

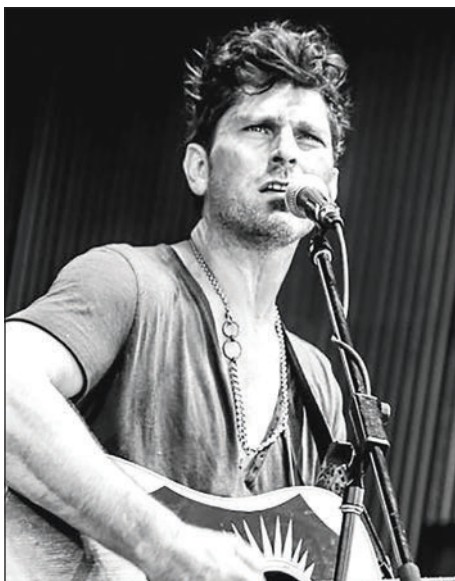


## Songwriter Fest Returns To Islands And Downtown

Island Hopper Songwriter Fest – featuring performances by the greatest BMI singer-songwriters from Nashville and nationwide – returns for its eighth year to venues in three communities of Southwest Florida. The 10-day music festival kicks off on Captiva Island during the weekend of September 16 to 18, then moves to downtown Fort Myers from September 19 to 22, before ending with a weekend on Fort Myers Beach from September 23 to 25.

Festivalgoers can choose from more than 100 shows to attend. Most shows are free with the exception of a few ticketed experiences like headliner shows. The intimate gatherings include singer-songwriters sharing back stories of the songs they perform.

Gary LeVox, frontman for Rascal Flatts, is the headline songwriter/performer this year. He will perform poolside at a ticketed event at Pink Shell Beach Resort & Marina on Sunday,



David Pahanish photos courtesy island-hopperfest.visittfortmyers.com

September 25 at 5 p.m.

Other performers include: Kristian Bush, two-time Grammy award-winner and half of the Sugarland duo; Aaron Barker, who has written songs for George Strait, Clay Walker and Willie Nelson;



Gianna Minichiello

and Dave Pahanish, who co-wrote the No. 1 Billboard Country music singles *Do You Believe Me Now* by Jimmy Wayne, *American Ride* by Toby Keith and *Without You* by Keith Urban.

Participating venues include poolside at Tween Waters Island Resort, Doc Ford's



Tim McGeary

Rum Bar & Grille, Key Lime Bistro, RC Otter's, The Mucky Duck and The Green Flash on Captiva; City Tavern, Social House, The Barrel Room, Twisted Bistro and Luminary Hotel in downtown Fort Myers; and Cabanas Beach Bar and Grill,

continued on page 14



Everything that can go wrong does and in the most hilarious manner possible in this comedy premiere at Lab Theater

photo by Paula Sisk/Sisk Media

## Local Premiere Kicks Off Lab Theater Season

The Laboratory Theater of Florida opens the Southwest Florida premiere of *The Play That Goes Wrong* by Henry Lewis, Jonathan Sayer and Henry Shields on Friday, September 16 at 8 p.m. The comedy runs until October 9.

Kicking off its 14th season, The Laboratory Theater of Florida is paying

homage to the theatrical arts with a play within a play – where everything that can go wrong does, with hilarious results.

Part Monty Python, part Sherlock Holmes and all mayhem, this Olivier Award-winning show is disastrously delightful. The fictitious Cornley Polytechnic Drama Society, whose limited funds have allowed them to produce hits such as *James and the Peach* and *The Lion and The Wardrobe* has received a substantial donation to produce an exciting whodunit, *The Murder at Haversham Manor*. But “break a leg!” takes on new

continued on page 4

## Tickets On Sale For Rare Performances



The Royal National Ballet will perform *Fire of Georgia* on March 27

photo provided

Internationally-acclaimed performers from the Ukraine, England and the U.S. will headline the five concerts planned for 2023 by the Fort Myers Community Concert Association.

Tickets are on sale for the five-performance season, which organizers say brings the best in symphony orchestras, song and dance to Southwest Florida. All performances will be at Barbara B. Mann Performing Arts Hall on the Florida SouthWestern State College campus in Fort Myers.

“We are so happy to be back with a full slate of performances for our 2023 season,” said Fort Myers Community Concert Association President Mary Lee

Mann. “Community Concert Association members and guests will love seeing the National Philharmonic Orchestra of Ukraine as well as our other artists from around the world.”

All five concerts are included in one ticket price, which ranges from \$165 for prime orchestra and mezzanine seats to \$155 for other orchestra and mezzanine seats, \$85 for lower balcony seating and \$65 for upper balcony. Most \$165 orchestra seating already is sold out, Mann said.

For membership information, visit [www.fortmyerscommunityconcerts.org](http://www.fortmyerscommunityconcerts.org) or call 693-4849. Tickets for individual

continued on page 16



Historic Downtown Fort Myers, Then And Now:

# Success, Mishaps And Remodels



by Gerri Reaves, PhD

In this circa-1945 photo, a smiling woman seems to be taking the posted parking instructions, “Park Head Here,” literally, as she “parks” her head right on the sign.

The scene of this hilarity is the Gondola Inn, one of the town’s most popular restaurants.

Located on West First Street near the foot of Carson Street, it had a lot going for it – mainly good food and a river view – but it also suffered its share of mishaps.

While the restaurant itself isn’t visible in the historic photo, its proximity to the river is (right).

To the restaurant’s west (left) is equipment for the neighboring boat sales, service and repairs business.

Fortunately, this image of the eye-catching sign behind the unidentified woman survives, for it doesn’t appear in any other known archived photos of the restaurant.

Perhaps that’s due to the number of times the business was remodeled and reopened. Perhaps the sign was short-lived.

Frank G. Pellegrin opened the Gondola Inn in September 1926. It was quite small originally, more like a little boathouse.

The sign with the gondola was not part of that original floating restaurant.

In 1930, it was moved slightly west, placed on pilings, greatly expanded and remodeled.

To celebrate and showcase the new look, the restaurant held one of its famous free Italian spaghetti dinners.

From the 1930s into the 1950s, it was a popular meeting spot for civic organizations and clubs, such as the Rotary, Kiwanis, Lions, Jaycees, Business and Professional Woman’s Club, and Optimists.

In the 1950s and early 1960s, air-conditioning, a cocktail lounge, dancing, package



Circa-1945, an unidentified woman “parks” her head at the Gondola Inn on West First Street  
photo courtesy SWFL Historical Society



A parking lot and over-the-water restaurant still exist on the site, but the eye-catching sign is lost to history  
photo by Gerri Reaves

goods and private dining rooms for special events were added.

Among its many notable customers was Mina (Mrs. Thomas A.) Edison, who gave a special dinner there in 1930 for her visiting niece.

In 1944, Pellegrin sold the restaurant, after which the Gondola’s history was punctuated by changes of ownership, fires, remodels and reopenings, but it remained popular.

In fact, the over-the-river spot has been a restaurant ever since, a testament to the restaurateur’s business instincts.

In the post-Pellegrin era, the décor underwent many transformations, even taking on a Mexican theme at one point – despite the contradictory name that evoked a romantic glide on a Venetian canal.

But, by the early 1960s, the original name had been discarded for the generic of River House, as large infill projects began to transform West First Street.

Subsequently, the former Gondola went through a long string of new names and owners – not to mention a fire or two – and is now Joe’s Crab Shack.

Take a walk on West First and imagine a small floating restaurant that opened almost a century ago.

Then visit the following two research centers to learn more about restaurants Fort Myers has loved.

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

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

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: Archives of the Southwest Florida Historical Society, the *Fort Myers Press* and *The News-Press*.✧

## Support Group

PFLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. PFLAG is the first and largest

organization for lesbian, gay, bisexual, transgender and queer (LGBTQ+) people, their parents and families, and allies. For more information, visit [www.visualityswfl.org](http://www.visualityswfl.org), email [visualityfloridainc@gmail.com](mailto:visualityfloridainc@gmail.com) or follow PFLAG Fort Myers on Facebook.✧

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



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



**Publisher**  
Lorin Arundel

**Accounting**  
Mike Terry

**Advertising**  
Bob Petcher

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

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

### Contributing Writers

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

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

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

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

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





Representatives from Southwest Florida Children's Charities and Lee Health with the donation of \$3 million

photo provided

## Top Donor Recognized

Southwest Florida Children's Charities (SWFLCC) presented checks totaling \$1.7 million to Lee Health Foundation on August 18, making it the top donor at more than \$23 million to Golisano Children's Hospital and Lee Health in the organization's more than 100-year history.

"We are so grateful for the support of Southwest Florida Children's Charities," said Chief Nursing and Operations Executive of Golisano Children's Services

Alyssa Bostwick. "Their donations have had a tremendous impact on our ability to start programs, continue programs and grow programs to support the needs and care of the children in our community."

The nonprofit holds the annual Southwest Florida Wine & Food Fest to raise funds to improve pediatric healthcare services in the region.

"I think it's been great that we've been able to come together as a community, focus our efforts and give back to this area and know that it's going to benefit the children of our region and us as individual families," said Ed Bell, president of SWFLCC. Bell became involved with

the nonprofit after his son was treated for liver cancer as a child at the children's hospital. "Twenty three million dollars in 14 years is phenomenal," he said.

From the 2022 festival, the nonprofit contributed \$1 million to Golisano Children's Hospital's new neurosurgical services. The new specialty provides immediate care for brain and spinal cord injuries and illnesses, so that children don't have to be transported to an out-of-area hospital when seconds count the most. Within a few months of starting, Dr. Theodore Spinks, pediatric neurosurgeon and chief of the neurosurgery program at Golisano

Children's Hospital, in collaboration with Johns Hopkins All Children's Hospital, has performed 50 lifesaving surgeries, 40 at Golisano and another 10 surgeries at Johns Hopkins in St. Petersburg.

Additionally, a check was presented for \$700,000, the final payment of a \$3 million pledge made in 2020 to establish the SWFL Children's Charities Eye Institute of Golisano Children's Hospital.

Trustees, officials and supporters celebrated the donation milestone with a check presentation, private reception and tour of the hospital.\*

## Pets Can Help Fill An Empty Nest

Avoid that back-to-school empty-nest feeling with help from Lee County Domestic Animal Services. Through September 30, adoption fees for all cats and kittens and dogs older than 6 months are reduced to \$25. Cats and kittens are two-for-one; adopt one and take home a second feline at no additional charge.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check; a \$600 package. Volunteers and staff are ready to introduce a new family member.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Visit [www.leelostpets.com](http://www.leelostpets.com) to see pets available for adoption.\*

## Foundation Investment For Development

The Horizon Foundation has received a \$145,000 investment from the Lee County Industrial Development Authority (IDA) to continue economic development initiatives that enhance the region's business profile.

IDA's investment in the Horizon Foundation is its largest to date.

"The Horizon Foundation/Horizon Council has been fortunate to have a multi-year relationship with the IDA, and this is a game-changing investment for economic development in Lee County," said Horizon Foundation President Christopher Spiro. "Every investment from the IDA and our other generous investors is an investment into our region's future. This allows us to provide existing businesses with the resources to grow while also attracting new businesses and industries that help diversify our economy in Lee County."

The IDA, a seven-member board appointed by the Lee Board of County Commissioners, is tasked with fostering industrial and business development. The Horizon Foundation raises private-sector money to support efforts of the Lee County Economic Development Office and the Horizon Council to improve the area's business climate.

The nonprofit Horizon Foundation and Horizon Council comprise of government

and business leaders working together for the betterment of Lee County's economy, and thus its residents. Over the past 30 years, these organizations alongside the Lee Economic Development Office have played a significant role in attracting new business to Lee County, while tackling key issues impacting the existing business community and leveraging their platform to engage business leaders through insights and education.

"Recruiting new companies is a critical component of economic development, as it gives local businesses the tools to grow and provides entrepreneurs with resources to turn their ideas into action," said IDA Chair Tom Hoolihan. "The IDA's continued commitment to the Horizon Foundation and Horizon Council reflects our long-time partnership and aligned visions in support of the evolving business community."

The Horizon Foundation acts as the exclusive funding source to the Horizon Council. The Horizon Council was established as an advisory board by the Lee Board of County Commissioners to act as the voice of the business community in Lee County.

"The goal of the Horizon Foundation is to ensure a more diverse and competitive economy for all Lee County business owners and consumers," said Sanibel Mayor and Horizon Council Chair Holly D. Smith. "The IDA's contribution will have a long-term positive impact on our ability to continue executing our mission and supporting Lee County's economic outlook."\*\*

*A Sanibel Tradition Since 1980*

**Pinocchio's**  
*LIFE IS COOL!*  
Original Italian Ice Cream

Connect with us!

*28+ Awards*

**Sanibel Island**

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

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

Handcrafted Artisan Frozen Confections  
Prepared Fresh Daily!

[pinocchiosicecream.com](http://pinocchiosicecream.com)  
Open Daily! 11:00 am-9:00 pm

*Unique Flavors*

**Fort Myers**

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



Fort Myers Art:

# Park Sculpture To Be Repainted In Late September



by Tom Hall

One can't help but notice all the activity that's been taking place in Centennial Park so far this year. A stately new amphitheater. An expanded playground with

brand new orange, blue and purple slides, swings and other equipment. A renovated pavilion and new sidewalks.

And there have been changes to the public artworks on display in the park as well. Gone are the big trees that once surrounded the *Uncommon Friends* fountain, keeping parks and beautification employees busy fishing out leaves, twigs and branches on a weekly, sometimes even daily, basis. To make way for the bandshell, the USCT 2nd Regiment and Buckingham & Page Army Air Field monuments were given new homes to the west of *Uncommon Friends*. And during the waning weeks of summer, the red modernist sculpture known as *Fire*



*Fire Dance* by David Black is getting a makeover

photo courtesy www.artswfl.com

*Dance* will get a makeover too. Since its installation in Centennial Park West in March of 2011, the 25-foot-tall aluminum sculpture has been relatively maintenance-free. But after baking in Southwest Florida's searing sun for more than a decade, its signature Dupont red paint has faded in spite of the UV protection that Ohio sculptor David Black had the

manufacturer include in the paint. *Fire Dance* has also been tagged in several places and bears the scars of skateboard trucks, the residue of grinds, slides and stalls executed on the grand sculpture's gently sloping upright supports and sweeping grand arch that kisses the pavement on the sculpture's eastern edge. In fact, large swaths of paint have been scraped off, exposing the bare aluminum along the bottom of the sculpture's graceful lower circle and the edge of the bench that Black included for people who wished to sit while admiring the medley of circles, spirals and counterbalances that spark the imagination.

