



## Opening Night For Art Shows At Davis Center

The Sidney & Berne Davis Art Center will host two art exhibitions with an opening reception during Art Walk on Friday, September 2 from 6 to 10 p.m. Both exhibits will be on display through September 28.

A Place Beyond the Subconscious by Julio Figueroa Beltrán will be on display in the downstairs Grand Atrium, while an exhibit using projection mapping and art, titled Fractasia – Sacred Space in a Sacred Age by Israel Alpizar, will be featured upstairs in the Capital Gallery.

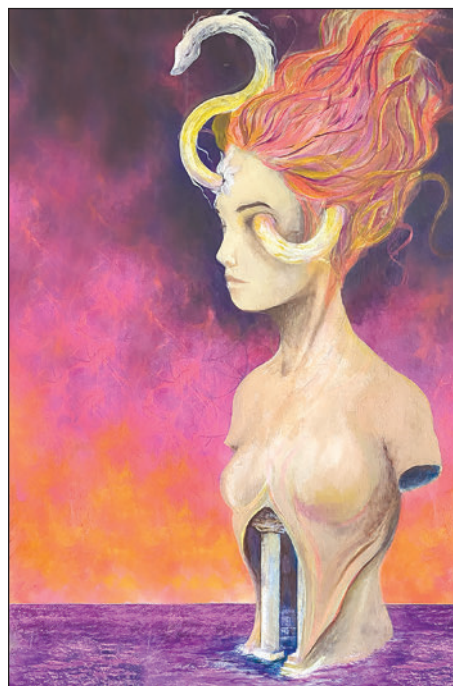
Beltrán attended Escuela Nacional de Bellas Artes San Alejandro and the Instituto Superior de Arte, both in Havana, prior to establishing himself in Miami. A Place Beyond the Subconscious underscores the importance of themes that are central to Surrealism, Freud or Jung, and are obvious influences on this artist's imaginative works. Wind turbines, highway overpasses and astronauts intersect with galleons, icebergs, jellyfish and tropical blooms. Forests and wooden



**Persuasion Room by Julio Beltrán**

images provided

birdhouses meet military drones and theater stages. The mind dissolves causality and linear time to produce paintings that subordinate the passing issues of the day to the appetites of the archetype-driven imagination. With solo and group exhibitions in the U.S. and



**Akashic Serpent by Israel Alpizar**

Italy and works in prominent collections, Beltrán has secured a distinguished place in the art of his generation.

In Fractasia, Alpizar, who was born

in Mexico, utilizes a multi-sensory experience, diving into sacred geometry, psychedelia, surreal dream states and hyperconscious symbols with an '80s New Age twist. Fractasia is the fusion of two words: fractals and fantasia.

Fractals are infinitely complex proportional geometric shapes and patterns that repeat across different scales and dimensions of time and space. Fantasia, derived from the ancient Greek word phantasia, is imagery and imagination with a free flowing, no-strict-form musical composition. Using traditional painting techniques, contemporary projection mapping, lighting effects and interactive installations, Fractasia takes a peek at the imagination and how dreams and realities are one and the same.

Alpizar, who crossed the border at age 5 with his mother, will also be instructing a sacred geometry workshop on Saturday, September 17 and a wine and paint night on Wednesday, September 21. He will host a closing night masquerade party on Friday, September 30.

Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.\*



**Steven Coe as Happy, on stage, and Declan Ireland as his brother Timmy, right, have an exchange from the past**  
photos provided

## Clowns Take Over The Bar At Alliance Theater

by Di Saggau

Theatre Conspiracy has opened its 29th anniversary season with *Clown Bar*, a hilarious play by Adam Szymkowicz and directed by Bill Taylor. It's like no other play I've ever seen and I've seen a lot. Being a group of five, we got to the theater at 6:45 p.m. to make sure we could find accommodating seats. The entire theater is set as a bar scene where customers can order a drink at the

bar and mingle with most of the clowns. Everyone is given a red nose to wear, and the clowns mix with everyone, even taking photos.

You'll meet the male clowns. Giggles (Cicero McCarter) is a tough, no nonsense clown who works for Bobo and giggles just before shooting someone. Dusty (Scott Thomson) is an off-key crooner at the bar who's depressed because his cat died, and he has a secret side to him. Twinkles (Thomas Marsh) puts Dolly Parton to shame in certain departments. She also carries a gun. Shotgun (Grant Cothren) is another tough clown; a bartender, who carries a shotgun and isn't afraid to use it. Happy (Steven Coe) is a cop who used to be a clown. He wants to



**From left, Sherry Lindsey, Twinkles (Thomas Marsh), Cheryl Sheer, Vicki Shankland, JoAnn Dzien and Di Saggau**

find out who killed his brother Timmy, so he starts questioning everyone, especially his old girlfriend. Timmy (Declan Ireland) is Happy's younger brother who was killed, but shows up often in memory scenes. And last but not least, we meet Bobo (Rob Green), the tough owner of the bar and current boyfriend of Happy's ex-girlfriend. He is bigger than life and is not happy that Happy returned.

The female clowns are Blinkey (Kelly Rivadulla), the ex who wants to get back together with Happy. She does a

strip-tease number that is hysterical. Popo (Tera Nicole Miller) is a hit-woman clown who looks like Little Miss Muffett, but carries an ax that she has used before, judging from the blood on her outfit. Petunia (Shelly Sanders) is a fast-talking waitress on roller skates. Tweetsie (Lauren Drexler) and Curly (June Koc) also are part of the group.

The show moves quickly from one scene to another, and several clowns bite the dust in very comical ways. The show

continued on page 8



Historic Downtown Fort Myers, Then And Now:

# Best And Worst Of Times



by Gerri Reaves, PhD

Fort Myers native Rebecca Kinzie Holmes recalls her childhood as “the best of times for me to grow up in the worst of times worldwide.”

How to explain the seeming contradiction? Even when she was only 5 years old, she felt “very safe and free to roam.” But beyond that zone of safety and freedom loomed World War II.

At the center of that zone was the Jackson Street neighborhood where several of her relatives had homes.

And one place where she spent lots of time was the house pictured here, the home of her paternal grandparents, Capt. Andrew L. and Charlotte Eyber Kinzie.

It was located on the west side of Jackson Street, approximately midblock between Second Street and Anderson Avenue (today’s MLK, Jr. Boulevard).

Local builder WP Henley had constructed the seven-room wood-frame house for the Kinzies in 1910. It featured high ceilings, a wrap-around porch, and a captain’s walk outside one of the three upstairs bedrooms.

Holmes’ memories of the yard show just how rural downtown could be, even into the mid-20th century.

The house’s water supply came from a large wooden cistern. There were also chickens in the yard, who had to worry about her grandmother grabbing and wringing their necks when it was time to prepare dinner.

There was plenty else to entertain her, including checkers, cards and games with her grandfather.

Her great-grandmother, Clara Eyber, also lived in the house, as did her Aunt Charlotte (White) sometimes, both her “favorites.”

Great-grandmother Eyber, a dressmaker, was a woman of many talents and made Rebecca many “adorable outfits.” She also taught her how to roller skate and ride a bike.

Dubbing herself Santa’s Helper, she made Christmas wonderful for everyone, her great-granddaughter remembers.

Little adventures abounded in the neighborhood, such as going across the street to the



The Capt. Andrew L. and Charlotte E. Kinzie home on Jackson Street was built in 1910. The man in the undated photo is Wilbert Henry “Dick” Ogden. The woman is unidentified, but is likely his wife, Dorothy Kinzie Ogden.

photo courtesy Rebecca Kinzie Holmes



A law firm now occupies the site

photo by Gerri Reaves

soda fountain at the St. Charles Hotel, where she enjoyed her first milkshake and sundae.

Besides being a wonderful grandfather, Capt. Kinzie had other claims to fame in local history.

He was one of the three legendary Kinzie brothers – George F., Andrew L. and Eric W.– who came to Fort Myers on Easter Sunday, 1887, accompanied by their mother, Ernestine.

Their father, Rheinhold, had already arrived from their native Germany and homesteaded in Olga in 1880. However, he died in 1887 after his family’s arrival.

Andrew was about 12 years old upon his arrival. He attended Fort Myers public schools, earned a teaching certificate, as did his brothers, and taught for several terms.

He became a U.S. citizen in 1899, and for a time, worked for the Plant steamer line.

In 1904, the brothers formed the Kinzie Brothers Steamship Line, which plied the Caloosahatchee and connected the barrier islands, delivering mail and produce.

In 1918, Eric sold his interest in the steamship line to his two brothers and bought land east of downtown (near Second and Michigan streets), eventually establishing the famous Kinzie’s Rose Garden.

In 1928, Andrew and George founded the ferry service between Punta Rassa and Sanibel, which ran until 1963, when the bridge to Sanibel was built.

The captain also took a keen interest in civic affairs, serving five two-year terms on the Fort Myers town council as well as positions in local organizations.

He died in 1949.

Charlotte Kinzie completed 50 years of residence in the home before it was demolished in 1961. She died in 1974.

A law firm is now located on the site of a home so well remembered by a granddaughter.

Take a stroll to Jackson Street and imagine when the block had family homes with big inviting porches and a hotel soda fountain to escape to. Then visit the following two research centers to learn more about early families of Fort Myers.

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 leecountyblackhistorysociety.org.

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society, *The Fort Myers Press*, Kinzie Family Archives and email correspondence from Rebecca Kinzie Holmes and *The News-Press*.✧

Independently Owned And Operated  
COPYRIGHT 2022 The River Weekly News  
LORKEN Publications, Inc.



Read Online: [www.IslandSunNews.com](http://www.IslandSunNews.com)



**Publisher**  
Lorin Arundel  
**Accounting**  
Mike Terry  
**Advertising**  
Bob Petcher

**Graphic Arts/ Production**  
Ann Ziehl, Manager  
Anna Marrero  
Phillip Arundel

**Reporters**  
Gerri Reaves, PhD  
Kathy Kurtz Ferrari

**Contributing Writers**

Kay Casperson  
Suzy Cohen  
Linda Coin  
Marcia Feeney  
Katie Frederic  
Shelley Greggs  
Tom Hall  
Marion Hauser, MS, RD  
Ross Hauser, MD  
Craig R. Hersch

Capt. Matt Mitchell  
Trinette Nelson  
Howard Prager  
Julie Rosenberg, MD  
J. Brendan Ryan, CLU,  
ChFC, MSFS  
Di Saggau  
Jeanie Tinch  
Allison Havill Todd

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

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

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



## New Season For Broadway Palm

Broadway Palm will open its 30th anniversary season with *Broadway Palm Thru The Decades* Friday, August 26 through October 1. This original musical revue will celebrate Broadway Palm and the musicals they have produced over the years. Broadway Palm is offering a season opener special, and all tickets are just \$65 for dinner and the show.



Victor Legarreta

This all-new jukebox style musical features a talented cast of performers that will sing and dance their way through some of the greatest Broadway Palm songs of all time. You'll hear

numbers from *Me and My Girl*, *42nd Street*, *The King and I*, *Oklahoma*, *The Music Man*, *Miss Saigon*, *CATS* and more.

*Broadway Palm Thru The Decades* is written and directed by Victor Legarreta, who has been part of Broadway Palm since 1996 and has directed and appeared in numerous Broadway Palm productions. In addition, he created *A Night On Broadway*, *Yesterday's: The 50s and 60s Musical*, *Groovin': The 60s and 70s Musical*, *Let's Go To The Movies*, *Dino and Friends*, *Til Theft Do Us Part* and *No Claus For Alarm*.

Performances are Wednesday through Sunday evenings with selected matinees. Broadway Palm is offering a season opener special, and all tickets are \$65 for dinner and the show.

Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information and tickets, visit [www.broadwaypalm.com](http://www.broadwaypalm.com), call 278-4422, or stop by the box office.\*

## New Season For Indie Film Lovers

The 13th season of the Fort Myers Film Festival will kick off with the film series TGIM on Monday, September 5 at Sidney & Berne Davis Art Center (SBDAC) in downtown Fort Myers. Local celebrity judges and attendees get a chance to watch and then weigh in on how they feel about short indie films. Doors open at 6:30 p.m. and the show begins at 7 p.m.

Participants are invited to have a drink and socialize with host Eric Raddatz and co-host Melissa DeHaven on the first Monday of every month from September through March. Special guests, musical acts and interviews are announced prior to each TGIM. An afterparty follows at Blu Sushi. The cost is \$10 for adults and \$8 for students and seniors.

Local celebrity judges for the first film showing are Darrell Nutt, Mike Donlan and Steven Ceracche.

The annual Fort Myers Film Festival is set for May 17 to 21. Screenings, panels, events and gatherings will be

held at SBDAC and other venues around town. Submissions are now being accepted for the 13th annual event.

For tickets and more information, call 333-1933 or visit [www.fortmyersfilmfestival.com](http://www.fortmyersfilmfestival.com).

The Fort Myers Film Festival supports Kimmie's Recovery Zone, Lee County Schools filmmakers, Raddatz Foundation, Family Initiative and Golisano Children's Hospital of Southwest Florida. It is sponsored by Sidney & Berne Davis Art Center; UNIT A; *Florida Weekly*; J. Bert Davis, MD, FACS, Facial Surgeon; Black Tie Tuxedos; Riverside Realty; The Luminary Hotel; Blu Sushi; Capone's Pizza; Five Star Talent; IMAG; Captiva Spirits; Broadway Palm Dinner Theatre; Alliance for the Arts; Pamela Templeton Unlimited; and Kearns Restaurant Group.

The Fort Myers Film Festival was awarded the 2015 Chrysalis Award for Cultural Achievement by Lee County Visitor & Convention Bureau and the Greater Fort Myers Chamber of Commerce. The festival was founded by Raddatz, presentation editor of *Florida Weekly*, and contributor on ABC7 and NBC-2 in Fort Myers.\*

## Craft Beer Week

The Greater Fort Myers Chamber of Commerce is presenting its 2nd annual SWFL Craft Beer Week from September 1 from 5 to celebrate Southwest Florida's craft breweries.

SWFL Craft Beer Week begins with a kickoff party at HeadPinz Fort Myers on Thursday, September 1, where attendees can pick up their VIP tickets and receive a sample beer tasting, light bites and a chance to win prizes. The week continues with a series of events and specialty beer releases at participating breweries throughout the week, in addition to opportunities for behind-the-scenes tours and insights into the industry. Participating breweries to date include Coastal Dayz Brewery, Crazy Dingo Brewing Co., Eight-Foot Brewing, Fort Myers Brewing Company, Millennial Brewing Company, Palm City Brewing Company, Point Ybel Brewing Company, Riptide Brewing Company and The Tubby Pig Brewpub.

SWFL Craft Beer Week sponsors include Bubba's Roadhouse & Saloon; Coca-Cola Beverages; Crowne Plaza Fort Myers; Fort Myers Brewing Company; Fort Myers - Islands, Beaches & Neighborhoods; HeadPinz; and Luminary Hotel. A range of additional sponsorship opportunities are available for the event, including title (\$3,500), glassware (\$2,500), beverage coaster (\$2,500), VIP bag (\$1,000) and brewery (\$250) sponsorship levels. Sponsorships include varying levels of VIP access and

recognition in promotional materials. Customized sponsorship packages are available upon request.

A full schedule of events will be announced in the coming weeks. To learn more about SWFL Craft Beer Week, visit [www.swflcraftbeerweek.com](http://www.swflcraftbeerweek.com) or call 332-2930.\*

## Wine And Cheese Pairing

Edison and Ford Winter Estates is partnering with The Wine Room and Grazing Haus to offer visitors the opportunity to sample wine and cheese at the historic site. The event will take place in the river pavilion, along the Caloosahatchee River, on Friday, October 7 from 5:30 to 7:00 p.m.

Guests are invited to sip wine, listen to relaxing music and have a chance to see a beautiful sunset. Each participant will receive two red and two white wine tastings from different regions, paired with four cheese samples. Instructors from The Wine Room and Grazing Haus will discuss the pairings and will have additional wine and cheese available for purchase.

