



Have a relaxing
Labor Day
Weekend

THE RIVER WEEKLY NEWS

FREE
Take Me
Home

VOL. 21, No. 36

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 2, 2022

A Crowd-Pleasing Musical Revue

by Di Saggau

When you put together the talents of Victor Legarreta, choreographer Amy Marie McCleary, music director Loren Strickland and his musicians, and a multi-talented cast of actors, dancers and singers, the result is *Broadway Palm Thru The Decades*. This musical and dance extravaganza is written and directed by Legarreta, and it celebrates the many musicals produced over the years. The show opens Broadway Palms 30th Anniversary Season, and it is a non-stop song and dance extravaganza. There are many stand-out performances.

The entire cast is superb, and they have their moments to shine. They are: Holly Atwood, Cantrella Canady, Ryan Cavanagh, Kiana Raine Cintron, Joshua James Crawford, Caisson Dobson, Sami Doherty, Victor Legarreta, Jeleea Levy, Matt Michael, Nik Olson, Josiah Randolph, Ellie Roddy, Jon Rodriguez, Adriana Michelle Scheer, Emily Song Tyler, Bruce Valle, Eli Van Zanten and Riley Vogel.

As the show opens, Legarreta is a



Full cast of performers in *Broadway Palm Thru The Decades*

photo provided

father telling his son all about Broadway Palm. The night I attended the show, Caisson Dobson played his son. The chemistry between these two is contagious. They even jump on stage for a few numbers.

When I arrived, I ran into owner Will Prather and, during our talk, he told me that the show featured their new video

wall. This feature added a great deal to the production, allowing an appropriate background for every number. There was a huge spinning disco ball for *Saturday Night Fever*, tons of giant cheeseburgers falling down during the *Cheeseburger in Paradise* number from Jimmy Buffett's *Escape To Margaritaville* and scenes of a moving train during the *Rock Island*

number from *Music Man*. It will be fun to see how the creative team uses the equipment in future productions.

You'll hear songs from some of Broadway Palm's greatest hits, including *42nd Street*, *My Fair Lady*, *Joseph and the Amazing Technicolor Dreamcoat*, *South Pacific*, *The King and I* and

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Pottery by Shell Point resident Augusta Crane from the *Imagine That!* exhibit

images provided

Diverse Showing At Shell Point

In partnership with The Village Church at Shell Point Retirement Community, Tribby Arts Center is exhibiting *Unconfined Creativity: Works from the Crossroads Prison Art Project*. The show opens Friday, September 9 and runs through Saturday, October 22.

A collection of more than 100 art pieces created by incarcerated men and women, the *Unconfined Creativity* exhibition features works collected over nearly two decades by Crossroads Prison Ministries, a correspondence Bible study



Glass art by Shell Point resident Michael Armstrong from the *Imagine That!* exhibit

program that serves 29,000 incarcerated men and women annually throughout the United States.

"To create these works, the imprisoned artists used whatever they could find, including discarded paper, thread, string, Styrofoam and more," said Marge Lee, Tribby Arts Center resident curator. "The reward of this exhibition lies in looking beyond artistic merit and medium to see its message: faith and creativity can provide the strength to survive in difficult surroundings and the courage to change the direction of the path that led there."

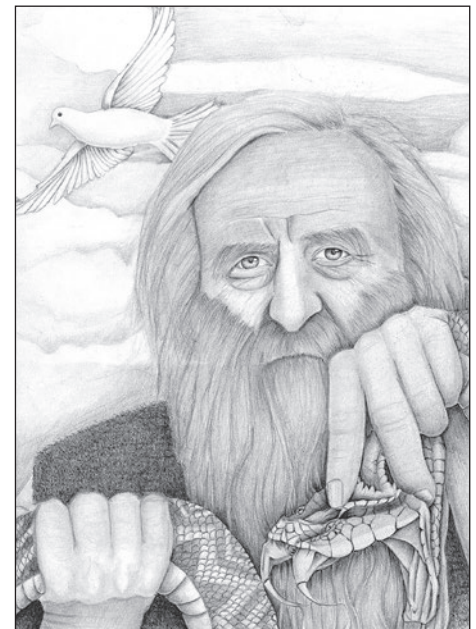
The Crossroads Prison Art Project began more than two decades ago



Forgive by Nick P. from the *Unconfined Creativity* exhibit

after students sent gifts of artwork to the organization in gratitude for the organization's services. The collection grew over the years to include a broad range of mediums and themes. Crossroads shares the work with the public in special showings a few times each year, with the Tribby exhibition being the largest art show in its history.

The Tribby exhibition will also be an opportunity to debut several new pieces



Repent Venomous Brood by Martinez E. from the *Unconfined Creativity* exhibit

highlighting figures from the Bible who were arrested and imprisoned, including Samson, Daniel, Paul, John the Baptist and Jesus.

"Most of these artists began creating art after they were imprisoned and are self-taught," said Lee. "So, the objects in this exhibition range from very simple creative expressions to those that show

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Historic Downtown Fort Myers, Then And Now:

Labor Day, 1925



by Gerri Reaves, PhD

This bird’s-eye view taken from the Franklin Arms Hotel implies that downtown wasn’t particularly busy on Labor Day in 1925, despite the lines of angle-parked cars. In fact, a record-breaking celebration took place that day. Pictured is First Street’s Bradford Block, with the intersection at Jackson (lower right). Prominent in the foreground is the three-story brick Bank of Fort Myers building on the southwest corner of First and Jackson.

Upper right is the downtown riverfront, which at that time not only had two busy working docks at the feet of Jackson and Hendry, but a large packing plant near the foot of Monroe (right center).

Also notable are a few architecture details that have disappeared, such as the triangular pediment of the Heitman Building at First and Jackson and the long balcony on the Bradford Hotel.

But more than architectural details and the riverfront have changed in the 97 years since that boom-time Labor Day.

In 1925, “labor” still had a central role in the day established in its name.

The “working man’s holiday,” as it was dubbed, was established on June 28, 1894, when U.S. President Grover Cleveland signed a bill into law declaring Labor Day a national holiday.

He did so in response to major labor strikes and, some historians theorize, a fear of losing the support of working-class voters.

Generally speaking, Labor Day has evolved into another three-day weekend holiday, with the added punch of being the semi-official end of summer.

But decades ago, the celebration prominently featured unionized workers marching under the banners of their “locals.” Being pro-union was less controversial than it is today after decades of union decline.

On September 7, 1925 in Fort Myers, many businesses were closed, as people kicked off the holiday by turning out for a morning parade in which many trade unionists marched. Some locals participated by sponsoring activities.

Locals and brotherhoods included plasterers and cement finishers; carpenters and joiners; painters, decorators, and paperhangers; electrical workers; typographical workers; cigar-makers; plumbers; and journeymen barbers.

Following the parade, festivities commenced at the Terry Park fairgrounds on Palm Beach Boulevard, where the carpenters’ union hosted a huge noon barbecue.

Other activities at the fairgrounds included a nail-driving and sawing contest, potato race, 110-yard dash, tug-of-war and pie-eating contest. An estimated 3,000 to 4,000 people attended the park events.

In addition, the American Legion sponsored evening boxing matches and, on the downtown waterfront, pleasure boats and yachts docked, further adding to the day’s excitement.

Take a Labor Day stroll downtown and contrast today’s celebration of the day to that of 1925.

Then visit the following two research centers to find out how the city celebrated national holidays way-back-when.

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,



This bird’s-eye view from Franklin Arms Hotel was taken on Labor Day in 1925. The westward view shows the Bradford Block on First Street, as well as the downtown waterfront, which had commercial docks and a packing plant.

photo courtesy Florida State Archive

adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit www.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* and www.nytimes.com.✽

Local Islands Among Top Spots For Snook Fishing

Snook is one of the all-time favorite species of inshore anglers. They are outstanding fighters and make a great meal. To ensure healthy populations, snook season is limited, which makes harvest time even more exciting for anglers.

Snook season opened on September 1. FishingBooker, the largest online platform for finding and booking fishing trips in the U.S., recently released its list of eight top spots for snook fishing in Florida. Sanibel Island and Gasparilla Island made the cut.

FishingBooker notes that Sanibel offers great access to a variety of snook fishing grounds: “This is the main reason it’s on our list of the best spots

for the fall snook opener. The fish you get here might not be the biggest on record, but that’s ok. What Sanibel snook sometimes lack in size, they make up for in numbers.”

For a lot of people, Gasparilla might be synonymous with Boca Grande and tarpon fishing. While that’s true, FishingBooker states that snook have earned their place on the must-catch list of local and visiting fishermen: “This barrier island is surrounded by fantastic fishing waters, and the snook here aren’t shy. They’ll fight you stubbornly for every inch of your line!”

Other than Sanibel and Gasparilla, the top spots for snook fishing in Florida include Port Canaveral, Vero Beach, Jupiter, Dania Beach, the Everglades and Venice.

FishingBooker is the largest platform in the U.S. for connecting anglers and fishing guides, with over 34,000 fishing trips available in more than 1,900 destinations worldwide.✽

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Noted Talent To Perform At Music Festival

Musicians formerly of the rock band Chicago and currently of Earth Wind & Fire will headline a music festival at Riverside Park in Bonita Springs on Saturday, November 19 from 4 to 9 p.m. Organizers plan to take the festival statewide to benefit mental health and suicide prevention.

Kickin' the Blues Music Festival will be headlined by Bill Champlin, Keith Howland and Jeff Coffey, formerly of the hit band Chicago; and John Paris, current member of Earth, Wind & Fire. They will be performing the music that made the groups famous in the 1970s and 1980s with hits such as *25 or 6 to 4*, *Beginnings*, *Saturday in the Park*, *Searchin'*, *Hard Habit to Break*, *Boogie Wonderland* and *Fantasy*.

Music will be continuous throughout the event with other guest performers slated to appear as well.

The inaugural event is being organized by Grounding Wire, a new nonprofit organization founded by Frances and Bret Borshell, a husband and wife team who want to help those struggling with anxiety and mental health disorders.

"Mental health issues are impacting the



From left, Bill Champlin, Keith Howland, Jeff Coffey and John Paris

photo provided

majority of Americans with 70 percent reporting that they have debilitating stress. Suicide is increasing at an alarming rate along with gun violence," said Frances Borshell. "There aren't enough resources to help those in need, especially in Southwest Florida."

Florida has long maintained one of the lowest per capita mental health expenditures in the nation. According to the most recent data from Florida State University, Florida has a per capita mental health services expenditure of \$37.28, giving it a rank of 49th for mental health funding in the U.S.

Mental Health of America recently ranked Florida 48th nationwide on access

to mental health care. It specifically noted that 633,000 Florida adults with mental illness and 116,000 youth with depression had unmet treatment needs.

Funds raised from the concert will be used to provide mental health toolkits to schools and individuals in need. The kits include guidance for active breathing, present mind awareness and meditation, along with access to resources such as interactive content, videos, educational information and other helpful digital content provided by mental health experts.

Borshell said music is a wonderful coping mechanism for individuals with mental health concerns, so a concert was a logical way to provide resources while

listening to great artists.

In addition to music, the festival will include mental health providers who can provide information about mental health resources available. Food trucks, beer, wine and healthy beverages also will be available for sale. A meditation station also will be provided.

Tickets are \$25 for general admission and \$65 for VIP admission. Sponsorships also are available by emailing info@groundingwire.org.

Riverside Park is located at 10450 Reynolds Street in Bonita Springs. For more information and tickets, visit www.groundingwire.org/event-details/kickin-the-blues-music.✱

Town Hall Events With Superintendent

The School District of Lee County will offer two Town Hall events on Thursdays for families and community members: September 8, 5:30 to 7:00 p.m., South Zone, San Carlos Park Elementary, 17282 Lee Road, Fort Myers; and September 15, 5:30 to 7:00 p.m., East Zone, Tortuga Preserve Elementary, 1711 Gunnery Road North, Lehigh Acres.

Come meet Superintendent Dr. Christopher Bernier as he shares his vision, projects and priorities for the district. Parents and community members are encouraged to attend the event that is most convenient to them.

The Town Hall events are also an

opportunity to discuss changes to the student enrollment process and how schools are assigned. The goal is to gather community input to help create a better school choice system for elementary and middle school families.

"I am excited to get out and hold these introductory events to meet as many of our parents and community members as possible," said Bernier. "We also look forward to hearing their ideas for creating a better student enrollment system. Their input is a critical part of the process to improve upon what we have and create a stronger connection between our schools and our communities."

For more information about the Town Hall events and the student enrollment process, visit www.leeschools.net/cms/one.aspx?portalId=676305&pageId=32186600.

Based on the feedback provided at the Town Halls, a draft plan for student

enrollment is expected to be presented to the school board in November. Public comment at the November meeting will

be used to refine the plan before another chance for public comment in December and approval in January.✱



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Fort Myers Art:

Invitational Exhibit Features Works On Paper



by Tom Hall
During the month of September, DAAS Co-op Art Gallery is showcasing an array of artworks created by various Southwest Florida artists who responded

to the gallery's recent invitational call challenging them to create artwork using paper as the main material or surface that imitates or honors the beauty of flowers and/or plants.

Titled The Paper Garden, the exhibition not only features works on paper depicting flowers and plants, but a beautiful and cohesive presentation of work by many of the talented artists who live and work throughout Southwest Florida.

The opening reception is scheduled for 6 to 9:30 p.m. on Friday, September 2 in conjunction with Fort Myers Art Walk. The exhibition will be on display through Sunday, September 25.

DAAS Co-op Art Gallery & Gifts is located within the Butterfly Estates



Artwork in The Paper Garden exhibition at DAAS Co-op Art Gallery
photos courtesy www.artswfl.com

complex at 1815 Fowler Street in Fort Myers. The gallery's business hours are Wednesday to Sunday from 10 a.m. to 3 p.m. For more information, visit www.daascoop.com or call 590-8645.

