

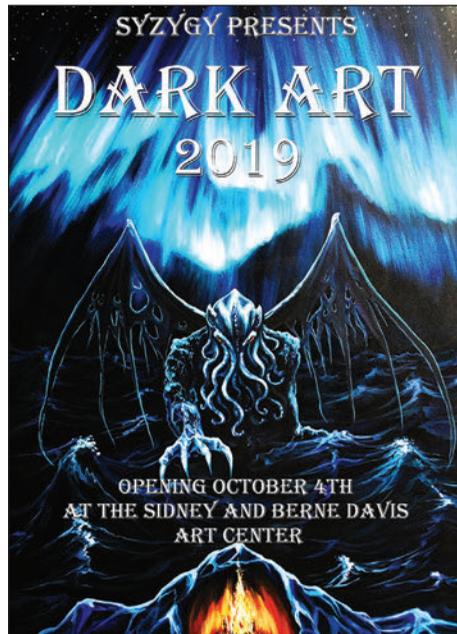


Opening Reception For Dark Art Exhibit

The Syzygy Collaborative Art Project will present the 3rd annual Dark Art exhibition at the Sidney & Berne Davis Art Center. An opening reception will be held on Friday, October 4 from 6 to 10 p.m.

The Dark Art exhibition is a juried collection of works by a variety of local painters, sculptors, photographers and mixed media artists who have all met the challenge of exploring the darkest themes in art. The exhibit has become a celebrated yearly tradition, encouraging artists of all ages and talents to come together in the spirit of Halloween and the macabre. Shock Rocked: Punk Subculture will be showing in the Capital Gallery.

There will be performances throughout the evening beginning around 8 p.m. First up is BendyKat, Katarina Danks' solo contortion act. Following this performance, there will be a short fashion show titled The Darkest Season featuring looks and headdresses by Tonya Barnes. There will also be a solo burlesque performance by Pixel Winters.



Images provided

Costumes are encouraged but may not include weapons that resemble or could easily be mistaken for real weapons.

Shock Rocked: Punk Subculture is a group show that explores the aesthetic of punk rock that has always existed to shock and intrigue its viewers.



Dependent by Amanda Zirzow

With years of representation under its belt, punk rock aesthetic continues to influence and inspire the youth of today. With deep roots in the subject of rebellion and political injustice, the backbone of punk art runs deeper than its edgy aesthetic. Challenging the mainstream idea of what art should look like, punk art exists to push the boundaries of what a larger society



Shock subculture art by Shelby Elmore

expects from the high-end art scene. This group show will feature artists Shelby Elmore, Jeremy Nemeth, Alexis Dunford and Spencer Duke.

Both shows will be on display through Friday, October 18 and will end with a closing party that evening from 7 to 10 p.m. during Music Walk.

To learn more about Syzygy, visit www.syzygyart.wordpress.com.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com or call 333-1933.*



Carolyn England and Jim Yarnes

photo provided

New Play Winner At Theatre Conspiracy

by Di Saggau

Engagement Rules by Rich Orloff is the winner of Theatre Conspiracy's annual new play contest. It's billed as a comedy with bite because, while it is full of sharp,

witty dialogue and humorous situations, there are also serious undertones in the show. The play is about two couples of different generations, their problems and their love for one another. With back and forth scenes, we follow Tom (Lemec Bernard) and Donna (Cantrella Canady), a young couple living together, and Phil (Jim Yarnes) and Rose (Carolyn England) who have been married for 53 years. They are all best friends.

The two couples advise and support
continued on page 24

An Allegorical Production At Lab Theater

by Di Saggau

As its 100th production, Laboratory Theater of Florida is presenting Arthur Miller's *The Crucible*. Written in 1952, Miller wanted his audience to see that the dilemma facing his characters in *The Crucible* was not unique to 17th century Salem. He wrote the play as an allegory for McCarthyism, when the United States government persecuted people accused of being communists. It is regarded as a central work in the canon of American drama.

With a cast of 20 actors, we witness what happens when rumors run rampant and townsfolk lie and accuse one another of witchcraft. The play begins with five girls dancing in the forest. This action begins prior to the actual start of the play, and it is very effective. Later, one of the girls falls into a coma-like state, and rumors of witchcraft fill the town. Abigail (Kinley Gomez), the ringleader, tells the girls not to admit to anything. We learn that while working in their home, she had an affair with John Proctor (Steven Coe) and was fired by his wife Elizabeth (Imani Lee Williams).

Later, while in their farmhouse, the



Imani Lee Williams and Steven Coe as Elizabeth and John Proctor

photo by Paula Sisk

Proctors discuss the ongoing trials and the number of townsfolk accused of being witches. Elizabeth urges her husband to denounce Abigail as a fraud, and he refuses. She accuses him of still having feelings for her. They are visited by Reverend Hale (TJ Albertson) and others and are told about the many wives that have been arrested. Lies and deceit result in neighbors suddenly turning on each other

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Historic Downtown Fort Myers, Then And Now:

Broadway Haunts

by Gerri Reaves, PhD



For more than three decades, a trio of co-owned businesses occupied adjoining storefronts on Broadway: a package store, a beer garden, which later became a cocktail lounge, and a bar.

Pictured in this circa-1956 photo are the later incarnations of those businesses, the Broadway Package Store, Broadway Peacock Cocktail Room, and Broadway Trophy Room liquors.

Window signage in the historic photo provide a few details. For example, the package store stayed open until 2 a.m. The Peacock Room's location had been the "Original Broadway Sandwich Shop," perhaps the basis for the claim "famous foods. The large

frost-laden letters "AIR CONDITIONED" beckon customers into the Trophy Bar for a cold one.

On the floor above the businesses are the offices of attorneys John Savage and Frank Pavese, who was also county prosecuting attorney.

The businesses in the photo had roots in the 1930s, a decade that must have been administratively complicated for anyone selling alcohol in any form. After all, national Prohibition laws then forbade the sale of hard liquor.

But alcohol was not absent from Fort Myers. Although Prohibition had begun in 1919, Lee County allowed private clubs and organizations, as well as hotels that had special licenses, to sell liquor.

In addition, establishments that purchased special licenses could legally sell "near beer." That was evidently the case with the Broadway Beer Garden in the mid-1920s, for it had advertised as "the coolest place in town" and offered "Budweiser on draft."

Such a situation resulted in law enforcement making unannounced visits to ascertain whether a business was illegally selling alcoholic beverages stronger than 3.2. Officials were also kept busy monitoring possible gambling violations involving slot machines and the "bolita racket" in the same establishments.

Indeed, during the 1930s, in particular, South Florida newspapers were peppered with alcohol- and gambling-related stories suitable for movie adaptations.