Tickets are \$75 for non-members and \$65 for Edison Ford members. Advance online registration is required by 5 p.m. on Monday, October 3. Space is limited.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To register, visit [www.edisonford.org](http://www.edisonford.org).\*

*A Sanibel Tradition Since 1980*

**Pinocchio's**  
Life is Cool!  
Original Italian Ice Cream

**28+ Flavors**

**Sanibel Island**

2075 Periwinkle Way, #33  
Sanibel Island, FL 33957  
(239) 472-6566

*It's Not Just Ice Cream  
It's a Dessert Experience!*

Handcrafted Artisan Frozen Confections  
Prepared Fresh Daily!

[pinocchio'sicecream.com](http://pinocchio'sicecream.com)

**Open Daily! 11:00 am-9:00 pm**

**Unique Flavors**

**Fort Myers**

16230 Summerlin Road, #202  
Fort Myers, FL 33908  
(239) 472-0547



*Fitness with Flair @ Royal Palm Square*

### DANCE FITNESS

Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

### SOCIAL DANCING

Foxtrot, waltz, cha-cha, rumba, tango, swing, and more! Private and private group lessons.

1400 Colonial Blvd. #27, Fort Myers • 239.822.9226  
[sdf@DanceSuzannes.com](mailto:sdf@DanceSuzannes.com) • [www.DanceSuzannes.com](http://www.DanceSuzannes.com)

Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

Visit our  
**Pick Up Sticks**  
(jewelry company)  
Boutique

Whimsical, unique, collectible jewelry charms. Original art, under glass, framed in polished pewter. Super affordable. Great for gift-giving!

By appointment:  
239-822-9226

View online:  
[shoppickupsticks.net](http://shoppickupsticks.net)



Fort Myers Art:

# Local Theater Educator Attends Famed Program



by Tom Hall  
**D**ana Alvarez, director of theater education at Cape Coral's new Belle Theatre, was one of just six theater educators from around the world who was invited to take part in the 11th annual Freddie G Fellowship in New York City recently.

The Freddie G Fellowship honors instructors and teachers who are working to make a difference for their students and communities through the process of staging musical theater productions in their schools and educational theater groups. The four-day theater intensive workshop is underwritten by Freddie ("G") Gershon and his wife, Myrna. Among his many accolades, Gershon helped bring *La Cage aux Folles*, *Evita*, *Saturday Night Fever* and *Grease* to Broadway.

Alvarez could not have been more thrilled to be chosen as a Freddie G. "The Freddie Gershon teaching fellowship is a really special privilege. It is a complete honor," she said.

Two factors proved instrumental in



Dana Alvarez photo provided

her selection for the fellowship. First and foremost is her overall body of work.

"I have been involved with teaching children and with theater since I was a teenager," said Alvarez. "I began a program at Oasis Elementary that's still going to this day without me being there. At Melody Lane, we started up a theater program there when the performing arts center was brand new. So, those sorts of things, I suppose, are noteworthy."

As an elementary school teacher, Alvarez twice received Teacher of the Year honors. She's directed more than 35 major musicals, including three Disney pilot productions, and has performed as a principal in *The 25th Annual Putnam County Spelling Bee*, *Little Shop of Horrors*, *Seussical*, *Music Man* and *Jekyll*

& *Hyde*.

While musical theater is her forte today, Alvarez is no stranger to the Bard. In high school, she represented Southwest Florida in the International Shakespeare Competition, performing at Lincoln Center.

However, it was a group of young performers she took to the Junior Theatre Festival (JTF) in Atlanta in 2019 who were responsible for helping Alvarez appear on the Freddie G selection panel's radar. Out of 133 groups who performed at JTF Atlanta in 2019, Alvarez's students were one of only eight that earned a coveted Outstanding Production Award.

"I think when your team receives that kind of exceptional recognition, and they were chosen to perform on the main stage in front of 6,500 people to show one of their numbers – we had brought *Lion King* that year, and it was so inspiring – that that sort of thing puts you on the map, at least, and has something tangible to back up what it is that you've been doing for years."

Alvarez returned to JTF Atlanta in January 2020, a mere matter of weeks before COVID shut down Broadway and shuttered theater companies around the world. While there, she decided to throw her hat in the Freddie G ring and, to her surprise and that of the young performance team she was shepherding, was chosen for the fellowship.

In New York, the teacher became the student, with Alvarez taking part in three full days – from 8 a.m. to 11 p.m. – of workshops and developmental programs.

She not only received tips, technical advice and mentorship from Broadway professionals and theater greats, she received one-on-one feedback from Tony honor-winning *Newsies* director and choreographer Jeff Calhoun.

"He was actually tasked to watch us Freddie G teachers direct a scene for a half an hour and then give us feedback on our own direction and offer suggestions and encouragement. It was terrifying," said Alvarez. "It was just very validating and inspiring to have that kind of interaction with a director."

Her three biggest takeaways from her

four-day Freddie G experience involve auditions, warm-ups and the way she directs. The changes are designed to make young performers feel more comfortable, less anxious and more integrated into the creative process.

For example, gone are the old days of one-by-one auditions. Going forward, Belle Theatre auditions will resemble *A Chorus Line*.

"We've started instituting doing things in more group settings where you teach small pieces of music and have everyone sing it together and have them in small groups, then do it one by one. You would think singing in front of other students would be more nerve-wracking, but it actually makes it less scary because they're all in the same boat and they've had so much repetition with it that they're just sitting there like, 'Okay, now it's my turn to do that'," Alvarez said.

The biggest change is a profound and fundamental shift in the way she directs a show.

"I really love the idea of having main pictures, main points in each scene that you want to be able to create, but giving the students that main point and seeing what they do with it, what kind of a picture they create, what kind of a tableau is that really getting across and letting things happen organically as opposed to just line by line telling them what to do. So, definitely a more hands-on interactive type of theater experience that involves the kids as part of the team," she said.

Alvarez is excited to not only use her experiences and network of new contacts to make her young performers the best they can be, but to share the tips and skills she learned in New York with others as a Freddie G peer-to-peer guiding light.

You can see the results for yourself in Belle Theatre's upcoming production of *Chicago Teen Edition* with Alvarez at the helm.

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.\*

# BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

WIN A PRIZE ON OUR SCAVENGER HUNT

BAILEY-MATTHEWS NATIONAL SHELL MUSEUM

## Help Needed For Beach Cleanup

Register for the Keep Lee County Beautiful, Inc. (KLCB) International Coastal Cleanup (ICC), scheduled to be held at various locations on Saturday, September 17 from 8 to 11 a.m.

The ICC is the largest cleanup in Lee County. More than 17 million volunteers around the world have collected more than 348 million pounds of trash. It remains the largest, global volunteer effort to remove trash from local shorelines.

The ICC has inspired communities worldwide to collect trash that pollutes local waterways, making the coasts cleaner and ocean healthier.

"International Coastal Cleanup is a leading and inspiring action in support of protecting our waterways," said Trish Fancher, executive director of KLCB. "KLCB is committed to fight ocean trash and couldn't do it without our

amazing volunteers."

Gather your family, friends and co-workers and register pto make an immediate impact and join the global community in helping to keep waste out of the ocean. Registration is required.

Coastal Cleanup sponsors include Red Sox Foundation, Cemex, Fort Myers, Surfing's Evolution & Preservation Foundation, Waste Pro, Lee County Solid Waste, Kayak Excursion, WM, Florida State Parks, Suncoast Beverage, Doc's Beach House, The Town of Fort Myers Beach, City of Cape Coral, City of Bonita Springs, Home Hunters USA, Coca-Cola Beverages Florida, Keep Florida Beautiful, Ocean Conservancy, Safeguard Destruction Services, Tunaskin, Keep America Beautiful, Lovers Key State Park, Fort Myers Parks & Recreation, Fort Myers Beach Community Foundation, Royal Scoop Ice Cream and Buffalo Chips.

For more information, sites and to register, visit [www.klcb.org/events/coastal-cleanup](http://www.klcb.org/events/coastal-cleanup).\*





Fort Myers High School Band with Fort Myers Mayor Kevin Anderson

## Mayor To Join Band In London

Fort Myers Mayor Kevin Anderson surprised the Fort Myers High School (FMHS) Marching Band at a recent band camp by announcing that he and his wife, Krista, will be joining the Greenwave Marching Band in London for the 2023 New Year's Day Parade. At the same time, the mayor presented the band director, Lederian Townsend, with an anonymous donor

check for \$500 towards the London Parade fundraising, adding that he and his wife would personally match that check with another \$500 donation.

"Krista and I are thrilled that the Green Wave band will be representing our great city and state in the London New Year's Day parade. We are excited to be joining them as we share in this awesome experience," said Anderson.

With continued support from the local community, about 70 members of the 150-member Fort Myers High School Marching Band are headed

to London at the end of this year to participate in the famed New Year's Day parade on January 1. They will be joined by about 30 supporters, parents and chaperones as well as FMHS Principal Dr. Robert Butz and Townsend.

According to Lakesha Tyler, president of the Greenwave Band Boosters, "We are extremely proud to have been invited to march in the London New Year's Day Parade for the third time in our school's long history. The cost to attend the event is \$3,275 per student.

photo provided

We've been hosting fundraising projects throughout the year but can honestly use more support.

"We are reaching out to our community as well as businesses and commercial organizations for additional donations to help send more band members on this once-in-a-lifetime performance opportunity. We will use additional donations for winter uniforms and band attire, transportation to the Miami airport, meals and, if requested, scholarships for additional students. A donation in any amount is most welcome."

You can learn about the latest in fundraising efforts and make tax deductible donations via credit card or Venmo at [www.fmhsmusic.com/fundraising](http://www.fmhsmusic.com/fundraising). Checks should be made payable to FMHS Greenwave Band Boosters, Inc. and mailed to Fort Myers High School, Attn: Greenwave Band Boosters, Music Department, 2635 Cortez Avenue, Fort Myers, FL 33901.✱

## Dean's List

Elizabeth Belcastro of Fort Myers has been named to the dean's list for the spring 2022 semester at Emerson College in Boston, Massachusetts. Belcastro is majoring in business creative enterprises and is a member of the class of 2025.

The requirement to make dean's list is a grade point average of 3.7 or higher for that semester.✱

# SPLASH INTO OUR SUMMER SPECIALS

## amavida

### Resort Retirement Community

## 2 BEDROOM FLOORPLANS

STARTING AT

# \$4,885

WE HAVE LIMITED  
AVAILABILITY AND  
THE SUMMER SPECIALS  
WON'T LAST LONG.

NO  
LARGE  
ENTRY  
FEES!

239.237.0501

amavidaliving.com

Quadrum Senior Living Community

AL#13261

INDEPENDENT LIVING

| ASSISTED LIVING

| MEMORY CARE



# Registration Open For Lakes Park Fall Festival

The Lakes Park Enrichment Foundation invites the Southwest Florida community to participate in its 13th annual Scarecrows in the Park competition at Lakes Regional Park. Entries will be exhibited in the Children’s Garden from October 14 to 30 as part of the Lakes Park Fall Festival.

This year’s competition has been re-imagined to incorporate improvements. All entries will consist of a single scarecrow figure attached securely to a pole or post, dressed as a favorite movie character. Expect to see Disney characters, Harry Potter, Dracula, Marilyn Monroe, Minions and more. They will be displayed along the Children’s Garden pathways.

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

A team of celebrity judges will select the winners on opening night Friday, October 14 from 5 to 6 p.m. The 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

12 years,” said Marsha Asp, foundation director and event chairperson. “We are all eager to celebrate the fall season outdoors in a safe, open environment, and the 2022 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.

The Lakes Park Enrichment Foundation is a 501(c)3 charitable organization dedicated to assisting the Lee County Parks & Recreation Department in adding improvements that enhance Lakes Park and community enjoyment.

Lakes Park is located at 7330 Gladiolus Drive in Fort Myers. For more information and to register, visit [www.lakespark.org](http://www.lakespark.org), call 533-7578 or email [info@lakespark.org](mailto:info@lakespark.org) with questions.✽

## Fly Fishing Film Festival

The International Fly Fishing Film Festival will be held both virtually and live on Friday, September 2. The live showing will be held at the Alliance for the Arts, while the virtual presentation may be reached at <https://watch.eventive.org/if4us/play/6261ad4e7f052900c0fd6d7a>. Theater doors will open at 6:30 p.m., with both live and virtual showings start at 7 p.m.

The festival features nine short and feature-length films from all corners of the

globe, showcasing the passion, lifestyle and culture of international fly fishing. In addition to the films, there will be fly-fishing product giveaways and other promotions at the event. One attendee will be selected to win the 2022 grand prize drawing consisting of fly-fishing gear provided by International Fly Fishing Film Festival sponsors and valued at thousands of dollars.

General admission for either the live or virtual event is \$15. Once logged in, access to the virtual film showing will be granted for seven days.

Among the films to be screened are: *Caddis Magic* – A film of hope that bugs will hatch and trout will rise to them; *Farquhar* by Fly Fishing Nation – For the first time in over a year, a community of anglers visits Farquhar Atoll, one of the most remote Outer Islands of the Seychelles, in the middle of the Indian Ocean;

*Out West* – Smallmouth bass on flyrod poppers cast by Brian O’Keefe;

*Castings Maya* – Ascension Bay in Mexico’s Yucatan in search of bonefish, permit, snook and tarpon;

*A Season in the South* – Remote rivers in the different regions of New Zealand’s South Island;

*Flat Out* – 2021 Stimmies Anglers Choice Winner exploring Australia’s Pacific and Indian Ocean saltwater flats;

*Into Blue* – A trip up to the salt of Far North Queensland, Australia, wading and wandering the flats.

Both events are hosted by Alliance for the Arts. For information about the event,

contact [molly@artinlee.org](mailto:molly@artinlee.org). Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information and film trailers, visit [info@flyfilmfest.com](mailto:info@flyfilmfest.com).✽

## Continental Women’s Club

The Continental Women’s Club will hold its monthly luncheon meeting at The Hideaway Country Club on Thursday, September 1 at 11:30 a.m.

The program will feature United Way COO Hannah Pelle. She will update on what United Way is doing locally, the American Rescue Plan Act grant and future local plans. Cost to attend the luncheon is \$25.

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

## Humane Society To Clear Shelter

Gulf Coast Humane Society will celebrate Clear the Shelters Adoption Day on Saturday, August 27 from noon to 4 p.m. There will be Draw Your Adoption Fee for adopters, many featured sponsored shelter animals (adoption fees paid for by sponsors) as well as 15 vendors and two food trucks on campus during that time.✽

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, [www.allfaithsuu.org](http://www.allfaithsuu.org), 2756 McGregor Boulevard, 226-0900.

### ALL SAINTS BYZANTINE RITE CATHOLIC

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

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

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

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

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

### CHAPEL OF CYPRESS COVE

Sunday 10 a.m., [www.revtedalthouse@aol.com](mailto:www.revtedalthouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www](http://www).

[crownoflifelutheran.com](http://crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

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

### FAITH UNITED METHODIST

Sunday 10 a.m., 15690 McGregor Boulevard, 482-2030.

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, [www.fpcfortmyers.org](http://www.fpcfortmyers.org), 2438 Second Street, 239-334-2261

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### REDEEMER LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

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

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., [www.saintnicholasmonast](http://www.saintnicholasmonast)

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

### ST. VINCENT DE PAUL CATHOLIC

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

### SOUTHWEST BAPTIST

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

### TEMPLE BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.

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



# Florida Peperomia



Florida peperomia is endemic to Florida and listed as endangered photo by Gerri Reaves

**Plant Smart**  
by Gerri Reaves

Florida peperomia (*Peperomia obtusifolia*) is an attractive evergreen groundcover endemic to Florida and listed as endangered in the state. That status means that it is “in imminent danger of extinction” and “is unlikely if the causes of a decline in the number of plants continue,” according to the state’s official definition.

It is also found in Mexico, the West Indies, Central America and northern South America.