Noel Painting will do the honors. One of the largest and most respected painting contractors in the entire state, and led by father-son team

Steve and Travis Noel, the company has painted everything from modest family homes and multi-million-dollar estates to Publix grocery stores, Harley-Davidson dealerships, high-rise condos, major hotels and the Alliance for the Arts. Noel Painting's reputation for blending traditional craftsmanship with current technologies will be particularly important in connection with *Fire Dance*, which involves quite a bit more than merely pressure washing and slapping a fresh coat of paint on the sculpture.

The entire artwork must first be lightly sanded. Areas that have blistered, peeled or been gouged by skateboarders have to be sanded to the bare aluminum. And because of the sculpture's glossy finish, it will be necessary to use a bonding primer before the topcoat and protective clear coat can be applied.

Subject to supply chain challenges and the vagaries of the peak months of hurricane season, Noel expects to begin and complete work on *Fire Dance* during the latter half of September at a cost of \$11,500, including lift rental. The money will be paid from a special fund to which the City of Fort Myers contributes any time it undertakes a capital improvement project.

You can learn more about *Fire Dance* on the public art page of the city's website or by downloading a free mobile phone app called Otocast. In addition to narrative and installation photos of the artwork, Otocast includes an audio that tells listeners behind-the-scenes stories about *Fire Dance*'s creator and what he intended to convey with all those circles, spirals and arches.

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.✽

**Suzanne's**  
DANCE | FITNESS

Fitness with Flair @ Royal Palm Square

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

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

1400 Colonial Blvd. #27, Fort Myers • 239.822.9226  
sdf@DanceSuzannes.com • www.DanceSuzannes.com

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

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

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

By appointment: 239-822-9226  
View online: [shop.pickupsticks.net](http://shop.pickupsticks.net)

**PERSONALIZED ADDRESS PLAQUES**

- Weatherproof PVC
- Up to Six Numbers

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

From page 1

## Premiere

meaning with this woefully misguided troupe of actors. This play-within-a-play is beset with an unconscious leading lady, a corpse who can't play dead, a flustered detective and a literacy-challenged butler who must manage technical gaffes, forgotten lines and falling scenery.

Artistic Director Annette Trossbach said, "British actors, a slickly choreographed sword fight and a murder mystery with more twists and turns than you could hit with a cat make *The Murder at Haversham Manor* the must-see show of the season. Previously plagued by budgetary constraints, the Cornley Polytechnic Drama Society is thrilled to present this show, which promises to be the most exciting ever. If you liked *Noises Off* and *Play On!*, you'll love *The Play That Goes Wrong*. Truly, there are so many things that must 'go wrong' in this show – choreographing the mayhem for safety and maximum comic effect makes this show one of the

most challenging of my career."

*The Play That Goes Wrong* stars Miguel Cintron (Robert/Thomas Colley Moore), Andrew Sarkozy (Chris/Inspector Carter), Giuseppe Anthony (Dennis/Perkins), Danielle Channell (Sandra/Florence Colley Moore), Les Englehart (Max/Cecil Haversham), Heather Johnson (Annie), Matthew Roman (Trevor) and Daniel Sabiston (Jonathan/Charles Haversham). Scenic design is by Gabrielle Lansden and Jonathan Johnson is technical director. Costumes are by Alena Stevenson, and lights and props are by Steven Michael Kennedy.

Tickets are \$30 or \$10 for students with valid student ID. There are half-priced previews on September 14 and 15 at 8 p.m., and a new Thursday night special ticket price of \$25 for adults. Socially distant seating may be available and must be scheduled in advance with the box office.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For tickets, call 218-0481 or visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).✽



## National Public Lands Day Celebrations

Lee County Parks & Recreation invites visitors and residents to explore the parks and preserves of Lee County with a series of free Parks for Pollinator BioBlitz events celebrating National Public Lands Day.

The Parks for Pollinators BioBlitz events allow community members work with park staff to create a snapshot of the variety of wildlife that can be found in local parks. Participants will use an app to take pictures of plants, insects and animals to see which wildlife is present in the park on the day of the event and provide the park system with more information about local pollinators, which are essential to the ecosystem.

The free events are offered in five preserves and parks, including:

**Pollinator Plant Walk – Hickey Creek Mitigation Park** (17980 Palm Beach Boulevard, Alva); Friday, September 23, 8 to 10 a.m. Join Lee County staff on a guided walk throughout the park identifying and counting pollinators and identifying and removing exotic/invasive plants. This event is for all ages. To register, call 229-0522. All participants will meet at the trailhead.

**BioBlitz Hike – Wild Turkey Strand Preserve** (11901 Rod and Gun Club Road, Fort Myers); Friday, September 23, 8:30 to 10 a.m. This hike will be on the

ADA-accessible path and will focus on the biodiversity of wetlands at the preserve. This will be a 0.3-mile, one-way hike that will end at an observation deck where visitors will have the option to continue on a solo hike through potentially wet trails or return to the parking lot. To register, call 533-5313. Participants will meet in the pavilion and should bring water and sun protection.

**National Public Lands Day Community Event – Prairie Pines Preserve** (18400 North Tamiami Trail, North Fort Myers); Saturday, September 24, 9 to 11 a.m. This event will help participants learn more about Lee County public lands. Activities include a scavenger hunt, invasive plant identification, information sessions, guided bird walks and the opportunity to view the equipment used to protect public lands and preserves.

**BioBlitz Event – Lakes Park** (7330 Gladiolus Drive, Fort Myers); Saturday, September 24, 9 a.m. to 1 p.m. This event celebrates the biodiversity of the park and engages participants in the natural resources around them. Activities include an outreach tent, children's activity tent, a biodiversity scavenger hunt, mini-guided walks, an iNaturalist demo and a fishing demo. Partners of this event include the Audubon Society, Florida Fish and Wildlife Conservation Commission and the Native Plant Society. No registration needed. Parking fees apply: \$1 per hour; \$5 per day.

**Pollinator Walk – Manatee Park** (10901 Palm Beach Boulevard, Fort Myers); Sunday, September 25, 8:30

to 10 a.m. This volunteer-led Pollinator Walk will allow participants to learn about the park's history, butterfly gardens and the native flora and fauna that reside in some of Florida's habitats. Visitors will walk the ADA accessible paths through the restored native plant habitats and butterfly gardens. To register, email [lcarr@leegov.com](mailto:lcarr@leegov.com). Participants will meet behind the welcome center. Parking fees apply: \$1 per hour; \$5 per day.

**BioBlitz Hike – Pine Lake Preserve** (27225 Kent Road, Bonita Springs); Monday, September 26, 8:30-10 a.m. Staff will guide visitors along the preserve firelines through a variety

of natural plant communities and the hydrologic restoration project area to educate about local flora, fauna and the Imperial River watershed. This hike will be an intermediate level, as there may be uneven surfaces and loose materials. The hike is a one-mile loop. To register, call 533-5313. Participants can park in the nearby YMCA parking lot and meet at the trailhead. Bring water and sun protection.

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

## Fall Home And Garden Show

The 2022 Fall Home & Garden Show returns to the Caloosa Sound Convention Center on Saturday and Sunday, September 24 and 25 from 10 a.m. to 4 p.m.

Now in its 26th year, the free annual Home & Garden Show features more than 90 local and regional companies that display and present products and services to homeowners.

With so many new residents moving to Southwest Florida, this is the perfect event to gain information and learn about products and services for their residences," said Bill Anderson, president of Expo Management that produces the Home & Garden Shows. "This year's

show-to-be will be even bigger and better and another wonderful experience for our vendors and attendees."

Attendees can experience the newest in-home improvement products and services inside and out from furnishings, accessories, decorating and remodeling ideas to landscaping and more. Hourly drawings and door prizes will also be given away.

Expo Management Inc. was established in Fort Myers in 1987. The company has successfully produced 601 events over the past 35 years. In 2022, they will operate 20 events in Florida, Georgia, South Carolina and Tennessee.

For more information about the Home & Garden Show, contact David Pardi of Expo Management at 205-6139 or [fldave@expomanagementinc.com](mailto:fldave@expomanagementinc.com) or visit [www.expomanagementinc.com](http://www.expomanagementinc.com).✱

# SPLASH INTO OUR

# SUMMER SPECIALS

## amavida

Resort Retirement Community



## 2 BEDROOM

## FLOORPLANS

STARTING AT

\$4,885

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

NO LARGE ENTRY FEES!

239.237.0501

amavidaliving.com



Quadrum Senior Living Community

AL#13261

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



# Change To Snook Fishing

Florida Fish and Wildlife Conservation Commission (FWC) has filed an executive order this month to extend the catch-and-release only limit on snook in the area of Charlotte Harbor until December 1 when normal regulations for snook go into effect.

These temporary regulation modifications are in response to ongoing concerns stemming from prolonged red tide, which was more severe in this area regarding habitat conditions, including seagrass loss, in the waters in and around Charlotte Harbor.

“Redfish, snook and trout are important fisheries in Southwest Florida,” said Eric Sutton, FWC executive director. “The commission has made significant changes to our process in setting regulations for these species including habitat conditions. Charlotte Harbor was the epicenter of the prolonged red tide and has experienced habitat impacts. We would like to spend more time evaluating these variables.”

“I’ve heard from our scientists and our stakeholders, and I support a temporary measure to give more time to evaluate snook management options,” said Steven Hudson, vice chairman of the commission. “Given the red tide history in this specific area, as well as concerns about habitat, I think it’s important to take a conservative

approach.” Visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on “Recreational Regulations” and “Snook” for more information on snook regulations. Download the Fish Rules App at [www.instagram.com/fishrulesapp](http://www.instagram.com/fishrulesapp) or [www.facebook.com/fishrulesapp](http://www.facebook.com/fishrulesapp) for updated regulations.✴

## Alliance Grant To Aid Art Programs

Alliance for the Arts has been awarded a grant of \$100,000 by the Genesis Inspiration Foundation to be used towards art programs for kids and families. The Genesis Inspiration Foundation believes that when children are inspired, they create.

Alliance officials plan to utilize the gift towards capacity building. This will include hiring an assistant to the education coordinator to focus on programs directly related to children and families, additional family centered art programs, camps and expanding the family art labs beyond the McGregor corridor.

“We are grateful to the Genesis Inspiration Foundation for the impact that this generous gift will make in our community to expand the arts in Southwest Florida,” said Alliance Executive Director Molly Deckart.

The Genesis Inspiration Foundation is a 501(c)(3) nonprofit organization committed to supporting education

through the arts. Its mission is to improve educational outcomes by providing access to transformative arts programming that engages and inspires children in traditionally under-resourced communities.

The Alliance for the Arts is a nonprofit community visual and performing arts center located in the heart of Fort Myers, Florida. For more information, call 939-2787 or visit [www.artinlee.org](http://www.artinlee.org).✴

## Mobile Food Pantries Schedule

Community Cooperative will offer mobile food pantries to bring food and assistance into neighborhoods with high food insecurity and the lack of resources. Identification is required for all attendees, and bringing your own food bags is encouraged. There is a limit of one mobile food pantry visit per month per household.

For those who cannot access a mobile site, the community market is open for emergency groceries Monday through Friday from 9 a.m. to noon at the main campus, located at 3429 Dr Martin Luther King, Jr. Boulevard in Fort Myers.

If you are interested in supporting, volunteering or have any questions about the Growing Healthy Kids & Families program, visit [www.communitycooperative.com](http://www.communitycooperative.com) or call 332-7687. The September schedule is:

North Fort Myers Regional Park (2000 North Recreational Park Way, North Fort Myers) – Friday, September 9, 10 a.m. to noon

Gulf Coast Literacy Council (26820 Old 41 Road, Bonita Springs) – Tuesday, September 13, 9:30 to 11:30 a.m.

Hector Cafferata Elementary School (250 Santa Barbra Boulevard North, Cape Coral) – Wednesday, September 14, 3:30 to 5 p.m.

Lehigh Senior High School (901 Gunnery Road North, Lehigh Acres) – Thursday, September 15, 3 to 5 p.m.

Pine Island United Methodist Church (5701 Pine Island Road, Bokeelia) – Friday, September 16, 10 to 11:30 a.m.

Pine Manor Community Center (5547 Tenth Avenue, Fort Myers) – Tuesday, September 20, 10 a.m. to noon.

VA Healthcare Center (2489 Diplomat Parkway East, Cape Coral) – Wednesday, September 21, 9 to 11 a.m.

Island Coast High School (2125 De Navarra Parkway, Cape Coral) – Thursday, September 22, 3 to 4:30 p.m.

Veterans Park Lehigh Acres (55 Homestead Road South, Lehigh Acres) – Tuesday, September 27, 3 to 5 p.m.

North Fort Myers High School (5000 Orange Grove Boulevard, North Fort Myers) – Wednesday, September 28, 3 to 5 p.m.

For more information, visit [www.communitycooperative.com](http://www.communitycooperative.com).✴

## Churches/Temples

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

**ALL SAINTS BYZANTINE RITE CATHOLIC**  
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

**BETH YESHUA MESSIANIC SYNAGOGUE**  
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

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

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

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

**CHURCH OF THE CROSS**  
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

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

**CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY**  
Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

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

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

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

**FAITH UNITED METHODIST**  
Sunday 10 a.m., 15690 McGregor Boulevard, 482-2030.

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

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

**FORT MYERS CHRISTIAN CHURCH**  
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

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

**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcfortmyers.org](http://www.fpcfortmyers.org), 2438 Second Street, 239-334-2261

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

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

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

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

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

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

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

**RIVER OF LIFE ASSEMBLY OF GOD**  
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

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

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

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

**SAINT JOHN THE APOSTLE METROPOLITAN**  
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

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

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

**ST. VINCENT DE PAUL CATHOLIC**  
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

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

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

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

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

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

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

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

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

**WORD OF LIFE**  
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

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

*Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.*✴





Flowers bloom mainly in spring and summer

photos by Gerri Reaves

## Plant Smart

## Big Blue Lilyturf

by Gerri Reaves

**B**ig blue lilyturf (*Liriope muscari*) is a common border grass in South Florida, but despite the grass-like appearance, it is a member of the lily family. Also called monkey grass, the species is native to China and the temperate regions of Eastern Asia.

Clump-forming and tuberous, it can grow as tall as two feet, with ribbon-like evergreen leaves. Leaves are eight to 10 inches long with parallel veins and are recurved, so they attractively arch downward.

The dense lilac-purple flowers are six-petaled and only a quarter-inch across. They appear on stalks that are purplish themselves and extend above the leaves.

This hardy border is shade-tolerant but prefers sun. It has a moderate growth rate, is highly tolerant of drought and intolerant of salt.

The tiny fleshy black seeds are berry-like.

Plant it in a spot where there's no foot traffic.