Once Prohibition was repealed, liquor licenses were sought after. Angelo D'Alessandro had already opened a package store in 1933. In October 1935, he and brother George were among a few Fort Myers businessmen granted licenses to serve liquor. They also



Today, all the locations are part of a large law firm

photo by Gerri Reaves

added lunches and sandwiches to the beer garden menu.

That is probably the beginning of what came to be called the "Original Broadway Sandwich Shop," which is mentioned on the sign in the window of the Peacock Room.

Thirty-one-year-old Angelo would die only about a month later in a car crash.

In 1937, when "liquor by the drink" became legal, George and Pete D'Alessandro held the formal opening of their elegant "New Broadway Cocktail Lounge" just four days before Christmas. It was located in the former beer garden space, which is the Peacock Room in the historic photo. Robb & Stucky Furniture provided the lounge's furnishings, upholstery and silk columns. The façade was an Art Deco-style glass design.

The new bartender was billed as being formerly of the Waldorf-Astoria Hotel in New York City.

In 1946, the Alessandros sold the package store, cocktail lounge and bar. By then, brother Frank had also joined the business and he stayed on to staff the bar.

George went on to own another popular and long-running restaurant, the Gondola Inn on West First Street, from 1946 until 1970.

In the mid-1950s, the businesses came under new ownership again, and major stylistic changes were made.

Chinese food was served in the Peacock Room of the lounge that was renamed The Broadway.

Regular evening entertainment by "Norman at the Organ" was added.

Meanwhile, the Trophy Bar served fine drinks and the "Famous Broadway sandwiches" – "the largest in Fort Myers," according to the sign that recalled the days of the Original Broadway Sandwich Shop.

Walk down Broadway and appreciate the many sandwich shops, bars, attorneys' offices and various businesses that have kept it thriving for almost a century.

Then, visit the following research centers to learn about Broadway history.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

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.

Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

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



Circa 1956, a package store, cocktail lounge and bar were on Broadway across from the Collier Arcade. Above the businesses are the offices of attorneys John Savage and Frank Pavese.
photo courtesy SWFL Historical Society

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Local Play To Be First Licensed U.S. Production

After its wildly successful run off Broadway, Lab Theater will present the first licensed U.S. production of Matt Murphy's *Sex Tips for Straight Women from a Gay Man*, opening on Friday, October 25. There will be an opening night reception starting at 7:15 p.m.

The play is set at Lab Community College's auditorium where the contemporary literature department holds its monthly meet the authors series. Things take a turn towards hilarity when the originating professor dies just before curtain, and her replacement is more than a tad uncomfortable with the subject matter of the book titled *Sex Tips for Straight Women from a Gay Man*. What ensues is a book club talkback meets bachelorette party event that is perfect for date night fun.

Director Randall Kenneth Jones says *Sex Tips for Straight Women from a Gay Man* won't unify a politically divided country, relieve pain and



From left, Steven Michael Kennedy, Michael Burnett and Madeline Weymouth

photo provided

suffering, help you track the 4,983 passwords required to live in today's ultra-wired world or bring *Will & Grace* back for another season. In playwright Matt Murphy's uproarious prattle of the sexes – regardless of the team you play on – the only casualties are those who are too frigid (aka frozen) to let

it go. Will *Sex Tips* make you a better lover? Please email us and let us know! Will *Sex Tips* make you laugh? If you are willing to be a bit naughty – and share your enthusiasm in a public forum – you should be good to go. So, with tongue firmly planted in cheek – and in celebration of laughter's proven

medicinal faculty – welcome to Lab Community College, the Home of the Fighting Beavers, a very special place where reading is much more than just FUNdamental."

Artistic Director Annette Trossbach adds, "We are delighted and honored to be presenting the first licensed production in the country of this saucy and hilarious show. It's been a delight working with playwright Matt Murphy and we look forward to hosting him for opening night. This is the absolute perfect date night show, sure to have audiences squealing with laughter.

The play features Steven Michael Kennedy, Madeline Weymouth and Michael Burnette with stage management by Suzanne Davies. The production has been generously sponsored by Arlene Foreman.

There will be no special teen event for this production since no one younger than age 16 will be admitted. There will be an audience talkback immediately after the performance on opening night.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. Tickets are available to purchase on www.brownpapertickets.com or by calling the box office at 218-0481.*

Perfect Scores Recorded On 2019 FSA Tests

The School District of Lee County recently announced there were 532 perfect scores on the 2018-19 Florida Standards Assessment (FSA) tests. That is 69 more than last year and 151 more than two years ago.

The new data shows 81 schools, including charters, had at least one student earn a perfect score. Lexington Middle School had the most, with 39 perfect scores. For elementary schools, Pinewoods had the most with 18 perfect tests and, at the high school level, Fort Myers High had 14.

"This is a result of the rigorous and focused work our students and teachers engage in every day," said Lexington Middle School Principal Kristin Bueno. "I am thrilled to recognize our students and for this exceptional achievement and our staff for bringing our students to truly reach their highest potential."

Students in Grades 3 to 10 took the FSA test in English Language Arts (which includes both reading and writing skills). The FSA Math test was administered in Grades 3 to 8, and the Science test was administered in Grades 5 and 8. Students enrolled in Civics, Algebra 1 and Geometry in spring 2018 participated in the state's End of Course (EOC) exams for those subjects.

Most of the perfect scores, 258 of them, were recorded on the FSA Math test for elementary and middle school students. Some 59 third through eighth graders got a perfect score on the FSA English Language Arts test.

"Congratulations to our Lee County

scholars who earned a perfect score on the state assessment," said Chief Academic Officer Dr. Jeff Spiro. "Our district is proud of you. Continue to use this accomplishment as motivation toward your own personal educational and life goals."

Perfect score certificates for each student from the governor will be sent to each of the schools with perfect score students this week. Principals will be encouraged to recognize these students once the certificates arrive.*

Observatory To Open For Viewing Season

The James & Barbara Moore Observatory at the Florida SouthWestern State College (FSW) Charlotte Campus will open for the 2019-20 viewing season on Friday, September 27. Observation sessions are held on the first Friday of each month and begin 30 to 45 minutes after dark, outdoors and weather permitting. Sessions are free and open to the public.

The schedule of observatory viewing sessions for 2019-20 is as follows: October 25, November 22, December 27, January 24, February 28, March 27, April 24 and May 22. Additional observation sessions may be scheduled or changed depending on celestial events.

The FSW Charlotte Campus is located at 26300 Airport Road in Punta Gorda. For more information or for a full schedule of observatory events, visit www.fsw.edu/charlotte/observatory or call 941-637-3518 or 941-637-5652.*

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A gathering at Fort Myers Brewing Company during a previous Oktoberfest photo provided

Brewing Company To Host Oktoberfest

Fort Myers Brewing Company will host its 7th annual Oktoberfest from Thursday, October 3 through Sunday, October 6. The four-day, family-friendly event includes craft beer, German food, live music and a Wiener Dog Race, a first for the popular brewery.