Female Version Of Classic At Belle Theatre In Cape Coral
The Odd Couple Female Version will be on stage at Belle Theatre in Cape Coral from Friday, September 2 to Sunday, September 11. In this 1985 revision, the leads become Olive Madison and Florence Unger. The former is messy, untidy and completely unconcerned with the state of her apartment. The latter is obsessively



clean, tidy and preoccupied with hygiene.
Can these polar opposites really co-exist as roommates?
Well, when Florence shows up at Olive's apartment after being dumped by her husband, good-hearted Olive invites Flo to move in, neuroses and all.
Not surprisingly, Olive's easy-going outlook on life almost immediately

clashes with Florence's highly strung neurotic tendencies, testing the limits of their friendship. But when Olive organizes a double-date with the Costazuela brothers, their differences come to a head and sparks fly.
Joke for joke, Playwright Neil Simon's female version has more laughs and comedic insights into the difficulties of divorce and the value of real friendship than the all-male version audiences are accustomed to seeing.
But if hilarious one-liners are your jam, you're in for a Bonne Maman cornucopia.
Tyler Young directs this uproariously funny comedy.
The performances will be held at 7:30 p.m. on September 2, 3, 8, 9 and 10, and 2 p.m. on September 3, 4, 10 and 11.
Belle Theatre is located at 2708 Santa Barbara Boulevard in Cape Coral. For tickets, visit <https://temp.thebelletheatre.com/main-stage-season/the-odd-couple-female-version>.
*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.**

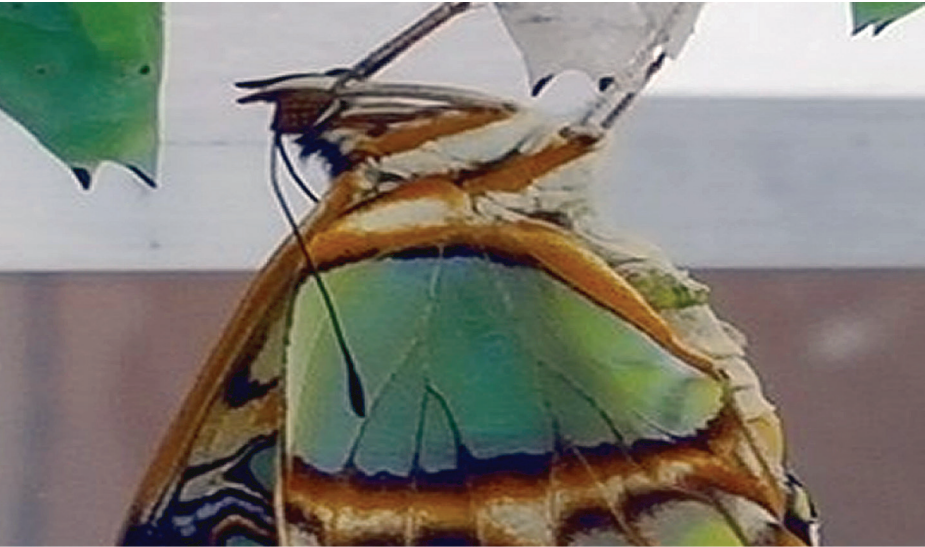
Diverse Showing



The Magi's Gifts, by Nicholas H. from the Unconfined Creativity exhibit
image provided

significant natural ability.”
Eliezer Yeong, the Crossroads Prison Art Project coordinator, is the featured speaker at the Shell Point Academy of Lifelong Learning lecture in Connie Brown Hall in the Tribby Arts Center on Friday, September 9 at 1 p.m. Yeong's presentation is free and open to the public; RSVP is required by calling the box office at 415-5667.
“This opportunity means so much to men and women in our program because it not only showcases their God-given talents in a setting that previously seemed unattainable, but it allows our artists to recognize that they are more than just their prison ID numbers and that their worth is not summarized by the crimes they have committed,” said Yeong.
In addition to the Unconfined Creativity exhibition, Tribby Arts Center will also present, in its Legacy

and Overlook Galleries, Imagine That! Artworks by the Glass and Pottery Studios. This exhibition will be a visual feast as members of the Shell Point Glass and Pottery Studios create and display artworks they have imagined. The exhibition will present nearly 70 works of art produced by the most highly-skilled, experienced artists at Shell Point as well as those created from residents just beginning to learn their artistic skills. All works in this display of three-dimensional objects have been produced in the Glass and Pottery Studios of Tribby Arts Center.
Tribby Arts Center is located at 17281 On Par Boulevard at Shell Point Retirement Community in Fort Myers. For more information, visit www.tribbyartscenter.com or call 415-5667.
For more information on the Crossroads Prison Art Project, visit www.prisonartproject.org.*



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TRIBBY ARTS CENTER OPEN TO THE PUBLIC!

SEPTEMBER EVENTS

EXPLORE SHELL POINT

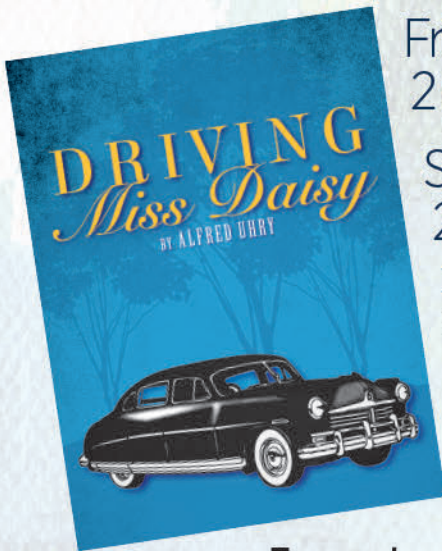


September 13, 21 & 27 • 9:30 a.m.

Discover Shell Point: Presentation & Tour

Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. Admission is free; however, reservations are required by calling (239) 990-2116 and pressing 1 for Sales. FREE

THEATRE



Fri. September 30 •
2 p.m. & 7 p.m.

Sat. October 1 •
2 p.m. & 7 p.m.

Driving Miss Daisy

This modern American classic written by Alfred Uhry tells a hopeful, funny and heartfelt story that explores the transformative power of friendship. Produced and directed by Florida Repertory Theatre. Tickets \$55

CONCERTS

Thur. September 22 • 7 p.m.

Sanibel Duo

Shell Point's Summer Concert Series continues with the Sanibel Duo. Violinist Renata Arado and pianist Erik Entwistle, both Sanibel residents, have been performing together for the past six years. Renata teaches at the Canterbury School and Aspen Music Festival. Erik performs frequently for the Sanibel community and composes music inspired by the natural beauty of our area. Tickets \$40



Erik Entwistle,
Pianist

Renata Arado,
Violinist

IN THE GALLERIES

Through Sat. October 22

Unconfined Creativity:

Works from the Crossroads Prison Art Project

This exhibition of 100 works in the Shell Point Gallery challenges common perceptions of the incarcerated—and invites us to look beyond the art to see the humanity of men and women behind bars. In the Legacy and Overlook Galleries, *Imagine That! Artworks by the Glass and Pottery Studios* present nearly 70 3D works by both experienced and new artists at Shell Point, as well as those created from residents just beginning to learn their artistic skills. 10 a.m. – 3 p.m. Tues. – Sat. FREE



ACADEMY OF LIFELONG LEARNING

Fri. September 9 • 1 p.m.

Unconfined Creativity with Eliezer Yeong

Eliezer Yeong, the Prison Art Project Coordinator from Crossroad Prison Ministry, will discuss the origins of the Crossroads Prison Art Project and introduce artwork from all over the United States. Creativity cannot be confined! Free with RSVP 239-415-5667



To purchase tickets, contact the Tribby Arts Center Box Office at (239) 415-5667

Mon. – Fri. 10 a.m. – 3 p.m. and Sat. 10 a.m. – 12:30 p.m. or visit www.tribbyartscenter.com/boxoffice

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Shell Point is located on the Caloosahatchee River in Fort Myers, just minutes from the islands of Sanibel and Captiva.

Schedules For Lee Operations On Labor Day

Most Lee County administrative operations will be closed Monday, September 5, in observance of Labor Day.

The county’s holiday schedule adjustments are as follows:

Solid Waste – All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs, the Village of Estero and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day for the entire week beginning September 5. This means that if your regular collection day is Monday, the collection truck will pick up that material on Tuesday. Tuesday’s regularly scheduled pickups will occur on Wednesday and so on for the rest of the week through Saturday, September 10. Regular collection schedules resume on Monday, September 12.

The Household Chemical Waste Collection Facility, 6441 Topaz Court, will be closed on Saturday, September 3, but open from 8 a.m. to noon the following Saturday, September 10.

Lee County Solid Waste facilities and offices are closed on Monday, September 5, in observance of the holiday. This includes operations at the Household Chemical Waste Collection Facility, the Resource Recovery Facility on

Buckingham Road and the Lee/Hendry Regional Solid Waste Disposal Facility.

Solid Waste urges all residents to recycle plastic, metal and glass containers from Labor Day weekend activities.

Lee County Utilities – The offices of Lee County Utilities, the Call Center and drive-thru window will be closed on Monday, September 5, in observance of Labor Day. A drop-box is on site at the front door and another accessible via the drive-thru for payments by check.

Libraries – All library locations will be closed on Monday, September 5. Each branch will resume regular operating hours on Tuesday, September 6. The online library is available at www.leelibrary.net/online.

Domestic Animal Services – Animal Services at 5600 Banner Drive in Fort Myers will be open for regularly scheduled hours on Saturday, September 3. Hours are 8 a.m. to 4 p.m. for the Lost & Found Pet Center and 10:30 a.m. to 3:30 p.m. for the Pet Adoption Center. Animal Services will be closed for the holiday on Monday, September 5, but will resume regular business hours on Tuesday, September 6.

LeeTran – LeeTran will not run bus, trolley or paratransit service on the holiday, Monday, September 5. Service resumes Tuesday, September 6. Route schedules and maps are at www.rideleetrans.com.

Parks & Recreation – Lee County Parks & Recreation beaches, parks, preserves, swimming pools and boat ramps are open on Monday, September

5. Recreation centers and administrative offices are closed and reopen on Tuesday, September 6. The county asks park patrons to remember no alcohol is permitted in county parks.

For people who plan to visit the Causeway Island Park, staff reminds them to stay safe and be courteous. Lee County Sheriff’s Office deputies will be enforcing the county’s noise ordinance; please keep music volumes reasonable. No motorized vessels, such as personal watercraft, can be launched from causeway beaches; boat ramps are available on both sides of the causeway. Park hours are dawn until dusk, and deputies and rangers will be enforcing hours for safety. Increased staffing is planned in the interest of safety for all park patrons. Visit www.leeparks.org for more information.*

Peace Day Celebration

The 15th annual SWFL Peace Day Celebration will be held at Wa-Ke-Hatchee Park on Sunday, September 25 from 10 a.m. to 5 p.m. The annual celebration has expanded and extended the spiral and spirit of peace throughout the community, all happening to educate, inspire and promote peace in honor of the International Day of Peace. The SWFL Peace Day Celebration will include food trucks, vendor and artist booths, live music, entertainment

and fun for the whole family and pets. This year’s theme is Transformation. Peace is transformative and comes with understanding through communication. What unites is greater than what divides. For information on becoming a vendor and/or Peace Day sponsor, contact Zachari VanDyne, SWFL Peace Celebrations, at swfl4peace@email.com, or call 560-5224. Wa-Ke-Hatchee Park is located at 16760 Bass Road in Fort Myers. For more information, visit m.facebook.com/events/354271626633888.*

New Hours For Rec Campus

Bay Oaks Recreational Campus has adopted new hours of operation. and its pool has a new feature. New at the Fort Myers Beach (FMB) Community Pool, is an inflatable obstacle course for guests to use on select dates. The course has a tunnel for swimmers to either go through or climb, a trampoline and a slide. The course will be set up on these dates: August 26 to September 5; September 26 to October 2; October 24 to 30; November 21 to 27; and December 26 to January 2. Bay Oaks is located at 2731 Oak Street and the pool is located at 2600 Oak Street. For more information and hours of operations, visit www.fortmyersbeachfl.gov/1071/bay-oaks-recreational-campus call the office at 765-4222.*

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, 2756 McGregor Boulevard, 226-0900.
ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.
ANNUNCIATION GREEK ORTHODOX
Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.
BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.
BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.
CHABAD LUBAVITCH ORTHODOX
Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.
CHAPEL OF CYPRESS COVE
Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.
CHAVURAT SHALOM
Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.
CHURCH OF THE CROSS
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.
COVENANT PRESBYTERIAN
Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.
CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [\[crownoflifelutheran.com\]\(http://crownoflifelutheran.com\). 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.](http://www.</p></div><div data-bbox=)

LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.
NEW HOPE PRESBYTERIAN
Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.
REDEEMER LUTHERAN
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.
RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.
SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.
SAINT COLUMBKILLE CATHOLIC
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.
ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.
SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.
SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonast

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, 16225 Winkler Road, 433-0018.
TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
THE FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.
THOMAS A. EDISON CONGREGATIONAL
Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.
UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.
WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.
WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.
ZION LUTHERAN
Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.
*Email changes to press@islandsunnews.com or call 395-1213.**



Queen caterpillars need native milkweeds
photos by Gerri Reaves

Plant Smart

Little, But Just As Wild

by Gerri Reaves

You don't have to visit a park or preserve to see wildlife. Create a natural garden by planting species that wildlife need, and take a break from rigid pruning and mowing regimes.

Think of it as a small sanctuary – even a few square feet – for animals, where a little messiness gives them a survival advantage.

Many gardeners work assiduously to



Keep your eyes peeled for the broadhead skink on trees and in debris

attract butterflies and birds, but there are other fascinating species that might appreciate the same environment, such as rabbits, skinks and moths.

If you want to attract native butterflies, you can't go wrong with passionflowers, specifically, corkystem (*Passiflora suberosa*) and purple passionflower (*Passiflora incarnata*).