Cultivars with variegated leaves and various flower colors are available.

Pests include scales, slugs and snails.



Nonnative big blue lilyturf is commonly used as a border

If you consider planting this Florida-friendly groundcover, be sure not to buy its similar relative, creeping lilyturf (*L. spicata*), which can be invasive in some situations.

Also consider native groundcovers and borders, which can be equally low maintenance and provide benefits

for wildlife.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederick B. Stresau; *A Guide to Florida-Friendly Landscaping: Florida Yards & Neighborhoods Handbook* by UF/IFAS; and <https://gardeningsolutions.ifas.ufl.edu>.

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

## Recycling Champions Awards Program

**T**he Florida Recycling Partnership Foundation is seeking nominations for its 2022 Recycling Champions Awards that will recognize companies, organizations, governmental entities and individuals that have made a significant impact in recycling. The group will also recognize and celebrate new innovative programs in water reuse and recycling, energy efficiency, sustainability and environmental stewardship.

Nominations are now open and self-nominations are welcomed. Deadline to submit is Saturday, October 1.

Suggested award categories include: Communication and Education; Waste Reduction, Reuse and Recycling; Water Reuse and/or Recycling; Energy Efficiency; Environmental Stewardship; Innovation; and Recycling Market Development.

Applicants can be a nonprofit; large business (over 100 employees); small business; governmental entity; or educational organization. Applications can be found at [www.flrecycling.org](http://www.flrecycling.org).

Notification of award decisions will be made in November, with the awards presented during Florida Recycles Week from November 14 to 18.

Last year's winners included:

Green Works Orlando – Best Overall  
Publix Super Markets – Environmental Steward Super Star

Florida Power & Light – Trailblazer in Waste Reduction, Recycling and Reuse

Rehrig-Pacific – Innovation in Manufacturing

Universal Orlando – Waste Reduction, Recycling and Reuse

Keep Brevard Beautiful – Innovation in Communications

Dream in Green – Innovation in Education

Abigail Wright Chamberlin Chapter, Daughters of the American Revolution – Innovation – Community Action

Judges will be from the sustainable business club of the sustainable business program in the department of economics of the Miami Herbert Business School at the University of Miami in Coral Gables.

The Florida Recycling Partnership Foundation is a coalition of leading Florida companies and associations with the mission to educate policy makers, business leaders and the public about the importance of recycling.

For more information or questions, contact Keyna Cory at [keyna@flrecycling.org](mailto:keyna@flrecycling.org) or 850-728-1054.✱

## Free Autism Screening

**G**olisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering a free monthly autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, September 16 from 9 a.m. to 2 p.m.

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

Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✱



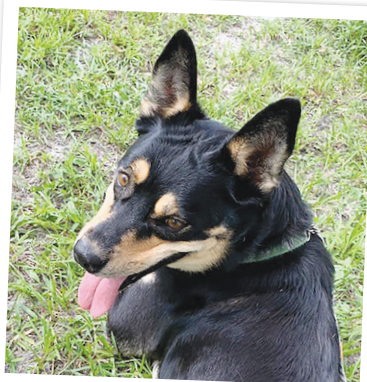
### Animal Refuge Center

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

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

This sweet girl is very gentle and good with people. She is smart, easy to walk and very attentive. She would make a wonderful companion. Why not make an appointment today to meet this pretty girl?

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



*Murchkin*

German Shepard/  
Australian Cattle Mix  
Female • 4 yrs • 50 lbs

## EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES



300 Center Road, Fort Myers FL 33907

PHONE 239.939.9663 • FAX 239.939.8504

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

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



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

■ Butterfly Gardens ■

■ Wildlife/Bird Sanctuaries ■

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



# Let Them Live To Fight Another Day



by Capt. Matt Mitchell

**B**ig news for our fishery this past week was both the opening of redfish harvest season and the last minute Florida Fish and Wildlife Conservation

Commission (FWC) change of policy to keep our snook season closed. With both of these fisheries on the rebound since our catastrophic red tide four years ago, I'm thrilled to see that the FWC listened to both guides and anglers, and will keep snook closed until at least next year. I don't think opening redfish to harvest is the best idea but they are a much faster-growing fish than a snook and, with a lowered new bag limit of two per boat maximum, this will certainly help.

I totally understand that many anglers want to take home fish to eat. Luckily, we have many other species of fish to harvest than just snook and redfish. Many guides and fishermen will continue to practice catch and release only on redfish, even though it's legal to take one. It's hard to find a better eating fish than a mangrove snapper, which have been found throughout our region and



Jim from St. James City with a nice slot size redfish he released while fishing with Capt. Matt Mitchell photo provided

have a five per person bag limit.

With no sign of our temperatures cooling off, the annual appearance of big schools of redfish have already started to appear in the northern sound. Flats between Useppa and Bokeelia have had large schools in shallow water. One of the most effective ways to catch these fish is to sight fish them on a long-casting weedless spoon. When rigging a spoon to target these mostly over-slot redfish, buy a quality spoon either three-eighths or a half ounce in size. My go-to is a Aqua Dream, though a Johnson spoon will get it done. I like to attach a high quaitly ball bearing snap swivel to the spoon before tying it to a 40-pound leader. Redfish have a extremely strong mouth and will break the wield that attaches the hook to the spoon on cheaper models.

More and more redfish have been showing up all through the sound. If they are not in the massive schools like in the northern sound, most mangrove shorelines on the high tides and the passes on the lower tides have been a good bet to catch a redfish. Cut pinfish or cut ladyfish have been my baits of choice, though I have been catching a few on live shiners while targeting snook.

Tarpon fishing is gradually improving both out along the beaches and in the middle sound. As the days get shorter and our water starts to cool, this fishery will really fire up before the first major cold front brings it to a end. While fishing over the Labor Day holiday weekend, we found a few groups of rolling fish just south of Bird Key. After finding a few feeding terns working bait, you would see a few tarpon roll. While sight-casting, we hooked a roughly 50-pounder, and this fish went absolutely nuts jumping close to the boat over and over before jumping into my powerpole and motor then breaking us off. For a brief second, it looked like it was coming inside the boat with us. About an hour later, we did manage to sight-cast a roughly 100-pounder that we got boatside for a leader touch. In a perfect world, I'd spend a few hours every morning chasing these amazing fish.

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

**CAPT. MATT MITCHELL**


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


**CLEAR YOUR GEAR™**  
**It Catches More Than Fish**  
 Untangle tackle from vegetation  
 and discard it responsibly



Jay Holcomb/International Bird Rescue

## Send Us Your Fish Tales

**W**e would like to hear from anglers about their catches.

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

Email to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.



# ISLAND MARINE SERVICES, INC.

NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED

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

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

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




Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Magnificent Frigatebird



by Bob Petcher

The magnificent frigatebird (*Fregata magnificens*) is so named due to its effortless flight or floating style that is truly a thing to watch. Its smooth maneuver in the air

is due to its deeply forked, pterodactyl-like tail for steering.

At CROW, an adult female magnificent frigatebird was found thrashing in the water and suspected to have been entangled in fishing line. Upon physical examination, hospital staff noted a thin body condition and dehydration.

"It's certainly possible that long-term entanglement could have caused her thin body condition and dehydration," said Dr. Kristie Schott, CROW veterinary intern. "However, this bird's finder reported that she was struggling in water 'as though tangled in fishing line,' so it's actually possible that she was never entangled and simply crash-landed in the water then couldn't get out because frigatebirds' feathers aren't waterproofed. In that scenario, her weight loss and dehydration



Patient #22-4453 remains indoors after a suspected crash landing in water

photo by Alyssa Amundson

would most likely have resulted from an underlying illness."

Medical staff also noted the patient had "harsh breathing" and was administered antibiotics along with other supportive medications.

"Harsh breathing refers to the sounds we hear when listening to the lungs with a stethoscope," said Dr. Schott. "In a healthy bird, the lungs should be silent even if they're stressed. If we hear crackling or wheezing noises, that is a sign of respiratory disease such as pneumonia or fluid in the lungs.

"An animal struggling in water can easily inhale water or 'aspirate,' which often leads to development of aspiration

pneumonia – infection in the lungs – and harsh lung sounds. She was given antibiotics to treat the suspected infection in her lungs. She was also treated with fluids to correct her dehydration, anti-fungal medication to prevent development of fungal infections – which this species is very susceptible to – and supportive feedings."

The patient will continue to be closely monitored until she is ready to take the next steps in her rehabilitation process.

"We are currently monitoring her blood work, particularly the numbers and appearance of her white blood cells, to ensure that the infection has resolved before stopping treatment. We are also

monitoring her weight and appetite to ensure that she returns to a good body condition," said Dr. Schott. "She has been eating well when tong-fed, and gaining weight, so once her infection is resolved she'll move to an outdoor enclosure to build up strength and muscle condition before being released. Since she's still in the clinic being treated for her infection, we don't have any release info yet.

"While this particular bird may not have been entangled, fishing gear entanglement injuries are one of the most common reasons animals need to be treated at CROW and a major contributor to the decline of seabird populations worldwide. Entanglement in line can prevent animals from eating, cut off blood flow to limbs, inflict wounds that lead to serious infections and cause injuries that lead to permanent loss of ability to fly. By ensuring that fishing hooks and monofilament line are packed away and properly disposed of, we can all do our part to prevent suffering and protect our local wildlife. For more information on how you can help, visit the Mind Your Line project website at [www.mindyourline.org](http://www.mindyourline.org)."

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



## The Butterfly Estates

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

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

Located in Downtown Fort Myers

1815 Fowler Street, Fort Myers, FL. 33901

Phone 239 -690-2359 - Free Parking Behind Buildings

## LEARN FROM THE SHELL EXPERTS



BAILEY-MATTHEWS  
NATIONAL  
SHELL  
MUSEUM

## SCHEDULE YOUR BEACH WALK TODAY

[SHELLMUSEUM.ORG/BEACH-WALKS](http://SHELLMUSEUM.ORG/BEACH-WALKS)



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

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

fort  
MYERS  
LEE COUNTY TOURIST  
DEVELOPMENT COUNCIL





Jennifer Cellitti and Pat Carroll  
photos provided

# Shopping Spree Nets \$130,000 For Pace Center

The recent Love That Dress! fundraiser brought in \$130,000 to support programs for Pace Center for Girls, Lee.

“We thank the many shoppers, sponsors and volunteers who joined us at Love That Dress! this year to honor the female spirit and shop for a cause,” said Jennifer Cellitti, executive director of Pace Center for Girls, Lee. “For the past 14 years, this signature event has played a monumental role in supporting Pace’s efforts to bring education, counseling and advocacy to hundreds of girls and young women in Southwest Florida.”

Described as the ultimate feel-good shopping spree of the year, Love That Dress! featured shopping, music, silent auctions and cocktails at Embassy Suites by Hilton in Estero, where a collection of high-quality, brand-new boutique and gently used dresses, shoes, handbags and accessories were sold at deeply discounted prices.

Proceeds from the event provide academic programs and counseling



Diana Metzger and Taylor Siefert



Mark Blust and Kendra Sutton



Gretchen Nelson and Sally Gins

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

Members of Pace Lee also invited Pace girls to come out and join in fun by providing a special session with



From left, Savannah Pierre, Stefanie Edwards and Beth Wild



Sandra Pavelka and Linda Doggett



Margo Brewster and Amy McQuagge

opportunities for the girls to dress up and shop for new outfits.

Sponsors for Love That Dress! included California Closets, Kelly Fayer Law Firm, Neubert Construction, Priority Marketing, Sanibel Captiva Community Bank, Seminole Casino Hotel and Stilwell Enterprises & Restaurant Group. Media sponsors were 96.9 WINK FM, ABC-7 and Gulfshore Life magazine. Volunteer



Cheryl Komnick and Nancy Finch



Wendy Tooley and Angelo Vaughn



Sandy Stilwell Youngquist and Sandy Heinrich

meal sponsor was Jason’s Deli. In-kind sponsors included Atilus, Caloosa Tent & Rental, Embassy Suites, Goodwill Industries of Southwest Florida, Image Matters, Lightning Wireless Solutions, Miromar Outlets, Prawnbroker Restaurant Group and Priority Payment Systems.

To learn more about Pace Lee and its programs, visit [www.pacecenter.org/locations/lee](http://www.pacecenter.org/locations/lee) or call 425-2366.\*



Marc Collins and Melissa Mitchell



## Local Chapter Wins Awards At Conference

The Florida Public Relations Association (FPRA) recognized its Southwest Florida Chapter with numerous awards at FPRA's 83rd annual Conference held in Orlando recently. Members from 16 chapters across the state of Florida and public relations professionals from around the country experienced four days of professional development, networking and recognition from their peers.

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

FPRA State President Devon Chestnut, APR, CPRC, presented several member organizations from the Southwest Florida chapter with 11 awards across several divisions and categories. An Award of Distinction is presented to entries that meet the standards of excellence set by a panel of judges; a Golden Image Award is presented to the top-scoring entry in each category if the entry meets predetermined criteria of excellence set by the judges; and a Judges' Award is presented by judges for an outstanding entry that achieves maximum results while using a minimum amount of money.



Members of the Florida Public Relations Association Southwest Florida Chapter

photo provided

### Division A: Public Relations Programs

**Community Relations Category**  
A Golden Image Award went to the Collier County Supervisor of Elections Jennifer J. Edwards, Trish Robertson, APR, CPRC, and Landy Godines for Art for Democracy.

**Public Service Category**  
An Award of Distinction went to Lee County Solid Waste for Converting Franchise Area Five to Same-Day Collection.

**Institutional Category**  
A Judges' Award went to Priority Marketing for Healthcare Network

End-of-Year Campaign.

**Promotional/Marketing Category**  
An Award of Distinction and a Judges' Award went to Pushing the Envelope, Inc. for Give the Gift of the Dock.

**Special Event Category**  
An Award of Distinction went to Priority Marketing for Market Trends.

### Division B: Collateral of Public Relations

**Annual Report Category**  
A Golden Image Award and a Judges' Award went to Priority Marketing for Guadalupe Center Annual Impact Report.

### Division C: Digital Tools of Public Relations

**Video-External Category**

An Award of Distinction went to Priority Marketing for Guadalupe Center *We are the World* video.

### Division D: Student Projects in Public Relations

**Public Relations Campaign Category**  
A Golden Image Award and a Judges' Award went to Alexa Gutierrez, Heather Nash and Emily Fluharty for the Revive FGCU FPRA campaign.