Ten different food trucks will be serving their specialty dishes and foodie

features over the four-day event, and six local bands and musicians are scheduled to entertain the crowd. On October 5, Fort Myers Brewing will feature more than 50 craft beers on tap, rolling out new brews periodically throughout the day. The brewery will also host several Stein Hoisting Competitions, a traditional Bavarian endurance contest in which participants must hold a full stein in their outstretched arm as long as possible without spilling any beer.

On October 6, Fort Myers Brewing will host its inaugural Wiener Dog Race where dachshunds will race to the finish line for a prize. Dogs of all breeds can

also compete in a Fun Run immediately after the Wiener Dog Race.

Fort Myers Brewing Company is located at 12811 Commerce Lakes Drive, Suite 28, in Fort Myers. For more information or a schedule of events, visit [Facebook.com/fmbrew](https://www.facebook.com/fmbrew), www.fmbrew.com or call 313-6576.*

Pride Festival To Be Held At Alliance

Pride-SWFL celebrates its eleventh annual SWFL Pride festival at the Alliance for the Arts on Saturday, October 5 from 11:30 a.m. to 5:30 p.m. This event is inclusive and open to the public.

SWFL Pride is an outdoor family-friendly event that includes live entertainment, food and drinks, and activities for all ages. The annual event was launched in 2009 as a celebration for Southwest Florida's lesbian, gay, bisexual, and transgender (LGBT) community and allies. A few hundred people attended the first year it was hosted. Since then, attendance at SWFL Pride has grown significantly. More than 6,000 people attended SWFL Pride in 2018.

This year's entertainment is headlined by Billboard Dance/Club number-one artist Pepper Mashay (*I Got My Pride and Dive in the Pool*), Rupaul's Drag Race contestant Farrah Moan, and Grammy-nominated music producer and DJ Chris Cox. Entertainment will also include local singer-songwriter and NBC's *The Voice* contestant Sheena Brook, touring artist Kelly Neff, DJ Mad Mel and performances by local drag entertainers.

Admission is a \$5 donation at the door. Limited tickets for the VIP tent are available for purchase online. Bring a chair or blanket for the entertainment. Coolers or pets are not permitted; service animals are permitted. Parking is free and available onsite.

Additionally, a brunch and tea dance party with Cox are planned on Sunday, October 6, beginning at noon, at Society at Bell Tower Shops, 13499 Bell Tower Drive. Admission to brunch is free; tea dance party is \$10 at the door. The event will include drink specials, dancing and live entertainment. Brunch is open to all ages; the tea dance party is age 21 and older.

Pride-SWFL is a non-profit organization dedicated to promoting visibility and acceptance for Southwest Florida's LGBT community.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more event information, or to become a Pride sponsor, vendor or volunteer, visit www.prideswfl.com. Connect with Pride-SWFL on social media at [facebook.com/prideswfl](https://www.facebook.com/prideswfl), [@SWFLPride](https://www.instagram.com/SWFLPride), and [SWFLPride](https://www.instagram.com/SWFLPride) on Instagram.*

Goodwill Expands Truck Service For Free Pick-Ups

Goodwill Industries of Southwest Florida (Goodwill SWFL) is expanding their business and residential fleet by adding a fifth truck. The non-profit agency, offers free pick-ups for furniture and large bulky items that are in good sellable condition. Pick-ups are available for homes and businesses in Lee, Charlotte and Collier counties.

"The additional truck will provide our donors with an enhanced customer experience with reduced wait times when scheduling a pick-up," said Michele Prox-Foos, Goodwill SWFL donor development manager.

Another service offered to the Southwest Florida community is Goodwill's donor concierge service. This program assists those who want to donate the entire contents of a residence in an efficient and stress-free way. A Goodwill representative will provide an overview of the program, assess the donation and schedule a date for pick-up. Upon arrival, the donor concierge team takes pride in packing the items with care. These generous donations are delivered to local Goodwill Retail and Donations Centers, where the furnishings are sold and the funds generated are converted into services for the local community. Both pick-up services are complimentary and tax receipts are offered for all donations.

For more information on home and business pick-ups or the donor concierge service, call 652-1600 or email donationpickups@goodwillswfl.org.*



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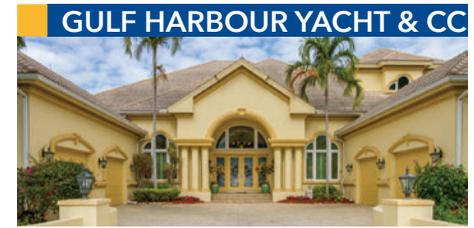
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Fort Myers Art:

New Exhibitions Director At Alliance



by Tom Hall

The Alliance for the Arts recently launched its 2019-20 season at the opening reception of The Shape of Things: Carve Stone & Pat Zalisko. Among the many highlights of

the evening was the introduction of the Alliance's new exhibitions director: Ehren F. Gerhard.

Gerhard is an experienced exhibitions director with a demonstrated history of working in the fine art industry. His resume demonstrates a high level of skill in art education, museum standards and practices, exhibition layout and lighting, and arts administration. He most recently served as the arts exhibitions director for the Center of Visual Arts Bonita Springs and is an adjunct drawing instructor at Florida Gulf Coast University (FGCU).

As an accomplished artist himself, Ehren has been on the other side of the exhibition equation. Area art lovers may recall his 2015 group show in the FGCU ArtLab, Reunion: Baker, Gerhard & Heubeck. He has also exhibited locally in group exhibitions at the Sidney & Berne



Ehren F. Gerhard photo provided

Davis Art Center, Space 39 and ArtFest Fort Myers.

His motifs and compositions reflect his extensive travels both within the United States and abroad.

"I grew up in small towns and my family moved across the country multiple times," Gerhard said. "I see new places as exciting opportunities to discover more about unique cultures, histories and natural ecosystems. When I stop, look and enjoy my surroundings, I feel privileged to see the world as a magical place."

After earning a bachelor of arts degree in 2009, Gerhard worked a series of environmentally related jobs before marrying and moving with his bride to

a small town in Spain, where he taught English, got to be an extra in a movie, had a solo show of his paintings and made a lot of connections.

Back in the states, he obtained his master of fine arts at Arizona State University, where he also taught courses in 2-D Design and Drawing from August of 2010 to May of 2013.

"During this time, I apprenticed, curated a couple of shows and made even more contacts," Gerhard explained. He also continued to work on his own artwork.

Then he returned to Spain for a year to serve as cultural ambassador: North American language and culture assistant at the Ministry of Education, Culture and Sport of Spain.

His media include painting, graphite, printmaking and works in ceramics.

But it's Ehren's effort to translate the magical places he's visited into whimsical landscapes that unifies his work. He describes his compositions as "wild, crazy, goofy, intense as possible, playful and psychedelic." But he hastens to add that he doesn't merely paint what he sees. Inspired by contemporary trends in art, his landscapes are a synthesis or amalgamation of a given spot or locale as viewed from differing perspectives.