These easy-to-grow species are host plants for the zebra longwing, Julia and gulf fritillary butterflies, and are nectar plants for others.

Host plants give you the chance to watch magic of the entire life cycle, from egg to larvae, chrysalis to emerging butterfly. Plant native milkweeds, and



A marsh rabbit appreciates cover and nibbles

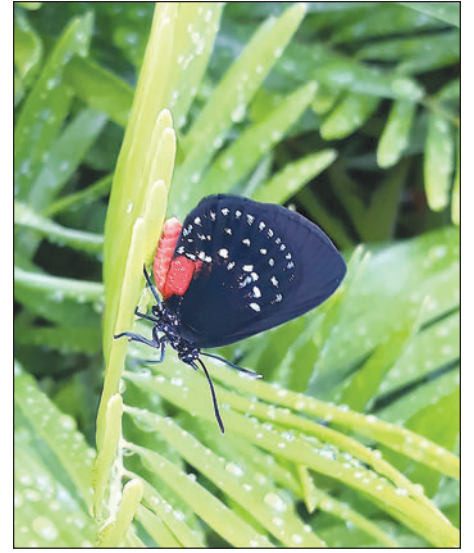
you might see the dramatic caterpillars of monarch, queen and soldier butterflies.

Coontie, or zamia (*Zamia pumila*), might bring the stunning Atala hairstreak to your yard. Decades ago, the atala was nearing extinction, but the widespread planting of that host has greatly increased populations.

One of the easiest ways to create a butterfly "pantry" is to allow many of the native volunteer wildflowers that are often called "weeds" to thrive.

The great southern and checkered white butterflies, for instance, need poor-man's pepper (*Lepidium virginicum*).

A few other desirable so-called weeds



Plant native coontie, and the tiny atala hairstreak butterfly might claim a new neighborhood

are beggarticks (*Bidens alba*), cheesytos (*Stylosanthes hamata*), Florida pellitory (*Parietaria floridana*) and common fanpetals (*Sida acuta*).

Don't overlook ubiquitous species such as lizards, skinks and moths.

Moths need essentially the same things as butterflies and are just as interesting to study.

When a marsh rabbit visits your yard for green nibbles and some cover, you'll know you've succeeded in creating a little sanctuary in a world that holds countless threats for small animals.

Plant Smart explores the diverse flora of South Florida.✱

Input Sought On Gopher Tortoise Guidelines

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking public input on draft revisions to the Gopher Tortoise Permitting Guidelines.

The goal of the proposed revisions is to better protect gopher tortoises by incentivizing relocations to protected recipient sites, clearly defining roles and responsibilities in the relocation process, and clarifying other provisions in the guidelines. Key revisions and

information included in the guidelines will be presented at a public webinar on Wednesday, September 14 from 3 to 4:30 p.m. Participants will have the opportunity to ask questions. Written comments will be accepted until September 23.

The gopher tortoise is a state-listed threatened species. The Gopher Tortoise Management Plan and associated guidelines provide the management framework for gopher tortoise conservation in Florida. Gopher Tortoise Permitting Guidelines clarify protections, outline activities where permits are needed, provide methods and qualifications for individuals conducting gopher tortoise relocation and outline

requirements for sites that receive gopher tortoises. The initial guidelines were approved in 2008 and several revisions over the years have allowed for continued improvement in the permitting process and in conservation for the species.

For more information on the draft guidelines, instructions on how to join the webinars and a link to the

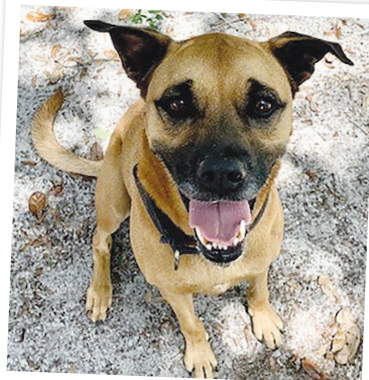
comment survey, visit www.myfwc.com/gophertortoise. A PDF copy of the presentation will be posted on the website following the webinar.

Individuals who would like to comment but are unable to do so in the specified timeframe or prefer an alternate format in which to comment should contact katherine.richardson@myfwc.com.✱

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Dodging Morning Coastal Showers



by Capt. Matt Mitchell
With this being one of the slower times of the year on the water, I have really liked having what has seemed like the whole bay to myself. Big morning incoming tides gave

us lots of options, though catching food fish for clients has been the trend. The many mangrove creek systems of the sound have all been hard to beat for both mangrove snapper and trout. Once the dinner requests of my clients have been met, we have quickly switched it up to catch-and-release snook fishing.
 Oyster bar fishing during the strong incoming tide has been outstanding throughout the sound. These bars are a big transition for snook. The key to this has been keeping the shiners moving while working them through the many sand holes around these bars. With many of these places extremely shallow, this method not only keeps the bait from hanging in the bottom, but also triggers the reaction strike snook cannot resist. The many bars around Buck Key and also out from Pineland have been hard to beat.
 When setting up on an oyster bar, boat position is everything. You want to set the boat up just close enough so you can



Paul from Minnesota with his first snook caught while fishing with Capt. Matt Mitchell this week photo provided

reach the edges of the bar with a long, downwind cast. Keeping the tip of the rod high on a stop-and-go retrieve will help keep the bait out of the grass bottom and make it flutter. Look for jumping mullet on the bars to show which ones will be most productive. While fishing these same bars, catching redfish has become more and more common as we slowly approach fall.
 Of all the weather patterns we deal with out on the water, I don't think there is anything tougher to forecast or predict

than when we get into that morning coastal shower pattern. This proved true this week with storms popping up and exploding right on top of us. These storms proved just about impossible to avoid, even after we watched the weather radar on the phone. Other days, we would race back at the dock due to lightning and heavy rains only to find the storm break up or never arrive once we return to the dock. It's always better to air on the side of caution with these often fast-moving unpredictable

storms. Any time I see lightning while out on the water, it's time to get somewhere safe.
 Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.✪

LCEC Fishing Tournament

The 2022 Lee County Electric Cooperative 26th annual Fishing Tournament for United Way will begin at D&D Matlacha Bait and Tackle on Saturday, September 10 with an honor start at 7 a.m. Final photos must be submitted by 3 p.m.
 A mandatory captains' meeting will begin Friday, September 9 at 5:30 p.m. to review rules and pick up team bags. Cash and prizes will be awarded on tournament day, in addition to a silent auction, raffles and food. Download the FishDonkey app through the App Store to register your team.
 D&D Matlacha Bait and Tackle is located at 3922 Pine Island Road NW in Matlacha. For more information, visit uw.lcec.net/sitepages/fish.aspx or www.facebook.com/lcecfish.✪

From page 1 Musical Revue

Cabaret. They even did the *Brush Up Your Shakespeare* number from *Kiss Me Kate*. Talk about memories... I was in that show at the Omaha Community Playhouse more years back than I care to tell. There are many spectacular solo numbers as well as full cast numbers. And the dancing is incredible. I loved *Fernando's Hideaway* from *Pajama Game* and the cast really goes all out for *Kinky Boots* and *The Full Monty*. The costumes are also outstanding. This show is bound to be a season favorite.
Broadway Palm Thru The Decades runs through Saturday, October 1 and it is a show that will please everyone who loves musical productions. Do yourself a favor and call now for tickets. They can be reserved by calling 278-4422, by visiting www.broadwaypalm.com or by stopping by the box office at 1380 Colonial Boulevard in Fort Myers.✪

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Osprey

by Bob Petcher



The osprey (*Pandion haliaetus*) has some similar features to an eagle, but there's no denying that there are distinctions that set each raptor apart. The osprey

is smaller in size, has a short black beak instead of a large yellow one, has grayish feet instead of yellow talons and lives in nesting platforms by the open water instead of trees.

While both birds of prey have an affinity to fish, it is the osprey that folks called a sea hawk, river hawk and a fish hawk at various times. These raptors are different because of their reversible outer toe that allows them to grasp with two toes in front and two behind. Barbed pads on the soles of their feet also help them grip slippery fish.

At CROW, an adult male osprey was admitted after being found in the water unable to fly near the Sanibel Causeway. This bird was lucky enough to have been rescued by a Jet Ski rider. Once examined, veterinarians found and x-rays confirmed a right ulna fracture, an injury that grounds a bird due to its relation to flight muscles and



Patient #22-4224 remains grounded and bandaged after suffering a right ulna fracture

photo by Haillie Mesics

secondary flight feathers.

"An ulna fracture is a very common injury. We see them in all sizes of birds," said Dr. Melanie Pearson, CROW veterinary medicine intern. "We are treating a northern mockingbird with an ulna fracture right now too."

The break was able to be stabilized externally using a wrapping to limit movement.

"External stabilization means

stabilization without surgery. Sometimes a splint is used, but in this case, we used a technique called a figure-eight wrap," said Dr. Pearson. "The wing is completely flexed and bandages are wrapped around it in a figure-eight pattern. The other bones of the wing act as splints to keep the middle bone (the ulna) straight."

During his time at the clinic, the patient's bandages will be changed

every three days, and physical therapy (PT) on the injured wing will be performed, according to Dr. Pearson. He will continue to receive supportive care and bandage changes as he recovers.

"We coordinate bandage changes with the physical therapy, since we need the bandage to be off in order to do the PT," she said. "We typically estimate four to six weeks for an ulna fracture to heal, depending on the size of the bird and the location and severity of the fracture. We will keep the bandage on for the majority of that time, and once the fracture is stable enough to take the bandage off, the patient will be on cage rest until it is fully healed."

Once the wing is fully functional, the osprey will be moved outdoors for exercise.

"After the fracture is fully healed, we will flight test the patient in an outdoor aviary. It will be at least another two to four weeks before we expect to flight test him," said Dr. Pearson. "Once we are confident that he is comfortable flying and off all of his medications, he can be released."

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

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Hefty Gain In Conservation Land For Florida

On August 23, Gov. Ron DeSantis and the Florida Cabinet invested more than \$56 million to acquire seven properties across the state that will be designated for conservation. The seven parcels total nearly 20,000 acres, more than 98 percent of which are within the Florida Wildlife Corridor, a recently designated network of connected lands that are crucial for wildlife habitat.

“Acquiring lands for conservation and recreation is a top priority for my administration,” said Gov. DeSantis. “Conservation of these key properties will forever benefit water quality, rare wildlife habitats and corridor linkages, as well as support Florida’s ever-growing economy.”

“We are grateful to Governor DeSantis and the Cabinet for supporting these acquisitions,” said Department of Environmental Protection (DEP) Secretary Shawn Hamilton. “These projects will provide protection to imperiled species and connectivity for recreational and wildlife corridors and will support the preservation of Florida’s natural

landscapes for future generations. We also appreciate our many agency and community partners who helped to make these projects possible.”

Details on the acquisitions include:

- The addition of 768 acres within the Wolfe Creek Florida Forever Project in Santa Rosa County, which is part of an ongoing strategic partnership between federal, state, local and private entities. This acquisition expands public recreational opportunities and provides a corridor between Blackwater River State Forest and other state-owned conservation lands near Whiting Field Naval Air Station. This property will be managed by the Florida Forest Service as an addition to Blackwater River State Forest.

Since 2010, the state has acquired nearly 11,000 acres within the Wolfe Creek Florida Forever project, and the August 23 approval will achieve substantial completion.

This property is within the Florida Wildlife Corridor.

- A 376-acre property within the St. Joe Timberland Florida Forever Project in Franklin County will be managed by the Florida Forest Service as an addition to Tate’s Hell State Forest.

The parcel will expand Tate’s Hell State Forest and will create access for

wildlife to nearly two miles of streams that flow into the East Bay. It also features well-maintained forest cover along with a diverse habitat for native wildlife including the red-cockaded woodpecker, a federally recognized endangered species.

- A conservation easement will cover 11,958 acres within the Horse Creek Ranch Florida Forever Project in DeSoto and Hardee counties. The Southwest Florida Water Management District is purchasing a conservation easement over Carlton Horse Creek Ranch’s remaining acreage, which will bring the total easement acreage to more than 16,000. The property is located in the Peace River Basin and will help to ensure the continued protection of the area’s drinking water supply. It also supports the area’s tourism industry and local commercial and sport fishing industry.

This property is within the Florida Wildlife Corridor.

- Conservation easements of 3,634 and 615 acres within the Kissimmee-St. Johns River Connector Florida Forever Project will create habitat and hydrological connections in Okeechobee County. These easements, near Kissimmee Prairie Preserve State Park, are part of a key region of the Northern Everglades Headwaters National Wildlife Refuge and Conservation Area and will benefit native, imperiled Florida wildlife such as

the grasshopper sparrow, sandhill crane, mottled duck, wood stork and crested caracara.

These properties are within the Florida Wildlife Corridor.

- A conservation easement of 1,882 acres within the Fisheating Creek Ecosystem Florida Forever Project in Highlands County was acquired through the Florida Forest Service’s Rural and Family Lands Protection Program. This property is also located within the Buck Island Ranch Rural and Family Lands Protection Program project. Following the acquisition of this property, 67 percent of Buck Island Ranch’s total acreage will have been designated for conservation.

This property is within the Florida Wildlife Corridor.

- The final conservation easement covers 663 acres within the Lake Wales Ridge Florida Forever Project in Highlands County and was acquired through the Florida Forest Service’s Rural and Family Lands Protection Program. This property is adjacent to several conservation lands, including the Archbold Biological Station, Fisheating Creek/Smoak Groves conservation easement and Fisheating Creek/Lykes Brothers conservation easement.

This property is within the Florida Wildlife Corridor.✧



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Exercise Program Instructor Courses

The Area Agency on Aging for Southwest Florida (AAASWFL) is seeking dedicated individuals to become certified Arthritis Foundation Exercise Program instructors and volunteers to lead workshops in their local and surrounding communities.