Other common names are baby rubberplant and ovalleaf or broadleaf peperomia.

In the wild, it’s found in swamps and hammocks, where it might be recumbent or climbing like a vine, terrestrial or epiphytic – an air plant.

Although it will tolerate nutrient-poor soil, it needs organic material to survive, so it often grows in humusy areas or on rotting logs. While it loves moisture and humidity, it needs organic well-drained soil to avoid rot.

For the home landscape, it’s recommended for natural gardens,

especially in shade. However, avoid planting it in areas where people or pets walk, for the brittle stems will be broken.

It makes a pretty container plant with trailing stems or in a cascade down a wall. The dark green succulent leaves are glossy and measure two to six inches long with rounded or notched leaf tips.

Leaves alternate on creeping stems of up to two feet long. Their shape is some variation of oval or spatulate with fairly long petioles, or leaf stalks.

Very slender erect flower spikes appear at the stem end. About five inches long, they are dense with minute green or white flowers which mature to brown.

The plant blooms throughout the year, most profusely in summer. It spreads via rhizomes, forming clumps, rooting at the nodes and reaching six to nine inches tall.

This herb is long-lived and has a moderate growth rate. It has low tolerance for salty or brackish conditions or for drought.

Gardeners are advised to seek specimens from local, not tropical American, stock. Propagate it with cuttings or by division.

It produces a tiny brown inconspicuous hooked fruit that enables it to climb on

tree bark.

The plant has traditional medicinal and culinary uses. Variegated specimens also exist.

Sources: Everglades Wildflowers by Roger L. Hammer; 500 Plants of South Florida by Julia F. Morton; Florida, My Eden; A Gardener’s Guide to Florida’s native Plants by Rufino Osorio; <https://edis.ifas.ufl.edu>, <http://floranorthamerica.org>, <https://www.fnps.org>, and <https://regionalconservation.org>.

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

## New Park Shade Structures

The Lee Board of County Commissioners voted to award a contract for new shade structures at 10 Lee County Parks & Recreation facilities recently.

The \$1.3 million contract with Florida-based Industrial Shadeports, Inc. is to install shade structures at playgrounds and ball fields in the following parks:

Boca Grande Park, 131 1st Street, Boca Grande

Charleston Park, 2541 Charleston Park Drive, Alva

Harlem Heights Park, 7340 Concourse Drive, Fort Myers

Lehigh Acres Park, 1400 West 5th Street, Lehigh Acres

Manatee Park, 10901 State Road 80, Fort Myers

Mary Moody Park, 915 Lakeview Drive, North Fort Myers

Olga Park, 2325 South Olga Drive, Fort Myers

Rutenberg Park, 6500 South Pointe Boulevard, Fort Myers

Three Oaks Park, 18251 Three Oaks Parkway, Fort Myers

Veterans Park, 55 Homestead Road South, Lehigh Acres

The work is scheduled to be completed in fiscal year 2022-23. The structures are designed to provide relief and comfort to

park patrons. The Lee Board of County Commissioners’ strategic priorities includes increasing park amenities. Commissioners in December approved shade structures at seven other parks sites.

Construction is expected to begin this week at several Lee County libraries, including Bonita Springs, North Fort Myers and East County Regional libraries, and a project is being planned for Lakes Regional Library. The library shade structures are designed to provide a comfortable shaded area for library programming for all ages, an outdoor reading area and a gathering space for patrons.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275 or email [leeparks@leegov.com](mailto:leeparks@leegov.com).\*

## Gulf Grouper Season To Close

The Florida Fish and Wildlife Conservation Commission (FWC) is closing the recreational harvest of red grouper in state waters of the Gulf of Mexico, excluding waters of Monroe County, on Tuesday, August 30 for the remainder of the 2022 fishing season. Harvest will reopen on January 1, 2023.

This closure is consistent with the closure in federal waters of the Gulf of Mexico by the National Oceanic and Atmospheric Administration’s National Marine Fisheries Service. The recreational red grouper fishery was closed in federal waters because landings information indicates that the 2022 recreational quota is projected to be met on August 29. Red grouper is primarily a Florida fishery and consistent open/closed seasons in state and federal waters off Florida is important to prevent overfishing and continue to improve stock abundance.

For more on these regulations, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) or download the fish rules app at [www.facebook.com/fishrulesapp](http://www.facebook.com/fishrulesapp).\*

### EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES



300 Center Road, Fort Myers FL 33907

PHONE 239.939.9663 • FAX 239.939.8504

[www.NoLawn.com](http://www.NoLawn.com) • [www.AllNative.biz](http://www.AllNative.biz)

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



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

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

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

MADE WITH FRESH KEY LIMES AND RAW HONEY

**AWARD WINNING!**



**Drink  
Local**

**KEY LIME HONEY VODKA**

*Wonderfully Smooth, Naturally Florida!*



**CAPTIVASPIRITS.COM**





# Loving The Lack Of Boat Pressure



by Capt. Matt Mitchell

With very few anglers out on the water, it's been a joy to have what seems like almost the entire bay to yourself. This lack of boat pressure always happens this time of year once the kids return back to school. Besides Labor Day weekend, it will be much of the same all the way until October. Pulling up into the usually congested passes or to your favorite bait spot and being the only boat there is as good as it gets.

This past week, I've started returning to the mangrove bays and creeks of the JN "Ding" Darling National Wildlife Refuge that I usually don't start fishing until fall. I have had great success catching a amazing variety of species both against the mangroves and out in the channels. Usually, these creeks don't fire off until the water begins to cool off, though as our days are getting noticeably shorter, it's apparently enough to push fish back into these places.

The best tide for me in these sheltered bays and creek systems has been during the last few hours of a strong outgoing tide. Catching your entire slam at one stop has been pretty common along with a few other surprise species. Target the deeper



Sean from New Jersey got this bonus goliath grouper deep in the back country while snook fishing with Capt. Matt Mitchell this week photo provided

points that have strong tide movement to catch snook, mangrove snapper and an occasional redfish. Expect trout, jacks and ladyfish out in the open-water channels. Chumming live shiners will fire off these fish, land the cast at the pop, and you will

quickly get bit. Although temperatures don't feel like fall is close at hand, the massive schools of Spanish mackerel around the causeway bridges are a sure sign it's coming. As you watch these mackerel explode on

the surface as they gorge on fry bait, you will see a tarpon roll in the mix once in a while. The C Span seems to be holding the most life of any of the bridges with feeding birds and breaking fish there just about every tide phase. Soaking cut baits on the bottom or drifting a large pinfish under a float will give you a good shot at one of these tarpon.

Tripletail have also started to show up in the sound, though most of these fish are on the small side of the 18-inch minimum. Just about any crab pot, marker, no-wake buoy or weed line is a good place to look for these fish up on the surface. Whenever you're traveling from spot to spot, always keep your eyes open as you can run across one almost anywhere. Deeper water closer to the intracoastal seems to be best.

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

## Fowler Street Closure Notice

Beginning at 3 a.m. on Monday, August 29 and continuing through 6 a.m. on Monday, September 12, Fowler Street will be closed between SR 82/Martin Luther King Jr. Boulevard and Edison Avenue. Crews from the City of Fort Myers will be conducting emergency repairs to underground utilities. Motorists should follow posted detour signs, expect delays and use caution while driving in the area.✪

**CAPT. MATT MITCHELL**

**Light Tackle Sport Fishing**  
**Sightseeing • Eco Tours**  
Tarpon • Snook  
Redfish & More  
**C: (239) 340-8651**  
[www.captmattmitchell.com](http://www.captmattmitchell.com)  
email: [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com)

**CLEAR YOUR GEAR™**  
It Catches More Than Fish  
Discard fishing line responsibly/in designated receptacles

### Send Us Your Fish Tales

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

From page 1

### Clowns

is called "a perfect storm of ridiculousness" and it works. Running 75 minutes with no intermission, it gives the audience a blend of film noir, crime drama, burlesque, torch songs, shoot ups and clowns that blend together perfectly. The costumes and makeup add to this colorful crime comedy farce.

Clown Bar runs through August 28 at Theatre Conspiracy, which is located at Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers. I suggest you call now for tickets at 939-2787. It's a show not to be missed.✪

## ISLAND MARINE SERVICES, INC.

NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED

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

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

**472-3380 • 466-3344**  
**Your Bottom Specialist • Call on Paint Prices**

Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is a small, land-loving owl that can be found in grasslands, ranges, deserts and agricultural areas in both North America and South America. These brown, well-

camouflaged birds have become rare in many areas due to loss of habitat.

At CROW, an adult burrowing owl was admitted from Cape Coral after being stuck in a glue trap. Veterinarians noted the owl's primary and secondary wing feathers were covered in glue residue, and the owl was missing some rectrices, which are tail feathers used in flight for steering.

"This burrowing owl was lucky! It is common to see large wounds or even broken bones associated with being stuck in a glue trap but, in this case, x-rays were totally normal and aside from feather damage, there were no large wounds," said Dr. Melanie Pearson, CROW veterinary medicine intern.

The glue was removed using the oils from chinchilla dust, a dish soap/water mixture, unused mascara wands and natural peanut butter.

"Our fabulous vet staff actually reached out to the glue trap manufacturers,



Natural peanut butter being applied to help remove glue from patient #22-4415

photo by Haillie Mesics

and peanut butter was one of their recommendations for glue removal. The oil in the peanut butter helps to remove the glue," said Dr. Pearson. "You can work the chinchilla dust into the feathers for a similar effect. The chinchilla dust is also great for getting the feathers off of the glue trap itself, because it coats the trap so the feathers don't get re-stuck. Finally, a Dawn (dish soap) bath is used at the end to get all the oil and dust off.

"There are many methods to help get all of the glue off, and yes, creativity is definitely key. Patience is also a big component as the de-gluing takes a while.

It is usually performed under general anesthesia to decrease patient stress."

The patient's tail wings are expected to grow back.

"We estimated the owl was missing five of 10 rectrices. They can start to regrow by three to four weeks, but they take at least two months to grow back completely."

After the glue was removed, the owl was moved to CROW's outdoor burrowing owl enclosure to continue rehabilitation and begin flight conditioning.

"The patient will be assessed for

release on a weekly basis. Burrowing owls need to be able to fly low to the ground, swoop quickly and catch fast-moving rodent prey," said Dr. Pearson. "Once we are confident the patient has this full flight capability, we will schedule a release date."

Glue traps are considered a cruel method of trapping, especially for animals or birds that wander into them.

"Glue traps are common because they do their job of catching animals very well. They are extremely effective, however, users do not often realize how the traps work," said Dr. Pearson. "At CROW, we consider them to be inhumane methods of pest control. They trap the animal in place, which causes significant emotional distress as well as destruction of delicate body parts. Feathers and fur can become torn and tattered, and these small animals can be struggling to get out and break bones or get large wounds.

"Additionally, they trap anything that comes across them, not just so-called 'pests,' so animals that are not intended frequently become trapped. There are far more humane methods of pest control that can be utilized without causing the degree of destruction that is risked with a glue trap."

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



**ARC is the largest no-kill shelter/sanctuary in Florida. They house both dogs and cats.**

**Please visit their website for more information or schedule a visit.**

How can anyone resist this face? This sweet, funny, loving girl is looking for a forever home. She gets along with most dogs and enjoys having a roommate. She is well mannered and knows the basic commands. Why not fill out an application today on this cutie?

239-731-3535 • [AnimalRefugeCenter.com](http://AnimalRefugeCenter.com)  
18011 Old Bayshore Rd, N. Ft. Myers



*Minerva* Black-Mouth Cur Mix  
Female • 7.5 yrs • 52 lbs



## The Butterfly Estates

**Home of the Southwest Florida's largest native Butterfly Conservatory! Visit DAAS Art Gallery and Gifts, Bullig Cafe and Thrifty Garden Shop.**

**Check out our website for for information at [TheButterflyEstates.com](http://TheButterflyEstates.com)**

**Located in Downtown Fort Myers**

**1815 Fowler Street, Fort Myers, FL 33901**

**Phone 239 -690-2359 - Free Parking Behind Buildings**

**BE A LIFE  
SAVER**  
**YOUR BEACH VISIT CAN  
SAVE COASTAL WILDLIFE**



### ENJOY OUR ISLANDS AND PROTECT WILDLIFE AT THE SAME TIME!

Sanibel and Captiva provide crucial habitat for many sea turtles, shorebirds, and sharks. You can help us protect these species by practicing a few easy wildlife-friendly habits.

Check out our beach tips by visiting [SanCapLifeSavers.org](http://SanCapLifeSavers.org) or simply scan the code.



**SCCF**  
SANIBEL-CAPTIVA  
CONSERVATION FOUNDATION







Alexis Dehetre



Mackenzie Francois



Taylor Gagnon



Coral Morley

## Nonprofit Awards College Scholarships

Valerie's House has awarded \$50,000 in college scholarships for graduating high school seniors who have come through and found support in the Valerie's House grief support program. This is the first year that Valerie's House has offered the scholarships of \$2,500 per year for four years for a total of \$10,000 per student. Five local students were chosen based on an essay they wrote about their personal grief story and how their loss shaped them as the person they are and the person they want to become.

The scholarship recipients are: Alexis Dehetre of Fort Myers, who graduated from Mariner High School and plans to attend Florida Gulf Coast University;

Mackenzie Francois of Naples,

who graduated from Gulf Coast High School and plans to attend Florida Gulf Coast University;

Taylor Gagnon of Fort Myers, who graduated from Bishop Verot High School and attends Nova Southeastern University;

Coral Morley of Naples, who graduated from Naples High School and plans to attend the University of Georgia;

Allison Stenza of Naples, who graduated from Barron Collier High School and plans to attend Florida Atlantic University.

"This is the next step in the grieving process to help these young adults who have lost a loved one," said Valerie's House founder and CEO Angela Melvin. "We are very grateful to our



Allison Stenza

donors who have made this scholarship program possible."

The scholarship funds may be used for classes, materials, or anything the students need during the school year.

"The students are to check in with us every semester and tell us something that they worked through that was challenging during the semester, how they worked through it or something great that they accomplished," said Staci VanSlambrouch, mentor and family support coordinator, who is in charge of the scholarship program.

Valerie's House is a nonprofit organization in Southwest Florida helping children grieve the loss of a loved one. To donate and help the Valerie's House Scholarship Fund, visit [www.valereshouse.org/donate](http://www.valereshouse.org/donate).

## JA Worldwide Nominated For Nobel Prize

Junior Achievement Worldwide (JA) has been nominated for the 2022 Nobel Peace Prize. Junior Achievement of Southwest Florida, a member of the global JA network, has been serving young people in Southwest Florida for over 25 years.

Nominations may be received only from heads of state and certain elected officials, university professors, past Nobel laureates and a few other notable individuals. Although the identity of each nominee officially remains anonymous for 50 years, JA Worldwide received permission to share that it was nominated by a distinguished professor of law and international affairs who was impressed by JA's global reach, success in delivering economic empowerment to youth at scale, and ability to find unity in diversity. For centuries, unemployment and poverty have led to political instability, violence and war. By economically empowering youth on all continents, JA serves as a conduit for peace.

Asheesh Advani, CEO of JA Worldwide, shared his perspective in response to the nomination: "Peace is only possible when youth in all countries and regions have economic empowerment. JA Worldwide is honored to receive this nomination and will continue our work to enable all young people to have the skillset and mindset to build thriving communities. Our primary hope for solving the world's most complex problems rests in the young people of today who will be the leaders of tomorrow."

Angela Fisher, president and CEO of Junior Achievement of Southwest Florida, also commented on the historical nomination: "Junior Achievement's global reach promotes confidence and independence in our youth, allowing them to grow up empowered, independent and financially stable. It is an honor to support this mission and to be a part of JA's international success."

The recipient of the Nobel Peace Prize will be announced on October 7.