Chestnut also honored the Southwest Florida chapter with President's Awards for its leadership in credentialing and for exemplifying the "Greater Than" state theme throughout the last year.✱

## Money Tip For Students

The federal government may forgive all or part of federal student loans if borrowers meet certain requirements. The forgiveness options, according to the Kentucky Higher Education Assistance Authority (KHEAA), include:

Public Service Loan Forgiveness – Employees of a U.S. federal, state, local or tribal government or not-for-profit organization may qualify for loan

forgiveness after making 120 months of qualifying payments.

Temporary Expanded Public Service Loan Forgiveness – Through October 31, borrowers may receive credit for past periods of repayment that would otherwise not qualify for PSLF.

Teacher loan forgiveness – To qualify, you must teach at least five full years in a low-income school in an eligible district. Depending on your field, you may have up to \$17,500 in student loans forgiven.

For complete details on all three options, visit [www.studentaid.gov](http://www.studentaid.gov).

Nursing loan forgiveness – You must be at least a registered nurse and agree

to work full time for a minimum of two years in a critical shortage facility. If you fulfill your agreement, 60 percent of your loan balance will be forgiven. Another 25 percent will be forgiven if you work a third year. Nurses teaching at an accredited school of nursing may also qualify. For complete details, visit [bhw.hrsa.gov](http://bhw.hrsa.gov).

[hrsa.gov](http://hrsa.gov).

The Internal Revenue Service may count the amount forgiven as income. You should talk with a tax professional to understand the impact it may have on your taxes. For more information, visit [www.kheaa.com](http://www.kheaa.com). or [www.advantageeducationloan.com](http://www.advantageeducationloan.com).✱



**ISLAND  
INSURANCE  
SERVICE**



Mark O'Brien  
Owner/Agent



Susan Barnes  
Personal Lines



Trish Barbone  
Agent



Justin Wheeler  
Agent

Call our office today  
for a new Auto  
quote.

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

Have an insurance question?

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

MADE WITH FRESH KEY LIMES AND RAW HONEY

**AWARD WINNING!**

**Captiva Spirits**

**KEY LIME HONEY VODKA**  
*Wonderfully Smooth, Naturally Florida!*

**Drink Local**

**VODKA SILVER 2021**  
LAS VEGAS GLOBAL SPIRIT AWARDS

**CAPTIVASPIRITS.COM**



Book Review

Nightwork



by Di Saggau  
Harry Booth was only age 9 when he started stealing. He did it to keep a roof over his sick mother's head. By slipping into luxurious, empty homes at night, he would find items he

could trade for cash to pay for food and bills. When his mother died of cancer, Harry left Chicago but he kept up his nightwork.

He takes on new identities and disguises as he wanders from the Outer Banks to Savannah to New Orleans. He is careful to not attract attention or to get attached. He meets up with a fellow thief named Sebastian who introduces him to a powerful and dangerous client named Carter LaPorte. The man is a predator who strongarms Harry into robbing a Baltimore museum. LaPorte is a collector, and he wants to own Harry in order to use his special skills.

Harry tries to start a low-key life as a college student in Chapel Hill and falls for an aspiring writer named Miranda Emerson. LaPorte uses threats against Harry's phone-psychic aunt and Miranda that forces Harry into working for him again. Harry abandons Miranda, for her

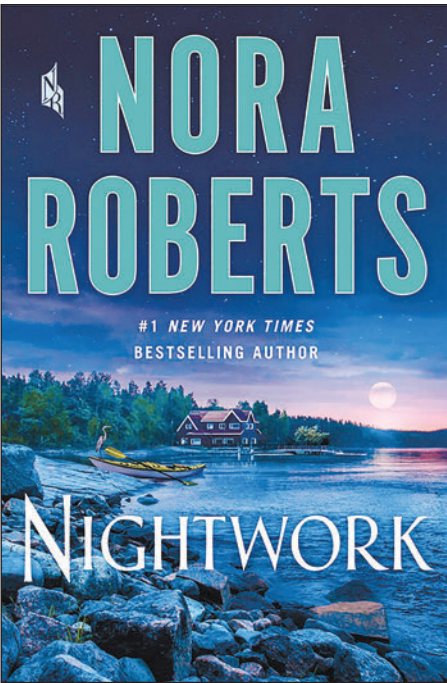


image provided

own safety, and spends years on the run until he finally has the opportunity to take LaPorte down.

The strong bond between Miranda and Harry eventually pulls them back together. Now, he needs to pull off one last job, getting revenge and keeping the woman he loves safe. Roberts allows the reader to slowly figure out Harry's character and his motivations, making it easy for us to sympathize with a thief who has a code of honor and a deep love for his family.

She is a master at providing characters that readers will love and cheer for, no matter what. *Nightwork* introduces an

unforgettable thief in a new novel of suspense, greed, love and survival. I found it to be a very enjoyable read.✧

School Smart



by Shelley M. Greggs, NCSP  
**Dear Shelley,** My daughter is in fourth grade and she's getting a lot of vocabulary to learn. We use flashcards but I'm not sure that if it is enough for her, especially for her to really understand the words. Do you have any suggestions on how to learn new vocabulary?  
Cassie B, Cape Coral

**Cassie,**  
The acquisition and comprehension of new vocabulary is important, and it's good to see that you want to help your daughter learn her new vocabulary words. Students with small vocabularies are more likely to struggle with reading, have difficulty understanding content and can be seriously at risk for academic failure. Getting vocabulary words into long-term memory is vital to helping students understand and remember content.

There are many strategies to help students learn new vocabulary effectively. Here are a few strategies that are slightly silly but will help your daughter learn and remember them:

Use your new vocabulary words in the silliest sentences that you can think of;

Name four different words that mean the same thing as each one of your new vocabulary words;

Combine these new words to make another new word;

Say five different words that rhyme with each of your new vocabulary words;

Draw the word. Create a picture of what you think the word looks like;

Dictate the words into a document and then have the computer read them back to you;

Write a paragraph using the new vocabulary words;

Make a vocabulary playlist; and

Play charades with the new vocabulary words.

Since these strategies are a bit

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

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

Kids Explore For Free At Space Center

The Kennedy Space Center Visitor Complex is offering free one-day admission to children ages 3 to 11 with the purchase of at least one adult admission during the month of September. The special is valid for up to three complimentary children's admissions per one adult purchase. Children under age 3 are admitted for free.



"There's so much to offer young explorers here at the visitor complex," said Therrin Protze, COO of Kennedy Space Center Visitor Complex.

Admission is available online at [www.kennedyspacecenter.com/info/tickets](http://www.kennedyspacecenter.com/info/tickets), by calling reservations at 855-433-4210 or by visiting Will Call. Blackout dates may apply, including launch viewing and special events, and this offer cannot be combined with any other offers.

Kennedy Space Center Visitor Complex is located at Space Commerce Way on Merritt Island. For more information, visit [www.kennedyspacecenter.com](http://www.kennedyspacecenter.com).✧

# EPIC FIRES OF FORT MYERS

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



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

THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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

HELP WANTED

Ozturk Family Inc., seeks 3 full time positions. For all inquiries, send resume to [ozturkjobs@gmail.com](mailto:ozturkjobs@gmail.com) with salary requirements. Job 1: Ozturk seeks full time Wholesale and Retail Buyer in Ft Myers for Turkish grocery store. Duties include buying Turkish and Mediterranean groceries and merchandise, negotiate prices, recommending mark up rates, and reselling. Must have 24 months of experience buying and selling Turkish and Mediterranean groceries. Travel required once or twice per week between Ft Myers (Lee County) and Naples (Collier County) grocery stores. Job 2: Ozturk seeks full time Production Clerk in Ft Myers. Duties include distributing production schedules or work orders and determining personnel or inventory requirements. 24 months experience required in grocery industry. Travel required approximately once per week between store locations in Ft. Myers and Naples. Job 3: Ozturk seeks full time Proofreader in Naples for Turkish grocery store. Duties include proofreading advertisements, social media pages, and internet pages for grocery store. Must be fluent in Turkish and English. Requires bachelor's degree.





The property that will house the new regional repair facility for Tesla

photo provided

## Tesla Opening New Facility In Fort Myers

Tesla has announced it will be opening a repair facility in Fort Myers. Gary Tasman, CEO and principal broker, and Shawn Stoneburner, senior director of Cushman and Wakefield | Commercial Property Southwest Florida, LLC, have just leased 44,800 square feet of industrial space at the Gulfcoast Industrial Campus to Tesla for their new regional repair facility. Tesla signed a 10-year lease with SFG ISF Fort Myers Lee, LLC, owners of Gulfcoast Industrial Campus, located at 16180 Lee Road in Fort Myers.

This is big news for Southwest Florida considering Florida is in second place for Tesla ownership in the country. In 2021, statistics reflected 107,000 plug-in electric vehicles in the state, 54 percent of that total in Tesla vehicle models, echoing the need for a facility of this type

in this market. The new facility's great location off I-75, just 15 minutes from the Tesla dealership on the corner of Colonial Boulevard and Colonial Center Drive, is situated conveniently to service Tesla customers from Charlotte to Collier counties, joining Tampa and Sarasota as the only official Tesla service centers on Florida's west coast.

Tesla is a welcome addition among some of the noteworthy tenants setting roots along the Alico Road corridor, following corporate giant Amazon earlier this year. Gulfcoast Industrial Campus offers 107 paved parking spaces in the fenced-in concrete paved yard, offering security and plenty of parking. The onsite logistical accommodations aligned with Tesla's mission to drive the transition to motor sustainability and energy-efficiency and helps to solidify the electric vehicle ecosystem to Southwest Florida.

For more information about this transaction or to learn more about Commercial Property Southwest Florida, contact Tasman at [gtasman@cpswfl.com](mailto:gtasman@cpswfl.com) or visit [www.cpswfl.com](http://www.cpswfl.com).✱

## Homeless Coalition Dinner And Auction

This year in Lee County, there are approximately 3,400 people without a place to call a home. To help raise funds and awareness to end homelessness, Lee County Homeless Coalition will hold the 17th annual Benefit Dinner and Silent Auction at Crowne Plaza Fort Myers on Friday, October 7 from 6 to 10 p.m.

Tickets are \$85 for coalition members and \$95 for future members. Sponsorship opportunities ranging from \$400 to \$2,500 include tickets and recognition at the event. In addition, members of the community can help the Lee County Homeless Coalition by donating items for the silent auction. To donate a gift basket or other donation, complete a silent auction form at [www.leehomeless.org/event/17th-annual-benefit-dinner-auction](http://www.leehomeless.org/event/17th-annual-benefit-dinner-auction). Proceeds from the dinner support the coalition's mission to benefit those experiencing homelessness or at risk of

homelessness.

Returning this year to serve as emcee is NBC-2 News Anchor Peter Busch. Special guest speaker will be Congressman Byron Donalds. Dress attire is business.

"The annual benefit dinner and auction provides an opportunity for the Southwest Florida community to come together and help raise funds for our fellow residents who are experiencing homelessness or are at risk of homelessness. We appreciate the tremendous effort and support from partner agencies. We need the help of the Lee County community to make an impact with the children, families and the 3,400 individuals who are faced with homelessness this year," said Therese Everly, executive director of the Lee County Homeless Coalition. "We continue to need silent auction items and sponsorships for this event."

Crowne Plaza Fort Myers is located within Bell Tower Shops at 13051 Bell Tower Drive in Fort Myers. For more information, to become a sponsor or purchase tickets for the event, visit [www.leehomeless.org/event/17th-annual-benefit-dinner-auction](http://www.leehomeless.org/event/17th-annual-benefit-dinner-auction), call 322-6600, or email [info@leehomeless.org](mailto:info@leehomeless.org).✱

## BAILEY-MATTHEWS NATIONAL SHELL MUSEUM

### SPECIAL EXHIBITIONS NOW ON VIEW

#### ADORNED BY THE SEA:

**Shells in Fashion**

**MOLLUSK HOSPITAL: A Shell Folk Art Journey in 20 Rooms**

**Open during regular Museum hours with paid admission**

*Summer exhibitions made possible by a grant from the Cornelia T. Bailey Foundation and a gift from Mark and Kathy Helge.*

### FREE ONLINE LECTURES

#### Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard

by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM

#### Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture

by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute

#### Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science

by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County

Past online lectures available to view anytime at [ShellMuseum.org](http://ShellMuseum.org).

**Register at [ShellMuseum.org/lectures](http://ShellMuseum.org/lectures)**

*Lectures made possible by a gift from Mark and Kathy Helge.*

### FALL CLASSES

**Nov. 2: Fantastic Shells and Where to Find Them**

**Nov. 8: Mound House Field Trip (Fort Myers Beach)**

**Nov. 16-17: A Day in the Life of an Aquarist**

**Nov. 29: Shell Ambassador Certification Course**

**Dec. 13: Lighthouse Beach Marine Biology and Field Lab**

**Register at [ShellMuseum.org/classes](http://ShellMuseum.org/classes)**

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

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

fort  
MYERS  
LEE COUNTY TOURIST  
DEVELOPMENT COUNCIL



IMAXtree by  
Launchmetrics



Will Power

## Renewed Relationship With Yourself



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

Sometimes I'm asked how it is preparing for the final act in someone's life. As an estate planning attorney, I often create a structure to find success for loved ones after the client's inevitable departure from this world.

But that doesn't mean that's all we do with an estate plan. Much of it is about the lifetime of my client. What I've found is that many of my clients are growth-oriented, whether they're retired or not.

Do you have a growth mindset? No matter your age, I believe that having the ability to always improve is tantamount to living a complete life. When you stop challenging yourself, I believe this results in an inevitable decline. Sure, the physical capabilities of a 60-year-old aren't that of a 20-something. That doesn't mean that you can't take up a new sport like pickleball or enroll in an aqua-aerobics class for the first time.

Mentally, there are plenty of growth opportunities, even in retirement. Auditing a college course, learning a new language, or volunteering as a tutor for underprivileged children all stretch our boundaries. I'm still working but I enjoy continually learning. I must keep up to date with the legal and tax developments, but I also practice Spanish when I can, and I also enjoy studying various subjects just for the fun of it.

Many people, especially successful ones, tend to be too hard on themselves. They're unforgiving over the slightest of errors. That's unfortunate because to grow, failure is a requirement. We don't learn much from success. That's why it's so difficult for sports teams to repeat as champions. They forget the hard work and

failures that got them into the position to win.

In renewing a relationship with yourself, it's okay to embark on something that stretches your boundaries. That's how you grow. In the last several years, even after my heart surgery, I've repelled down waterfalls and white-water rafted down Class IV rapids in Costa Rica. Even before my surgery, I completed three Ironman triathlons, nine half-Ironman races and 40 other races of various distances.

In North Carolina this summer, at age 58, I did a lot of bicycling, often on steep roads up the sides of mountains. I'm writing my eighth book to be published and will soon create an online coaching program for other estate planning attorneys to compliment the live version I created seven years ago.