Certification courses are led by the Aquatic Exercise Association (AEA) and take place online. Cost of certification is covered by AAASWFL with a volunteer commitment to lead Arthritis Foundation Exercise Program workshops on behalf of AAASWFL. Instructors must be comfortable with leading older adults in a class setting, have the capacity to demonstrate as well as teach low-impact exercises that are targeted for adults ages 60 and older that have been diagnosed with arthritis or chronic pain, and reside within AAASWFL’s service area that includes Charlotte, Collier, Desoto, Lee, Hendry, Glades and Sarasota counties.

The Aquatic Exercise Association is a nonprofit educational organization

committed to the advancement of fitness, health and wellness worldwide. The Arthritis Foundation Exercise program was designed to reduce arthritis pain and stiffness, build muscle around the joints, increase energy and helps prevent other health problems. The program consists of gentle activities to help increase joint flexibility, range of motion and overall stamina, and maintain muscle strength.

To become a certified Arthritis Foundation Exercise Program instructor, contact Liliana Hernandez, AAASWFL’s health and wellness specialist, at workshops@aaaswfl.org or 652-6915.✧

Local Named To Golf Team

Ethan Craddock of Fort Myers has been named to the roster of the Bob Jones University golf team’s for the 2022-23 season. Craddock is a freshman majoring in business administration.

The Bruins men’s golf team is ready to begin its 10th season as an intercollegiate program after finishing fifth overall at the NCCAA national tournament last fall.✧

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FPL Drone Launch Creates History

Florida Power & Light Company (FPL) recently launched the first-ever commercial uncrewed fixed-wing drone, of this scale, used outside of a Federal Aviation Association (FAA) test site for research and development.

FPLAir One, as it's called, is capable of flying from South Florida to North Florida to the panhandle and back, all on a single flight, capturing high-quality images and videos of FPL infrastructure. This helps crews identify potential issues before an outage occurs and quickly provides crews with critical information to get the lights back on following severe weather.

Trained pilots from the company's FPLAir Mobile Command Center and Distribution Control Center in West Palm Beach remotely operate FPLAir One. The drone can fly in tropical storm force winds, even before lineworkers are able to safely begin restoring power, gathering real-time information and identifying the causes of outages. This allows FPL to get the right crews and the right equipment to the right place, speeding restoration efforts.

FPL expects the drone will also improve service reliability in day-to-day operations. FPLAir One is equipped with innovative technology that can reveal issues with FPL equipment that are undetectable to the naked eye. LiDAR technology can create a digital twin of FPL infrastructure, accurate to the centimeter and detect changes in heat on the equipment, which may help crews take actions to prevent an outage. FPLAir One can also identify the health and species



FPLAir One in flight photo provided

of vegetation, which is one of the leading causes of outages, and help crews keep it away from equipment, as well as detect other aircraft.

FPLAir One is the latest part of the company's ever-growing drone fleet. FPL first began using drones operationally in 2016 and, in 2021, conducted 120,000 flights. For perspective, Palm Beach International Airport had around 160,000 take offs and landings in 2021. Following Hurricane Irma in 2017, the company conducted 1,325 flights immediately after the storm, capturing more than 12,000 pictures and videos that assisted crews with restoration. ✨

For more information about NextEra Energy companies, visit www.nexteraenergy.com, www.fpl.com and www.nexteraenergyresources.com. ✨

Local Media To Reveal Secrets At Chamber Event

Several prominent media figures will share their secrets during the Above Board Chamber of Florida's upcoming How to Get Discovered by the Media event at Crowne Plaza Bell Tower on Thursday, September 8 from 11 a.m. to 1:30 p.m.

Attendees will have an opportunity to ask questions and interact with local media personalities. There will also be thousands of dollars' worth of media and other prizes awarded to members in attendance. Guests are welcome, but only members are eligible to win.

Chelsea Castoria, digital marketing director at CONRIC PR & Marketing, will moderate the following media panel: Shari Armstrong, anchor/reporter at Fox 4; Peter Busch, evening anchor at NBC 2; Paul Lodato, general manager at Christian Television Network; AJ Lurie, vice president and marketing manager of Operations at Beasley Media Group; Steve McQuilkin, regional editor of business and environment at *The News-Press*; Andres Felipe Paz, publisher of *Todos Magazine*; Eric Raddatz – editor/artistic director of *Florida Weekly* Fort Myers edition; and Laurie Ragle, advertising director of

Breeze Newspapers.

Cost to attend the luncheon is \$40 for chamber members and \$45 for non-members. Sponsors for the event are Lake Michigan Credit Union, CONRIC PR & Marketing, E. Sue Huff & Associates and Chapman Insurance Group.

Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. To register, visit www.aboveboardchamber.com or call Above Board Chamber CEO Jeanne Sweeney at 910-7426. ✨

New Airline Non-Stop Routes

Avelo Airlines have announced three new routes from Fort Myers via Southwest Florida International Airport (RSW): Raleigh/Durham, North Carolina; Kalamazoo, Michigan; and Lansing, Michigan.

The new routes will operate on Boeing Next-Generation 737 aircraft, with Raleigh-Durham beginning on November 10, and Kalamazoo and Lansing beginning on November 11. These routes will bring Avelo's total number of cities from RSW to four, joining Connecticut's most convenient airport – Tweed-New Haven Airport (HVN).

For more information and to view introductory one-way fares from RSW, visit www.aveloair.com. ✨



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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

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Book Review

The It Girl

by Di Saggau

The *It Girl* is another one of those unputdownable mysteries from best-selling author Ruth Ware. Hannah arrives at Oxford feeling in awe that she's sharing space of

learning with the wealthy. The first person she meets is her roommate April Clarke-Cliveden, a bright, vivacious girl who pulls Hannah into her world. Their close friends are Will, Hugh, Ryan and Emily. By the end of their second term, April is dead.

Now 10 years later, after finding her roommate's dead body in front of the fireplace in their room, Hannah struggles with the realization that she may have helped send the wrong man to prison. She learns that John Neville, a porter at the school, has died. He has always claimed his innocence, but Hannah's testimony at trial helped send him to prison. Did she send the wrong man? She is determined to find out.

Ware divides the novel into two alternating timelines, "before" and "after" chapters, with the narrative of Hannah's college experience unfolding parallel to events of her life a decade later. She is married to Will

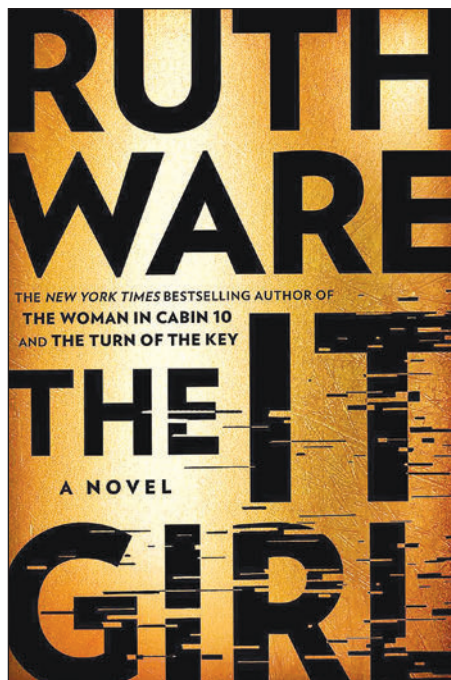


image provided

and pregnant with their first child. A reporter contacts her, one who thinks Neville might actually have been innocent. Hannah is determined to find out the truth as she jumps back into the past to try and figure out what really happened that fateful night.

Despite Will's objections, Hannah seeks out Hugh, Emily and Ryan to pick through their memories of what they remember about their year together. Their memories make Hannah question everything she thought she knew

about April. Her obsession with finding out what really happened begins to negatively impact both her health and her marriage.

The It Girl is a satisfying thriller and, when the pieces finally come together, they make perfect sense. It's quite possible you'll have assumed a different person killed April at least twice before the truth is revealed.✱

School Smart



by Shelley M. Gregg, NCSPP

Dear Shelley, My daughter is now in middle school and is having more difficulty with the higher academic and social demands of her new school

setting. She's becoming frustrated and emotional so much more quickly than ever before. I know part of this is becoming a tween as well. Can you suggest a strategy that might be easily put into place so she can calm down quickly and reduce her frustrations?

Jodie W, Fort Myers

Jodie,

As children move into different academic and social settings, it often takes a bit of extra time to adjust and feel comfortable with all the new demands she's experiencing. There are strategies, however, that she can use easily and discreetly that may help her to reduce her frustrations and keep her "cool."

First, your daughter needs to pay attention to any physical cues that indicate frustration such as excessive body movements, sighing, tightness of breath and feelings of anger or sadness growing. As she learns to listen to the cues, she should learn to take a few moments to compose herself. While there are many strategies that she

can use to help herself like journaling, meditating, exercising and deep breathing, these strategies are difficult to use for immediate relief.

Grounding is an immediate and effective way to calm anxiety. With grounding, you identify objects around you to help your brain recognize where you are. This creates a sense of comfort because you know where you are, and you feel more in control of the situation.

Here are some grounding questions, based on the five senses, that are easy to remember and can be used anywhere to increase feelings of well-being and self-control.

What's one thing you can see right now that's blue?

Can you describe all the details you notice about that object?

What is one smell you can detect right now? Can you describe what the smell is like and how you feel about it?

What's something you can hear that's close by? What about something that's far away?

Can you taste anything right now? What are some details of that taste that you notice?

What are the sensations that you notice on your skin? Is it warm or cool? Where can you feel your clothes or other surfaces touching your skin?

Practice using these questions with your daughter. Show her how easy it is to stop for a moment, take a breath, reflect on these questions and regain some composure. However, if her anxiety continues and increases, it might be helpful to speak with the school counselor or her doctor.

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

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL
ROBIN C. TUTHILL, EDITORAvailable at
www.Amazon.com
www.OutSkirtsPress.com

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

Symphony Music Director To Be Honored

Southwest Florida Symphony Society's newly appointed Music Director Maestro Radu Paponiu will be the guest of honor at the first luncheon of the 62nd season at Heritage Palms Golf & Country Club on Friday, September at 11:30 a.m. The event is open to the public.

Registration deadline is September 2, and reservations can be made by calling 666-1230 and leaving a message on the reservation line. Cost to attend is \$25 per person if paid by cash or check and \$26 if paid by credit card. Payment is collected at the door. This is a price fixe lunch of pecan chicken salad with berries, and an apple blossom for dessert. A vegetarian option is also available if specified at the time of reservation. Additional luncheons will be

hosted on the first Friday of each month at different venues throughout Lee County through April 2023.

For more than 50 years, the Southwest Florida Symphony Society has existed as the symphony's all-volunteer auxiliary fundraising arm. Each year, society volunteers put in nearly 20,000 hours and donate between \$20,000 and \$100,000 to the symphony. The society provides concert ambassadors, staff services at the symphony office and housing for musicians, as well as hosting a wide range of special fundraising projects with all proceeds going directly to benefit the orchestra. Additionally, the society helps support the Southwest Florida Symphony Youth Orchestra and manages several music scholarship competitions for the benefit of young music students.

To learn more about the Southwest Florida Symphony Society or apply to join, visit www.swflso.org/symphony-society.✱



The exterior of the City of Fort Myers Fire Station

photo provided

Construction Completed For Fire Station 17

Stevens Construction has completed construction of Fire Station 17 for the City of Fort Myers, announced Dan Adams, vice president/principal of Stevens Construction, Inc.

Situated on 2.76 acres, Fire Station 17 is a 12,597-square-foot building with a 2,585-square-foot storage facility. The new station houses accommodations for on-duty firefighters, a physical fitness facility, community room and administration. Fire Station 17 also includes a kitchen, classrooms, decontamination room, onsite diesel and gasoline fuel distribution and a

second-story fire training room.

Located at 11030 Ben C. Pratt Six Mile Cypress Parkway, Fire Station 17 serves the growing areas south of Colonial Boulevard and portions of I-75, which will, in some cases, cut response time in half. Built to serve as an additional safe haven for essential service operations, the facility was built to withstand severe weather, flooding and other disasters.

Stevens Construction provided 12 months of preconstruction services, working closely with the City of Fort Myers and the design team to identify almost \$500,000 in approved cost-savings suggestions.

The Stevens Construction team includes project manager, Alan Bennett; superintendent, Jeff Hollis; and project administrator, Gina Ferentini. BSSW Architects is the architect of record.✱

School District To Hold Vendor Open House

The School District of Lee County is hosting its 4th annual Vendor Open House in the Caloosahatchee Room of the Lee County Public Education Center on Tuesday, September 27 from 9 a.m. to noon. The open house is an opportunity for interested businesses to learn how to

do business with the school district.

For construction bids, the open house includes a “match making” session for large/prime contractors who have been awarded district major construction projects to meet smaller subcontractors who may bid on work directly with the prime contractors. These connections will help local talent increase their partnerships and business opportunities.

For goods and services, businesses can:

Learn about the goods and services

the district procures;

Learn how to register and bid on district contracts;

Learn how to monitor bidding opportunities; and

Learn how to submit bids that comply with district bidding requirements.

District staff from multiple departments will be available to meet potential suppliers and contractors to strengthen current connections or make new ones. The end result should help

increase competition for district work and expand opportunities for local businesses.

The Lee County Public Education Center is located at 2855 Colonial Boulevard in Fort Myers. Business representatives who wish to attend are asked to register online. Interested businesses can also learn more about the procurement process and open house at www.leeschools.net/our_district/departments/business_services/procurement_services.✱

New Video On Red Tide

As part of an ongoing education effort on red tide research, The Florida Fish and Wildlife Research Institute (FWRI) recently created an animated video on red tide in Florida’s marine and estuarine waters. This video is intended for residents and visitors and covers three main topics:

What is red tide?

Is red tide dangerous to humans?

How do we track red tide?