## United Way Seeks Volunteers For Tax Season

United Way of Lee, Hendry, and Glades is seeking volunteers for the Volunteer Income Tax Assistance (VITA) program during the 2023 tax season. Volunteer tax preparers, greeters and bilingual-Spanish speaking interpreters are needed to provide no-cost tax preparation services at over 20 locations throughout Southwest Florida for individuals and families earning less than \$66,000 per year.

Volunteer tax preparers will receive IRS certified training including learning how to prepare basic tax returns, using online tax preparation software and learning about tax credits and deductions that benefit eligible taxpayers. Volunteers of all ages and levels of experience are welcome, though it is preferred that volunteer tax preparers be comfortable working with a computer. Experienced agents, certified financial planners and non-credentialed tax return preparers can earn continuing education credits when volunteering as a VITA tax preparer.

The amount of federal refunds generated by United Way's VITA program in Lee, Hendry, Glades and Charlotte counties last season was over \$10.8 million and, by providing no-cost tax preparation, the 170 certified volunteers were able to assist over 6,800 VITA clients this past tax season, saving them over \$2.1 million in tax preparation fees by a commercial service.

The program runs on volunteer power – volunteers who like working with people and who want to help improve the quality of life for people in the community. The service is for people who often cannot afford to pay someone to file their tax returns and do not feel comfortable or inclined to file their own. No experience is necessary.

"The help we provide the community is priceless" said Carolyn Peplow, a VITA volunteer for the past five years. "Volunteering is easy, and you can do as much as you feel comfortable with."

Flexible hours are available January through April every tax season. Online orientations and training classes for new volunteers begin in November. Small, in-person classes will be available as well. For tax professionals or experienced volunteers, an online training and certification tool is also available. Register online at [www.unitedwaylee.org/vita-volunteer](http://www.unitedwaylee.org/vita-volunteer), or contact Mary Meador at [marym@unitedwaylee.org](mailto:marym@unitedwaylee.org) or 433.7206 for more information.

## Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).

### Be Wise

**Control Pests Without Poison**

**DID YOU KNOW...**  
rat poisons can **KILL** other animals beyond mice & rats?



### Alternatives to Rodenticides

- Seal entry points.
- Secure your trash.
- Put up owl boxes.
- Support predators.
- Choose physical traps, NEVER poison.
- Trim landscaping.

FOR MORE INFO:  
[www.crowclinic.org/articles/protect-wildlife-dont-use-rodenticide](http://www.crowclinic.org/articles/protect-wildlife-dont-use-rodenticide)





## PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers





Order at [www.naturebrackets.com](http://www.naturebrackets.com) (Free Shipping) • 239.454.1001





From left, Michele Hoover, Puja Romero, Diane Patterson, Kyle DeCicco and Brian Hamman photo provided

# Bank Captures Business Award

Sanibel Captiva Community Bank was honored by the Greater Fort Myers Chamber of Commerce with its inaugural Large Business of the Year award. The chamber awards recognized members for outstanding contributions to the greater Fort Myers community. “As a locally grown, owned and operated business, we are incredibly proud to receive this award from the chamber,” said Kyle DeCicco, president of Sanibel Captiva Community Bank. “It’s

an affirmation that as an organization and individuals, we’re delivering the services, products and support our customers, employees and community need from us while also cultivating meaningful relationships.” The Large Business of the Year award recognized Sanibel Captiva Community Bank as a local for-profit company in business for more than three years and with 25 or more employees, which has continually shown exemplary contributions for the betterment of the Fort Myers community through leadership, sound business practices, innovation, creativity and commitment to employee support and development.\*

# Pediatric Center Recognized

The Pediatric Sedation Center at Golisano Children’s Hospital of Southwest Florida has been recognized as a Center of Excellence in Pediatric Sedation by the Society for Pediatric Sedation. The Society for Pediatric Sedation is a national multidisciplinary organization striving to advance the practice of pediatric procedural sedation by promoting safe, high-quality care, innovative research and quality professional education. Golisano Children’s Hospital joins only 11 other hospitals in the country with this recognition. The Center of Excellence designation requires organizations to follow the guidelines presented by the Society for Pediatric Sedation, complete a thorough application process to be considered as a candidate and be evaluated by the society based on the set guidelines and against other applicants. The purpose of this recognition is to acknowledge organizations that provide outstanding care with exceptional patient outcomes. “We are honored to receive this distinction and be recognized in this way,” said Alyssa Bostwick, chief nurse and operations executive at Golisano Children’s Hospital. “We are extremely proud of our pediatric sedation team. They continually provide safe, high-quality

care to our patients.” The Pediatric Sedation Center at Golisano Children’s Hospital uses sedation and support to make children feel comfortable during certain procedures. Because children learn and cope through play, teams at Golisano Children’s Hospital help alleviate fears through evidence-based practices which include developmentally appropriate play, preparation and education, and the use of sensory resources. In the pediatric sedation center, child life specialists are trained to prepare children for procedures by educating them about what they can expect to see, hear and feel during their medical treatment. In addition to developmentally appropriate education, child life specialists also provide support during procedures and assist children with developing positive coping strategies to decrease stress and anxiety. With child life support, children are often able to complete invasive procedures without the use of sedation. The Golisano Children’s Hospital pediatric sedation team includes multiple certified nursing assistants, a specially trained critical care nursing team, a respiratory therapist, an advanced provider, a pediatric intensivist, a certified child life specialist and a patient care liaison. The sedation center has been recognized on the Society for Pediatric Sedation website as a Center of Excellence and will be acknowledged at the society’s annual conference. For more information about Golisano Children’s Hospital, visit [www.leehealth.org](http://www.leehealth.org).\*



## SPECIAL EXHIBITIONS NOW ON VIEW

**ADORNED BY THE SEA:**  
**Shells in Fashion**  
**MOLLUSK HOSPITAL: A Shell Folk Art Journey in 20 Rooms**  
**Open during regular Museum hours with paid admission**  
*Summer exhibitions made possible by a grant from the Cornelia T. Bailey Foundation and a gift from Mark and Kathy Helge.*

## FREE ONLINE LECTURES

**Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard**  
by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM  
**Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture**  
by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute  
**Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science**  
by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County  
Past online lectures available to view anytime at [ShellMuseum.org](http://ShellMuseum.org).  
**Register at [ShellMuseum.org/lectures](http://ShellMuseum.org/lectures)**  
*Lectures made possible by a gift from Mark and Kathy Helge.*



IMAXtree by Launchmetrics

## FALL CLASSES

**Nov. 2: Fantastic Shells and Where to Find Them**  
**Nov. 8: Mound House Field Trip (Fort Myers Beach)**  
**Nov. 16-17: A Day in the Life of an Aquarist**  
**Nov. 29: Shell Ambassador Certification Course**  
**Dec. 13: Lighthouse Beach Marine Biology and Field Lab**  
**Register at [ShellMuseum.org/classes](http://ShellMuseum.org/classes)**

3075 Sanibel-Captiva Rd., Sanibel, FL  
 (239) 395-2233 • [ShellMuseum.org](http://ShellMuseum.org)

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





Book Review

The Change



by Di Saggau

I found *The Change* by Kirsten Miller to be a rare treat. It's a suspenseful story with great pacing and memorable characters, a fierce and funny novel focused on three middle-aged

women in a New York town who develop supernatural abilities during menopause, which they use to avenge murdered teenage girls in the New York beach town of Mattuck.

When Nessa James' husband dies and her twin daughters leave for college, she's all alone in a small white house near the ocean. In her late 40s, the former nurse starts to hear voices, voices calling out to her from the dead. It's a gift she's inherited from her grandmother, but it comes with special responsibilities.

Advertising director Harriett Osborne is approaching 50 and has witnessed the demise of her lucrative career and her marriage. She has been house-bound for months and her garden appears to have gone wild, but the truth is, she's undergone a stunning and very welcome metamorphosis.

Jo Levison, a former executive, has spent 30 long years at war with her

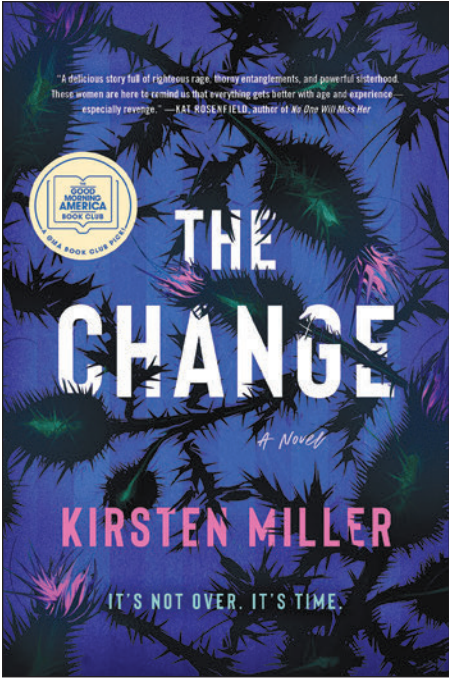


image provided

body. The hot flashes that arrive with the beginning of menopause are almost the last straw until she learns to channel them, and finally figures out her power.

The three women are guided by voices only Nessa can hear. They discover a teenage girl whose body was abandoned beside a remote beach. The police write the victim off as a drug-addicted sex worker, but the women don't buy it and lead their own investigation into the case. They discover more bodies and an

exclusive group of the town's wealthiest men, who don't go by the rules.

Miller does a brilliant job weaving the three women's lives together. They plot their revenge against the patriarchy and

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Anxiety

in children of all ages is a real concern. With the onset of the school year, schoolwork, homework, reduction of free time and new routines, it's easy for children to experience increased anxiety. Anxiety is easier to spot with 'tweens and teens and they may in fact be willing to discuss their anxious feelings with you. However, with younger children, anxiety can show up as several alternate behaviors. Here are some of the most common behaviors you may see in children who are anxious.

Anger – Anxiety can occur when there is an overestimation of a perceived threat (e.g., a test or a party) and an underestimation of coping skills (e.g., "I can't handle this"). When kids are chronically and excessively worried and don't feel like they have the skills to manage the anxiety, they feel helpless. Helplessness leads to frustration, which can show up as anger.

Difficulty Sleeping – In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety. In many kids, trains of anxious thoughts keep them awake long after they should be asleep. Others have anxiety about falling asleep, thinking they will miss their alarm or be tired in the morning.

Defiance – Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless. Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

Lack of Focus – Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them. This is especially troublesome at school where they are expected to pay attention to a teacher for hours at a time.

Chandeliering – Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier, so to speak. Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

Overplanning – Overplanning and defiance go hand in hand in their root

cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary. Preparing for every possibility is a way a child with anxiety takes control of an uncontrollable situation.

Anxious children need to learn how to deal with their anxiety (so do adults). There are a number of skills and strategies that they can be taught. School personnel might be able to help as could the child's physician. There are a number of home-based parent programs that are also helpful.

Stanford University has published a list of websites for parents to help with childhood anxiety. Check them out for information and assistance.

The Child Anxiety Network: [www.childanxiety.net](http://www.childanxiety.net)  
WorryWise Kids: [www.worrywisekids.org](http://www.worrywisekids.org)

Temple University's Child and Adolescent Anxiety Disorders Clinic: [www.childanxiety.org](http://www.childanxiety.org)

New York University Child Study Center: [www.aboutourkids.org](http://www.aboutourkids.org)

Massachusetts General Hospital School Psychiatry Program and MADI Resource Center: [www.massgeneral.org/schoolpsychiatry/info\\_anxiety.asp](http://www.massgeneral.org/schoolpsychiatry/info_anxiety.asp)

Anxiety Disorders Association of America: [www.adaa.org](http://www.adaa.org)

The Center for Mental Health Services: [www.mentalhealth.org](http://www.mentalhealth.org)

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).

Chronic Disease Program



Lee Health will offer a research-based Chronic Disease Self-Management program at the Friendship Baptist Church on Mondays beginning September 12 from 1 to 3:30 p.m. The free workshop is 2.5 hours once a week for six weeks.

"It's All About You" is offered with the Self-Management Resource Center and is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany them. Participants will receive a complimentary copy of the book *Living a Healthier Life with Chronic Conditions*.

The Friendship Baptist Church is located at 2030 Palm Avenue in Fort Myers. For more information or to register, call 424-3121.

# EPIC FIRES OF FORT MYERS

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



Available at  
[www.Amazon.com](http://www.Amazon.com)  
[www.OutSkirtsPress.com](http://www.OutSkirtsPress.com)

THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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



## Scholarship Awarded

Allie Attuso has been selected as the recipient of the \$3,000 Margaret B. Lee PEO Foundation Scholarship to support her post high school education. The scholarship goes to a young woman with a connection to Sanibel or Captiva



Allie Attuso

Attuso, the daughter of Pam and Jeff Attuso, is a 2022 graduate of Fort Myers High School.

"Being the recipient of this scholarship means so much to me," said Attuso. "I feel I have been rewarded for my stamina for juggling school work, studying to get good grades, attending soccer practices and games for my club and travel teams, being involved in other clubs, and working my jobs to save money for college all throughout the past few years."

Attuso will attend Florida State University and pursue a career in nursing. She said she chose nursing because she wanted to give back to a community that had done so much for her family whenever they needed medical care.

"I realize I want to be the nurse helping the patient and the family with constant support and sympathy," she said. "My goal is to be a traveling nurse. It would fulfill my dream of traveling

and dream of a profession where I can help others. It would be the best of both worlds for me."

The scholarship was established by Sanibel resident Jack Lee and his family to honor wife and mother Margaret (Margie) B. Lee who passed away in November 2019. Margie was an active member of the Sanibel PEO Morning Stars, women who remained affiliated with their northern PEO chapters.

The scholarship is administered by the PEO Foundation of PEO International, a women's educational philanthropic organization that grants scholarships to high school graduates of outstanding achievement or of financial need and women continuing their education to earn higher degrees or career certification.

The selection of the recipient was made by Sanibel Chapter FV of PEO.

Robin Wright, who chaired the selection committee, said, "An outstanding group of young women applied for the scholarship this year. It was a difficult decision to make, but Allie stood out because of her drive to be successful, her time management skills, her setting of specific goals, her enthusiasm for helping others, and her personal poise and confidence around people."

Allie said, "Getting this scholarship shows that others believe in my future enough to present me with financial help. That solidifies my drive to succeed. I will use this as motivation to never give up on myself and to always strive for success. It's especially rewarding to know I was chosen from so many other very talented and hardworking women for this financial help."✱✱



The CONRIC PR & Marketing team

photo provided

## Firm Recognized By City Officials

CONRIC PR & Marketing is celebrating 15 years in business this year and received proclamations from city and county officials recently to commemorate the occasion.

The Lee Board of County Commissioners, represented by Kevin Ruane and Mayor of Fort Myers Kevin Anderson, honored the agency by presenting proclamations declaring November 7 as CONRIC PR &

Marketing Day. Founder and CEO Connie Ramos-Williams accepted the proclamations during the company's anniversary celebration at Edison Restaurant on July 15.

"Our company's journey began in 2007, providing marketing solutions to local startup businesses during the recession and grown to become a national digital marketing agency serving nearly 150 businesses across 35 states in 2022," said Ramos-Williams. "Our agency's heart and home are in Southwest Florida, which is where we remain committed to giving generously of our time, talent and treasure."✱✱

## Help Clear The Shelters Saturday

Lee County Domestic Animal Services will join with NBC2 and Edison National Bank for this year's Clear the Shelters event, scheduled for this Saturday, August 27 from 9 a.m. to 4 p.m. at 5600 Banner Drive.

Dyanmite Street Eatz and Three Dog Bakery of Fort Myers will be onsite as well as Lee County Sheriff's Office Animal Cruelty Task Force. Hill's Science

Diet will provide free adoption "swag" bags to all adopters.

All adoption fees will be waived with an approved application on event day. Staff encourages anyone wishing to adopt to get their application approved beforehand, if possible. Find the application at [www.leelostpets.com](http://www.leelostpets.com) where adoptable pets also are displayed.