What's cool for me is that my attitude rubs off on my wife and daughters. They're all adventurous. The last time we all went white-water rafting together, I could tell the guide thought our family would be novices, one he would have to be careful with. Boy, was he surprised! We handled the toughest rapids well (we've been rafting since the kids were just old enough and had enough weight to them) so, by the end of the ride, he was guiding us through the most fun – and difficult – part of the rapids.

I noticed that some people tend to lose their spark when they retire. At first, they're joyful to be free of the office every day. But there's only so much golf and tennis one can play. An injury might inhibit them, and they never get back into it. The slow deterioration begins.

Don't let this happen to you.

There's plenty you can do. Even if it's to help others, there are many service organizations that are looking for bright, mature, wise adults who have a lot to offer. You're probably one of them!

Renew your relationship with yourself. You'll be surprised how dynamic you truly are.

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

## Bank Executive Joins Board

Amy McQuagge, Sanibel Captiva Community Bank vice president and director of marketing, was named to the board of directors for the Guardian ad Litem Foundation, 20th Judicial Circuit recently. As a board member, she will be responsible for program oversight, fundraising, event coordination and public awareness campaigns.



Amy McQuagge

The foundation's mission is to ensure every abused, neglected or abandoned youth in Southwest Florida has a voice as they navigate the judicial, education and child welfare systems. The foundation recruits, trains and provides support for court-appointed volunteer child advocates who represent the best interests of a child until safe, permanent placement is established. The nonprofit also raises funds that help meet a child's health, educational and social needs.

McQuagge joined the bank in 2018 as the organization's first in-house marketing director. She serves as board member for PACE Center for Girls and resource development chair and co-chair of the Love That Dress fundraiser. She has served on the board for Uncommon Friends and volunteers for Habitat for Humanity of Lee & Hendry Counties, Midwest Food Bank Florida, and United Way of Lee, Hendry, Glades & Okeechobee Counties, along with other local nonprofit organizations.

A native Lee County resident, McQuagge holds a bachelor's degree in communications from Florida Southern College and is a certified financial marketing professional through the American Bankers Association.✴

## Bureau Wins Top Tourism Awards

The Lee County Visitor & Convention Bureau (VCB) was honored with two top Flagler Awards – known as the Henry – at the annual Florida Governor's Conference on Tourism.

Governor's Conference, hosted by VISIT FLORIDA, Florida's official tourism marketing corporation, was held August 31 to September 2 in Boca Raton.

The VCB won Henry Awards for creativity in public relations for "Sanibel Island Shines" on *Southern Living's* "The South's Best" issue that included the magazine's April 2021 cover. The second award was for direct marketing for a Facebook welcome email series.

"We are so proud of our Tourist Development Council and Visitor & Convention Bureau Director Tamara Pigott and her staff for being recognized at the Florida Governor's Conference on Tourism with two Henry Awards for direct marketing and public relations," said Cecil Pendergrass, chairman of the Lee Board of County Commissioners and TDC chair. "Lee County is leading the way in the state for tourism and economic recovery."

Named for Henry Flagler, the Flagler Awards were established in 2000 to recognize outstanding tourism marketing in Florida. As in previous years, the 2022 Flagler Awards drew entries from Florida's tourism partners, large and small. Working independently,

a panel of judges evaluated the creativity, innovation, production quality and effectiveness of each entry.

Based on the judges' cumulative scores, awards were presented to the top three entries in each category: the Bronze Award for the third highest scoring entry, the Silver Award for the second highest scoring entry, and the Henry Award for the highest scoring entry in each category. For a complete list of winners, visit [www.visitflorida.org](http://www.visitflorida.org).✴

## Marketing Firm Earns Certified Partner Status

Pushing the Envelope, Inc. has been named a Certified Partner by Constant Contact, a digital marketing platform trusted by millions of small businesses.

As a Certified Partner, Pushing the Envelope, Inc. has demonstrated in-depth knowledge of the Constant Contact digital marketing platform and best practices. This ensures program participants and the clients they serve will realize meaningful results from their investments in email and online marketing.

"As a partner of Constant Contact, we are able to provide an upgraded solution to our clients' digital marketing needs," stated Samantha Scott, APR, president of Pushing the Envelope, Inc. "We continue to evolve our services with a focus on ROI (return on investment) and strategy; this partnership with Constant Contact was a natural fit."

"The Certification Program ensures customers that our partners have proven, in-depth knowledge of online marketing and Constant Contact's

offerings," said Joe Ribaudo, director of channel marketing at Constant Contact. "By earning Certified Partner status, Pushing the Envelope has demonstrated its commitment to helping clients succeed by taking proactive steps to grow their marketing skillset."✴

From page 1

## Songwriter

Pierside Grill, Yucatan Beach Stand, Matanzas On The Bay, Nervous Nellie's, Shucker's and Pincher's Tiki Bar on Fort Myers Beach.

Island Hopper is produced by Lee County Visitor & Convention Bureau, iHeartMedia and BMI.

The free Island Hopper Fest app features personalized schedules, festival discounts, maps, access to purchasing tickets and performance alerts, and is available for iOS and Andriod users. Search for Island Hopper Fest in your mobile App Store and download the app to be entered for a chance to win a two-night stay at Pink Shell Beach Resort during the final weekend of Island Hopper, tickets to the LeVox concert and a \$200 gift card.

For more information, schedule of artists, bios and sites where they will be performing, visit [www.island-hopperfest.visitfortmyers.com](http://www.island-hopperfest.visitfortmyers.com).

### Songwriter Fest wins Awards

Island Hopper Songwriter Fest won three first-place SUNsational Awards at the recent Florida Festivals & Events Association (FFEA) convention in Orlando. The awards recognize members' innovation, individuality and creative collaborations. Island Hopper won first place for mobile app; virtual event (Songs from the Sand); and installations (bus wrap). The event also received third place for its volunteer program.✴



## Superior Interiors

## Is Your Home Romancing You?



by Trinette Nelson

Now more than ever, you may be thinking that your house is just not romancing you. It's not soothing you or relaxing you. It's not putting you in the right frame of mind for regrouping, rejuvenating or

re-energizing.

Decorating your home is more than a matter of color or type of furniture, type of flooring, accessorizing or arranging. Decorating is about breathing personality into your house. Your space should communicate. It should communicate to you. It should communicate to others. It should express itself in terms of you. What

does your decorating say to you? What does it say about you to others?

Start with balance. Does your favorite room bring you a sense of equilibrium? After a day of juggling your "to do" list and Zoom calls, can you walk into a particular room and regain a sense of balance? When a room feels natural and comfortable, it's bound to be balanced. There will be a sense of equilibrium among objects. If it's off balance, it will more likely feel alien or uneasy. It will remind you of your busy day; not slow you down and refresh you.

Balance doesn't mean a room has to be symmetrical or formal, with objects arranged equally on each side of a point of interest. Balance can just as well come from an asymmetrical or more informal arrangement. You can group objects of unequal size and bring them into balance by placing them farther away from the room's focal point.

While both types of balance can be used beautifully in any room design, generally speaking, a room that combines both kinds of balance is more agreeable

and interesting.

Following are a few other refreshing tips for decorating to create a space that romances you:

**Greenery** – Nothing can add so much for so little as greenery. Most people like plants and flowers, but too often we don't give them enough credit for being a decorative accent, even if they are faux. Plants cheer up a room and humanize it by adding nature's own basic color – green.

**The romance of music** – Nothing can soothe like music, or the reminder of music. It could be a piano or some other instrument, or even just a music stand. Even if it's primarily being used as an accessory, it can fill your mind with just the right musical notes and trigger lovely thoughts.

**Space** – You may occasionally feel closed in and wishing for some breathing space. If that homework space of yours has only a small window, you can create the illusion of more space by extending that window treatment further than the window itself. Don't forget a mirror. That too can give you a more expansive feel.

**Stripes** – They're one of the most versatile of decorating tools. Stripes can make a room look bigger or wider, more serene or louder. But, like some other things in life, too much of a good thing can sometimes be a bad thing. Wide stripes with dark or bright colors can be overpowering. Use them in small quantities as an attention getter. The wider the room, the wider the stripe can be. A narrow vertical stripe works well in smaller rooms, particularly those with low ceilings. They will make your room appear larger by drawing your eye upward. Stripes are also the great "mixer." They are fantastic when coordinated with other patterns such as florals and plaids.

Most importantly, when you are working with a professional designer, communicate well. Share the emotions you want the space to evoke. Describe the experience you want to have in that special space so that he or she can best assist you.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinette@coindceden.com](mailto:trinette@coindceden.com).✱*

## Funding Approved For Data Collection

The Lee Board of County Commissioners approved a joint funding agreement with U.S. Geological Survey (USGS) for collection of water quality and flow data at 12 locations throughout Lee County for the next fiscal year, which begins October 1.

Lee County will contribute about \$185,000 to the cost of the cooperative data collection program. The U.S. Geological Survey will provide about \$82,000.

Lee County has had a joint funding agreement with USGS since 1973.

The program includes reading of continuous stage recorders and groundwater levels in several Lee County watersheds including Briarcliff Ditch, Gator Slough, Imperial River, Orange River, Spring Creek, Estero River, Six Mile Cypress Creek, Popash Creek, Telegraph Creek, Ten Mile Canal and Whiskey Creek.

The data obtained is used to: Properly calibrate computer hydrology

models developed as part of the Lee County Surface Water Management Master Plan;

Provide real-time hydrological information to assist in flood/storm response; and

Document pollutant load reductions in fulfillment of Total Maximum Daily Load (TMDL) requirements.

Water quality is a top priority of the Lee Board of County Commissioners, and water-quality projects are underway year-round. The board also has identified flood mitigation as a priority.

For more information about Lee County efforts and partnerships, visit Our Water Story: Lee County's Water Quality Initiative at [www.leegov.com/water](http://www.leegov.com/water).✱

## New Officers For Children's Center

The Children's Advocacy Center of SWFL (CAC) has added three new members to its board of directors: Norman Lutz, CEO of Iron Ridge Insurance Services; Jonathan Gabel, president of Priority Business Solutions; and Greg Blurton, vice president of Commercial Lending & Business

Development at Edison National Bank.

The 2022-23 slate of officers were also announced: Jake Spanberger of Entech IT Consulting as president; John Clinger of Clinger, Sizemore & Associates as vice president; John Pearson of Merrill Lynch as treasurer; Karla Y. Campos-Andersen Esq. of Fiddlesticks as secretary; and Cole Peacock of RC Peacock Consulting as past president.

The board of directors includes Charles

Idelson, executive vice president and regional president of Busey Bank; Jessica Walker, marketing and public relations manager for Markham Norton Mosteller Wright & Co.; Dr. Martin Sherman, retired pediatrician; Sgt. Yadi Perez-Luna, youth services at Lee County Sheriff's Office; and Emily Hunter, communications and legislative coordinator of the Hendry County Board of County Commissioners.✱

## HELP WANTED

Ozak Trading Inc, seeks three full time positions in Fort Myers (job site). For all, send resume with salary requirements to [ozakjobs@gmail.com](mailto:ozakjobs@gmail.com). Nonsmokers only. Must submit to random drug testing. Job 1: one full time maintenance worker in Ft Myers. Duties include repairing and maintaining windows, doors, floors, drywall, plumbing, electrical or other parts of building structures. 24 months experience and/or training required in fields of maintenance, construction, or engineering. Job 2: two full time Repair Workers in Ft Myers (job location). Duties include maintenance, inspections, and repairs on small engines and tools. Must have 24 months of experience or training in engine repair, power tool repair, engineering, automotive repair, or related fields. Travel required throughout Lee and Collier Counties for onsite repair. Employer will provide transportation. Send resume to [ozakjobs@gmail.com](mailto:ozakjobs@gmail.com) with salary requirements.

## CARING MEDICAL FLORIDA &amp; THE HAUSER NECK CENTER

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

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



9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | [CaringMedical.com](http://CaringMedical.com)



Frankly Speaking



by Howard Prager  
Is Serena Williams a GOAT? She lost in the third round at the US Open, in what she says is her final tournament. We marvel at her tennis excellence, along with her sister, Venus. I don't think there have ever

been two sisters (or two brothers) who have won more grand slams.  
Margaret Court made the case that she is being forgotten by the tennis world. Court won more grand slam titles (24 vs. 23) and in a shorter period of time with less support. Court also won grand slams after having two babies; Serena has not won a grand slam after having her child. Court was not happy with this or with Serena's lack of praise for the opponent who beat her, Ajla Tomljanovic, who was quite generous with her own praise for Serena's play and surprise in actually beating her. So here's the question: Is Serena a GOAT or not? Here are some of Serena's incredible stats from www.usopen.org.  
"1: Williams has held the WTA's No. 1 ranking for 319 weeks, including 186 weeks in succession, tied for the longest streak among women with Steffi Graf.  
2: In 1999, Williams became the second Black woman to win a Grand Slam singles title, and the first since the legendary Althea Gibson won her fifth and final major singles title at the 1958 U.S. Open.  
3: Roland Garros singles titles claimed by Williams, who won titles in 2002, 2013 and 2015. She compiled a 69-14 lifetime record in Paris.  
4: She won three Olympic doubles gold medals with sister Venus Williams at the 2000 Sydney Games, the 2008 Beijing Games and the 2012 London Games. She also added a singles gold medal in London in 2012.  
5: Williams claimed the prestigious title at the WTA's season-ending championships five times. In 2014, she became the oldest champion in

tournament history, at the age of 33.  
6: Williams ends her career tied with fellow legend Chris Evert atop the U.S. Open's all-time women's singles title list with six.  
7: Only nine-time champion Martina Navratilova has more Wimbledon women's singles titles than Serena's seven. She is tied with Steffi Graf for second on the all-time list. Williams finishes her career with a 98-14 all-time record at Wimbledon, where she also won six doubles titles and another in mixed.  
8: The number of Grand Slam titles that goes into two "Serena Slams." Williams held all four major titles at once two times during her career, winning the lot in succession in 2002-03 and 2014-15. Williams is the oldest player in history to have held all four Grand Slam titles simultaneously.  
9: Number of Grand Slam finals that Serena played against Venus, winning seven of the nine.  
10: Number of major singles titles Williams has won since turning 30. No other woman has claimed more than three after that age. She's also the only player to have won 10-plus Grand Slam titles in two different decades.  
11: Against Venus, Serena won 11 Grand Slam matches out of the 16 they have played at the majors.  
12: Number of Wimbledon singles crowns that the Williams sisters have won, combined. On Wimbledon's hallowed lawns, the 21st Century has been all about the sisters. Either Venus or Serena stood at the podium 12 times in a period of 17 seasons, starting with Venus' first title in 2000.  
13: Williams owns more hard-court Grand Slam singles titles than any other player, with a combined 13 between the Australian Open (seven) and the U.S. Open (six).  
14: Number of major doubles titles won by Williams, all with her sister Venus by her side. The pair put up an impeccable 14-0 record in Grand Slam doubles finals.  
15: Williams owns the record for the longest span between first (1999) and last (2014) U.S. Open titles: 15 years.  
17: Williams was just 17 when she won her first U.S. Open title, defeating Swiss Miss Martina Hingis in the 1999