In this, he is unique. Whereas traditional landscape painting portrays the subject from a fixed point of view, Gerhard's contribution to the motif is to depict his subject within the frame from multiple spots along the time/space continuum.

"This gives me the ability to move things around rather than paint from a single point," said Gerhard. Of course, this shifting perspective presents myriad challenges and opportunities, like looking up at the sky and down at your feet at exactly the same moment.

Gerhard's overarching goal is not to create just a panorama as captured by a point-and-shoot camera, but an entire visual experience that expresses his emotional reaction to a place that can be experienced on some level by his viewers. That experience will change, however, as the viewer moves toward the canvas or away from it because of the multiple layers of impasto and glazes that he employs.

"There is something of an impressionist cast to what I do," he admitted, and that includes his current practice of painting almost exclusively en plein air. "I used to take photographs and then go back into the studio, but there are too many things you don't notice if you're just passing through a place," he added, sharing the benefit of the wisdom he amassed moving and travelling from place to place throughout his life. "Those things only reveal themselves if you're willing to stand on that site, look deep and study what you see."

Because of his patience, tenacity and willingness to think outside the traditional paint box, Gerhard is able to channel energy, emotion and joy into works that bend, twist and model the representational structure to which we are all accustomed in ways that pull viewers in, make them want to stay and play around awhile so they can see, explore and appreciate the multiple levels of imagery and activity that he so meticulously presents.

Gerhard is also an alum of the Cypress Lake High School Center for the Arts in

Fort Myers.

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.✪

Costume Contest For Furry Friends

Goodwill Industries of Southwest Florida (SWFL) is hosting a Halloween costume contest for pets in its North Cape center parking lot at 2040 NE Pine Island Road on Saturday, October 5 beginning at 2 p.m.

Prizes will be awarded to the Funniest, Cutest, Scariest and Best in Show. All pets are invited to participate, but owners are required to ensure their pet is polite to the other guests.

The event is free, but pets must be pre-registered to participate in the contest. Anyone wanting to be part of the event as a participant, volunteer or judge, can contact Debra Donatto, Goodwill SWFL director of communications and digital marketing, at 652-1613 ext. 2254 or email debradonatto@goodwillswfl.org.

Goodwill SWFL is encouraging shoppers to visit their local retail and donation centers now to shop for Halloween costumes and supplies for kids, adults and even pets.

"Our local Goodwill Retail and Donation Centers are getting geared up for the Halloween season," said Donatto. "Our Challenger store already has a great display up in the front of the store, and there is a competition among stores for the best Halloween display. The fun begins."

You can vote for your favorite store's Halloween display, by commenting on Goodwill SWFL's Facebook page under the Halloween at Goodwill SWFL event page.✪

Art League Awards Show

The Art League of Fort Myers will offer a new exhibit beginning on Friday, October 4 at 7 p.m. Those attending the show will have the opportunity to vote for their favorite artwork through a People's Choice award that will be presented at the end of the evening.

Each month, league members recognize a charitable cause in the community. October is Breast Cancer Awareness Month. Part of the exhibit will be dedicated to a pink theme. A portion of the proceeds for the month of October will go to benefit the Susan G. Komen Foundation. There will be a special gift for any woman who has lost a breast to cancer. Additionally, a raffle will give Art Walk guests a chance to win a gift basket. and, of course, donations are always appreciated.

The Art League of Fort Myers is located at 1451 Monroe Street in downtown Fort Myers. For more information and gallery hours, visit www.artleagueoffortmyers.org.✪

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Shellers' delight, beachfront income-producer, Sanibel Arms West #E2. \$849,000



Gulfside Place #222, in stand-alone tier, just remodeled, & facing gulf beach. \$1,429,000



Easy 1-level lakeside home, cul-de-sac privacy, 9448 Begonia Ct, Gumbo Limbo. \$649,000



Spacious split-plan pool home with million dollar views, 1558 Sand Castle Rd, The Dunes. \$699,000



Remodeled pool home with 140' on deep-water canal, 842 Limpet Dr, Shell Harbor. \$2,195,000



Lowest-priced near-beach lot, 4566 Buck Key Rd in Sanibel Bayous. \$149,000



Deep lot (~200') for single-family home at 898 Rabbit Rd in Windrow. \$170,000



Lot, one of last chances to build villa home in The Sanctuary, 5737 Baltusrol Ct. \$299,000

Along The River

Island Hopper Songwriter Fest, a 10-day festival, wraps up on **Fort Myers Beach** this weekend, Friday, September 27 to Sunday, September 29. The festival began on Captiva Island last weekend and ran from September 20 to 22 then rotated to downtown Fort Myers from September 23 to 26.

Beach venues that will host the award-winning songwriters include Cabana Beach Bar at Diamondhead Beach Resort, Lighthouse Tiki Bar & Grill, Pierside Grill and Famous Blowfish Bar, Yucatan Beach Stand, Matanzas on the Bay, Nervous Nellies, Pink Shell Beach Resort, Pinchers Fort Myers Beach Tiki Bar.

Island Hopper is the largest songwriter festival in Southwest Florida and offers a unique experience to interact with songwriters. This year, more than 70 singer-songwriters from around the country will perform more than 100 shows.

For a complete schedule of artists, their bios and sites where they will be performing, visit www.island-hopper.com, fortmyers-sanibel.com or follow the festival hashtag #islandhopperfest as well as the event's Twitter, Instagram and Facebook feeds.

The National Alliance on Mental Illness (NAMI) is holding **NAMI Walks Festival fundraiser at Centennial Park** this Saturday, September 27 from 5 to 9 p.m. The 5K Sunset Walk, which includes walking over Edison Bridge



Sheena Brook and LaLa Deaton at Nervous Nellie's on Fort Myers Beach during last year's Island Hopper Songwriter Fest

photo by Bob Petcher

and back, begins promptly at 7 p.m. with the registration tent opening at 5 p.m.

NAMI Walks Southwest Florida is part of the largest grassroots fundraising and education effort for mental illness in the United States. More than 1,000 people are expected to gather to raise awareness for mental health issues and help to erase the stigma surrounding mental illness.

Proceeds from the event support NAMI LCH's mission "to improve the quality of life for people with mental illness and their families through support, education and advocacy."

Centennial Park is located at 2000 West First Street in Fort Myers. For more information, to be a walk sponsor or to donate, visit www.namilee.org/namiwalks-swfl or call 337-9024.

One Way Out Ministries will hold its fundraising event, the **Purple Tie Ball**, at **The Club at Pelican Preserve** this Saturday, September 28 from 6 to 11 p.m.

One Way Out invites the community to help its ministry of reaching women in rough places, brushing them off in love, and introducing them to a real life with Christ by supporting its signature fundraising event through sponsorship and attendance.