Available as a single video or as three shorter stand-alone videos focused on each topic, these easy-to-access resources can be readily shared to help provide critical education leading up to and during red tide events.

The video is intended for a variety of audiences, from vacationers with little knowledge of red tide to long-time residents who wish to know more about

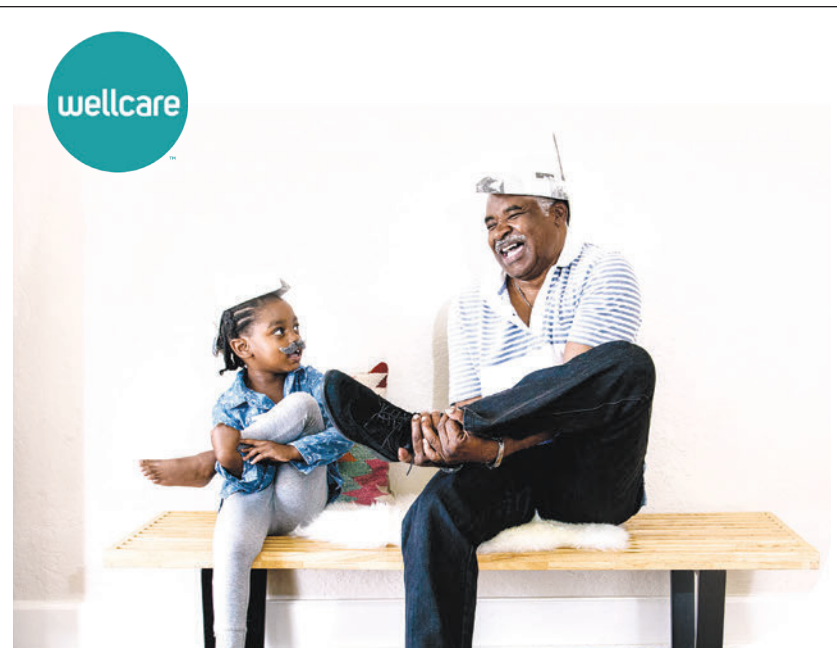
the phenomenon and how it’s tracked.

“Historically, red tide shows up during summer or fall on the Gulf Coast of Florida, so it’s important for citizens to stay aware and educated,” said Dr. Katherine Hubbard, FWC director for the Center for Red Tide Research.

In 2020, the reactivated Harmful Algal Bloom (HAB) Task Force identified a need in their first consensus document for communication efforts to better educate the public about red tide and other HABs. In response, the FWC HAB Grants program funded the Developing a Communications Strategy for Red Tide in Florida study conducted by Florida Sea Grant, and a HAB communication working group was formed. This video was created, in part, to address some of the group’s recommendations.

To view the the full video, visit www.youtube.com/watch?v=Vm5JjAX4sNU.

For more information on red tide in Florida, visit www.myfwc.com/redtide.✱



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Will Power

Reunion



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

I recently attended my high school's 40th reunion in Indianapolis, the first such reunion I've traveled to. While I didn't graduate from North Central High, having moved to Clearwater, Florida during my junior year, these are all the people that I grew up with, many I hadn't seen in the 42 years since I moved. I had one basic reaction: Wow, we all look so old!

It's funny when you have the image of someone in your mind's eye when they were 16 years old and suddenly, you're standing in front of the 58-year-old version! I'm sure many of my classmates experienced the same thoughts when they saw me.

I found the guys easier to identify than the gals. Gals change their hair color and their makeup. Their faces change too. Thank God for the nametags with our high school pictures affixed to them. Guys basically look the same, albeit with less (or no) hair and an expanded mid-section. Except, of course, my good friend, Mike Fox, who is in better shape now than he was in high school.

Born in 1963-64, the last year of the baby boom, my graduating class was just under 1,200 students. Many, I never knew. Fortunately, several of the ones I did know were part of the 250 or so that showed up for the reunion.

It's funny how we revert to our old selves when in each other's presence. The same cliques sat at the same tables – just like in the school cafeteria so many years ago. The same stories were told about the same events, although over time, the happenings became bigger than life and greatly exaggerated.

A synagogue youth-group classmate cornered me about her skill talking to animals, and how they can reveal secrets to a happy life. I chuckled, until I realized she was serious. Oy vey. My cousin thankfully saved me from that conversation.

Because my friends are on Facebook, I was able to identify them at the reunion, but it was different in person – in fact, much better than I expected. Facebook keeps people connected who otherwise wouldn't be, for which I'm grateful. It's been fun following the marriages, careers, birth of grandchildren and family events. Less so

learning of divorces and deaths. Instead of engaging in an awkward conversation with someone I hadn't seen in years, I was able to ask about recent events in their lives, and they asked about mine. It was totally enjoyable.

I was saddened by a poster with the names of more than 60 deceased classmates. Some I knew about, others I didn't. Three teammates from my Little League baseball team are gone. Apparently, one died of an overdose, homeless under a bridge. Another from cancer, and a third in a car accident.

Life can be cruel.

Life can also be forgiving. Now 40 years past high school graduation, it doesn't matter anymore who has achieved what. It was just great to see each other again. This is a wonderful stage in life. Too old to care about individual achievements, young enough that we're not yet decrepit, and wise enough to be grateful for the little things.

Will I attend another one? Right now, I don't think so. One is enough every 40 years, isn't it? I can always contact those I want to keep in touch with. Besides, I hope to be busy watching my own daughters develop their families.

What about my wife, Patti? She thankfully stayed behind as all this would have bored her to no end. I stayed with my aunt who had me go through a box of pictures my grandmother kept. I found some good ones of my mother (now deceased) and father when they were young. I'll leave you with my high school graduation picture.

I haven't changed much in 40 years, have I? Haha!!!

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My high school graduation photo
photo provided

Business Owner Earns Award

Priority Marketing President and Chief Creative Officer Teri Hansen, received the Dillin Award through the Florida Public Relations Association. The award is FPRA's highest honor and recognizes a professional for his



Teri Hansen

or her outstanding contributions to the organization as well as the field of public relations. The award is named for FPRA's founder, Col. John Dillin.

"His vision and passion in founding FPRA, and the way he taught and mentored other professionals to lead and advocate for our profession, is unparalleled," said Hansen, a founding member of FPRA's Southwest Florida Chapter. "To receive this namesake award that honors Col. Dillin's spirit and dedication to the public relations profession, and his lifetime of service to this association, is overwhelming and the highlight of my career."

In addition to founding FPRA's Southwest Florida Chapter 37 years ago, Hansen was elected chapter president in 1989. The local chapter honored Hansen as PR Professional of the Year in 1999 and presented Hansen with the Lifetime Achievement Award in 2018.

At the state level, Hansen served for five consecutive years as FPRA's vice president of the state Golden Image

Awards and was chair of FPRA's state conference in 1990. She has volunteered on numerous occasions as a judge for Image Awards competitions.

"This honor is well deserved," said 2006 Dillin Award recipient Lynn Schneider, director of marketing and communications at Shell Point. "Teri is the epitome of public relations and marketing professionalism, and her integrity is beyond reproach. She and her team set an example in Southwest Florida as a business of the highest ethical standards."✴✴

Bank Hires Treasury Assistant

Pamela Huber has joined Sanibel Captiva Community Bank as a treasury management assistant in its operations center, located in the Bridge Branch at 9311 College Parkway in Fort Myers. She is responsible for assisting business customers with treasury management products, services and providing customer support.

Huber has over 25 years of banking experience with both large national financial institutions and smaller community banks. She received an associate in science degree in office systems management from St. Petersburg College.✴



Pamela Huber

Marketing Firm Adds Copywriter

Priority Marketing has added Ashley Wilson as the firm's senior copywriter, a role in which she drafts strategic creative messaging for the full range of marketing tools, including advertising, brochures, video, direct mail, email, social media and websites.

Wilson brings 16 years of experience in marketing research, project coordination and copywriting to the team, contributing expertise as she collaborates with account managers, graphic designers, digital marketing specialists, web developers and others to execute copywriting projects customized to achieve each client's marketing goals.

Before joining Priority Marketing, Wilson was a communications and marketing coordinator for the Washington, D.C.-based Association for Change Management Professionals, where she executed all internal and external marketing and communications for a global audience while serving as the leader for the organization's aesthetic, brand and identity. Her prior roles include marketing research coordinator at Coast 2 Coast Survey Corporation in Tennessee and marketing coordinator for Thomas Howell Ferguson PA, an accounting firm in Tallahassee.

Wilson received a bachelor of science

degree in advertising and a master of science degree in integrated marketing and management communication from Florida State University.✴

Dubin Center Receives Funds From United Way

The Lee County Board of Commissioners has approved the allocation of \$286,000 to the Dubin Center, a Lee County-based nonprofit that serves individuals at the early stages of the diagnosis with memory screenings, community resource referrals and support groups. The Dubin Center also serves dementia caregivers who are navigating all stages of the disease through educational classes, materials, support groups and one-on-one consultations, and connecting with resources such as respite, legal, financial assistance and end-of-life planning.

The funding comes from the American Rescue Plan Act Coronavirus State and Local Fiscal Recovery Fund and was recently awarded to eligible nonprofits through Lee County and the United Way of Lee, Hendry and Glades counties. Referred to as ARPA, the American Rescue Plan Act is a \$1.9 trillion economic stimulus passed by Congress last year to assist governments in responding to the pandemic, addressing its economic impact and recovery.

"We are thankful to the United Way and the Lee County Board of County Commissioners for supporting our effort to help us build a dementia-informed community. We will expand our reach

continued on page 16

Superior Interiors

Working From Home Design Tips



by Marcia Feeney

Adjustments in lifestyles of the past couple of years has presented us with a new abbreviation. WFH is now in the lexicon, thanks to spending the start of this decade sheltering-in-place.

Even the *Wall Street Journal* has used it in headlines. It stands for "Working From Home."

In some homes, the kitchen table is the study/classroom, and the guest room is a home office. Whether you are running your own business from home or just trying to stay focused on your job, working from home can have all sorts of challenges. This includes having your kids at home doing homework or studying as remote learning has become more prevalent.

While many of us grew up doing homework around the kitchen table, in today's world of video meetings and online classes, that scenario is really not practical.

There is more variety of work from home options than ever before. That was clearly evident at the Fall Home Furnishings Market in High Point, North Carolina. Our Decorating Den Interiors senior vice president for merchandising and marketing reported that WFH was the "hottest category at market. There was ample variety to make working from home memorable and effective for all."

A workstation in a sunny room with a door that can shut is always ideal if you need quiet for video meetings, phone calls or just to focus on the task at hand. Even a desk or table in a bedroom is preferable to working at a kitchen table. If you can position your desk in front of a window, it will not only give you ample light for

working, at least during the daytime, but will also illuminate you for those video calls.

Speaking of lighting... layer your lighting as much as possible. The variety of table lamps or task lighting is phenomenal and can come with just the right base to fit a personal interest or hobby. That will give additional lighting for video calls on those gray days or after sunset.

If there are two adults working at home, while separate rooms may be difficult, separate work stations in the same room are doable if there is some division. If a room is large enough, two work stations could be placed so that when both are occupied, the occupants are somewhat back-to-back. Using a screen as a room divider can help. One made of cork, fabric or leather will absorb some noise. If it's a smaller room, one large work table could enable two, three or even four older children to work at the same time. Remember study hall?

You don't often have many choices in furnishings at the company office. Not so at home. There are so many options for office desks that, with some help from a professional, you can find one that will satisfy your work needs and fit your space, design preference and lifestyle. You can adjust height, be stylish and trendy, and even make a statement.

Similarly, chair options are plentiful. Ergonomic chairs have a backrest that can be raised and lowered, as well as moved forward and backward to eliminate bending or stretching. Firm lumbar support may be an issue if you are sitting for long stretches at a time. If you are sitting for long hours in that chair, it's worth it to make the added investment in quality seating.

Storage is another issue with many solutions. If your space is at a premium, you may need a desk with its own storage. However, if you do have the space, there are fabulous options for furnishings that will do the job. There is no "typical" home-office style. It's all your choice.

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

additional resources are secured. This provides a much-needed resource within the community as there are extended wait times currently for those seeking long-term mental health support.

As a concierge service, Patty's Place sees those in need, in-person, offering multiple meetings to individualize and formulate a plan based on the client's needs.

DeVost said they will match the needs to a provider if issues have not been de-escalated in the interim.

"Our WLF contributors are inspired to support women building businesses that support the needs in the community. This type of funding allows the fund to walk alongside great women leading great ideas," said Sarah Owen, president and CEO of Collaboratory. "When contributors were asked to select the recipient of this three-year grant, they were overwhelmingly in favor of funding an innovative idea lead by an experienced

mental health practitioner."

DeVost has 22 years in the helping profession, specializing in youth mental health care. Her experience is that it is hard for people to ask for help, and when they finally have the courage to do so, someone needs to be ready.

"It's the timing and accessibility of this service that's most critical and helpful," explained DeVost. "We will see youth when they most need support and provide them the three things they need: a friendly face, a safe and comfortable space, and a knowledgeable partner in figuring out what's best for them."

Patty's Place will serve as a community resource and triage center and offer three to five meetings with those who require help navigating the systems of care, or who are unable to get in to see someone. Unlike traditional therapy or emergency crisis clinics, Patty's Place will assess, coach, support and monitor individuals while deciding next steps, if deemed necessary. The hope is that de-escalation of issues will occur, and the stigma of accessing support is reduced through this process.

According to DeVost, Patty's Place will offer a space and build partnerships with providers for reciprocal referrals, while also offering internships to those entering the field from local programs.

Patty's Place will also provide additional resources: consultation, clinical supervision, professional development training, specialized therapies and group work.

Patty's Place will be opening soon in

Cape Coral. To learn more about Patty's Place, visit www.pattysplace.org. To make a contribution, visit www.collaboratory.org/pattysplace.