U.S. Open final, 6-3, 7-6(4). It was a title run fit for an icon – Williams defeated Kim Clijsters, Conchita Martinez, Monica Seles, Lindsay Davenport and Hingis in her final five matches of the tournament. Of the quintet of victims, only former World No. 2 Martinez never held the No. 1 ranking.  
18: Williams holds the record for longest gap between first and last Grand Slam titles – 18 seasons lie between her first Grand Slam title (the U.S. Open in 1999) and her most recent (the Australian Open in 2017). Three women previously held the record with a 12-year gap – Chris Evert, Martina Navratilova and Steffi Graf.  
19: Length of Williams' winning streak against Maria Sharapova, which lasted from the 2005 Australian Open all the way through the pair's last meeting at the 2019 U.S. Open.  
20: Serena lost two of her first three matches against Sharapova, then dominated her rivalry with the five-time champion, winning 20 and losing two overall.  
21: Williams was barely old enough to drink – in America, at least – when she won her first Serena Slam in 2003, at the age of 21.  
22: She has finished inside the WTA's Top 25 a remarkable 22 times. She has finished inside the Top 10 17 times, and has ended a season ranked inside the Top 5 11 times.  
23: Williams won her 23rd major singles title in 2017, defeating her sister Venus at the Australian Open. She is the all-time Open Era leader in Grand Slam

singles titles, and the oldest woman to ever win a Grand Slam singles title."  
Our good news story this week involves six high school football players from Rome High School and a car accident. The players were being driven to school when they heard a loud boom, as a 50-year old woman swerved to avoid someone turning in front of her and ran into another car, badly crushing and mangling her car. "We ran as fast we (could) to the lady and check on her to see if she was alright," Treyvon Adams told CNN. "We were seeing she was in pain, she was screaming and asking us to help her." Without thinking, they managed to pry the passenger door open, but realized that it was the other door had to be removed to be reached. "We used all our muscles," Adams said. "We're pretty big people. 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. The teens had freed the woman from the vehicle and continued on their way to school after checking on the driver of the other car. In a post on Twitter, the school's football team wrote, "PROUD of our MEN!" The teens admitted that while the recognition was nice, it was something anyone would do. Humble for doing the right thing. May these young men go far in their lives.  
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.\*

SPORTS QUIZ

- 1. What team selected Stanford quarterback John Elway with the first overall pick of the 1983 NFL Draft?
- 2. What sportscar endurance race, traditionally held in June, is contested on Circuit de la Sarthe?
- 3. In 2012, what sports website was acquired by Turner Broadcasting for a reported \$175 million?
- 4. What Duke Blue Devils basketball standout was chosen by the Vancouver Grizzlies in the first round of the 2001 NBA Draft?
- 5. Vince Dooley compiled a 201-77-10 record and won the 1980 national championship during his 25 years as head coach of what college football team?
- 6. Name the Phoenix Mercury star who in 2021 became the first WNBA player to surpass 9,000 points.
- 7. In 2021, what Tampa Bay Rays player became the first in Major League Baseball history to steal home plate and hit a home run in the same postseason game?

ANSWERS

1. The Baltimore Colts, who traded Elway's rights to the Denver Broncos. 2. 24 Hours of Le Mans. 3. Bleacher Report (bleacherreport.com). 4. Shane Battier. 5. The University of Georgia Bulldogs. 6. Diana Taurasi. 7. Kandy Arozarena.

From page 1  
Tickets

concerts are not available at this time.  
The five performances all begin at 7:30 p.m.:  
New York Philharmonic String Quartet – January 8. The New York Philharmonic String Quartet consists of four principal musicians from the orchestra. The group, formed in 2017, made its debut as a solo ensemble in John Adams' Absolute Jest in New York in 2017. All four members are multiple prize winners, and have appeared as concerto soloists with the Philharmonic and orchestras throughout the world. They are joined by acclaimed young American pianist Drew Peterson, winner of the 2017 American Pianist Award.  
The National Philharmonic Orchestra of Ukraine – January 16. The Lviv National Philharmonic Orchestra of Ukraine was established in 1902 and has hosted some of the world's greatest conductors and musicians in classical music. The orchestra is a regular participant in international festivals, has toured extensively around the world and recently completed several highly acclaimed recordings. This concert is sponsored by the U.S. State Department.  
A Celebration of Song – the Classics to Broadway – February 7. This upbeat concert by Concerto Soloists Internationale features popular highlights from grand opera to Broadway to pop performed by international soloists from four continents with a live on-stage

orchestra and an emcee.  
The English Chamber Orchestra – March 9. The English Chamber Orchestra is the most recorded chamber orchestra in the world. The orchestra has performed with some of the world's greatest soloists and recorded many movie soundtracks, including scores for Atonement, Pride and Prejudice and several James Bond movies.  
The Royal National Ballet Direct from the Republic of Georgia – Fire of Georgia – March 27. The Royal National Ballet will be making its American debut during this season. The performance, called the Fire of Georgia, combines Georgian folk dances with modern attitude toward the choreography and costumes. The company's program illustrates the variety of the world's folklore and classical dance elements, acrobatics, stunts and temperament of the dancers.  
The Fort Myers Community Concert Association, now in its 73rd concert season, is an all-volunteer not-for-profit organization founded by Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,200 members, underwriters and sponsors. Performers brought to Fort Myers in the past by the association include The Israel Ballet, The Boston Brass, Itzhak Perlman, Cleveland Orchestra, Vienna Boys Choir, pianist Andre Watts, violinist Joshua Bell with the Academy of St. Martin in the Fields and many others.\*



Doctor and Dietician

## Recipes For The Slow Cooker



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

**D**id you know that the Crock-Pot, the original slow cooker, originated over 40 years ago as a simple bean cooker? The Crock-Pot brand gave families a new way to make affordable meals using inexpensive cuts of meat, offering help to busy parents to minimize time in the kitchen. Well, here we are 40 years later, and the slow cooker (which has come a long way from the early days) is still a great way to get meals on the table in no time.

Remarkably similar to sheet pan meals, slow-cooker meals are very easy to make.

You toss everything into the slow cooker, close the lid and walk away. When you return from work, dinner is ready. One of the best things about slow-cooker meals is that they often take about six to eight hours, which means you can assemble it before work and when you are ready for dinner, all you need to do is prepare your plate and a nice green salad. Some slow cookers allow for more programming so you can adjust the cook time more precisely. We love that feature about our slow cooker.

Here are a few recipes to get you started. Remember that you can substitute, add or take out whatever you do not like. These recipes serve four to five people, depending on their appetites.

### White Chicken Chili

What you need: 3 skinless, boneless chicken breasts (or thighs, about 1 ½ pounds); 1 tbsp. ground cumin; 1 tbsp. ground coriander; 2 tsp. dried oregano; 1 tsp. paprika (we liked smoked); ½ tsp. crushed red pepper flakes; kosher salt and black pepper, to taste; 2 15-oz. cans cannellini beans, drained and rinsed; 2 4-oz. cans chopped green chiles; 4 garlic cloves, minced; 2 cups organic chicken broth; ½ cup heavy cream; 2 tbsp. masa harina (or corn flour); 2 cups corn (fresh or frozen); grated Monterey Jack cheese, chopped avocado and lime wedges.

What to do: Place all ingredients in your

slow cooker, tossing to mix, cook for about seven to eight hours, take the chicken out to shred and place back into the slow cooker. Serve topped with avocado and lime. Feel free to adjust the spices if you like your food more flavorful. This recipe is gluten-free and could be made dairy-free by substituting plant milk and vegan cheese. Optional: serve with rice.

### Honey Garlic Chicken Thighs And Veggies

What you need: 8 chicken thighs, bone-in skin-on; 16 oz. baby carrots; 16 oz. baby red potatoes; 1-2 tsp. basil, dried; 4 cloves garlic, minced; 16 oz. fresh green beans; 1 tsp. oregano, dried; 1/4 cup honey; 3 tbsp. ketchup; 4 tbsp. liquid aminos (or soy sauce); kosher salt and pepper to taste; 2 tbsp. fresh parsley, chopped for garnish.

What to do: Place all ingredients in your slow cooker and mix, cook for about seven to eight hours on low heat or three to four hours on high, garnish with parsley. Using liquid aminos or Tamari versus soy sauce makes this gluten-free.

### Beef And Broccoli

What you need: 2 cups organic beef broth; ½ cup liquid aminos (or soy sauce); ¼ cup brown sugar (or honey); 2 tsp. sesame oil; 2 cloves garlic, minced; 1 ½ lbs beef top sirloin steak, cut into ½ inch-thick strips; 2 tbsp. cornstarch; ¼ cup cold water; 4 cups broccoli florets; hot

cooked rice (we like basmati and jasmine best); Optional: sesame seeds and thinly sliced green onions for garnish.

What to do: Combine first five ingredients in slow cooker, add meat and stir to coat. Cover and cook on low for 6 hours. In a small bowl whisk together cold water and cornstarch until smooth. Stir into slow cooker and cook on high until thickened, about 30 minutes (or you can transfer to a pan for faster cooking.) Meanwhile, steam broccoli until just tender. Stir in to slow cooker with meat. Serve with cooked rice, garnish with sesame seeds and green onions. Gluten-free, dairy-free recipe.

We hope you like these recipes and give them (or others a try). Just remember, sharing a meal brings family and friends together in more ways than one. Commit to no cell phones at the table and ask each other questions such as “what was the best thing that happened to you today?” or “who did you most enjoy seeing today?” or “what is something new you learned today?”

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

dearPharmacist

## Relieve Joint Pain With Natural Alternatives



by Suzy Cohen, RPh

**Dear Readers:**

Joints are meant to last a lifetime, and for some people they do. But for others, joints wear out and start to ache. Old injuries can

give rise to pain later on in life. Over 50 million people have arthritis today, and conventional medicine's answer is a pill. It's usually a non-steroidal anti-inflammatory drugs (NSAID) like ibuprofen. This can work temporarily. It's not right for everyone though, especially those with ulcers, or heart disease.

The latest studies on osteoarthritis suggest that people who are above their healthy body mass index make their pain much worse due to additional pressure on the joints. Also, a diet high in soda, carbs and sugary foods will exacerbate pain. But there are things you can do. Here are four natural alternatives to drugs to relieve joint pain fast.

1. Curcumin – Books have been written on the topic of curcumin and pain relief. It's a strong anti-inflammatory component of turmeric spice extract. Most people think it is just “curcumin” that works, but recent research proves three different curcuminoids work even better, and you'll find those in high-quality supplements.

2. MSM – Methylsulfonylmethane provides the body with natural, healing sulfur. This is one component necessary for healthy joints. MSM is sold in health food stores because it is an extremely common ingredient that supports joint health, and it cleans the body up. Sometimes people get scared to take MSM because they don't understand that it is not a sulfa pill. Sulfur is the third most common and abundant element in your human body. It is found in great amounts in your nails, your hair and your skin. Your body requires sulfur to make collagen.

3. Hyaluronic acid – Arthritic joints are deficient in natural hyaluronic acid, so over time, it leads to the cartilage becoming less squishy and pliable. The stiffer a joint is, the more likely there is pain and inflammation. Hyaluronic acid holds moisture like a sponge, it's a plumper as in Restylane and Juvederm, which are two popular facial fillers.

Hyaluronic acid may be injected into your joint, for example, your knee. It will not cure anything serious, like if you need a knee replacement... but for simpler problems, an injection of this can bring relief for two or three months. It can be taken orally as well.

4. Vitamin D – Naturally synthesized in the human body after exposure to sunlight. It is a fact that people who have low levels of vitamin D often have joint pain and/or osteoporosis.

Vitamin D supplements would be an effective adjunctive supplement that you can take if you have chronic joint pain, and it is particularly helpful for both autoimmune rheumatoid arthritis as well as osteoarthritis.

Today, you've learned about four supplements that support joint health. One of them is free... the vitamin D. If you'd like additional help with your pain, I have a

longer article available at [www.suzycohen.com](http://www.suzycohen.com) as well as additional resources.

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

*Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).✱*

## BECOMING A FLORIDA RESIDENT IS EASY!

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

GET YOUR FREE GUIDE TODAY!

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



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



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



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



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

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



## ARTS

## 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!



Guide

**DEALER**                                                         

Start

**BINGE**                                                         

Brief

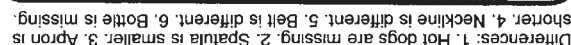
**ROTHS**                                                         

Shame

**GAMITS**                                                         

## TODAY'S WORD

Find at least six differences in details between panels.



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

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

POD-TIME WORK

- ACROSS**

1 Picture

6 Lo — (Chinese dish)

10 Eyes, to bards

14 Step heavily

19 Like zebras' necks

20 Author Sarah — Jewett

21 Beet or yam

22 Womanizer, perhaps

23 Spotted steed

25 Womanizer, perhaps

26 Bacteriology gels

27 Some sporty trucks, briefly

28 Jai —

29 Illegal boxing blow

31 Superhero with a magic ring

34 Fruit such as a peach or plum

35 Chicks' hangouts

36 Heavy horn

37 Baldwin of "Drunk Parents"

38 Rascally sort

41 Moniker for Lincoln

44 Royal Dansk treat

48 Speaker's stand

52 Cash caches requiring PINs

55 Wingtips' tips

56 Impassioned

57 Bee or Em

58 Neighbor of Burkina Faso

60 Off. helper

62 Their young are kids

63 The clear, open

66 Epps of "Juice"

68 City in southern California

69 Stephen of "Angie"

70 A tyrant rules with one

74 Prefix with skeleton

75 Common chamber group

77 Conductor Solti

80 Capital of Peru

82 Painter Dufy

83 TV's — May Clampett

84 Annie player Quinn

86 Ankle-length skirt

88 Caused to propagate

89 Airline to Tel Aviv

90 Spur-of-the-moment choice

93 Federal benefits org.

95 "Yoo-hoo!"