The Purple Tie Ball will include a live and silent auction, dinner and entertainment by Carla Del Villagio, a Barbra Streisand tribute artist. Tickets are \$125 per person.

Sponsorships are still available. Sponsors to date include Gulf Star Marina, RE/MAX Destination Realty, Mosaic Development, Incore Residential, Rental Link, Valor Tree Specialists, Motto Mortgage, Seatuit Gulf Access Vacation Condos, The Eventful Company, Second Chance Upscale Resale and Priority Marketing.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. To purchase tickets or learn about sponsorship opportunities, visit www.purpletieball.com or 628-1774.

The Fort Myers Symphonic Mastersingers open their 19th season with a performance at Florida Gulf Coast University's U Tobe Recital Hall this Sunday, September 29 at 3 p.m. The **concert** will feature the organization's chamber chorus led by Artistic Director Shannon Arnold.

The program, entitled Music in Transition, features selections written by composers facing challenges and

changes in their lives. Tickets are \$10 for adults, \$7 for students, and can be purchased at the door the day of the event or by going online to www.mastersingersfm.com.

The imaginative theme behind this program mirrors the Mastersingers' season as they work with a new conductor this year while seeking to build on the growth and successes of the recent past. Reflecting Arnold's desire to add more female composers to the Mastersingers' repertoire, the program includes works by Abbie Betinis, Maddelena Casulana and Mendelssohn's sister, Fanny Hensel.

The ensemble will sing music as diverse as a William Byrd piece from the 16th century, works of Bach, Mozart and Beethoven, to contemporary selections composed by Susan La Barr and Mastersingers' Vice President and FGCU faculty member Dr. Jason Bahr.

The full Mastersingers chorus begins rehearsals for the season on Monday, September 9 at Peace Lutheran Church, located at 15840 McGregor Boulevard in Fort Myers. Auditions are being held for singers in all voice parts. For information on how to audition for the group, for the Mastersingers' season calendar or for more information on the Music in Transition concert, visit www.mastersingersfm.com.*

LeeTran Named 2019 System Of The Year

Lee County Transit, LeeTran, was named 2019 System of the Year by the Florida Public Transportation Association at its annual conference this week in Orlando.

The top honor was one of five awards earned by LeeTran. The award recognized LeeTran's Fort Myers Beach tram service, known as LeeTram, for its uniqueness, data-driven performance results and positive testimony from the community.

LeeTran also earned the following marketing awards within its revenue-based classification:

First Place – Print - Advertising Collateral: Campus Ride Rack Card; Potpourri (Open Media); Junior Operator – Youth Activity Book; Special Events: Get On-Board Drawing Contest

Third Place – Interior/Exterior signage: Superhero Banner

Lee County Transit, LeeTran, is the public transit provider for Lee County, providing more than three million rides per year. LeeTran operates 26 bus routes during season, 23 bus routes during off-season, a paratransit service called Passport, and an employer vanpool program. LeeTran employs nearly 300 people and has a fleet of 50 full-size buses, 11 trolleys and 51 paratransit vans.

To learn more about the services offered by LeeTran, or for schedule and fare information, call 533-8726, or visit www.rideletran.com *



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Award-Winning Soprano To Sing At Society Lunch

The Southwest Florida Symphony Society invites music lovers to its monthly luncheon and program at The Landings Yacht, Golf & Tennis Club on Friday, October 4. Doors open at 11:30 am.

Coloratura soprano Julianna Padilla will be the featured artist. She is the recent winner of several scholarship awards, including the Rising Star Award of the Jillian Prescott Scholarship Competition and a Ruth Ann DeMasters Young Singers Scholarship through the Fort Myers Symphonic Mastersingers.

A Cape Coral resident and student, Padilla has been performing as a vocalist and actor since age 6, including numerous roles in area community theater productions. She has worked with two orchestras and shared the stage with Broadway veterans Lisa Vroman and William Michals. She is currently studying classical voice under Lynn Martindale. In addition to her passion for opera, Padilla has also studied trumpet extensively, and also enjoys playing guitar and songwriting.

The public is invited to attend the luncheon event. Advance reservations are required. Cost is \$25 person, payable by cash, check or credit card at the door. Call 666-1230 to reserve.

The Southwest Florida Symphony Society supports the Southwest Florida Symphony Orchestra through



Julianna Padilla photo provided

volunteerism, fundraising and social activities that bring together music lovers. In addition to monthly luncheon meetings from September through April, the society also supports the orchestra's education programs and organizes scholarship competitions for young musicians. The society awards thousands of dollars in scholarships and awards to music students each year.

The Landings Yacht, Golf & Tennis Club is located at 4425 South Landings Drive in Fort Myers. For more information about the SWFL Symphony Orchestra and the SWFL Symphony Society, call 418-0996, or go to www.swflso.org/symphony-society.

Poet To Present Program On Creativity At FSW

Poet Dr. Mary Biddinger will present Finding Time for Creativity at the Florida SouthWestern State College (FSW) Thomas Edison Campus in Building J, Room 103 on Monday, September 30 at 4 p.m. Prior to her talk, she will read from her newest collection *Partial Genius* in Building J, Room 117/118 at 12:30 p.m., and she will hold a book signing at 3:30 p.m. All events are free and open to the public.

Dr. Biddinger will share insights on how to find time for creativity in our often hectic lives, along with advice for getting started as a creative writer. She has authored six poetry collections, including *Prairie Fever*, *Saint Monica*, *O Holy Insurgency*, *A Sunny Place with Adequate Water*, *Small Enterprise* and *The Czar*, which was a collaboration with Jay Robinson. In addition, she recently worked with fellow poet John Gallaher to co-edit *The Monkey and the Wrench: Essays into Contemporary Poetics*, a collection that offers a window into the nuances of composing or reading poetry in our contemporary moment. An English professor at the University of Akron, Dr. Biddinger is on the faculty of the Northeast Ohio Master of Fine Arts Creative Writing Program, where she



Mary Biddinger photo provided

teaches literature and creative writing courses with a focus on women writers, contemporary poetry and world literature.

This project is presented by The Florida Literary Arts Coalition and FSW Writes, a FSW faculty group that plans writing events for FSW students, employees and the public.

The Florida SouthWestern State College (FSW) Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. For more information, contact Dr. Scott Ortolano, professor of English, at 489-9472 or sortolano@fsw.edu.