Airport Reports July Traffic

During July, 671,225 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was a decrease of 17.6 percent compared to July 2021; however, it was still the second-best July in the 39-year history of the airport. Year-to-date, passenger traffic is up 13 percent compared to last year.

The traffic leader in July was Delta with 177,355 total passengers. Rounding out the top five airlines were Southwest (132,296), American (122,450), JetBlue (72,852) and United (68,847).

Southwest Florida International Airport had 5,213 aircraft operations, a decrease of 26 percent compared to July 2021. Page Field (FMY) saw 16,000 operations, a 58 percent increase compared to July 2021, which made it the best single month at FMY in nearly 40 years.

Southwest Florida International Airport served more than 10.3 million passengers in 2021 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.

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Mental Health
Care Service
Gains Funds

Collaboratory's Women's Legacy Fund (WLF) awarded Patty's Place, a Concierge Youth Mental Health Care service, \$40,000 to provide a bridge for mental health support in Southwest Florida for ages 10 to 26 and their families. In addition to the funding, the grant includes other support including mentorship and coaching from an entrepreneur and organizational expert. This combination of funding and coaching will provide organizational strengthening, strategic planning, metrics and outcomes for future impact investing opportunities.

Founded by Patricia DeVost, licensed clinical social worker (LCSW), Patty's Place provides interim support for youth and their families at the time of need until

Frankly Speaking



by Howard Prager

Figured after taking off for a couple of weeks I'd have limitless topics to write about, but it's actually been a quieter August. Let's start with a younger championship. As

reported by AP News, "For a week and a half at the Little League World Series, no team came close to Hawaii. The championship Sunday was no different. Hawaii got back-to-back homers from Kekoa Payanal and Kama Angell in the first inning, sparking a 13-3 win in just four innings Sunday over Curacao in the championship of the Little League World Series. (If a team is ahead by 10 runs or more after 4 innings, the game is considered over in the LLWS.) The LLWS title is Hawaii's fourth. It won in 2018, and this same Honolulu team finished third last year, when COVID-19 travel restrictions prevented international teams from participating. How good was Hawaii? In six games, all victories, the closest margin was four runs. Hawaii outscored opponents 60-5. "We're fortunate that everything clicked at the right moment," Hawaii manager Gerald Oda said. "I'm very grateful that these kids played loose and relaxed." Aloha Wow.

A number of college games were played last weekend but none farther afield than the Aer Lingus College Football Classic in Dublin, Ireland where Northwestern shocked Nebraska. Nebraska held a pair of 11-point leads, but Northwestern scored the final 14 points in both halves to claim a 31-28 win over the Huskers on Saturday to open the 2022 season. Nebraska amassed 465 yards of total offense, including 355 yards on 25-of-42 passing by quarterback Casey Thompson, but Northwestern answered with 528 total yards, including 314 on 27-of-38 passing by Ryan Hilinski. The Wildcats also pounded the ball for 214 rushing yards. The Huskers committed three turnovers,

including a pair of interceptions, compared to just one turnover by the Wildcats. Nebraska was flagged for just one penalty for five yards in the game, compared to eight miscues for 65 yards by the Wildcats. The golf season came down to a thrilling and fitting finish with Rory McIlroy capturing the Tour Championship over his rival this season, Scottie Scheffler. While Scheffler was arguably the best player this year, McIlroy was consistent as well and had a strong first half of his round with four birdies and only one bogey. Scheffler, meanwhile struggled in the first round going two over par. McIlroy tied Scheffler on Hole 6 and they went back and forth for the remainder of the round with McIlroy finally putting away Scheffler with a birdie on 15. McIlroy's excellent driving abilities was just one reason why he won the FedEx Cup this weekend. His driving distance was the best throughout the tournament. The world of professional golf has been torn by those golfers going to the Saudi-backed LIV Golf tour, and they are not allowed to play PGA tournaments. Rory had a lot to say about that. "What it's done to the world of men's professional golf is ripped it apart, which is unfortunate," Rory McIlroy told CNN. "I think there are ways to mend that and bring it back together. But with everything else that's going on right now, I don't see that happening anytime in the future." CNN added, "Before the BMW Championship two weeks ago, McIlroy participated in a meeting of top PGA players to discuss the threat of the breakaway LIV Golf series which is funded by Saudi Arabia's Public Investment Fund (PIF) – a sovereign wealth fund chaired by Mohammed bin Salman, the Crown Prince of Saudi Arabia and the man who a US intelligence report named as responsible for approving the operation that led to the 2018 murder of journalist Jamal Khashoggi. Bin Salman has denied involvement in Khashoggi's murder." "Being right in the middle of things has been tough at times and it's probably taken time away from the two things that are most important to me which are family and golf," McIlroy admitted of his role as unofficial spokesperson for the

PGA Tour players. "But there's certain times where things just need to be done and you have to put yourself out there to stand up for what you believe in. And I feel like that's what I've done this year and I'll continue to keep doing that, but at the same time still try to be the best player in the world." I need to conclude today's column by going back to the youth with this week's good news story from the Good News Network. A 50-year old Georgian woman was swerving to avoid a car turning in front of her when another car hit her, badly mangling and bending her car. Six members of the Rome City Football Team were on their way to school when they heard the loud boom. As soon as they saw the wrecked car they leapt into action. "We just ran as fast as we (could) to the lady and check on her to see if she was alright," Adams told CNN. "We were seeing she was in pain, she was screaming and asking us to help her." The car was totaled, and badly bent out of shape. Without thinking, the teens managed to pry the passenger door open, but realized only afterwards that it was the other door that had to be removed for her to be reached. "We used all our muscles," Adams said. "We're pretty big people, we're strong.

We play football, so we lift weights a lot, but (the door) was just extremely bent and broke." It all happened in about a minute. Together, they leant their strength to pry open the jammed door of the woman's wrecked car, which allowed the rescuers to access the badly injured driver. "When it was over, the teens had freed the woman from the vehicle and carried on their way back to class after checking on the driver of the other car in the collision. Teammates Treyvon Adams, 16, Antwion Carey, 16, Cesar Parker, 16, Messiah Daniels, Tyson Brown, 17, and Alto Moore, 16, admitted that the team had been getting a lot of love and recognition for their act, which teachers said they deserved, and the school has helped drive. At the end of the day, like all great rescuers, the teens admitted that while the recognition was nice, it was something anyone would do." Maybe they would, but in this case it took the brute strength of the six combined to free and save the woman. Great job, guys. You are indeed heroes. Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to press@islandsunnews.com.✴

Pirating Electricity Is A Crime

Those stealing electricity may not have an eye patch or be the captain a ship, but they are pirates nonetheless. Theft of electricity is a crime, and a dangerous one at that. Stealing electricity is not victimless and can be life threatening. In an effort to safeguard the best interests of all customers, utilities throughout the industry are clamping down on those who steal electricity. Lee County Electric Cooperative (LCEC) remains vigilant in its efforts to identify and stop meter cheaters through a program that utilizes automated meter reading technology, business intelligence reporting and field investigations to detect theft, reduce losses and prevent injury to those who choose to steal electricity. Dangers of meter tampering: The electric meter is the point where electricity enters the home. Tampering with the equipment can result in injury or death by electrocution. Altering equipment can be a fire hazard and back-feed into the lines where crews are working, putting them in danger. Cost of meter tampering: The cost of stolen power purchased by LCEC is passed along to all rate-payers. Damaged meters must be replaced. Detecting, investigating, collecting restitution and potentially prosecuting incidents requires resources. Consequences of meter tampering: In accordance with the Florida Public Service Commission guidelines and LCEC rate tariff, power is disconnected and the meter is removed immediately. A \$200 meter tampering fee, equipment replacement charge, security deposit, current bill and restitution must

be paid before power is restored. Power theft is a crime subject to legal prosecution. If you suspect someone is pirating electricity, contact LCEC at www.lcec.net and click on Customer Care or call 656-2300 or 1-800-599-2356. Not only are you stopping a criminal, you are potentially saving a life.✴

Dubin Center

to seniors residing in lower income areas who may have limited access to transportation and other support services. We will offer one-on-one support and referral assistance along with educational classes to support their caregiving journey and to reduce isolation," said Lynne Thorp, MBA, MA, executive director of the Dubin Center. "It's important that we adapt and accommodate the Southwest Florida community as our aging population continues to grow. ARPA will allow us to bring our services to those who historically have been underserved in the community, which is such an important mission that we are delighted to fulfill." The nonprofit organization is celebrating its 27th year serving caregivers and, so far, has already worked with over 500 caregivers in Southwest Florida. Thanks to the funds received, the Dubin Center expands support groups, memory cafes and educational programming into a variety of community locations including low-income housing, United Way houses and faith-based locations. Additionally, the program will combat isolation by helping individuals access technology focused on communication and socialization. To learn more about the programs and services at The Dubin Center, visit www.dubincenter.com.✴

SPORTS QUIZ

1. Jim Calhoun was head coach of what team that won NCAA men's basketball championships in 1999, 2004 and 2011?
2. The Nouvelle Chicane, La Rascasse and Beau Rivage are elements of what famous motorsports circuit?
3. Name the tennis player from Czechoslovakia who won four Grand Slam women's singles titles during her pro career from 1978-90.
4. What U.S. soccer icon won consecutive FIFA Women's World Player of the Year honors in 2001-02?
5. Who are the only brothers in Major League Baseball history to have won Cy Young Awards?
6. Name the Basketball Hall of Famer who won two NBA championships with the New York Knicks (1970, 1973) and served three terms as a U.S. senator from New Jersey (1979-97).
7. Hockey Hall of Famer Steve Yzerman played his entire NHL career from 1983-2006 with what team?

ANSWERS

1. The University of Connecticut Huskies. 2. The Circuit de Monaco. 3. Hana Mandlikova. 4. Mia Hamm. 5. Gaylord and Jim Perry. 6. Bill Bradley. 7. The Detroit Red Wings.

Doctor and Dietician

The Optimistic Life



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

Is your glass half-empty or half-full? The way you answer this question can play a role in your mental health status.

Someone who sees their glass as half-empty sees lack and negativity in their life, that something is missing, and they are pessimistic. Whereas someone who sees their glass as half-full is seeing the world with opportunity for growth, and viewing the world with optimism.

Life is all about perspective. We have said it before and we will say it

again, you cannot control the things that happen around you, however, you can control how you react to them. Be the person who sees things as an opportunity for growth. Now, we know that sometimes life can be challenging. It can be difficult to look at negative situations and think that something good can come out of them.

Here are some tips to maintaining an optimistic outlook:

Focus on what you get to do, instead of what you must do – Feeling obligated to do something can have a negative effect on your personal attitude. You may feel forced to do something, and no one likes to be forced into something. Instead, think of the task or situation as a time to show gratitude. You are grateful you have a job; you are grateful you have time to work out; and you are grateful that God has provided you with another day to live. By looking at obligations as something you get to do, you can tackle these tasks with a positive outlook. Practice an attitude of gratitude.

Practice dealing with rejection with a sense of humor – Rejection can be hard to deal with. If you do not take rejection well, you might even be someone who avoids opportunities out of fear of failure or being told no. But if you do not try,

how will you ever succeed? Failure is an opportunity to reflect for a better next time. Individuals who can take rejection find it much easier to keep working towards their goals. Think “critical thinker,” not “critical person.” Throw a little humor into the situation and you may find that the issue may not even be that bad.

Surround yourself with light – Beware of the company you keep. Do your friends lift you up with words of encouragement, provide laughter and help you grow as an individual? Or do you have a group of friends who are always complaining about everything and judge others? You become like those you surround yourself with. You cannot surround yourself with negative people and expect to live a positive life. It will be a never-ending battle. Find positive friends.

Power of prayer – Whether you are a follower of Christ or you follow a different faith, find the strength in scripture and being consistent. Luke 1:37 states: “God can do all things; there is nothing impossible for Him.” We so often think that we must deal with our struggles on our own when the truth is, our problems are not our problems. Think about the greatness that you can

accomplish with God by your side. God will only go to the places that you allow Him to, so take time to pray each day. Show Him love and appreciation for the gifts He is providing you with and rely on Him to help you with your struggles.

Practice a healthy lifestyle – Eating healthy “real” foods and exercising and moving our bodies regularly will make us feel better. It sure is a whole lot easier to approach life with optimism if you feel good – thus another reason to get healthy.

Choose optimism for yourself! For you. And hey, optimism has great health benefits. It reduces heart attack risk, reduces stress, increases happiness, improves confidence, reduces risk of chronic diseases, strengthens the spirit, improves chances of success, drives the ability to make changes, strengthens our minds, helps us live longer and helps heal the body. Who doesn’t want these things. Life is a gift. Cheers!

*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.**

dearPharmacist

Benefits Of Banaba That Can Save Lives



by Suzy
Cohen, RPh

Dear Readers: Banaba leaf has been used for centuries to treat various ailments. Banaba is not misspelled, it is not intended to be banana, it is

“banaba” and therefore has nothing to do with the delicious starchy fruit you might be thinking of.

Known in the botanical world as *Lagerstroemia speciosa*, this plant is also known as the Crapemyrtle tree! When in full bloom, these are the most beautiful trees you will ever see in the south.

The hypoglycemic effects of banaba extract come from certain leaf or seed compounds, a few of which include corosolic acid, ellagic acid, triterpenes, flavones, tannins and others. I don’t recommend you try to steep anything off your tree or do a DIY project. You are more than likely going to hurt yourself. Commercial preparations of this natural supplement are sold in health food stores and online retailers.

Let’s go over some incredible benefits:

1. Banaba Can Illicit Reductions in Blood Sugar – Corosolic acid has been reported to have immediate effects. For example, it was shown that this compound could decrease blood sugar levels within 60 minutes in participants

who were tested.

Banaba increases insulin sensitivity, so your levels of glucose go down. Furthermore, inflammatory cytokines also go down. This should translate to a reduced risk of diabetic complications such as heart attack and amputation. There are studies all over PubMed that will affirm these effects, and others in case you are interested.