Since 2015, the NBCUniversal-owned television stations' Clear the Shelters campaign has helped more than 700,000 pets find new homes. Visit [www.cleartheshelters.com](http://www.cleartheshelters.com) for more information.✱✱



**ISLAND  
INSURANCE  
SERVICE**



Mark O'Brien  
Owner/Agent



Susan Barnes  
Personal Lines



Trish Barbone  
Agent



Justin Wheeler  
Agent

Call our office today  
for a new Auto  
quote.

We are **HERE**  
for all your insurance needs

Have an insurance question?

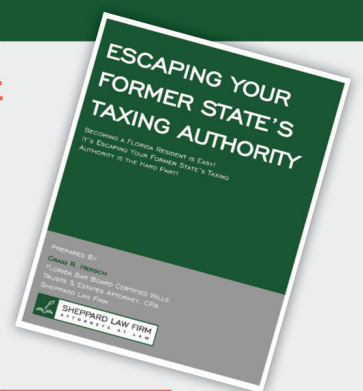
703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

## BECOMING A FLORIDA RESIDENT IS EASY!

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

GET YOUR FREE GUIDE  
TODAY!

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



[floridaestateplanning.com/escape](http://floridaestateplanning.com/escape)



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



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



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



SHEPPARD LAW FIRM  
ATTORNEYS AT LAW  
[SHEPPARDLAWFIRM.COM](http://SHEPPARDLAWFIRM.COM)

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



# Meaningful Last Words



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

“Harry” complained to me recently while reading over his estate planning documents. “These seem so...cold...so... ‘legal,’” he said slowly, searching for the right words. “I understand that these documents have to use this legal language so that my estate gets the benefits of the law, but I’m having a hard time knowing that these will be my last words that I communicate to my family.”

I understood Harry completely. Who wants their last words to read, “I instruct my trustee to distribute a fraction of my estate, the numerator of which is comprised of the largest amount that would

not be taxable... blah blah blah?”

I am sure that no one wants that.

Today, I’m going to propose that you consider an alternative. This alternative can be made into a very meaningful and fun exercise.

What I’m referring to is to leave a separate letter – apart from your will – for each of your most important loved ones.

This letter shouldn’t be about “who gets what” from your estate – that’s for your will and trust. Besides, you don’t want to inadvertently say anything that might contradict what’s in your legal documents that could lead to beneficiary disputes.

Instead, what I’m talking about here, is for you to create something really special. Too often we don’t share our true emotions with those closest to us. We often tell our spouses that we love them, but we don’t tell them why we love them. We might tell our children that we are proud of them, but we don’t tell them why we are proud of them. We may truly admire something about a lifelong friend, but we are often afraid to open up and tell them what we’ve admired about them, or even that we harbored admiration to begin with.

How great would it be if we shared all of those thoughts with those closest to us? So, I propose that you do just that. Write a letter and tell our loved ones how much they’ve meant to us. Then have that letter kept with your will, to be opened concurrently.

I thought that I’d suggest a few basic thoughts for those who might not be as comfortable putting words on paper:

**Keep it Positive** – Particularly when you are writing a letter that you don’t intend for a loved one to receive until after you have departed this earth, it’s a good idea to keep it positive. Everyone is subject to valid criticisms for our faults and unfulfilled expectations. Don’t use this letter as a means to review those. These are your last words. Don’t you want them to leave them with a smile? But do be sincere. Don’t heap praise where praise really isn’t believable. Everyone has positive qualities. Talk about those here.

**Write Separate Letters** – Don’t combine everything into one letter. Write one for your spouse. Another to each child or other loved one. That way your letter can be very

personal for that particular person.

**Open a Spousal Letter with How You Fell in Love** – You might open a letter to your spouse recalling the first time that you met, and how you knew that you were in love. Talk about the qualities that she or he possessed and how those qualities grew better over time.

**Recall Your Child’s Early Years** – For your children, you might open a letter about their early years – how much you cherished having them in your life. There may have been certain traits, characteristics or events that foreshadowed later successes they achieved. Talk about those and how you noticed them.

**Tell Them Why** – Don’t be shy telling your loved ones the “whys.” Why you are so in love. Why you are so proud. Why you smile when you think about them. With kids, it might even be fun to tell them why you wanted to have kids in the first place, and how different it was raising them as opposed to what you expected before you ever had kids.

**Review Fun Family Times or Accomplishments** – Every relationship has its ups and downs. Many of the ups can be chronicled as happening during a certain event; a vacation, a sporting event, a holiday gathering. While everyone might have already grown tired of hearing the same stories around the dinner table over and over, you might be able to provide a twist and relay why that story meant so much to you, and how it demonstrates your loved one’s special qualities.

**Regrets** – Generally speaking, it’s not a good idea to create a list of regrets. But you might have some that would have a positive spin. “I regret that I didn’t tell you this earlier, and hope that by telling you this now, you’ll know how much you meant to me,” for example. You may regret certain incidents and want to apologize for them. If this is the case, do your best to keep it concise while not trying to place blame or guilt on your loved one.

**Your Hopes and Dreams** – Talk about your hopes and dreams for your loved one, particularly if they are young. If they aren’t young anymore, you can talk about how proud you are of their accomplishments. Maybe they’ve raised great kids of their own. Perhaps they’ve overcome a lot of obstacles and you’ve noticed how far they’ve come. That’s great stuff. Let them know it.

**Wind it Up** – Make sure that you leave them with a warm statement. I saw one letter where a father told each of his children that he wanted them to know that he believed in an afterlife, and although his children may no longer be able to touch him or hear him, they could talk to him and he would be there to listen. He told them that he trusted their judgment, and he hoped that they would live the rest of their life with confidence that everything happens for a reason. It struck me as a powerful confirmation of his love, devotion and admiration.

I hope that this column helped provide the start of an outline if you should feel this important to do for your loved ones. I’m working on a letter for my wife and for each of my children, which I intend to update as the years go by. I’m hopeful that these writings will mean more to them than anything material that I leave behind.

©2022 Craig R. Hersch – Sheppard Law Firm. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✱

## New Admissions Director At FSW

Florida SouthWestern State College (FSW) has hired Kathy Peterson as its new director of admissions.

Peterson comes to FSW from Florida Gulf Coast University (FGCU) where she served in various roles since 1997.

Most recently, Peterson served as senior associate athletics director for student-athlete services/senior woman administrator.

Prior to that, she served as assistant athletics director for compliance/senior woman administrator; interim director of undergraduate admissions; associate director of undergraduate admissions; and coordinator, transfer articulation at FGCU.

Peterson received a master of business administration degree from Florida State University and a bachelor’s degree in business administration from the University of Central Florida.

“We are fortunate to have Kathy join the Division of Student Affairs at FSW,” said Dr. Michele Yovanovich, vice president



Kathy Peterson

of FSW Student Affairs. “She brings many years of experience in higher education in which she led teams to meeting institutional goals. She will be a great fit with our strong professionals here at the FSW.”✱

## New Operations Assistant At Bank

Aaron Magallanes joined Sanibel Captiva Community Bank as a deposit operations assistant in its operations center, located 9311 College Parkway in Fort Myers.

He is responsible for incoming and outgoing domestic and international wire transfers, daily non-posted items, overdrafts, disputes and lending support for all bank locations, ensuring that proper policy and procedures are followed.

Magallanes has five years of retail banking experience, primarily at a large, national financial institution, and prior customer service experience in retail. He received an associate of arts degree from Florida SouthWestern State College.✱



Aaron Magallanes

## Public Relations Accreditation

Emily Golden, APR, of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), earned her professional public relations accreditation recently, and received the designation of Accredited in Public Relations (APR).

Golden joins the more than 4,300 active public relations professionals worldwide who represent an elite group of professionals committed to practicing with high ethical standards, including 43 currently in Southwest Florida.

As the senior public relations manager for Priority Marketing, Golden is responsible for managing the company’s strategic media relations services and supporting publicity strategies, campaigns, projects and events for a diverse client base, including nonprofits, small start-ups and large businesses. A Fort Myers native, she earned her bachelor’s degree from Florida Gulf Coast University in



Emily Golden

communication with a concentration in public relations.

To earn public relations accreditation, candidates must pass an oral presentation and written examination administered by the Universal Accreditation Board (UAB), which is an alliance of eight national and statewide professional associations dedicated to furthering the field of public relations and the development of public relations professionals. FPRA is a member of the UAB.✱

## Transportation Committee Meeting

The Lee County Metropolitan Planning Organizations’ Citizen Advisory Committee (CAC) will meet at the Cape Coral Public Works building on September 1 at 3 p.m.

Agenda topics for the meeting include the endorsement of the aviation priorities, revision of the federal and state priority list and an update on the Federal Discretionary Grant programs. Information will also be provided by MPO staff on the statewide construction project cost increases.

The Cape Coral Public Works building is located at 815 Nicholas Parkway East in Cape Coral. For more information, visit [www.leemopo.com](http://www.leemopo.com).✱



## Superior Interiors

## Dazzling Dining Rooms



by Linda Coin

Often, I meet with clients who think their dining room is the easiest of all rooms to furnish. Once they've made their decision on table and chairs, they tend to think that's all there is to it. Not so! While that may be one of the biggest decisions to be made, it's far from all the things you should consider.

You still need to provide for the comfort of guests as well as the convenience of the host/hostess. I find that there are often problems unique to this room that often make it a design challenge. With that in mind, it does take some considerable planning to create and design a dining room that will take center stage in your home.

Chairs alone are a far from simple choice. Massive ones take up too much space, so it's important to search for well-designed chairs that are comfortable. Don't worry about having enough dining room chair shapes and sizes to choose from. There are so many, it's bewildering, unless you have professional help.

Tables, too, come in all shapes and sizes. The size should fit both the room

and your family, and ideally be designed for easy expansion. Expandable tables with drop leaves, built-in extensions and inserts/leaves are all practical. Today's table design options can convert from a small, cozy table to one that can be instantly enlarged when company is expected.

The lighting above your table should be carefully selected to assure the right wattage and the best light direction for the diners. The height of the chandelier is another important decision.

It's also more convenient to have silverware, linens and serving pieces stored right in the room. A sideboard or chest will help to give you the storage you need and can also handle the food for a sit-down buffet. If you opt for this additional furniture piece, consider its top. It's best for these pieces to be covered in a moisture and stain resistant material such as marble or tile. Other storage options to consider are cabinets or armoires. A very attractive unit might also become the room's focal point and add a design benefit.

You'll find it helpful to think through the many uses of your dining room, because our modes of entertaining are many and ever-changing. Ultimately, this means that your dining room design plan should be one that features flexibility. Whether you're hosting a Sunday brunch for six or a midnight snack for 20, versatility and comfort should guide you toward the best furniture and design plan.

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

## Seminar On Contesting Property Values

Lee County property owners who wish to contest their assessed property value and denied exemptions can attend a free informational seminar at the Cape Coral Lee County Public Library on Wednesday, August 31.

The session will help customers learn how to file an online petition with the clerk's value adjustment board. The seminar will also cover the different types of petitions available and the steps in the process.

"As property values continue to rise in Lee County, homeowners may be concerned about the assessed values listed on their TRIM notices," said Kevin Karnes, Lee County clerk of the court and comptroller. "The value adjustment board gives property owners an opportunity to try to resolve their disputes."

Per Florida law, the clerk's office is prohibited from providing legal advice and this seminar is solely for informational and educational purposes. The clerk cannot address any specific case or VAB-related decision or outcome. For legal inquiries, property owners may speak with an attorney.

For deadlines, to file a petition, or to

learn more about the value adjustment board, visit [www.leeclerk.org/vab](http://www.leeclerk.org/vab).

The Cape Coral Lee County Public Library is located at 921 SW 39 Terrace in Cape Coral. To register for the event or view upcoming seminars, visit [www.leeclerk.org/seminar](http://www.leeclerk.org/seminar).

## Lee County Sheriff To Speak At Luncheon

Lee County Sheriff Carmine Marceno will discuss strategies for public safety issues and law enforcement priorities at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, September 13 at 11:45 a.m.

The program will include crime trends and prevention programs, community relations and implementation of new technology. He is also expected to address joint initiatives and coordination between area law enforcement agencies.

Following his presentation, Sheriff Marceno will respond to questions of specific interest to the real estate investment and development industry.

Marceno was appointed sheriff in 2018 to replace retiring Sheriff Mike Scott. He previously served as undersheriff in Lee County and as a

deputy with the Collier County Sheriff's Department.

The meeting is sponsored by Chris-Tel Construction. Cost is \$30 for members and \$45 for guests, which includes lunch. Reservations are required by Thursday, September 8.

Pelican Preserve's Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. For reservations, visit [www.reis-swfl.org](http://www.reis-swfl.org).

## Hope Healthcare Earns Award Of Excellence

Hope Healthcare was awarded the Nonprofit Excellence Award by the Greater Fort Myers Chamber of Commerce at their inaugural Chamber Awards ceremony held on August 11. Awards were presented to individuals and businesses for outstanding achievements in six categories.

Hope was recognized in the nonprofit category for demonstrating a unique offering of programs or services that set the organization apart from others in the industry, proven results of initiative and a commitment to placing service to others above self.

"We are truly honored and humbled to receive this award from our local chamber," said Samira Beckwith, president and CEO of Hope Healthcare. "At Hope, we take pride in

our mission of providing compassionate care for seniors and their families and are pleased to know we are exceeding the expectations of our community."

From its start in 1979 as a volunteer-led hospice organization caring for 100 people a day in Fort Myers, Hope Healthcare has grown to offer an ever-expanding continuum of care to more than 3,000 people each day within five Florida counties through their programs: Hope Hospice, Hope Palliative Care, Hope PACE, Hope Parkinson Program and Hope Kids Care. Along with palliative care for people of all ages through Hope Hospice, Hope provides a breadth of care and services for the community that extends far beyond what is expected – providing their expertise and compassion and serving as a safety net for those who need it most. Hope has been dedicated to developing flexible and creative answers that reach beyond the boundaries of hospice and build upon its core strengths to provide comprehensive programs throughout Southwest Florida.

With more than 40 years of experience as a local, not-for-profit healthcare organization, Hope Healthcare is dedicated to providing care and comfort for people in life's closing chapter. A compassionate team of staff and volunteers offers practical, spiritual and emotional support for the entire family. For more information about Hope Healthcare, visit [www.hopehcw.org](http://www.hopehcw.org).




## Everything you want from your Medicare Advantage plan, and nothing you don't.

**Get money back into your Social Security with a Wellcare Plan.**

Sign up for Wellcare and you'll not only get access to a long list of benefits, you'll also get money back into your Social Security every year. It's a no-brainer — go with our no-nonsense Medicare Advantage Plan.

Get up to  
**\$900**

back into your Social Security every year.

**Call now:**  
FRANK CICCONE  
Medicare Advisor  
NPN# 17945939  
Cell: 239-691-9724  
[WWW.WELLCAREREP.COM/17945939](http://WWW.WELLCAREREP.COM/17945939)



# Catch And Release Charity Tournament

The Conservancy of Southwest Florida will hold its 29th annual RedSnook Catch and Release Charity Fishing Tournament October 21 to 23 to benefit the Conservancy's commitment to water quality protection, as well as preservation and enhancement of local fisheries.

The tournament includes two-day guided and unguided divisions targeting the area's most popular game fish – snook and redfish. Launch sites include Naples, Goodland and Chokoloskee. Registration is limited to 60 teams. Divisions include unguided and guided bait, fly, and unguided and guided artificial.

“The RedSnook Catch and Release Charity Tournament is an absolute vital source of funding, engagement and involvement to help the Conservancy solve water quality problems in our region,” said Rob Moher, president and CEO of the Conservancy. “Through the years, the RedSnook tournament has brought more than \$1.5 million that directly funds our water quality efforts both in advocacy locally and in Tallahassee and Washington, DC, and also our scientific research and education programs, which help us understand the impacts of different nutrients on our water resources.”

The schedule includes:

Kick-off Party – October 21 at 5:30 p.m. at Florida Sports Park.

Tournament – October 22 and 23, launch time of 7 a.m., lines in the water at 7:30 a.m. and return to the launch site at 3:30 p.m. each day.