96 — Hashana

97 2006 Nintendo debuts

100 Taj —

105 Bursts in space

107 Figure at Madame Tussauds

110 Former Seabee, say

114 Scottish island

115 Agts. going after tax evaders

116 Banishment

117 Fix up text

118 What someone who completes this puzzle does?

120 "Daniel" singer John

121 Solemn act

122 The Beatles' "Let —"

123 Arm bones

124 School VIPs

125 Luminary

126 Warty critter

127 Actress Sharon
- DOWN**

1 Challenge as questionable

2 — d'

3 French for "years"

4 Prepare

5 Tokyo, once

6 Dough

7 Off-course

8 As originally found

9 Once called

10 Hatch of Utah

11 Large crucifix

12 Unlimited

13 Wheel turner

14 Von — family ("The Sound of Music" group)

15 Rascally sort

16 Arab country

17 Bygone Ford div.

18 Sumptuous

24 TV's Linden

29 "Sauer" hot dog topping

30 New Mexico's flower

32 Top-secret govt. org.

33 Fade away

37 "This is only —"

38 Swedish retail chain

39 Floss flavor

40 Furry adoptees

42 "— Cafe" (old Whoopi Goldberg sitcom)

43 Drinking alcohol

45 Exactly

46 Leia's last name

47 Unscented

48 Smidgens

49 Halo effect

50 Hip to

51 Florida or Ohio pol, e.g.

53 Poet Angelou since '75

59 Short-hop plane

61 Rotational forces

64 Doggoned

65 Berlin loc.

67 Gives shape to, to a Brit

70 Humpbacked lab helper

71 "— do you good"

72 Actress Ward

73 "Gotta go," to a texter

75 Pulverize

76 Catch

77 Deep cut

78 Article in Augsburg

79 Big name in skin cream

81 "That went right by me"

85 Chutzpah

87 Cedar Rapids native

91 Paint appliers, e.g.

92 Veto

94 Sound box at a concert

98 Really digs

99 Floor-washing robot

101 "Insomniac" comic Dave

102 Showing benevolence

103 Sports spots

104 Contacts, e.g.

105 Floss fiber

106 Cake bakers

107 Sea filler

108 Single

109 — Vegas

110 Necessity

111 Wheel turner

112 "La Dolce —"

113 Hayworth of old films

118 Set of parts to be assembled

119 Ant or beetle

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

King Crossword

- ACROSS**

1 Beach accessory

6 Altar promise

9 Wd. modifier

12 Blazing

13 At once

14 Singer Rawls

15 Lightweight wood

16 Old Pontiac

18 More tightly packed

20 "Star Wars" royal

21 Photo, for short

23 "Fresh Air" ailer

24 Party beverage

25 Unforeseen problem

27 Say

29 Elk's horn

31 Wheel cover

35 Playful sea critter

37 Only

38 Barber's tools

41 Aug. and Sept.

43 Knock

44 Region

45 Halloween sprite

47 Young shopping center regular

49 Milk dispens-

6 Loose

66 Paris summer cheer

67 Cat calls?

68 Shelter

69 Slugger Williams

70 Actress Debra

71 Bar bill

72 One — kind

73 Villanova athlete

74 Gaelic

75 "Blue" singer Rimes

76 News-paper ad

77 Gloomy

78 Have

79 Sci-fi visitor

80 Column style

81 A son of Jacob

82 Book jacket promos

83 Sudden gush

84 Unpaid TV ad

85 Hostel

86 Little, in Lille

87 Worldwide

88 Pulsate

89 UFO crew

90 Deep-fried frank

91 Pie — mode

92 Zing

93 Acted badly?

94 Caravan beast

95 Emulate Lincoln

96 Donnybrook

97 Batter's dry spell

98 Big wind

99 Notion

100 Decay

101 Ram's ma'am

102 Trio after Q
- DOWN**

1 Bar bill

2 One — kind

3 Villanova athlete

4 Gaelic

5 "Blue" singer Rimes

6 Loose

66 Paris summer cheer

67 Cat calls?

68 Shelter

69 Slugger Williams

70 Actress Debra

71 Bar bill

72 One — kind

73 Villanova athlete

74 Gaelic

75 "Blue" singer Rimes

76 News-paper ad

77 Gloomy

78 Have

79 Sci-fi visitor

80 Column style

81 A son of Jacob

82 Book jacket promos

83 Sudden gush

84 Unpaid TV ad

85 Hostel

86 Little, in Lille

87 Worldwide

88 Pulsate

89 UFO crew

90 Deep-fried frank

91 Pie — mode

92 Zing

93 Acted badly?

94 Caravan beast

95 Emulate Lincoln

96 Donnybrook

97 Batter's dry spell

98 Big wind

99 Notion

100 Decay

101 Ram's ma'am

102 Trio after Q

MAGIC MAZE • NYMS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: A WORD OF LIKE MEANING

- |           |           |          |           |
|-----------|-----------|----------|-----------|
| Acronym   | Eponym    | Hypernym | Paronym   |
| Anonym    | Heteronym | Hyponym  | Pseudonym |
| Antonym   | Holonym   | Meronym  | Retronym  |
| Cryptonym | Homonym   | Metonym  |           |





**Roasted Snapper Street Tacos with Avocado Crema**

- 1 pound snapper, skin on and bones removed
- 1/2 cup avocado, diced
- 1 tablespoon taco seasoning blend (separated into 2 teaspoons)
- 1 lime, juiced (plus more wedged for garnish)
- 1 cup sour cream
- Hot sauce (to taste)
- 1 teaspoon fresh chili pepper (if desired for heat)
- 2 tablespoons fresh cilantro (plus more for garnish)
- 1 head romaine lettuce, shredded
- Olive oil for cooking
- 8 soft corn or flour street taco tortillas, toasted
- 1 cup salsa
- Sea salt and fresh ground pepper to taste

Preheat the oven to 375 degrees. With a sharp knife, make some cross hatches in the skin of the snapper without cutting through the meat of the fish fillet; this will keep the snapper fillet from curling up during the cooking process. Season both sides of the snapper fillet with one teaspoon of the seasoning blend. Lightly oil a sheet pan with olive oil. Place the fillet skin side down on the oiled sheet pan. If desired,



**Roasted Snapper Street Tacos with Avocado Crema**

photo courtesy Fresh From Florida

add some chili pepper to the top of the snapper fillet for extra heat. Place the snapper in the preheated oven and cook for 5 to 8 minutes until thoroughly cooked in the thickest part. Remove from the oven and let cool. When the snapper fillet is cooled just slightly, use two forks to flake the snapper into chunks. While the snapper is cooking, add

sour cream, avocado, 1 teaspoon spice blend, cilantro, chili pepper and half the lime juice to a blender or food processor and blend until smooth. Taste the avocado crema sauce and adjust the seasoning with salt and pepper. Remove the avocado crema from the food processor and store it in the refrigerator for use. Add the shredded romaine lettuce,

the remaining lime juice and a pinch of the taco seasoning blend to a small mixing bowl and stir lightly to coat. To assemble street tacos, place an even amount of the shredded lettuce on top of each toasted tortilla and top with the cooked and flaked snapper. Add fresh salsa and avocado crema. Finally, garnish with lime wedges, hot sauce and extra fresh cilantro if desired.✪

**My Stars ★★★★★**  
**FOR WEEK OF SEPTEMBER 5, 2022**








- Aries** (March 21 to April 19)  
Relationships continue to thrive, but watch for any telltale signs of potential problems. Take needed action now to set things straight, before they become troublesome later.
- Taurus** (April 20 to May 20)  
Your powers of persuasion backed up, of course, by your considerable expertise help you to establish your case, even to the most dubious decision-makers in your workplace.
- Gemini** (May 21 to June 20)  
You might still be a bit reluctant to face up to some less-than-pleasant realities. But, the sooner you accept the facts, the sooner you can set about making some needed changes.
- Cancer** (June 21 to July 22)  
Expect to make adjustments, even when things seem locked up and ready to go. But, cheer up: At least one change could lead to something you've been hoping for.
- Leo** (July 23 to August 22)  
The success of a recent project should do a lot to boost your self-confidence. You might want to check out ways to make that long-deferred bigger and bolder move.
- Virgo** (August 23 to September 22)  
Ease up on the pressure you might be putting on the new person in your life. It takes time for a budding relationship to

- blossom. Showing them more patience and understanding will help.
- Libra** (September 23 to October 22)  
You have lots of inner strength in reserve. Use some of it to resist intimidation from those who might try to impose on your good nature for their own reasons.
- Scorpio** (October 23 to November 21)  
The good news is that your on-the-job status is improving. The one cautionary note, however, involves a personal situation you might have been ignoring for too long.
- Sagittarius** (November 22 to December 21)  
Congratulations. Once again, your sharp Sagittarian "horse sense" helps you work through a complicated situation that would leave most people confused.
- Capricorn** (December 22 to January 19)  
Plan on indulging yourself in some well-earned good times through much of the week. Then be prepared to face some thought-provoking issues during the next few weeks.
- Aquarius** (January 20 to February 18)  
Positive factors continue to dominate, following a recent change in both your professional and personal lives. Expect to make contact with someone from your past.
- Pisces** (February 19 to March 20)  
Workplace stability allows you to continue making progress on your projects. But, don't ignore your personal life. Spend more quality time with those

- special folks.
- Born This Week:** You have a gift for making people feel special. Maybe it's because you know how special you are.
- MOMENTS IN TIME**
- On Sept. 12, 1846, Elizabeth Barrett elopes with Robert Browning. Despite her father's dislike of Browning, Elizabeth and Robert conducted a secret courtship. After a secret wedding at St. Marylebone Parish Church, the two moved to Italy, where Elizabeth's former weak health improved dramatically.
  - On Sept. 14, 1901, U.S. President William McKinley dies after being shot in Buffalo, New York. When McKinley was operated on, doctors had failed to find the bullet, and gangrene soon spread throughout his body.
  - On Sept. 15, 1935, German Jews are stripped of their citizenship, reducing them to "subjects" of the state. German Jews were excluded from high-profile vocations, from public office to journalism and teaching, even farming. Jews found it difficult even to buy food.
  - On Sept. 16, 1940, the first peacetime draft in the history of the United States is imposed on men between the ages of 21 and 36. There were 20 million eligible young men; 50 percent were rejected the very first year for health reasons or illiteracy.
  - On Sept. 13, 1963, Texas-born

- entrepreneur Mary Kay Ash launches a cosmetic company in Dallas. Mary Kay Inc. would become a cosmetic empire with revenue of more than \$3.5 billion and salespeople in dozens of countries. Mary Kay became renowned for an award system designed for women, including mink coats, diamond rings and pink Cadillacs.
- On Sept. 17, 1976, NASA publicly unveils its first space shuttle, the *Enterprise*, during a ceremony in California. In 1977, the *Enterprise* became the first space shuttle to fly freely when it was lifted to a height of 25,000 feet by a Boeing 747 airplane and then released, gliding back to Edwards Air Force Base on its own accord.
  - On Sept. 18, 1981, the 20,000-car parking lot at Canada's West Edmonton Mall makes the Guinness World Records as the largest parking lot in the world. However, Dubai was said at the time to be building a 40,000-space parking lot at their mall, but it only has 14,500 slots today.
- NOW HERE'S A TIP**
- This week we offer a hodgepodge of tips. Here's one of my favorites: Use kitchen tongs to retrieve an item that is stuck behind a heavy piece of furniture. It is much easier than trying to move the couch.
- Jo Ann
- "To save money on going out to eat, we purchase gift cards at the



	<b>FRIDAY</b> Cloudy High: 85 Low: 74		<b>SATURDAY</b> Mostly Sunny High: 86 Low: 77		<b>SUNDAY</b> Cloudy High: 85 Low: 75		<b>MONDAY</b> Partly Cloudy High: 88 Low: 79		<b>TUESDAY</b> Mostly Cloudy High: 90 Low: 78		<b>WEDNESDAY</b> Cloudy High: 92 Low: 83		<b>THURSDAY</b> Cloudy High: 88 Low: 77						
Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	2:12 am	6:05 am	12:54 pm	7:48 pm	Fri	1:17 am	6:07 am	11:59 am	7:50 pm	Fri	1:48 am	6:55 am	1:11 pm	8:04 pm	Fri	4:22 am	9:21 am	3:04 pm	11:04 pm
Sat	2:23 am	6:59 am	1:46 pm	8:17 pm	Sat	1:28 am	7:01 am	12:51 pm	8:19 pm	Sat	2:13 am	7:56 am	2:06 pm	8:45 pm	Sat	4:33 am	10:15 am	3:56 pm	11:33 pm
Sun	2:35 am	7:50 am	2:35 pm	8:41 pm	Sun	1:40 am	7:52 am	1:40 pm	8:43 pm	Sun	2:42 am	8:48 am	3:00 pm	9:21 pm	Sun	4:45 am	11:06 am	4:45 pm	11:57 pm
Mon	2:50 am	8:38 am	3:24 pm	9:02 pm	Mon	1:55 am	8:40 am	2:29 pm	9:04 pm	Mon	3:13 am	9:34 am	3:52 pm	9:54 pm	Mon	5:00 am	11:54 am	5:34 pm	None
Tue	3:07 am	9:27 am	4:14 pm	9:21 pm	Tue	2:12 am	9:29 am	3:19 pm	9:23 pm	Tue	3:44 am	10:15 am	4:37 pm	10:23 pm	Tue	5:17 am	12:18 am	6:24 pm	12:43 pm
Wed	3:29 am	10:17 am	5:11 pm	9:39 pm	Wed	2:34 am	10:19 am	4:16 pm	9:41 pm	Wed	4:14 am	10:52 am	5:16 pm	10:49 pm	Wed	5:39 am	12:37 am	7:21 pm	1:33 pm
Thu	3:55 am	11:12 am	6:24 pm	9:53 pm	Thu	3:00 am	11:14 am	5:29 pm	9:55 pm	Thu	4:40 am	11:29 am	5:54 pm	11:09 pm	Thu	6:05 am	12:55 am	8:34 pm	2:28 pm

local warehouse club we belong to. It's usually 10 percent or 15 percent below face value, but that helps with the tip and tax."  
- ES in Missouri

- "Old suitcases (hard-sided ones) are really fun holders for craft supplies. You can use hook and loop tape to secure smaller containers to the inside lining. This has worked well for my scrapbooking supplies. They are easy to carry from room to room."  
- LA in Georgia
- If you have too many suds in the sink (or the tub), try pouring salt on the suds. They die down and can be washed away without creating more suds.
- "We attached an over-the-door plastic shoe organizer to the back of our pantry door. The slots that are reachable by the kids hold healthy, single-serving snacks for the morning, to include in lunches or for after-school snacking. It's easy and the kids have choices."  
- MM in West Virginia
- Trying to lose weight? Many of us eat portions that are waaaaay too much. Try using a smaller size plate, or one with a border around it. Studies show that people who do so serve

themselves less food and still feel satisfied.