From page 1

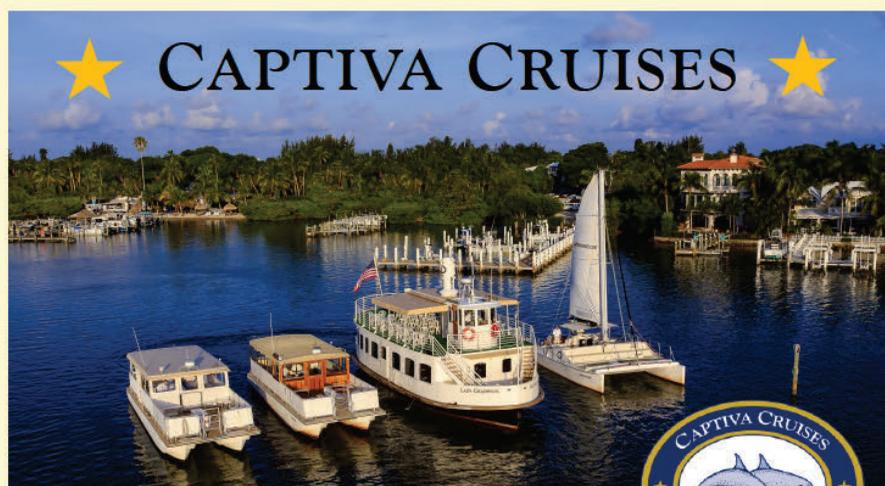
Lab Theater

and accusing people they've known for years of practicing witchcraft and devil-worship. In spite of pleas from compassionate people, the trials reach their awful conclusion.

Directed by Annette Trossbach and Kendra Weaver, *The Crucible* bears

witness to what happened in the 17th century and also in the 1950s. It's a story of good versus evil, religion, justice and jealousy. The cast is to be commended for their portrayals.

The Crucible plays through October 12 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. Tickets are available at www.brownpapertickets.com or by calling 218-0481.



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From left, Cordula Reichardt, Mikey Garcia, Kara Palumbo and Rick Milnes photo provided

Push-Up Contest Benefits 9/11 Foundation

On September 11, Anytime Fitness College Parkway hosted the Push-Up Challenge and raised more than \$6,000 to benefit the Stephen Siller Tunnel to Towers Foundation (T2T). With 4,163 push-ups performed by EMS, firefighters, law enforcement, Anytime Fitness members and community members, the locally owned business will be able to

make a difference in the lives of fallen first-responders.

The local gym donated 50 cents per push-up done between 5 and 9:30 a.m. that morning to benefit fallen first responders. Trophies were awarded to the top male and female competitors. The winners were Iona McGregor Fire District Firefighter Mikey Garcia with 103 push-ups (in fire gear) and South Trail Fire Protection & Rescue District Firefighter Kara Palumbo with 102 push-ups.

"When we were considering a fitness-related charity event for 9/11, my partner Cordula Reichardt, found that

over 90 percent of donations go directly to the mission at T2T. Add in the fun created by Kristen Clarke and Mackenzie Bart from ABC-7 and the enthusiastic participation by many first responders, members and the community, and we couldn't be happier with the outcome," said co-owner Jim Stewart.

First responders from across the county came to participate in the 2019 Anytime Fitness Push-Up Challenge including Fort Myers Police Department, Iona McGregor Fire District, Lee County EMS, Lee County Sheriff's Office – Fugitive Warrants Unit, Lee County Sheriff's Office – Homicide Unit, Lee County Sheriff's Office – Patrol Unit, Lee County Sheriff's Office – Special

Operations Unit, Sanibel Fire Rescue District, South Trail Fire Protection & Rescue Service District, and other local first responders.

The Push-Up Challenge was broadcast live by Kristen Clarke from ABC-7 Southwest Florida. Support was also provided by iHeartRadio with donated public service announcements.

Anytime Fitness College Parkway is located at 9211 College Parkway in Fort Myers. For more information contact Reichardt at 481-2237 or visit @AnyTimeFortMyers.

For more information about the Stephen Siller Tunnel to Towers Foundation, visit www.tunnel2towers.org. ✨

Library To Host Indie Authors

The Lee County Library System will join libraries and organizations around the world in welcoming local authors in a community celebration of reading and literacy during its Indie Author Day event at the new Bonita Springs Library on Saturday, October 12 from 1 to 3 p.m.

Indie Author Day brings local, independent authors together with readers each October. The annual event promotes authors whose work is not printed by a traditional publishing company. Many of the participating authors are area library patrons who

have self-published books and do all of their own marketing and promotion.

About 30 local authors writing for adults, teens and children will be available to talk about their work and sell and autograph copies of their books. Patrons get an opportunity to meet their neighbors who have written books and learn more about how they can become an author, as well.

Indie Author Day began in Lee County three years ago under the leadership of local author Fran Thomas.

The new Bonita Springs Library is located at 10560 Reynolds Street in Bonita Springs. For more information about Indie Author Day and other library programs offered, visit www.leelibrary.net and www.indieauthoraday.com. ✨

Churches/Temples

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

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

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

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

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

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

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

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

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

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

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

CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive,

481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

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

FAITH UNITED METHODIST
Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

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

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

FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.fumcftmyers.org, 2466 First Street, 332-1152.

FORT MYERS CHRISTIAN
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, 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.

KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD
Sunday 7:45 and 10 a.m., [\[church.net\]\(http://church.net\), 19691 Cypress View Drive, 267-3525.](http://www.lambofgod</p>
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NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.

NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

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

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

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

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

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

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.

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

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

SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard,

344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.

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

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

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

THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.

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

UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

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

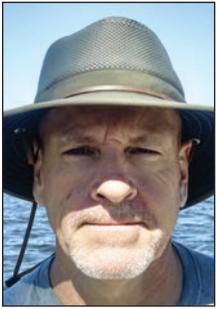
WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

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

CROW Case Of The Week:

Red-Eyed Vireo

by Bob Petcher



The red-eyed vireo (*Vireo olivaceus*) is a small songbird that gets its name from its red iris, which begins with a brown color at birth, then slowly moves to dull red before a more

crimson color. This chirper is olive-green in color on the top side and white on its underbelly. It sports a gray crown with a blackish stripe across the eye area.

Due to the color of their upper side, red-eyed vireos have the ability to hide in trees thick with green leaves. That suits them well since they like to slowly forage for caterpillars on upper or lower parts of leaves.

Red-eyed vireos are known as “tireless songsters” due to their persistent chirping when searching for a mate. In fact, someone actually recorded a vireo and counted more than 22,000 songs in a 14-hour period.

At CROW, a red-eyed vireo was admitted on September 9 after striking a window. The finder reported that the bird had blood in its mouth and an injured wing.

Upon intake, the bird no longer had blood in its mouth, but veterinarians noted a significant wing droop on its

left side. Given the bird’s history of a window strike causing blunt trauma to the head and shoulder girdle, veterinarians suspected the bird might have a clavicle or coracoid fracture. Unfortunately, due to the small size of the bird as it weighed in at only 14 grams, veterinarians were unable to use radiographs to confirm the diagnosis. The bird was given pain medications and strict cage rest in hopes that the injury would heal on its own.

