2001	3,311	\$1,250,000	\$1,200,000	16
Cape Coral	Cape Coral	1982	2,151	\$1,175,000	\$1,175,000	7
Harborage	Fort Myers	1994	3,443	\$1,049,000	\$1,039,000	11

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