The benefit of having more balanced blood sugar is that you have fewer cravings and can start losing weight. Any antidiabetic effect (even from medication) causes the same effect.

2. Banaba Can Cause Reductions in Cholesterol – When you reduce cholesterol to a normal healthy amount (not a ridiculously low amount), your heart disease risk decreases. And when I say “cholesterol” I don’t actually mean total amounts, I mean the LDL and VLDL components.

The same constituents I mentioned above in banaba play a critical role in reducing cholesterol, and studies prove this.

3. Banaba May Support Healthy DNA – What’s interesting is that, unlike many other herbs that have anti-proliferative activity, banaba works differently. Most other herbs cause a cancer cell to die (that is, to end its own life), the term for this is called “apoptosis.” But with banaba leaf, the anti-cancer effect comes from several other mechanisms, and the overall result suggests it could benefit people dealing with kidney and possibly liver cancer.

There are side effects with banaba, just like there are with other herbs and medications. Be careful when using this herbal derivative because it can lower blood sugar, which can be dangerous, especially if you’re taking anti-diabetic medications or herbs. Banaba has been known to cause allergic reactions

in sensitive individuals. Just like any medication or plant-derived herb, this is a possibility.

Still, I feel that the pros outweigh the cons with banaba. You can ask your practitioner if it’s something that could help you. Also, if you would like to read

a more detailed version of my article, visit www.suzycohen.com.

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

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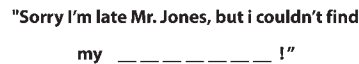
CLUBS & ORGANIZATIONS

AREA ATTRACTIONS

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

Answers on page 23

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!



End
SOCRUEL _____  _____

TODAY'S WORD

Differences: 1. Poster is missing. 2. Hair is different. 3. Cuffs are missing. 4. Collar is different. 5. Wheel is missing. 6. Stripes are missing.

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

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

APT CITY SIGHTS

- ACROSS**
- 1 Inexpensive
8 Nazareth's ancient locale
15 Carbo-loading food
20 Conditionally free prisoner
21 Ram into from behind
22 Voices below mezzos
23 Pooch in a Texas city?
25 Vegas machines
26 Certain snake
27 Employ
28 Margarine, quaintly
30 Eight in front?
31 "That's — -brainer"
33 Lock opener in an Oklahoma city?
38 Display stand for curios
42 Marked, as on a ballot
43 Toothy tool
44 See 56-Across
45 Young lady in a California city?
50 Song satirist Tom
52 Stroll along
- 53 Aegean, e.g.
54 "Shrek!" writer William
56 With 44-Across, "In all probability ..."
57 Cake alternative
58 Cake levels
60 Subway in a Duke Ellington title
63 West of film
64 Long seat in a Kansas city?
70 Year-by-year records
72 AFL- —
73 Pooh's mopey pal
74 Band gig in an Arkansas city?
81 Playfully shy
82 Hispanic woman
83 Lines on street maps
84 Plato's "T"
85 "M*A*S*H" co-star
88 Microbe-filled
91 Municipal law: Abbr.
92 — Carlo
94 "The Far Side" cartoonist Gary
- 97 Opening for light in a Wisconsin city?
100 Alias letters
101 "— So Fine" (1963 #1 hit)
103 Singer Yoko
104 Anybody
105 Boxy vehicle in a Virginia city?
111 Scarlet, e.g.
112 Casino game with 80 balls
113 Ruinous end
114 Banks do it
116 Cooked in the style of
119 Maya Angelou's "Still —"
121 Sluggard in a Florida city?
127 Dr. Watson player Bruce
128 As a help to
129 Sign off on
130 Disney Hall architect Frank
131 Try
132 Arrange in a different way
- DOWN**
- 1 Links gp. for women
2 Sculling tools
3 Prepare a gift
4 Cheat
5 Aged
6 Chain of cosmetics stores
7 Actress Garr
8 Rosey of the 1960s Rams
9 — Lingus (Irish carrier)
10 China's Chou En- —
11 Angry feeling
12 Strung along
13 — Gay (warplane)
14 Yard tools
15 Fathers
16 Sign off on
17 Actress Channing
18 Walked unsteadily
19 Ore analysts
24 Wall St. opportunist
29 Of speech
31 Light-footed
32 Campbell of "Scream" films
34 Acne care brand
35 Ale barrels
36 Emend
37 Pile up debt
38 That, to Lucia
39 Orchestral drums
40 Surrounding, as sound
41 Cow on milk cartons
46 Lustful look
47 Noble Brit
48 Get, as profit
49 — fire under (roused)
51 Sweetums
55 Fido's threat
58 Boob tube
59 Large bag
61 "Nine" Tony nominee Karen
62 Cynical reply
63 — de mer
64 Earthen pot
65 Actor Cage, to pals
66 Entryway
67 "Not possible" bread cube
69 "Yo!"
71 Map source
75 Highway semi
76 Blood type, for short
77 Vocalist Vikki
78 Net tyro
79 "Fame" singer Irene
80 Singers Arnold and Grant
84 Moderately muscular
85 "Great Jewish Joke Book" writer
86 Body of water off Buffalo
87 Get closer, quaintly
89 Kitty's call
90 Yearnings
92 Act silently
93 Fleecy female
95 "Well well!"
96 Dweeby sort
98 11th mo.
99 Vocabulary
102 "Enough!"
106 Tough puzzle
107 Opposite of 104-Across
108 Actresses Stone and Watson
109 Off the ground
110 Omaha loc.
115 Get closer
116 Between the sheets, say
117 Mandolin kin
118 Love god
120 "Tarzan" star Ron
122 Fruit stone
123 Major fuss
124 — -TURN (street sign)
125 — -Magnon man
126 That woman

King Crossword

ACROSS

1 Red Planet
5 Dandy guy
8 Espy
12 Part of Q.E.D.
13 Lennon's lady
14 Frau's mate
15 Mater lead-in
16 Old Oldsmobile
17 Notion
18 Head honcho
20 Desolate
22 Presidential nickname
23 Dol. fractions
24 "Toodle-oo!"
27 Shun liquor
32 Actress Thurman
33 Hostel
34 Pie — mode
35 Gifted
38 "Roots" author Haley
39 Altar affirmative
40 Sushi fish
42 Demand
45 Zealous
49 Gestation location
50 Gun the engine
52 Black-and-white cookie
53 Spoken
54 "As I see it," to a texter
55 Cold War ini-

7 Crawl space?
8 Japanese faith
9 Statue base
10 Baseball's Hershiser
11 Tea carrier
19 Letters of approval?
21 Calendar abbr.
24 Boy king
25 Docs' org.
26 Amulet
28 Away from WSW
29 Try
30 Pub order

DOWN

1 Potatoes partner
2 Folksinger Guthrie
3 Wheelchair access
4 Sports venues
5 "Never mind!"
6 Single

31 Remiss
36 Safe to consume
37 Refusals
38 Novelist Huxley
41 Hectic hosp. area
42 Victor's cry
43 Sushi wrapper
44 Half a sextet
46 Gaelic
47 Tree home
48 Afghanistan's — Bora region
51 Outback bird

MAGIC MAZE MOON CRATERS NAMED FOR PEOPLE

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

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

- Aldrin
Aristotle
Curie
Einstein
- Faraday
Fleming
Galileo
Hubble
- McAuliffe
Mendel
Newton
Polo
- Proctor
Resnik
Tesla



Spiny Lobster Bisque



- Spiny Lobster Bisque**
- 1 ½ pounds cooked spiny lobster meat
 - 1 rib celery, finely chopped
 - 1 carrot, finely chopped
 - 1 tomato, finely chopped
 - 1 medium onion, finely chopped
 - 2 tablespoons olive oil
 - 6 cloves garlic, chopped
 - 2 tablespoons fresh tarragon leaves, chopped
 - 2 tablespoons fresh thyme leaves, chopped
 - 1 bay leaf
 - 8 black peppercorns
 - ½ cup brandy
 - ½ cup dry sherry
 - 4 cups fish stock or bottled clam juice
 - ¼ cup tomato paste
 - ½ cup heavy cream

photo courtesy Fresh From Florida

1 ½ tablespoons cornstarch
2 tablespoons water
Sea salt and fresh ground pepper, to taste

Slice cooked lobster meat into medallions, reserving a few slices for garnish. Coarsely chop remaining slices; cover and chill. In a 6-quart stockpot sauté the vegetables, garlic, herbs, and peppercorns in oil over medium-high heat until soft. Carefully add the brandy and sherry; simmer until most of the liquid is evaporated. Add the fish stock and simmer uncovered for 1 hour, stirring occasionally. Strain the stock into a large saucepan; discard remaining solids. Add tomato paste and simmer for 10 minutes until stock is reduced to 3 cups of liquid. Stir in cream and simmer for an additional 5 minutes. Combine cornstarch and water in a small bowl and whisk into bisque. Simmer for 2 minutes, stirring, until slightly thickened. Add chopped lobster meat and simmer until lobster meat is heated through. Add salt and pepper. Serve garnished with reserved lobster medallions.✱

PETS OF THE WEEK



Bell ID# A913907 photos provided Lee County Domestic Animal Services

Bell And Prue

Hello, my name is Bell. I am a 3-year-old female pit bull mix who is a proud graduate of the Cell Dog Program with the Lee County Sheriff's Office. I have gone through the 10-week basic obedience course and am house and crate trained. I know basic commands such as sit, stay, come and down. I have all this and the good looks to go along with it. My adoption fee is \$25.

Hi, I'm Prue. I am a four-month-old female domestic shorthair. I have eyes that practically glow and a personality to match. I am a little spitfire with tons of spunk who will keep you entertained with my non-stop antics. My adoption fee is \$25, and you can get a feline friend at no additional fee.



Prue ID# A934595

Don't get that empty nest feeling when the children go back to school. Lee County Domestic Animal Services is here to help. Through September 30, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to just \$25. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

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


My Stars ★★★★★ FOR WEEK OF AUGUST 29, 2022

- Aries** (March 21 to April 19) A strong social whirl brings a new round of good times to fun-loving Rams and Ewes. Also, Cupid is busy aiming arrows at single Lambs hoping for a heart-to-heart encounter.
- Taurus** (April 20 to May 20) A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity is also about to turn up.
- Gemini** (May 21 to June 20) A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck.
- Cancer** (June 21 to July 22) Many opportunities are opening up. But, you need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.
- Leo** (July 23 to August 22) A more stable situation begins, allowing you to feel more secure about making

- important decisions. Meanwhile, be sure to meet any project deadlines so that you can move on to other things.
- Virgo** (August 23 to September 22) Congratulations. A new personal relationship thrives, as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.
- Libra** (September 23 to October 22) A new contact opens some doors. That's the good news. But, there's a caution involved: Be sure you protect your rights to your work before showing it to anyone else.
- Scorpio** (October 23 to November 21) A former colleague might seek to resume a working partnership. Ask yourself if you need it. If yes, get more information. If no, respectfully decline the request.
- Sagittarius** (November 22 to December 21) Good times dominate your aspect. So, why not have a party to celebrate a loved one's success? And do invite that special person you want to get to know better.
- Capricorn** (December 22 to January 19) The shy side of the Sea Goat soon gives way to your more assertive self. This should help you

- when it comes time to speak up for yourself and your achievements.
- Aquarius** (January 20 to February 18) A new period of stability will help you deal with some recently reworked plans. Once you get your current task done, you can devote more time to personal matters.
- Pisces** (February 19 to March 20) Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruptions or delays.
- Born This Week:** You love being the brightest light wherever you go, and people love basking in your warmth and charm.
- MOMENTS IN TIME**
- On Sept. 11, 1857, Mormon guerrillas, stoked by a deep resentment of decades of public abuse and federal interference, murder 120 emigrants at Mountain Meadows, Utah. The conflict apparently began when the Mormons refused to sell the emigrants any supplies.
 - On Sept. 10, 1897, a 25-year-old London taxi driver named George Smith becomes the first person ever

- arrested for drunk driving. A true breath test didn't come along until 1931 with a device called the Drunkometer. It involved a blow-up balloon and a tube filled with a purple fluid (potassium permanganate and sulfuric acid). Alcohol on a person's breath changed the color of the fluid from purple to yellow; the quicker the change, the drunker the person.
- On Sept. 7, 1936, Charles Harden Holley is born in Lubbock, Texas. Performing under the name Buddy Holly, he left behind a rock 'n' roll legacy that includes *That'll Be the Day* and *Maybe Baby* after his death in 1959 at the age of 22.
 - On Sept. 9, 1942, in the first and only air attack on the U.S. mainland during World War II, a Japanese floatplane drops incendiary bombs on Oregon's Mount Emily, setting fire to a state forest. The president immediately called for a news blackout for the sake of morale.
 - On Sept. 8, 1965, the five-year Delano Grape Strike begins as over 2,000 Filipino American farmworkers refuse to go to work picking grapes near Bakersfield, California. Over
- continued on page 22

| | | | | | | |
|--|--|---|---|--|---|---|
|  FRIDAY Cloudy High: 91 Low: 80 |  SATURDAY Few Showers High: 89 Low: 81 |  SUNDAY Cloudy High: 90 Low: 79 |  MONDAY Cloudy High: 91 Low: 82 |  TUESDAY Cloudy High: 90 Low: 79 |  WEDNESDAY Mostly Cloudy High: 91 Low: 82 |  THURSDAY Mostly Sunny High: 89 Low: 78 |
|--|--|---|---|--|---|---|

| 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 | 4:52 am | 12:11 pm | 7:19 pm | 10:42 pm | Fri | 3:57 am | 12:13 pm | 6:24 pm | 10:44 pm | Fri | 4:58 am | 12:05 pm | 6:44 pm | 11:35 pm | Fri | 7:02 am | 1:42 am | 9:29 pm | 3:27 pm |
| Sat | 5:35 am | 1:38 pm | None | None | Sat | 4:40 am | 1:40 pm | None | None | Sat | 5:24 am | 1:01 pm | 7:37 pm | 11:50 pm | Sat | 7:45 am | 1:58 am | None | 4:54 pm |
| Sun | 6:31 am | 3:12 pm | None | None | Sun | 5:36 am | 3:14 pm | None | None | Sun | 6:00 am | 2:16 pm | 8:38 pm | None | Sun | 8:41 am | 6:28 pm | None | None |
| Mon | 7:48 am | 4:34 pm | None | None | Mon | 6:53 am | 4:36 pm | None | None | Mon | 6:46 am | 12:04 am | 9:57 pm | 3:33 pm | Mon | 9:58 am | 7:50 pm | None | None |
| Tue | 9:21 am | 5:39 pm | None | None | Tue | 8:26 am | 5:41 pm | None | None | Tue | 7:47 am | 12:14 am | None | 4:54 pm | Tue | 11:31 am | 8:55 pm | None | None |
| Wed | 10:46 am | 6:31 pm | None | None | Wed | 9:51 am | 6:33 pm | None | None | Wed | 9:25 am | 6:14 pm | None | None | Wed | 12:56 pm | 9:47 pm | None | None |
| Thu | 2:03 am | 5:01 am | 11:55 am | 7:13 pm | Thu | 1:08 am | 5:03 am | 11:00 am | 7:15 pm | Thu | 1:34 am | 5:27 am | 12:02 pm | 7:15 pm | Thu | 4:13 am | 8:17 am | 2:05 pm | 10:29 pm |