“A body wrap wasn’t necessary in this case since the wing droop was only mild, and cage rest was sufficient for the injury to heal,” explained Dr. Robin Bast, CROW staff veterinarian. “In general, tiny songbirds such as this one are difficult to get adequate images (from an x-ray machine) with the appropriate detail. On our machine, we can take sufficient images of slightly larger songbirds – such as blue jays and mockingbirds – with minimal issue.”

After 11 days of rest, the bird was given a flight test and passed it. At times, patients just need time to heal wounds such as this one, according to Dr. Bast.

“Often with supportive care, pain medication and a period of rest followed by physical therapy, patients such as this may regain their flight ability,” she said. “Flight tests involve taking the patient to an outdoor enclosure and gently tossing it into the air to assess if it is able to fly, whether or not they can extend the wings fully or if a droop is noted after a period of exercise.”

The red-eyed vireo was successfully



Patient #19-3861 is migrating south after rehabilitation

photo by Brian Bohman

released on September 20 to continue its migration south for the winter.

“Vireos commonly winter throughout the Amazon basin in a variety of habitats at elevations under 10,000 feet,” added Dr. Bast. “This little one has recovered enough to be released and is hopefully on its way to completing its long migration journey!”

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

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Windy Start To Fall



by Capt. Matt Mitchell

This week seemed like day after day of strong east winds that just would not give us a break. Luckily, if its going to blow 20 to 30 mph, east winds are one of

the easier wind directions to hide from. Our mornings would start out choppy, then winds would ramp up as the day progressed. Anywhere on the eastern side of the sound depending on the stage of the tide was the only show in town and basically the only place to keep your clients comfortable.

Flats around Demere Key in roughly three to four feet of water held a wide variety of fish including trout, ladyfish, jacks and snapper. This area in the eastern middle sound has been my "busy place" for at least the last month. It has been a great stop to keep the rods bent with fish often coming on what seemed like every cast at times. Locating the feeding birds in this area was the telltale of what these fish are doing from day to day.

Anywhere from the very outer bar in to the tip of Demere Key offers a few square mile area which, on a east wind, is very sheltered and holds lots of fish. Water color on this side of the sound has remained clear compared to the stirred up middle- to west-side of the sound. Some days, it can take a little moving around to get these

fish dialed in. This entire area offers both deeper sand holes and shallower grass flats, all within a few hundred yards of the marked channel. On the higher stages of the tide, I've been fishing over the grass. On lower stages of the tide, I've been fishing the deeper sand holes.

On a windy day charter over the past weekend, we opted to stay close to St. James City and spent much of our time fishing St. James Creek. If you are not familiar with this creek system, it starts in the southern end of Matlacha Pass and works its way up through many shallow bays north. Many of the channels and creeks that connect these bays are solid oyster shell bottom and have extremely fast-moving current. While spending a few hours tucked away, we caught good numbers of snook, redfish and mangrove snapper, all while casting live free-lined shiners. This whole creek system sees very little boat pressure and is very fishy.

With daylight savings time not coming to an end for more than a month, November 3 can't get here soon enough for me. If you have not noticed, it's still dark out in the mornings until 7 a.m. This has made catching bait before picking up clients a real scramble the last few weeks. Our bait fish just do not appear in any kind of numbers until the sun rises. The cooler mornings with less humidity, though, have been a very welcomed change as summer is now officially over.

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



Mark Stockdale from Panama City with a redfish caught while fishing with Capt. Matt Mitchell this week photo provided

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Plant Smart

Weeds To Live With?

by Gerri Reaves

We've all heard that catchy definition of a weed – a plant in the wrong place.

But before you douse one with herbicides or rip it out, consider whether you might be just as well off leaving it be.

Pictured here are just three of the very common plants generally treated as weeds to banish. But these Florida natives also have positive attributes that might surprise you.

These species not only cost nothing to obtain but they thrive with no maintenance – and a low- or no-maintenance groundcover can't be all bad.

They also self-propagate, are wildlife friendly, and have medicinal and/or culinary uses.

Thin-leaved clear weed (*Parietaria floridana*) likes shade and moisture and often grows near walls and rocks. It reaches about six inches in height.

The common name derives from the four-angled or rounded translucent stem.

A member of the nettle family, it is a larval host for the red admiral butterfly.

This herb is also called Florida pellitory and cucumber weed, the latter because when crushed it emits a cucumber-like odor.

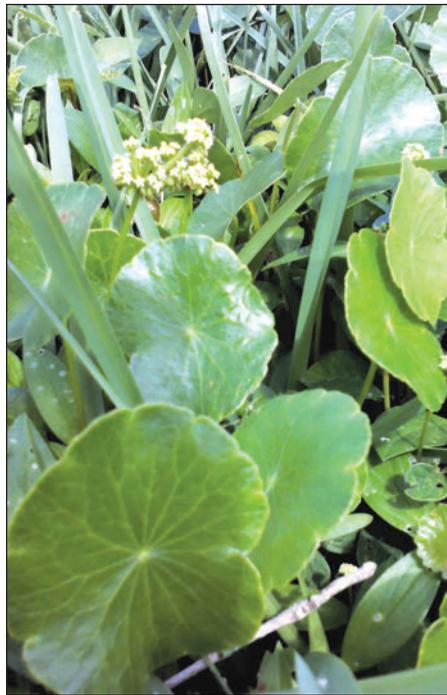
The heart-shaped leaves are edible cooked or raw and can be used for seasoning too. However, use caution, for ingestion gives some people an "itchy" allergic reaction.

Capweed (*Phyla nodiflora*) has several common names, but none do justice to its lovely, albeit diminutive, flowers.

This mat-forming member of the verbena family is a nectar source for various butterflies and is a larval plant for the common buckeye, phaon crescent and white peacock butterflies.

At the top of each flower stalk is a cylindrical flowerhead with a deep purple center surrounded by yellow-throated white or lavender flowers.

Tea, leaf paste and root juice from the plant are used to treat wounds,



Manyflower marshpennywort, aka the much-maligned dollarweed, typically appears in over-watered lawns

photos by Gerri Reaves

hookworm, fever, ulcers and other conditions.

That weed with the pretty umbrella-like leaves is usually called dollarweed, but this member of the carrot family deserves to be called one of its prettier names, such as manyflower marshpennywort (*Hydrocotyle umbellata*).

Many homeowners hate it, but its appearance is simply a sign of over-watering or leaking pipes.

When this herb grows in a body of freshwater, those pretty scalloped leaves become quite large and resemble lily pads. Long stems attach to the center of the round leaf for an umbrella effect.

The plant produces spherical clusters of small white or greenish flowers that attract wasps and other pollinators.

Sources differ on whether this species is edible. Some recommend it as a salad green or potherb, but others caution that ingesting it can induce nausea.

Before you determine a plant has got to go, think again. Maybe it's a species you can live with.