Awards Ceremony – October 23 at 5:30 p.m. at the Conservancy of Southwest Florida; sponsored by Northern Trust.

“Our beaches and waters are a generational resource, so it's really crucial to raise awareness of the fragility

of that resource to ensure that future generations can continue to enjoy it,” said Jessica Fontana, tournament committee member.

Through the years, the funds raised at the RedSnook Catch and Release Charity Tournament have helped support the conservancy's water quality work in several ways, including:

Providing assistance and expertise to water quality projects at the local, state and federal level;

Creating the “Estuaries Report Card,” which rates the condition of the region's vital waters;

Working to limit the amount of pollution from the north that enters Southwest Florida's water;

Researching and monitoring juvenile gamefish habitats;

Helping to restore the western Everglades and Ten Thousand Islands; and

Working to protect Ten Thousand Islands, Big Cypress, Estero Bay, the Cocohatchee Slough and the Caloosahatchee.

“There are a lot of great, fun tournaments around, but this is one of the few that everyone should care about because it's all about the water,” said Wayne Meland, tournament co-chair. “Whether you fish or not, to be involved with the RedSnook Tournament is important, because water is the key to why everyone loves living here.”

Sponsorship packages include \$25,000 Redfish Sponsor; \$20,000 Snook Sponsor; \$15,000 Tarpon Sponsor; \$10,000 Tripletail Sponsor; \$5,000 Sea Trout Sponsor; \$2,500 Snapper Sponsor and \$1,000 Jack Sponsor. Package benefits can include a private meeting with the Conservancy's president and CEO to discuss water policy initiatives, tournament entries, Conservancy memberships, behind the scenes private tours of the nature center, Rookery Bay eco-cruise, kick-off party and awards reception tickets, and company exposure on the website and tournament shirt.

Team entry is \$275 for one angler

and \$550 for two. Additional tickets to the kick-off party are \$75 per person and available until October 1. For information, email [amyt@conservancy.org](mailto:amyt@conservancy.org), call 403-4200 or visit [www.conservancy.org/events/redsnook](http://www.conservancy.org/events/redsnook).

# Star-Studded Field For City Of Palms Classic

The 49th annual City of Palms Classic Basketball Tournament will be held December 16 to 21 at Suncoast Credit Union Arena, on the campus of Florida SouthWestern State College in Fort Myers.

For the first time in seven years, City of Palms Classic will feature two schools from California: Corona Centennial and Donda Academy. Donda Academy is one of the most sought-after programs in the high school basketball world and was founded by Kanye West. Donda Academy is home to nationally ranked seniors Robert Dillingham (#5 ESPN) and Javonte Taylor (#12 ESPN), and 2024 Jahki Howard (#15 ESPN).

Last year's Thimlar Game Champion, Columbus High School out of Miami will be back to take the hardwood and join the Classic Bracket at the 2022 tournament. Columbus features the number one sophomore in the country, Cameron Boozer, and his twin brother Cayden Boozer (#24 ESPN). The children of two-time NBA All-Star Carlos Boozer showcased their talents during the Thimlar Game of the 2021 City of Palms Classic. With last year's win in the Thimlar Game, Columbus High School will be one of the top teams to watch in this year's Classic Bracket.

Other top ranked players coming to Fort Myers include Class of 2023 Justin Edwards (#13 ESPN), Point Guard Isaiah Collier (#14 ESPN), Jared McCain (#23 ESPN) and Reed Sheppard (#28 ESPN). Class of 2024 includes Karter Knox (#11 ESPN), Johnuel Fland (#18 ESPN), Klarius Amir (#38 ESPN) and Ahmad Nowell (#44 ESPN). Two strong players in the Class of 2025 include BJ Davis-Ray (#18 ESPN) and Danny Carbuccia (#25 ESPN).

In addition to Roselle and Columbus the following teams are in line to complete the Classic Bracket

tournament: Archbishop Stepinac High School (White Plains, New York); Canterbury High School (Fort Myers); Centennial High School (Corona, California); Charlotte High School (Punta Gorda); Isidore Newman High School (New Orleans, Louisiana); Wheeler High School (Marietta, Georgia); Lake Highlands High School (Dallas, Texas); Newton High School (Covington, Georgia); North Laurel High School (London, Kentucky); Tampa Catholic High School (Tampa); and Winter Haven High School (Winter Haven).

The Signature Series features the Geico High School Nationals Runner Up, Link Academy. Link Academy took second place at this year's Geico High School Nationals when they lost to Montverde Academy at the tournament also held at Florida SouthWestern State College. Coming back with a vengeance, Link Academy will face Donda Academy (Los Angeles, California), The Rock School (Gainesville) and Saint Frances Academy (Baltimore, Maryland) in this year's signature series. Th series will feature some of the best talent ever seen in this bracket: Class of 2024 Jahki Howard (#15 ESPN) and Point Guard Elliott Cadeau (#10 ESPN), along with Class of 2023 Ja'Kobe Walter (#17 ESPN).

The Sunshine Series showcases Florida's own talent. This year's Sunshine Series will feature Providence School (Jacksonville), The Villages High School (The Villages), Westminster Academy (Fort Lauderdale) and IMG Blue (Bradenton). IMG Blue will feature 16-year-old Olivier Rioux who stands at an impressive seven-foot-six.

The Hugh Thimlar Tribute game, honoring the legendary college and high school coach, will feature Fort Myers own Gateway High School and Olympia High School (Orlando). As coach of the then Edison Junior College, Thimlar created a junior college national powerhouse over 26 seasons. Overall, he won 604 games over 40 seasons as a head coach in Indiana and Florida. He also founded the City of Palms tournament, then called the News-Press Christmas Basketball Tournament in 1973, with six teams competing at the former Edison Community College in a regional tournament.

Tickets are on sale at [www.cityofpalmsclassic.com](http://www.cityofpalmsclassic.com).

## SPORTS QUIZ

1. In 1903, what power hitter -- elected to the National Baseball Hall of Fame in 1945 -- was kicked off a train for being drunk and disorderly and was found dead at the bottom of Niagara Falls two weeks later?
2. Name the two former NBA players who teamed up as contestants on Season 30 of the CBS reality competition series *The Amazing Race*.
3. What venue was home to both the Pittsburgh Steelers and Pittsburgh Pirates from 1970 to 2000?
4. Name the Ohio State Buckeyes running back who is the only player to win the Heisman Trophy twice.
5. What PGA Tour player from Australia has seven career major championship titles and was inducted into the World Golf Hall of Fame in 2005?
6. Name the member of the 1976-77 Detroit Pistons, nicknamed “Bad News,” who responded to being benched by declaring, “News didn’t come here to sit on no wood.”
7. Who is the only player from the losing team to have been named Super Bowl MVP?

## ANSWERS

1. Ed Delahanty. 2. Cedric Ceballos and Shawn Marion. 3. Three Rivers Stadium. 4. Archie Griffin (1974-75). 5. Karrie Webb. 6. Marvin Barnes. 7. Dallas Cowboys linebacker Chuck Howley, Super Bowl V.

# Charity Golf Tournament

The Knights of Columbus from the St. John XXIII parish will host their third annual charity golf tournament at the Forest Country Club on Saturday, October 29. Registration begins at 7:30 a.m. with the golf scramble shotgun start at 9 a.m.

Last year's event raised more than \$4,000 for charitable causes, and tournament organizers are looking forward to another successful year.

Entry fee is \$125 per golfer and includes lunch and an award ceremony. Lunch tickets are also available for \$25. Sponsorship levels start at \$100.

Funds from the golf tournament will benefit local not-for-profit organizations including Golden PAWS Assistance Dogs, Hope Hospice, Special Equestrians and St. Martin De Porres Outreach.

The Forest Country Club is located at 6100 Club Boulevard SW in Fort Myers. For more information or to register, visit [www.kc23.org](http://www.kc23.org) or call Larry Evener at 407-986-0851.



## Doctor and Dietician

## What Is The Hauser Diet?



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

**W**e encourage you to eat fresh, real foods and avoid sugar and chemicals that come with processed foods. When you hear the word “diet,” you might think of diets you have tried to become “healthy” and how restricted your eating became to lose weight. But that is not what a diet is.

A diet is just the kind of food that a person eats. Did you know that based on your individual physiology, you require different types of food? Did you ever wonder why some people appear to have fast metabolisms, enabling them to eat everything and never gain weight, whereas others’ metabolisms are so slow that they

eat like birds and never lose weight?

The Hauser Diet is an alternative approach to healthy eating. We all know that our bodies are not the same, our fingerprints are not the same, and thus our physiology and diet requirements should not be looked at as one size fits all.

First, think about how you feel while eating food. Do you feel energized with pasta and veggies or do you feel better eating meat? Can you drink coffee any time and not be wired or will it keep you awake? Are you typically hotter than most people or colder? These are the types of questions we ask to help ascertain what type of diet is best for your physiology. The Hauser Diet Quiz is available on [www.hauserdiet.com](http://www.hauserdiet.com) to help determine diet type. Some people don’t really know how to answer the questions as they relate to how certain foods make them feel after consuming them as opposed to if they like consuming them.

The Hauser Diet is made up of five different diet types: Lions, Otters, Bears, Monkeys and Giraffes. All types need to include proteins, fats and carbs in their daily eating plans, however, what differs within each diet type is the quantity of proteins, fats, and carbs.

The Hauser Diet types:

Lion Diet type – 60 percent protein/25 percent fat/15 percent carbs;

Otter Diet type – 50 percent protein/25 percent fat/25 percent carbs;

Bear Diet type – 50 percent protein/fat and 50 percent carbs;

Monkey Diet type – 35 percent protein/fat and 65 percent carbs; and  
Giraffe Diet type – 20 percent protein/fat and 80 percent carbs.

We know that starting a new diet may be intimidating, as it is challenging to break long-standing, unhealthy habits, but realize your future life depends on feeding your body optimally. We encourage you to take the first step, which is to start shopping the perimeter of the grocery store and purchasing fresh food versus processed foods in boxes or cans. Work on reducing soda and/or sugar intake. Take small steps and work your way to providing your body with better fuels.

What foods are high in protein? Meat or animal proteins such as beef, pork, lamb, chicken, turkey, fish, eggs and dairy products are the foods that contain the most protein, and Lion/Otter Diet types should eat more of it. Monkey and Giraffe Diet types should be consuming vegetarian sources of protein including foods like lentils, nuts, chia seeds, tofu and chickpeas, along with lots of fresh vegetables.

When talking about fat, we do not mean eating a fast food burger and fries, we are talking about healthy fats, like avocados, EVOO, nuts and seeds, and full-fat dairy products. Good fats have beneficial effects on health and have been shown to help improve heart health, boost brain function and enhance nutrient absorption.

You need to be careful of the carbs you are eating because they may cause high

blood sugar and produce stored fat and cholesterol. However, good carbohydrates can come in the form of whole grains like quinoa, brown rice, oats and whole-grain pasta. Of course, vegetables are loaded with “good carbs!” Yes – leafy greens, spinach, tomatoes, broccoli, cauliflower, green beans and others provide your body with carbohydrates, as well as smaller amounts of protein.

Fruits, on the other hand, are 100 percent carbs. Thus, those following a more protein/fat-based diet such as the Lion or Otter Diet types should minimize their intake of fruit. And finally, sugar, sugary foods, as well as baked goods typically contain flour and sugar that are also carbohydrates but are less nutritionally dense. Thus, intake of these types of foods should be limited by everyone.

We encourage you to take the first step in changing your life by simply taking the short 16-question questionnaire to find out your diet type. Our Hauser Diet book is currently sold out, so the website is your best place for information.

You will never be 100 percent ready to change; if you wait for the perfect time, it will never come. Make the change today.

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

## dearPharmacist

## Pickle Juice Has Health Benefits



by Suzy Cohen, RPh

**Dear Readers:**

Hear me out, I know it sounds weird, but pickle juice has some pretty amazing and surprising health benefits that you probably didn’t

even know about. Pickles are fermented cucumbers (that have been pickled in salt water). Get it? The pickles are pickled! (A little pickle pun never hurt anyone!)

The fact is, pickle juice is loaded with minerals, only 2 carbs, and 1 gram of fiber. In most cases, the water even contains healthy probiotic strains. In some states, like North Carolina where my daughter lives, pickle juice is held in high regard. So much so, that there is an annual pickle festival! When dining out in North Carolina, many restaurants have pickle juice mixed with soda on the menu. There’s a drink called a Pickleback Shot, which combines pickle brine with whiskey!

There are all kinds of specialty drinks depending on where you live. So, while it may sound like a face-puckering thought, pickle juice is utilized for many quick fixes. As for its medicinal benefits, here are three pretty cool ways pickle juice can improve your wellness:

**Pickles Help Digestion** – On some level, the lactobacillus content (while low) still

provides a beneficial aid to your intestinal health. If you have an upset stomach, abdominal cramps or low stomach acid production (hypochlorhydria), the acidity of a small amount of pickle juice may restore proper pH, which in turn causes digestive troubles to subside.

**Pickles Help Leg Cramps** – Have a cramp? Pickle juice is a popular folk remedy that supposedly relieves muscle cramps (or reduces intensity), in under a minute of consumption! Like, almost immediately! It works incredibly fast and is faster than water alone when it comes to reducing muscle cramps. It probably works faster than things like Gatorade or other similar sports drinks.

Some suggest pickle juice for the morning after a night of drinking... I don’t know about that one, but I do think it could definitely help you recover from a workout or associated leg cramps. That’s probably its No. 1 folk remedy use.

Perhaps a few spoonfuls in a cup of water could help someone with mild leg cramps but I wouldn’t drink it straight up if you are prone to heartburn or have an ulcer. Pickle juice contains a lot of sodium, and some believe that it triggers reflexes that essentially shut off misfiring neurons quickly, thereby alleviating cramps.

We all probably have a dusty, sealed jar of old pickles that we’ve forgotten about, and if you’re like me, it’s probably sitting in the back corner of our fridge waiting for a sandwich! Make sure yours are fresh and in date, and if you eat these little guys, eat them in moderation because of the high sodium content. If you don’t like the taste of pickle juice straight up, you could pour a few teaspoonfuls into your salad dressing.

*This information is not intended to treat, cure or diagnose your condition.*

Suzy Cohen is the author of *The 24-Hour Pharmacist* and is a registered

pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).✱

## CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

### 3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

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



9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | [CaringMedical.com](http://CaringMedical.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
  - 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
  - Lee County Genealogical Society ..... 549-9625
  - Lee Trust for Historic Preservation ..... 939-7278
  - Miata Club of SW Fla ..... <https://miataclubofsouthwestflorida.com/>
  - 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@islandsunnews.com](mailto:press@islandsunnews.com)

PUZZLES

Answers on page 23



"Wait, don't \_\_\_\_\_ these!"

SCRAMBLERS

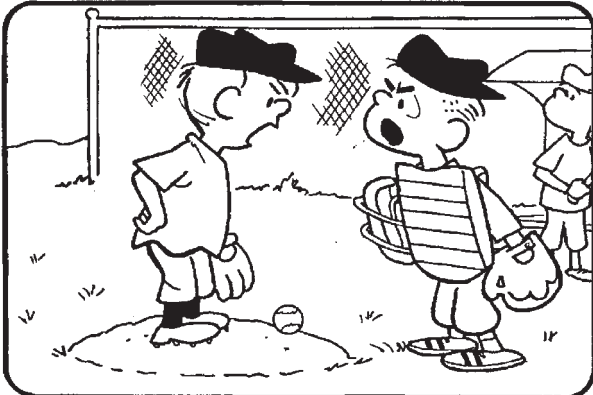
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Obvious TROVE
- Dominion LAMER
- Terrain FILED
- Crucial GRUENT

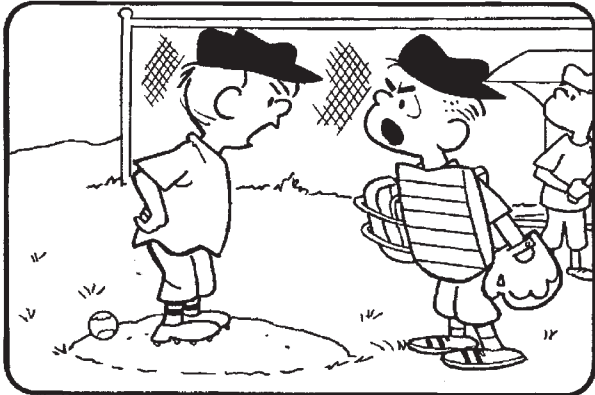
TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Socks are different. 3. Ball is moved. 4. Glove is missing. 5. Sleeve is shorter. 6. Pants are shorter.