**STRANGE BUT TRUE**

- The "Josh Fight", started in 2021 by Josh Swain after he discovered a number of other folks on social media who shared his moniker, is an event held in Lincoln, Nebraska, in which hundreds of people named Josh duel with pool noodles to crown the "Ultimate Josh". To date, the event has raised over \$20,000 for charity.
- In the 1970s, American Kitchen Foods, Inc., perhaps inspired by a picky young eater at home, tried disguising peas in a fry-shaped form with a product called "I hate peas".
- Sea urchins acquired their name from hedgehogs, which were known as urchins until about the 15th century ... meaning, of course, that sea urchins are therefore essentially ocean hedgehogs.
- Prior to 1998, it was illegal in Victoria, Australia, to change a lightbulb unless you were a licensed electrician.
- Before you embark upon a detox regimen, you might consider this: In 2007, an advocacy group called Sense About Science reached out to the

manufacturers of 15 so-called detox products and discovered that not one could come up with a definition of what they really meant by "detox."

- *Titanic* director James Cameron drew that famous nude sketch of Rose in the film. (Kate Winslet wore a swimsuit for the scene.)
- The Hair Museum of Avanos, located beneath Chez Galip's pottery shop in Cappadocia, Turkey, is filled with hair samples from over 16,000 women from around the world.
- Dolly Parton once offered 7th- and 8th-graders in her hometown of Sevierville, Tennessee, a gift of \$500 if they graduated from high school, reducing the dropout rate from 30 percent to 6 percent.
- "Poecilonym" is a synonym for the word synonym.

**THOUGHT FOR THE DAY**

"If life were predictable it would cease to be life, and be without flavor."  
- Eleanor Roosevelt

**TRIVIA TEST**

1. **Television:** What is the song played at the end of the final

episode of *Breaking Bad*?

2. **Psychology:** What fear is represented in the condition called plutophobia?
3. **Movies:** What is the name of the horse in the Disney animated movie *Tangled*?
4. **Animal Kingdom:** What is a group of rattlesnakes called?
5. **Geography:** What is the oldest, still active volcano on Earth?
6. **Science:** What is the tallest type of grass?
7. **Language:** What does the Greek root word "morph" mean?
8. **Food & Drink:** What is a samovar used for?
9. **Music:** Which Rolling Stones' hit featured the line: "Who could hang a name on you?"
10. **Anatomy:** Where are suture joints found in the human body?

**TRIVIA ANSWERS**

1. *Baby Blue*. 2. Fear of wealth. 3. Maximus. 4. A rhumba. 5. Mount Elta, Italy. 6. Bamboo. 7. Form or shape. 8. An urn for making tea. 9. *Ruby Tuesday*. 10. The skull.

PROFESSIONAL DIRECTORY



**Harry Chapin Food Bank**  
OF SOUTHWEST FLORIDA

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

**AIR CONDITIONING**  
**FAST SERVICE | 35 YEARS EXPERIENCE**



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

**HVAC SERVICE  
REPLACEMENTS  
APPLIANCE REPAIR  
& DIAGNOSTICS**  
COMMERCIAL/RESIDENTAL

\*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

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

**TREE TRIMMING, ARBORIST**  
Arbor Specialist Since 1995



**TREE WEST**  
• Tree Trimming • Tree Removal  
• Stump Grinding  
**239-910-3256**  
[info@treewestflorida.com](mailto:info@treewestflorida.com)  
[www.treewestflorida.com](http://www.treewestflorida.com)  
P.O. Box 564, Sanibel, FL 33957  
Licensed, insured, workers compensation

**Be Their Voice**  
Adopt - A - Manatee  
and Make a Difference





1-800-432-JOIN (5646)  
[savethemanatee.org](http://savethemanatee.org)

**CONSTRUCTION/REMODELING**



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

**HOME SERVICES**



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

**YARD SERVICE • TREE SERVICE • POOL SERVICE  
HOME WATCH • CLEANING SERVICE**  
**JUERGEN SCHREYER**  
OWNER



PETS OF THE WEEK



Lulu ID# A936534 photos provided  
Lee County Domestic Animal Services

Lulu And Mango

Hello, my name is Lulu. I am 1-year-old female English bulldog mix who is mid-sized with the cutest underbite and butt wiggle. I am high energy and will keep you amused with my silly antics. If you have an active lifestyle, I will fit right in with ease. My adoption fee is \$25.

Hi, I'm Mango. I am 2-year-old male shorthair rabbit who likes to wiggle my nose when anyone walks by. I like to watch the kittens in the cattery. If a small pet is what you are looking for, look no further. My adoption fee is \$5.

Through September 30, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to



Mango ID# A934861  
just \$25.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check. This is a \$600 package. Volunteers and staff are waiting to introduce your new family member to you. Just stop by the adoption center 10:30 a.m.-3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers.

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

The Risks Of Electric Shock Drowning

With summer here, the National Fire Protection Association (NFPA) is reminding people about potential electrical hazards that exist in swimming pools and hot tubs, onboard boats, on docks and piers, and in waters surrounding boats, marinas and launch ramps.

While most people are unaware of electrical dangers posed in water environments such as electric shock drowning (ESD), each year people are injured or killed from these hazards. ESD can occur when improperly installed or maintained electrical systems within marinas or boat electrical systems result in electrical current in the water, which can then pass through a person's body, causing a level of paralysis that can ultimately cause serious injury or drowning.

The following tips are for swimmers, and pool and boat owners:

Swimmers

Never swim near a marina, dock, or boatyard;

While in a pool or hot tub, look out for underwater lights that are not working properly, flicker, or work intermittently; and

If you feel a tingling sensation while in a pool, immediately stop swimming in the direction you are heading. Try and swim in a direction where you had not felt the tingling. Exit the water as quickly as possible; avoid using metal ladders or rails. Touching metal may increase the risk

of shock.  
**Pool owners**  
If you are putting in a new pool or hot tub, be sure the wiring is performed by an electrician experienced in the special safety requirements for these types of installations and that the completed work is inspected by the authority having jurisdiction (AHJ);

Have a qualified electrician periodically inspect and – where necessary – replace or upgrade the electrical devices or equipment that keep your pool or hot tub electrically safe. Have the electrician show you how to turn off all power in case of an emergency; and

If there are overhead electrical lines, make sure they have proper clearance over the pool and other structures, such as a diving board. If you have any doubts, contact a qualified electrician or your local utility company to make sure power lines are a safe distance away.

Boat owners

Avoid entering the water when launching or loading a boat. These areas can contain stray electrical currents in the water, possibly leading to electric shock drowning or injury from shock, including death;

Each year, have the boat's electrical system inspected by a qualified marine electrician to be sure it meets the required codes of your area, including those set by the American Boat & Yacht Council. Make the necessary repairs, if recommended. Follow the same steps after any major storm that affects the boat;

Check with the marina owner to let you know if the marina's electrical system has recently been inspected to meet the required codes of your area, including the

CLASSIFIED

**VACATION RENTAL**

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

**ANNUAL RENTAL**

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

**SERVICES OFFERED**

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

**HELP WANTED**

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

**HELP WANTED**

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

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

**RENTAL WANTED**

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

**BOATS-CANOES-KAYAKS**

**BOAT FOR LEASE**  
Scarab 16.5 Jet boat for lease/rent  
On trailer or storage available.  
Under warranty for a limited time.  
Call for more info. Great fun.  
239-202-0700  
9/2 \* 9/23

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

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

**PSA**

**AL-ATEEN HELP LINE**  
Are you concerned with a friend or family member's drinking?  
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org).  
4/24 \* TFN



National Electrical Code (NEC);  
Have ground fault circuit protection (GFCI and GFPE) installed on circuits supplying the boat; use only portable GFCIs or shore power cords (including “Y” adapters) that bear the proper listing mark for marine applications when using electricity near water. Test GFCIs monthly; and

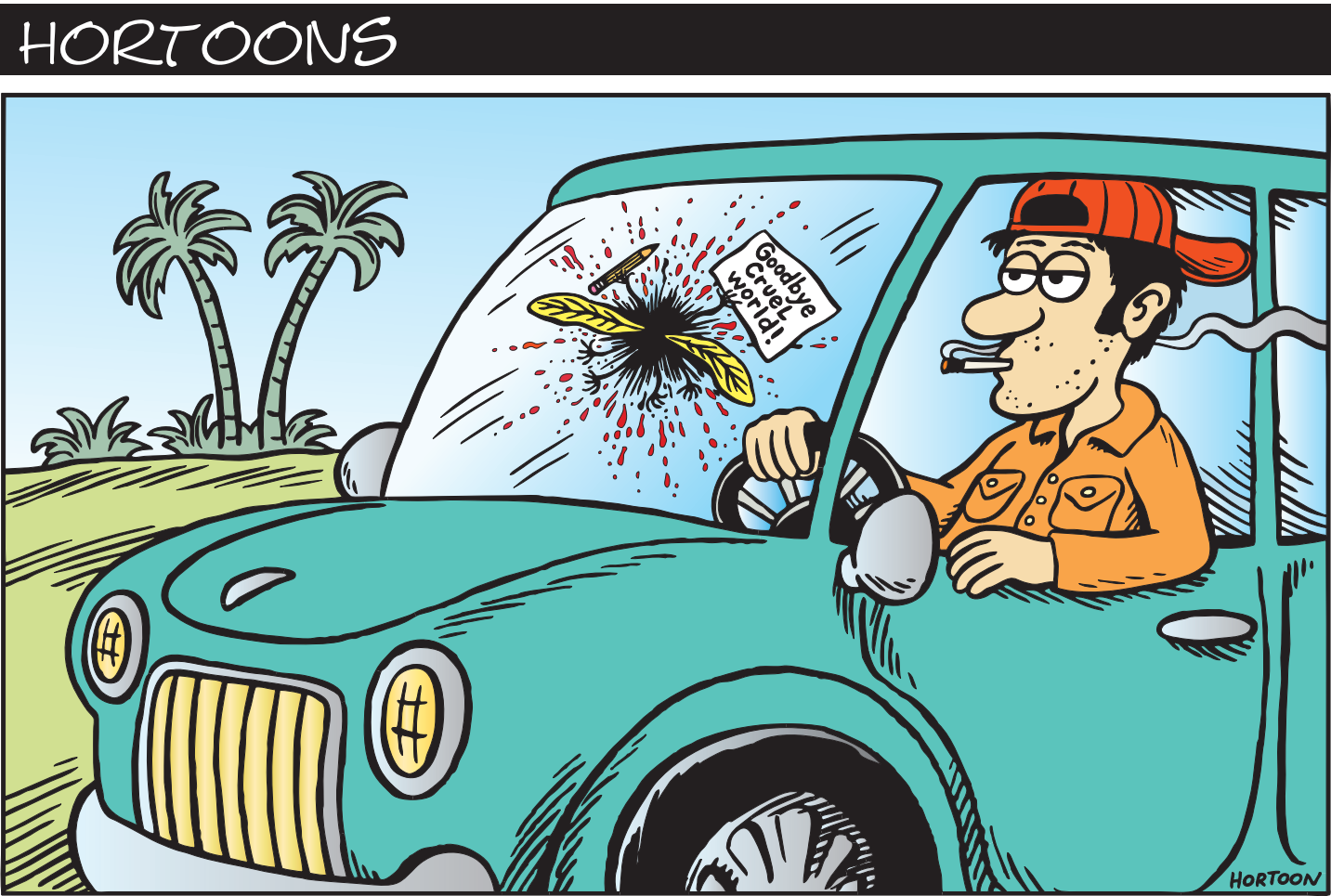
Never modify the electrical system on a boat or shore power to make something work. The code-required safety mechanisms in place are intended to alert people if something is wrong with the boat and with shore power. Find a licensed, qualified professional to help determine the cause of the problem.

NFPA has resources for swimmers, boat and pool owners, including videos, tip sheets and checklists, that can be downloaded and shared. Visit [www.nfpa.org/watersafety](http://www.nfpa.org/watersafety) for more information.✱

SCRAMBLERS ANSWER

- 1. Leader
- 2. Begin
- 3. Short;
- 4. Stigma

Today’s Word  
**NEIGHBORS**



PUZZLE ANSWERS

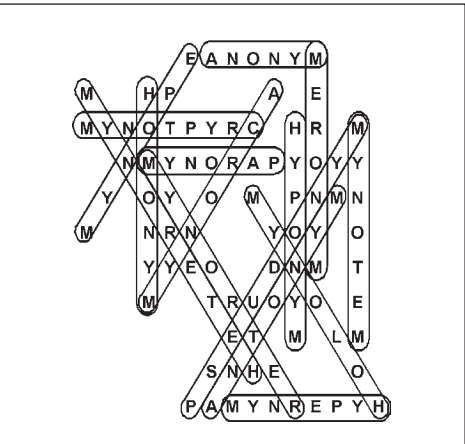
SUPER CROSSWORD

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

KING CROSSWORD

T	O	W	E	L		I	D	O		A	D	J								
A	F	I	R	E		N	O	W		L	O	U								
B	A	L	S	A		S	U	N		B	I	R	D							
						D	E	N	S	E	R		L	E	I	A				
P	I	C			N	P	R			P	U	N	C	H						
S	N	A	G			U	T	T	E	R										
A	N	T	L	E	R		H	U	B	C	A	P								
						O	T	T	E	R		S	O	L	E					
C	O	M	B	S		M	O	S			R	A	P							
A	R	E	A			G	O	B	L	I	N									
M	A	L	L	R	A	T				U	D	D	E	R						
E	T	E			O	L	E			M	E	O	W	S						
L	E	E			T	E	D			P	A	G	E	T						

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater	Fort Myers	2001	14,000	\$6,499,000	\$6,100,000	120
Cortona	Miromar Lakes	2019	3,227	\$3,499,000	\$3,499,000	30
Bay Creek	Bonita Springs	2001	4,569	\$3,345,000	\$3,100,000	56
Goldcrest	Bonita Springs	1992	3,480	\$2,199,900	\$2,100,000	0
Overiver Shores	North Fort Myers	2001	2,785	\$1,900,000	\$1,900,000	108
Hidden Harbor	Fort Myers	2016	2,789	\$1,675,000	\$1,610,000	21
Avieto	Bonita Springs	2004	3,351	\$1,650,000	\$1,600,000	5
Cottages At Pelican Landing	Bonita Springs	1995	2,465	\$1,500,000	\$1,500,000	0
The Place At Corkscrew	Estero	2019	4,565	\$1,599,000	\$1,500,000	13
Lakemont	Bonita Springs	1992	3,306	\$1,600,000	\$1,475,000	4





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

The New York Times  
Magazine



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

THE ORIGINAL  
**YUCATAN SHRIMP!**

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