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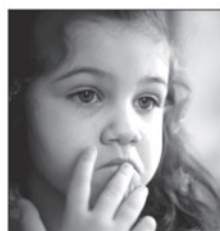
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Overhead Power Lines Caution

If you take the time to look up, you'll notice that overhead power lines are everywhere. Practicing caution around these lines is the responsibility of everyone. When it comes to being safe around overhead power lines, it is essential to:

- Look up to locate all overhead power lines;
- Stay at least 10 feet away from any overhead power lines;
- Never touch anything that comes into contact with a power line;
- Always carry ladders or tall equipment horizontally. It is smart to use wooden or fiberglass ladders outdoors since metal ladders conduct electricity, but remember, even wood can conduct electricity if it is even somewhat wet;
- Never climb trees near power lines; and
- Never fly kites, remote control airplanes, drones or balloons around power lines.

If you see a downed line, stay away. It is best to always assume that a downed power line is live and could be deadly.

If you see a downed power line:

- Call 911;
- Never try to move a downed line; and
- Never drive over or near a downed power line or anything in contact with them. Downed lines can energize the ground up to 35 feet away. This distance can increase in wet conditions.

Visit www.lecc.net for more ways to be safe around overhead power lines and electricity.✴

From page 20 Moments In Time

the next five years, even American households stopped buying grapes in support of the farmworkers.

- On Sept. 5, 1972, at the Summer Olympics in Munich, Germany, a group of Palestinian terrorists, known as Black September, storms the Olympic Village apartment of the Israeli athletes, killing two and taking nine others hostage. In an ensuing shootout at the Munich airport, the nine Israeli hostages were killed.
- On Sept. 6, 1995, Baltimore Orioles shortstop Cal Ripken Jr. plays in his 2,131st consecutive game. Ripken went on to play 2,632 games in a row before ending the streak by voluntarily removing himself from a game against the New York Yankees on Sept. 19, 1998.

NOW HERE'S A TIP

- To test the seals on your refrigerator and freezer, close a piece of paper in the door. If you can pull it out easily, it's likely that your seal is loose. Clean or replace door gaskets for a better seal.
- To keep vinyl seats bearable in summer heat, keep a few towels in your car and lay them over the seat. This also keeps the plastic parts of baby seats from burning little legs and arms.
- You can use plain white bread to get fingerprints and smudges off of wallpaper and semigloss painted walls. Just ball up the bread center (not the crust) and rub the smudge away.
- "Out of prewash and looking at a nasty grease stain? Grab your

dishwashing liquid soap (not the one you would put in your automatic dishwasher). It's designed to break down grease, and I just dab it on, scrub a bit, then let it set for about a quarter hour. After that, I launder in hot water. It's usually successful." – via email

- Check bagged frozen vegetables with the squeeze test: A bag that's hard and solid has thawed and subsequently refrozen. You should choose another bag, one with loose, free-moving pieces.
- Remove cloudiness from a batch of tea with this trick: Let your tea cool before refrigerating it. You also can add a small bit of boiling water to a glass of iced tea if it is already cloudy.

STRANGE BUT TRUE

- Venus rotates so slowly that a single day on the planet lasts longer than a year.
- While over 50 million Americans have signed up with a local gym, according to one study of 2,000 such members, 50 percent admitted they didn't even exercise when they got there but instead preferred to spend their time hanging out with friends or checking out the opposite sex.
- Cherry farmers hire helicopter pilots to air-dry their trees after it rains so the fruit won't split open.
- Toe wrestling has been a sport in several countries since the '70s, with men's and women's divisions and even a World Championship. Players attempt to pin and hold down their opponent's bare toes for three seconds. Best two out of three rounds wins.
- Speaking of feet, the overwhelming fear of those appendages is called podophobia.

- Cartoon canine Scooby Doo's excessive use of the letter "R" is the result of a speech disorder known as rhotacization.
- The first public phone call on an Apple iPhone was a prank. On a San Francisco stage, Steve Jobs opened Google Maps, located a nearby Starbucks, and placed an order for 4,000 lattes, then told the surprised barista he was just joking and hung up.
- Classical composer Franz Schubert was nicknamed Little Mushroom for his short stature and wide girth.
- New York has been destroyed in more movies than any other city.
- A dating app called Hater that began as a joke in 2016 matched potential couples according to their dislikes. While it launched to respectable success, it only lasted a couple of years. Perhaps it was the name?
- Statistically, the most dangerous job one can hold in America is president.


THOUGHT FOR THE DAY

"Sometimes the road less traveled is less traveled for a reason."
– Jerry Seinfeld

TRIVIA TEST

- Geography:** How many independent countries are in Africa today?
- Television:** What was the name of the hospital in the sitcom *Scrubs*?
- General Knowledge:** The secret government site called Area 51 is located in which U.S. state?
- Anatomy:** What is the rarest human blood type?
- History:** Demolition of the Berlin Wall started in which year?

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- 6. **Language:** What is a polyglot?
- 7. **Movies:** In which Disney animated movie does the character Maleficent appear?
- 8. **U.S. Presidents:** What kind of crop did Jimmy Carter raise as a farmer?
- 9. **Music:** Which instrument is Bartolomeo Cristofori credited with inventing?
- 10. **Animal Kingdom:** What do you call a group of horses or ponies that is used or owned by one person?

TRIVIA ANSWERS

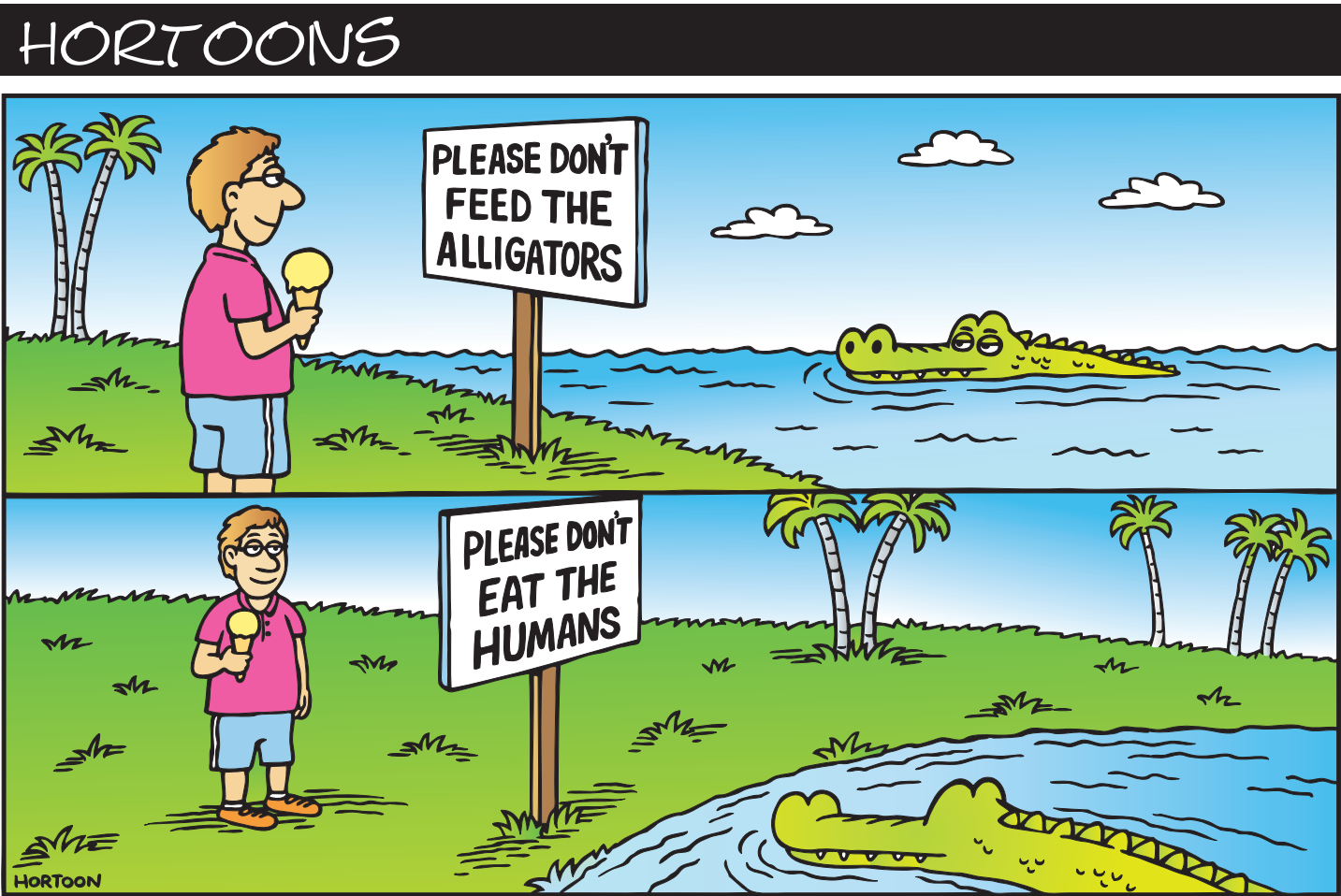
1. 54. 2. Sacred Heart. 3. Nevada. 4. AB negative. 5. 1989. 6. A person who can speak multiple languages. 7. Sleeping Beauty. 8. Peanuts. 9. The piano. 10. A string.

SCRAMBLERS ANSWER

- 1. Ingest 2. Sincere
- 3. Install; 4. Closure

Today's Word
GLASSES

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PUZZLE ANSWERS

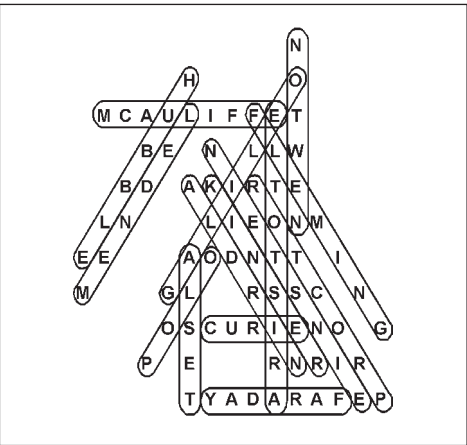
SUPER CROSSWORD

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| G | R | A | N | D | P | R | A | I | R | I | E | D | O | G | | S | L | O | T | S | |
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| | | | A | N | O | | B | R | O | K | E | N | A | R | R | O | W | K | E | Y | |
| E | T | A | G | E | R | E | | X | E | D | | | S | A | W | | A | R | E | | |
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| N | I | G | E | L | | I | N | A | I | D | O | F | | A | G | R | E | E | | | |
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KING CROSSWORD

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| T | O | P | D | O | G | L | O | N | E | Y |
| I | K | E | C | T | S | | | | | |
| T | A | T | A | T | E | E | T | O | T | A |
| U | M | A | I | N | N | A | L | A | | |
| T | A | L | E | N | T | E | D | A | L | E |
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| N | I | N | E | O | U | R | S | E | T | A |

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

| Subdivision | City | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|--------------------------------|----------------|------------|----------------|---------------|---------------|----------------|
| Metes And Bounds | Captiva | 1991 | 5,229 | \$7,250,000 | \$6,750,000 | 72 |
| Chateaux Sur Mer Unrec | Sanibel | 1979 | 2,196 | \$2,495,000 | \$2,550,000 | 7 |
| Hidden Harbor | Fort Myers | 2016 | 3,080 | \$2,500,000 | \$2,460,000 | 11 |
| Lake Murex | Sanibel | 2015 | 2,455 | \$1,950,000 | \$1,950,000 | 42 |
| Beachview Country Club Estates | Sanibel | 2001 | 2,597 | \$1,995,000 | \$1,925,000 | 50 |
| Cape Coral | Cape Coral | 2015 | 3,029 | \$2,298,000 | \$1,850,000 | 24 |
| San Carlos Estates | Bonita Springs | 2019 | 2,958 | \$1,499,000 | \$1,300,000 | 27 |
| Corkscrew Shores | Estero | 2019 | 3,936 | \$1,349,000 | \$1,275,000 | 34 |
| Castaway Estates | Sanibel | 1962 | 1,848 | \$1,365,000 | \$1,125,000 | 56 |
| Cape Coral | Cape Coral | 2022 | 2,276 | \$1,125,000 | \$1,075,000 | 27 |



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