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

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

NFL MIX-UP

- ACROSS
- 1 Cheddar-like cheese

6 Pointy heel

14 Catching with a lariat

20 Love to bits

21 Decorative park shelter

22 Intro

23 NFL team whose logo is a red planet?

25 Canadian metropolis

26 Guitar ridge

27 Manning of the Giants

28 Co. kingpins

30 Cookout raiders

31 NFL team whose logo is a prairie?

38 President of Syria

41 Small-time

42 Actresses Longoria and Mendes

43 NFL team whose logo is a bracelet?

48 Poet Jonson

51 Estrada of "CHiPs"

52 D-Day invasion river

53 Here-there link

54 Opposite of staccato

56 Headed up

57 Thurman of "Robin Hood"

58 NFL team whose logo is a steak?

61 "— Fideles" (yule carol)

63 Go by ship

65 Pre-takeoff abbr.

66 Biblical "ark-itect"

67 NFL team whose logo is a Lipitor pill?

72 Gillette razor

75 Rhinoplasty doc

76 Nix from Nixon, say

77 Like most slasher films

81 NFL team whose logo is a sword?

85 Diving seabird

86 Wood chopper

87 Venus — (Louvre statue)

88 Brian of electronica

89 Super-close buds

91 Where a goatee grows

92 Just-OK mark

93 NFL team whose logo is a cheese curd?

98 Old film critic James

99 Justice Kagan

100 Oscar winner Witherspoon

101 NFL team whose logo is an amoeba?

108 Arkin of film

109 San —, Italy

110 L-P link

111 Final Four org.

115 "Honor Thy Father" author Gay

117 NFL team whose logo is a perfume bottle?

123 Lounging

124 Board, as a train

125 Slabs

126 Alleviate

127 Half a school year

128 Really vexed

7 Lucky charm

8 "— done it!"

9 Fleur-de- —

10 "A Nightmare on — Street"

11 Carrere of "True Lies"

12 Illuminator on a dime

13 Advent

14 President on a dime

15 Choose

16 Floral parts

17 Nonsensical

18 Pond wrigglers

19 Lawn stuff

24 Catch on to

29 Baseballer Hershiser

32 Tyrant Amin

33 Light meal

34 Prefix with cycle

35 Burglarize

36 Actor Hugh

37 Artist's stand

38 Amtrak train

39 Fathered

40 Sarcastic

44 Ladies' club policy

45 Target of the Million Mom March, for short

46 What the weary have, in a saying

47 Little cave

48 Chachi player Scott

49 Volcano in Sicily

50 Light meal

55 "Who ya — call?"

57 Colorado tribe

58 Affront, informally

59 Pupil, in Paris

60 Suffragist — B. Wells

62 "My Two Dads" actress

63 Karate teacher

64 Former name of Kazakhstan's capital

68 Prefix with 101-Down

69 Ending for auction

70 Bridge beam

71 Rile

72 "Moneytalks" rock band

73 You, quaintly

74 "The — of the Ancient Mariner"

78 Western lake

79 Leaves

80 Concentrated

82 Put straight

83 Taken eco-friendly

84 Like fillets

85 Movie-archiving org.

89 U2 vocalist

90 Apartment sharer, to a Brit

91 Neat and wholesome

94 Nixing mark

95 High peak

96 For every

97 Old PC screen

98 Trojan hero

101 Birth-related

102 Thrill

103 Swansea locale

104 Stockpile

105 Opposite of day, in Italy

106 Soon to receive, as a treat

107 Fa follower

112 Traffic marker

113 Singer Paul

114 Office helper: Abbr.

116 Iceland-to-Ireland dir.

118 NASA lander

119 Chimp, e.g.

120 Denials

121 Blast creator

122 "Eureka!"

1	2	3	4	5		6	7	8	9	10	11	12	13		14	15	16	17	18	19
20						21									22					
23					24										25					
26					27							28		29			30			
			31	32				33	34	35	36					37				
38	39	40					41							42						
43					44	45						46	47					48	49	50
51				52							53				54		55			
56				57						58	59				60					
61			62				63	64				65					66			
			67				68					69			70	71				
72	73	74				75				76					77			78	79	80
81				82	83					84				85				86		
87							88					89	90				91			
92				93		94				95	96						97			
			98							99							100			
101	102	103					104	105							106	107				
108					109									110			111	112	113	114
115				116			117		118	119	120	121					122			
123							124										125			
126							127										128			

King Crossword

- ACROSS
- 1 Felines

5 Discoverer's call

8 Brewer's kiln

12 Owl call

13 Massage

14 Leg joint

15 Not-so-noble protagonist

17 Rat- —

18 Green sauce

19 Realm

21 Penny

24 Help

25 Persian leader

28 Knitter's need

30 Assoc.

33 Bit of wit

34 Rehab process

35 — chi

36 Even so

37 Slanted type (Abbr.)

38 Darned

39 Hollywood's Lupino

41 Take five

43 Burning

46 Leslie of "Gigi"

50 Songs for one

51 Daughter of Oedipus

54 Mon. follower

55 Half of XIV

56 Send forth

57 Teeny

58 Ecol. watch-dog

59 Pixels

10 Char

11 Head, to Henri

16 Weeding tool

20 Tailless cat

22 Russian refusal

23 Early Mongolian

25 Covert agent

26 Coloration

27 Cuba, Jamaica, etc.

29 Actor's quest

31 Cold and damp

32 Tonic's mixer

34 Actress

Cameron

38 Put on, as a play

40 Dagwood's dog

42 High school subj.

43 Wine region

44 Boxing match

45 Roof overhang

47 Former Dallas QB Tony

48 Taking action

49 Tennis barriers

52 Wee bite

53 Spanish aunt
- DOWN
- 1 Bloke

2 First-rate

3 Youngsters

4 Do needle-work

5 Raw mineral

6 "Ben- —"

7 Slender woodwind

8 Giraffe's kin

9 Poison remedy

101 Birth-related

102 Thrill

103 Swansea locale

104 Stockpile

105 Opposite of day, in Italy

106 Soon to receive, as a treat

107 Fa follower

112 Traffic marker

113 Singer Paul

114 Office helper: Abbr.

116 Iceland-to-Ireland dir.

118 NASA lander

119 Chimp, e.g.

120 Denials

121 Blast creator

122 "Eureka!"

MAGIC MAZE ● INTERSTATE 90 LONGEST INTERSTATE

X G D A X U Y R O L J G D A X  
V S P N (S E A T T L E) K E I D  
F C A X B I L L I N G S N N R  
V S Q O L J B H E C C E A O O  
A X V T R P A N E L D L K S F  
J H F D B Y N C R X E I O I K  
V T R P O O Y M I V T M P D C  
K I G E T D B Y E T T O S A O  
Z X W S U T R L R Q U 2 O M R  
N L O O G A C I H C B 0 J I G  
F B D C G S E T A T S 3 1 A Y

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

- 13 states

3,020 miles

Albany

Billings
- Butte

Chicago

Cleveland

Erie
- Gary

Madison

Rapid City

Rockford
- Seattle

Spokane

Utica





Chicken and Vegetable Fried Rice

photo courtesy Fresh From Florida



**Chicken and Vegetable Fried Rice**  
2 (8 ounce) chicken breasts  
1 bell pepper (any color)  
1 cup cabbage, sliced thin  
2 carrots, sliced thin  
6 mushrooms, sliced thin  
2 cups spinach  
2 eggs  
3 cups cooked rice (brown or white)  
2 green onions, sliced thin  
2 garlic cloves, minced  
2-3 tablespoons low sodium soy sauce or Tamari  
1 teaspoon toasted sesame oil  
3-4 tablespoons olive oil, for cooking  
Chili sauce or sriracha (optional)  
Sea salt and fresh ground pepper, to taste  
Cook rice according to package directions and set aside. Dice the chicken

breasts into 1-inch pieces and store in the refrigerator until ready to cook. Prepare and slice all the vegetables and set aside. Mix soy sauce, sesame oil and garlic and set aside. Preheat a large sauté pan over medium-high heat and add 1 tablespoon of olive oil. Beat two eggs and scramble, set aside. Next, season the diced chicken with salt and pepper and sauté for six minutes or until cooked thoroughly. Remove from pan and set aside. Add another tablespoon of olive oil to the pan and sauté the carrots for one to two minutes. Add the bell peppers and cabbage, season with salt and pepper and cook for additional two minutes. Remove the vegetables and set aside. Using the same pan, add a small amount of olive oil and sauté the mushrooms, green onions and spinach. Add this to the rest of the cooked chicken and vegetables. Lastly, add 1 tablespoon of olive oil to the hot pan and stir-fry the rice until it is slightly crisp, add the scrambled eggs and combine. Pour the soy sauce mixture and stir to combine. Serve chicken and vegetables over fried rice in large bowl.✱

# PETS OF THE WEEK



Cooper ID# A933411 photos provided Lee County Domestic Animal Services

## Cooper And Tesha

Hello, my name is Cooper. I am an 8-year-old male American bully mix. I am a micro bully weighing just 33 pounds... you have to come into the shelter to fully appreciate just how adorable I am. My personality matches my picture. My adoption fee is \$25.  
Hi, I'm Tesha. I am a 2-year-old female domestic shorthair. I am very independent and self-sufficient. I prefer to be an only cat. My adoption fee is \$20 and you get a feline friend at no additional fee.  
Clear The Shelters, NBCUniversal Local's annual nationwide pet adoption and donation campaign, will conclude



Tesha ID# A931836

August 31. Lee County Domestic Animal Services is participating for its fifth year. Clear The Shelter Event Day is Saturday, August 27 when all adoption fees will be waived. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$600 package.  
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

## My Stars ★★★★★ FOR WEEK OF AUGUST 22, 2022

**Aries** (March 21 to April 19)  
A turn in a relationship upsets the amorous Arian, who is puzzled by Cupid's romantic antics. Be patient and considerate. The confusion will soon sort itself out.  
**Taurus** (April 20 to May 20) It's a good time for travel-loving Taureans to take off for fun-filled jaunts to new places. And don't be surprised if Cupid tags along for what could be a very eventful trip.  
**Gemini** (May 21 to June 20) You appear to be of two minds about continuing a relationship that seems to be riding roughshod over your emotions. A frank talk could help you decide one way or the other.  
**Cancer** (June 21 to July 22) Stepping back from a relationship problem provides a fresh perspective on how to deal with it. Meanwhile, watch your words. Something said in anger now could backfire later.  
**Leo** (July 23 to August 22) A changing situation makes the Big Cat uneasy. But hold on until things settle

down in about a week. Meanwhile, continue your good work on that still-unfinished project.  
**Virgo** (August 23 to September 22) A decided improvement in a workplace situation results in an unexpected, but very welcome, added benefit for everyone. Personal relationships also improve.  
**Libra** (September 23 to October 22) Money matters remain a bit unsettled, but soon will ease into the kind of stability you appreciate. Meanwhile, an expanding social life offers a chance to make new friends.  
**Scorpio** (October 23 to November 21) Use an unexpected roadblock in your monetary dealings to reassess your financial plans and make changes, if necessary. It soon will be smooth sailing again.  
**Sagittarius** (November 22 to December 21) Aspects of love are strong for both single and paired Sagittarians. Professional dealings also thrive under the Sag's clever handling of difficult situations.  
**Capricorn** (December 22 to January 19) Set a realistic goal and follow it through to completion. Remember, you're more likely to

impress the right people with one well-done job than with lots of jobs left undone.  
**Aquarius** (January 20 to February 18) You like to plan ahead. That's fine. But, be prepared to make some changes because of an unsettled period that influences your aspects throughout the next week.  
**Pisces** (February 19 to March 20) A brief phase of instability affects your usual work cycle. Use the time to catch up on chores around the house or office. Things will settle down soon after this week.  
**Born This Week:** You love being the center of attention and probably would be a big success in show business.  
**MOMENTS IN TIME**  
• On Sept. 3, 1783, the American Revolution comes to an end when representatives of the United States, Great Britain, Spain and France sign the *Treaty of Paris*. The signing signified America's status as a free nation, as Britain formally recognized the independence of its 13 former American colonies.  
• On Sept. 1, 1850, circus

entrepreneur P.T. Barnum brings to the United States Jenny Lind (The Swedish Nightingale), the greatest opera performer in the world at the time. Her tour is believed to have netted Barnum close to a half-million dollars.  
• On Aug. 31, 1888, Mary Ann Nichols, the first victim of London serial killer "Jack the Ripper," is found murdered in Whitechapel's Buck's Row. On Nov. 7, after a month of silence, Jack took his fifth and last victim, Mary Kelly. In 1892, with no leads found and no more murders recorded, the Jack the Ripper file was closed.  
• On Aug. 29, 1945, President Harry S. Truman authorizes the Navy to seize control of and operate petroleum refineries to counteract strikes by oil workers. Oil, gas and chemical workers had worked hard during the war to meet production demands and now wanted to return to a 40-hour work week. They resented the amount of money oil industry CEOs were making off of their labor while they simultaneously threatened to lower workers' wages after the war.  
• On Sept. 4, 1957, Ford Motor Company unveils the Edsel. One



 <b>FRIDAY</b> Cloudy High: 88 Low: 78	 <b>SATURDAY</b> Mostly Cloudy High: 89 Low: 79	 <b>SUNDAY</b> Few Showers High: 88 Low: 77	 <b>MONDAY</b> Cloudy High: 89 Low: 79	 <b>TUESDAY</b> Cloudy High: 88 Low: 77	 <b>WEDNESDAY</b> Scattered T-storms High: 87 Low: 78	 <b>THURSDAY</b> Few Showers High: 86 Low: 75
--	--	--	---	--	--	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:45 am	6:22 am	1:03 pm	8:07 pm	Fri	1:50 am	6:24 am	12:08 pm	8:09 pm	Fri	2:35 am	7:31 am	1:25 pm	8:36 pm	Fri	4:55 am	9:38 am	3:13 pm	11:23 pm
Sat	2:52 am	7:02 am	1:41 pm	8:32 pm	Sat	1:57 am	7:04 am	12:46 pm	8:34 pm	Sat	2:55 am	8:20 am	2:08 pm	9:09 pm	Sat	5:02 am	10:18 am	3:51 pm	11:48 pm
Sun	2:59 am	7:42 am	2:20 pm	8:54 pm	Sun	2:04 am	7:44 am	1:25 pm	8:56 pm	Sun	3:22 am	9:03 am	2:53 pm	9:40 pm	Sun	5:09 am	10:58 am	4:30 pm	None
Mon	3:11 am	8:25 am	3:01 pm	9:17 pm	Mon	2:16 am	8:27 am	2:06 pm	9:19 pm	Mon	3:48 am	9:40 am	3:42 pm	10:07 pm	Mon	5:21 am	12:10 am	5:11 pm	11:41 am
Tue	3:28 am	9:11 am	3:47 pm	9:40 pm	Tue	2:33 am	9:13 am	2:52 pm	9:42 pm	Tue	4:11 am	10:15 am	4:29 pm	10:33 pm	Tue	5:38 am	12:33 am	5:57 pm	12:27 pm
Wed	3:50 am	10:02 am	4:40 pm	10:04 pm	Wed	2:55 am	10:04 am	3:45 pm	10:06 pm	Wed	4:29 am	10:49 am	5:14 pm	10:56 pm	Wed	6:00 am	12:56 am	6:50 pm	1:18 pm
Thu	4:18 am	11:01 am	5:45 pm	10:26 pm	Thu	3:23 am	11:03 am	4:50 pm	10:28 pm	Thu	4:42 am	11:24 am	5:58 pm	11:17 pm	Thu	6:28 am	1:20 am	7:55 pm	2:17 pm

## PROFESSIONAL DIRECTORY

### CONSTRUCTION/REMODELING

**COOPER**  
CONSTRUCTION  
Custom Homes & Remodeling Specialists  
*We can design, build and manage any endeavor you can dream up.*  
**239.454.5699**  
cooperconstruction@embarqmail.com  
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

### AIR CONDITIONING

**FAST SERVICE | 35 YEARS EXPERIENCE**

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

HVAC SERVICE  
REPLACEMENTS  
APPLIANCE REPAIR  
& DIAGNOSTICS  
COMMERCIAL/RESIDENTIAL

\*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

**WWW.ALLIEDAIR.BIZ | (239) 217-4111**

### TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"

**TREE WEST**  
• Tree Trimming • Tree Removal  
• Stump Grinding  
**239-910-3256**  
info@treewestflorida.com  
www.treewestflorida.com  
P.O. Box 564, Sanibel, FL 33957  
Licensed, insured, workers compensation

### FISHING CHARTER

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



USCG  
Licensed  
& Insured

C: (239) 340-8651  
www.captmattmitchell.com  
email: captmattmitchell@aol.com

### HOME SERVICES

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

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

### FLOORING

**FLOORINGFLA.COM**  
LUXURY VINYL ★ CUSTOM STEPS

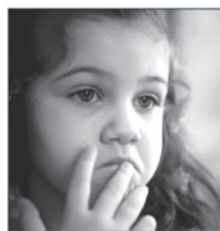
CALL FOR A QUOTE TODAY!  
**904-238-3501**

BEACHES INTERIOR LLC



Would you like to advertise  
your business card  
every week?

Call: 395-1213



**The New Math:**  
**\$1 = \$8**

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

*Thank you for your generosity!*


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

**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA

**Save Our Seagrass**



**Protect manatees:  
Take a break  
from fertilizer**

**savethemanatee.org**  
1-800-432-JOIN (5646)  
Photo © David Schlichte



# Financial Aid Tip Of The Month

Students should keep a close eye on deadlines when applying for student financial aid, according to KHEAA.

As students make their plans for beginning or continuing their postsecondary education, they should try to get all the financial aid they can. To make sure they do so, they need to apply for that aid on a timely basis. Every scholarship or grant they receive will reduce their dependence on student loans.

Here are some helpful student financial aid tips from KHEAA:

File the Free Application for Federal Student Aid (FAFSA) as soon as possible beginning October 1. You must submit the FAFSA to qualify for most state and federal student aid.

Check with the financial aid offices of the schools to which you've applied to determine if they require any forms other than the FAFSA.

Look for scholarships using a free online scholarship search.

Attend any college fairs and financial aid seminars offered in your area. If a company charges a fee for helping with applications, remember that you can do that yourself for free. If you decide to pay for help, make sure the company is reputable by checking with the attorney general's office or the Better Business Bureau in your area, as well as the area where the firm is located.

KHEAA is a public, nonprofit agency established in 1966 to improve students' access to college. It provides information

about financial aid and financial literacy at no cost to students and parents.

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit [kheaa.com](http://kheaa.com).

From page 20

## Moments In Time

reporter called it "an Oldsmobile sucking a lemon." In addition, at highway speeds, the famous hood ornament had a tendency to fly off and into the windshield.

- On Aug. 30, 1967, Thurgood Marshall becomes the first African American to be confirmed as a Supreme Court justice. He would remain on the Supreme Court for 24 years before retiring.

- On Sept. 2, 1987, the trial of Mathias Rust, the 19-year-old pilot who flew his Cessna plane into Red Square in May 1987, begins in Moscow. Rust had become an international celebrity after he flew completely undetected through Soviet airspace. Rust claimed that he was merely trying to promote world peace.

### NOW HERE'S A TIP

- To clean out the drawers of my husband's tool cabinet without disturbing the tools, I tucked a knee-high panty hose leg over my vacuum cleaner wand. Most things stayed put, but the one or two small pieces of hardware that got sucked up were easily retrieved. I also did this on his workbench. I picked up all the dust and shavings along with the stray pieces of hardware. I pulled them

out of the hose leg, and they were in a tidy pile for him to put away. — U.L. in Kansas

- Ripen a green tomato by wrapping it in a sheet of newspaper or placing it in a plain, small paper bag. Leave it on the counter and check it daily until ripe.

- You can keep ice cream from dripping out of the bottom of a cone. All you have to do is just place a small marshmallow or a piece of marshmallow in the bottom of the cone before you fill it with ice cream.

- Our family loves to make our own pizza, and we purchase dough from a pizzeria. On pizza nights, I pick up the dough first thing on the way home from work. I get it close to my work and let it sit in a bowl in the car while I pick up the kids and drive home. It takes about 45 minutes, so it's risen nicely while we've been on the go. — EF in New York

- If you've just purchased an expensive electronic item, take the packaging to a recycling center rather than advertise your purchase by putting the box at the curb. If you aren't able to take it somewhere, cut the box into uniform pieces and bind them together, nonprinted side facing out.

### STRANGE BUT TRUE

- Only two percent of the world's population have green eyes, but they weren't born with them. The hue takes from six months to three years to show up in children.

- Donnie Dunagan, who as a child actor supplied the voice of Disney's Bambi, went on to become a highly decorated major in the U.S. Marines — and kept his movie role a secret for his entire 25-year military career.

- An Australian ground bird known as the lyrebird can mimic just about anything, from a crying baby to machinery.

- About 6,000 years ago, the barren Sahara Desert was actually a lush green forest.

- "Loganamnosis" is a word to describe an obsession with recalling a specific word that has been forgotten.

- Legend has it that Tate's Hell State Park, a 202,000-acre forest/swamp in Florida, got its curious name from a man who was lost in its wilderness and after finally emerging told a passerby, "My name is Cebe Tate, and I just came from hell" before collapsing.

- In 2016, the NFL returned more than \$700,000 of taxpayer money it had been paid by the U.S. Defense Department to honor the military at games.

- A Colombian man died after a parasitic worm that had invaded his gut developed cancer, which in turn spread through the man's body.

### THOUGHT FOR THE DAY

"No pessimist ever discovered the secret of the stars or sailed an uncharted land, or opened a new doorway for the human spirit." — Helen Keller

### TRIVIA TEST

1. **Literature:** What inanimate item does the crocodile swallow in the children's classic *Peter Pan*?
2. **Geography:** Which modern countries make up the ancient land known as Thracia?
3. **General Knowledge:** What is the symbol used in the zodiac sign Libra?

## CLASSIFIED

### VACATION RENTAL



**Cottages To Castles**  
Unique Vacation Rentals  
2427 Periwinkle Way  
Sanibel, FL 33957  
Local: (239) 472-6385  
Toll Free: (800) 472-5385  
Fax: (239) 472-5858  
[www.cottages-to-castles.com](http://www.cottages-to-castles.com)  
1/26 ★ TFN

**Island Vacations**  
Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes •  
Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**  
1/4 ★ TFN

### ANNUAL RENTAL

**RENTING FOR OVER \$1,500?**  
Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.  
[chip@chipwolfe.com](mailto:chip@chipwolfe.com)  
[chipwolfe.com](http://chipwolfe.com)  
239-848-0906  
REMAX OF THE ISLANDS  
6/5 ★ TFN

### RENTAL WANTED

**SIX MONTH WINTER RENTAL WANTED**  
Local tennis pro seeks small one room rental on Sanibel for six months.  
Quiet, with references.  
Call tony at 239-896-6385.  
8/26 ★ TFN

### SERVICES OFFERED

**PROPERTY MANAGER/CARETAKER**  
Professional family seeking long-term position as Property Manager/Caretaker with accommodation on Captiva or Sanibel. Excellent reputation, years of experience and references.  
Please call or text Laura on 407-230-1294.  
8/26 ★ 9/2

**ROGER NODRUFF ELECTRIC**  
Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.  
Call or text Roger 239-707-7203  
State License #13002788  
4/20 ★ TFN

### HELP WANTED

**FULL TIME ASSOCIATE**  
Sanibel Home Furnishings is seeking a full time associate with a passion for sales and design. Are you friendly, enthusiastic, creative, focused, organized and willing to learn? From showroom display and sales to working with clients on decorating projects, we are looking for that team-oriented person who loves color and understands home furnishings and design. Competitive wages with room to grow.  
Email resume to [mysanibelresume@gmail.com](mailto:mysanibelresume@gmail.com)  
8/26 ★ 9/9

**FULL/PART-TIME SALES ASSOCIATE**  
Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.  
Please email a resume to [sanibelsole@gmail.com](mailto:sanibelsole@gmail.com).  
4/22 ★ TFN

### HELP WANTED

**CAREGIVER**  
We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit.  
Contact Lisa 239-395-0153.  
1/21 ★ TFN

**ISLAND PRESCHOOL TEACHERS**  
The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours. Competitive salary. Tolls paid.  
Please call Nita at 239-472-4538.  
10/22 ★ TFN





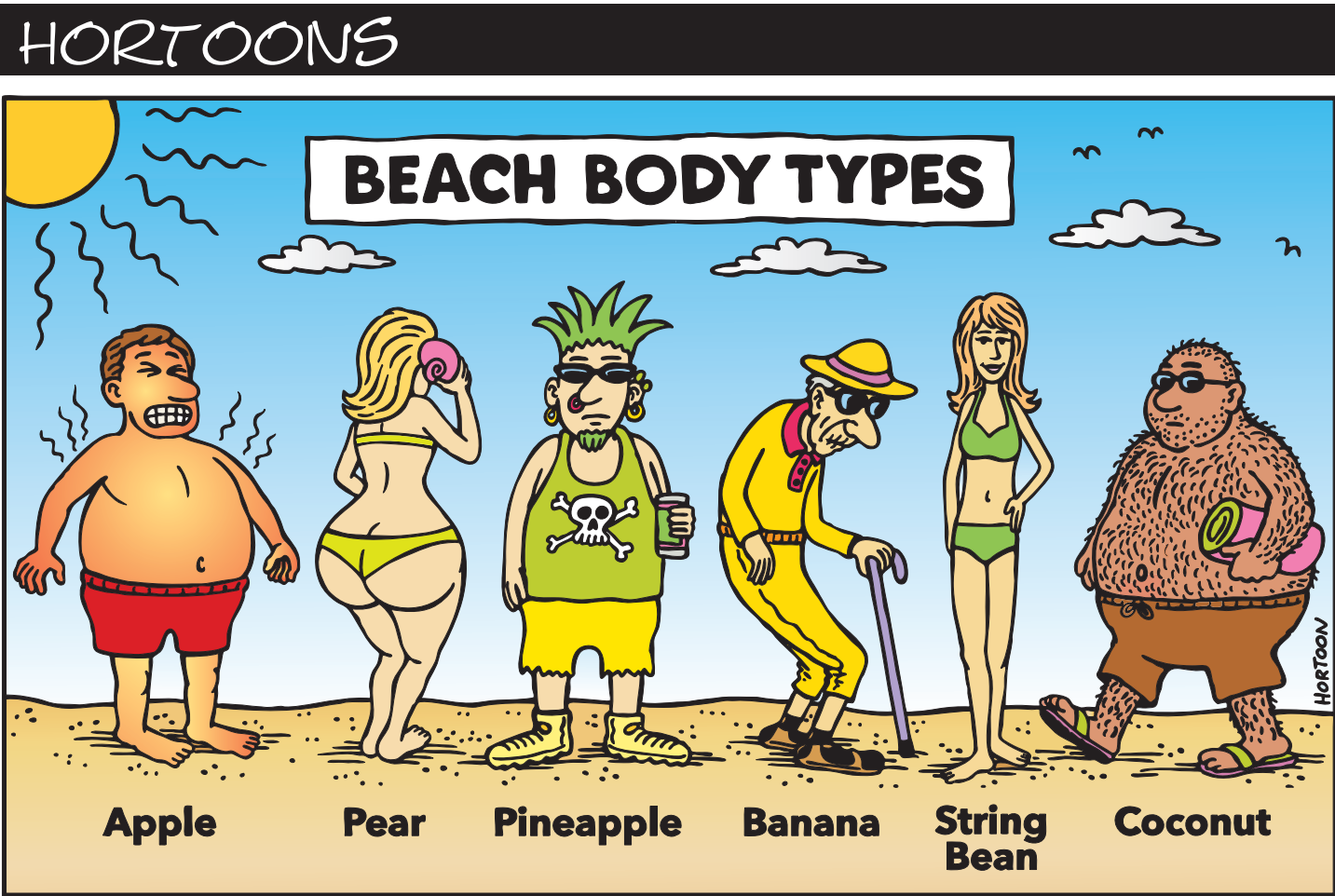
- 4. **Animal Kingdom:** What kind of animal is in the scientific order chiroptera?
- 5. **Medicine:** What is the Latin notation for taking a medication twice a day?
- 6. **Movies:** What is the name of Will Smith's character in *Independence Day*?
- 7. **Food & Drink:** Which flavor is predominant in the liqueur limoncello?
- 8. **Measurements:** What is 10 milligrams equal to in centigrams?
- 9. **Television:** In which decade is *The Goldbergs* sitcom set?
- 10. **Math:** What is the equivalent of the Roman numeral MCMLX?

TRIVIA ANSWERS

1. A clock. 2. Bulgaria, Greece and Turkey. 3. The scales. 4. Bats. 5. b.i.d. (bis in die). 6. Capt. Steven Hiller. 7. Lemon. 8. 1 centigram. 9. 1980s. 10. 1,960.

SCRAMBLERS ANSWER

1. Overt 2. Realm  
3. Field; 4. Urgent  
*Today's Word*  
**FORGET**



PUZZLE ANSWERS

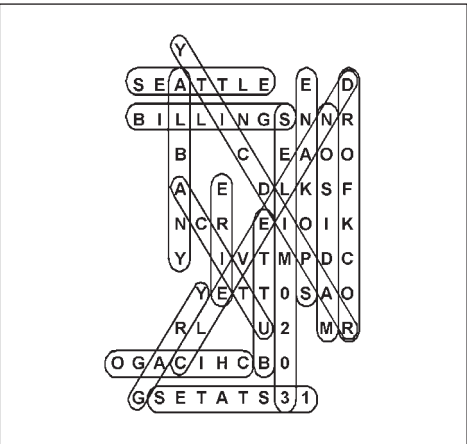
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Shell Harbor	Sanibel	1972	2,302	\$3,250,000	\$3,250,000	28
Sandy Shoals	Bokeelia	2004	3,203	\$2,999,900	\$2,625,000	112
Caloosa Cove	Fort Myers	2003	3,909	\$2,870,000	\$2,400,000	131
Gulf Harbour Yacht & Country Club	Fort Myers	2000	5,713	\$2,999,000	\$2,300,000	82
Intracoastal Harbour	Fort Myers	1999	4,310	\$2,499,000	\$2,287,500	44
Cape Coral	Cape Coral	2017	3,500	\$2,499,000	\$2,265,000	48
Cape Coral	Cape Coral	2007	4,779	\$2,575,000	\$2,200,000	96
Seaspray Subdivision	Sanibel	1986	2,922	\$1,795,000	\$1,650,000	59
Beachview Country Club Estates	Sanibel	1997	2,681	\$1,699,000	\$1,580,000	21
Imperial Shores	Bonita Springs	2021	2,382	\$1,485,000	\$1,485,000	162





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

The New York Times  
Magazine



[WWW.DOCFORDS.COM](http://WWW.DOCFORDS.COM)

**THE ORIGINAL  
YUCATAN SHRIMP!**

Visit Our Sister Location on Ft. Myers Beach  
**The Dixie Fish Co.**