Plant Smart explores the diverse flora of South Florida. ✨



Clear weed prefers shade and moisture and often grows near walls



Capweed is a larval host for three butterfly species

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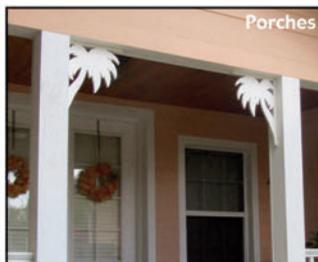
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Beach Cleanup Part Of National Public Lands Day

The JN “Ding” Darling National Wildlife Refuge on Sanibel will celebrate National Public Lands Day and Urban National Wildlife Refuge Day on Saturday, September 28 with a beach cleanup at its Perry Tract and a free film showing. The day, also a designated fee-free day by the U.S. Fish & Wildlife Service (FWS), will offer free admission to Wildlife Drive.

A signature event of the National Environmental Education Foundation, National Public Lands Day promotes both recreational enjoyment and volunteer conservation of public lands. The FWS also celebrates urban refuges that day; “Ding” Darling is considered among the 101 urban refuges out of more than 560 total across the U.S. because of its proximity to a municipality and nearly one million annual visitors.

Wildlife Drive opens at 7 a.m. for free touring and closes at 7 p.m. Narrated tram tours will run at normal cost and schedule – 10 a.m.,



Celebrate National Public Lands Day by helping to clean up the beach while learning about beach flora and fauna photo provided

12:30 p.m. and 3 p.m. Visit www.tarponbayexplorers.com to reserve space. The always admission-free “Ding” Darling Visitor & Education Center opens at 9 a.m.

From 9:30 to 11:30 a.m., refuge staff will lead a beach cleanup of its

Perry Tract area adjacent to Gulfside City Park Beach. City parking fees apply. All participants receive a free nationwide Public Lands Pass good for one year. Those who aren't here at that time can post a picture of themselves on social media cleaning up a local

public land, using #NPLD. Email the picture to Toni_Westland@fws.gov to receive the free pass.

At 1 p.m., refuge staff invites the public to a free showing of the 56-minute documentary *The Forgotten Coast: Return to Wild Florida* in the Visitor & Education Center. Following in the footsteps of a wandering Florida black bear, three modern-day explorers leave civilization and enter a lost American wilderness on a rugged thousand-mile journey by foot, paddle and bike.

Traversing Florida's vast and seldom seen “Forgotten Coast,” the expedition encounters stunning and rare wildlife in a fragile corridor stretching from the Everglades to the Florida-Alabama border.

Premiered in April 2017, the PBS documentary captures manatees, alligators, ancient river fish and endangered woodpeckers. On the wind, in the waves, through the trees and under the stars, *The Forgotten Coast* offers a chance not just to look back in time but to look forward to a future filled with new hope.

For more information, contact Ranger Monica Scroggin at 472-1100 ext. 237.*

Deadline Nears For Recycled Fashion Designs

October 1 marks the deadline to submit an application as a designer for the Project Refuge: A Couture Fashion Show Using Trash, a “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) fundraiser for the JN “Ding” Darling National Wildlife Refuge and part of its 75th anniversary celebration.

DDWS is accepting up to 25 applications for fashion designs made from recycled and repurposed materials to be modeled on the runway on Tuesday, March 10 for the fashion show and Twist Tie Optional Luncheon that will take place at The Sanctuary clubhouse on Sanibel.

Eco-minded designers can visit www.projectrefugedesign.com for more information and to print an application form. A \$50 deposit entry fee is due upon acceptance of the application and will be refunded upon completed participation in the fashion show.

Tickets to attend the Twist Tie Optional Luncheon will go on sale through the website starting on November 1 for \$100 each, which includes the show and luncheon.

“We are excited to debut this fun and creative event to celebrate the refuge's 75th anniversary and raise awareness about recycling and the threat of trash to our wildlife,” said Birgie Miller, DDWS executive director. “All profits will directly benefit the refuge's education and water-quality research programs.”

DDWS is tying the event in with free presentations by internationally



Artwork by Toni Ory image provided

recognized upcycle designer Nancy Judd (www.RecycleRunway.com) on March 13, part of the refuge's annual Friday Lecture Series. Judd will meet with designers, models, volunteers and sponsors at a post-party following the March 10 fashion show.

“In addition to designer applications, we are seeking volunteers for the event,” said Project Refuge co-chairs Toni Ory and Kimberly Powers. “Sponsorships are key to raising support from the event, and this highly publicized show will be a real win-win for both the refuge and the sponsors.”

Contact Dot Voorhees at 472-1100 ext. 239 for more information about sponsoring or volunteering.*

Master Gardener Training Program Offered in 2020

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) Lee County Extension Service will hold the next Master Gardener Training Program beginning January 8, 2020. This 13-week comprehensive course will offer students training in basic botany, agriculture, horticulture and Florida's ecology.

Master Gardener volunteers are a group of extensively trained volunteers of the Cooperative Extension Service that assist agents in outreach, training and research. The goal of this volunteer program is to increase the reach of the university's research-based information into the community. The quality of life for residents of Lee County improves through the activities of the volunteers. Graduates give, in turn, a yearly quota of volunteer hours in a variety of activities. Activities include teaching workshops, answering the public's gardening questions at the Terry Park office and providing research-based information at community events.

This course will cover a wide range of topics including:

- Plant Identification
- Florida soils and proper amending
- Insects, fungus, disease and weed pests
- Warm season lawn care and maintenance
- Vegetable and small fruit gardening
- Landscapes for beauty and protection of resources
- Plant nutrients and fertilizing

practices

Proper pruning techniques for shrubs and trees and more gardening topics

Candidates can apply for the program by contacting Volunteer Services Coordinator Kathy Cahill at kcahill@leegov.com or 707-0876.

For more information about UF/IFAS Lee County Extension Service, call 533-7504 or visit www.lee.ifas.ufl.edu.*

Morning Meander With Bird Patrol Guide

Take a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, October 5 at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing through the parking lot. Shelter A7 is located near the train station.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, visit www.birdpatrol.org or call 533-7580 or 533-7576.*

Book Review

One Good Deed



by Di Saggau

David Baldacci's latest novel *One Good Deed* introduces an unforgettable new character, Aloysius Archer. He's a straight-talking man who fought in Europe for the Allies in World War II, and

soon after returning back home, found himself imprisoned for a crime he did not commit. The book opens with the words, "It was a good day to be free of prison." It's 1949 when Archer is released early from Carderock Prison for good behavior and is sent to the small town of Poca City on parole with a long list of don'ts and a short list of do's.

Not yet 30, he looked older, aged by being in prison. He was now a hardened man but in ways that might work out in his favor some day. Archer wants to follow the rules. His parole officer, Ernestine Crabtree, is a woman with her own hidden dark secrets and agenda. She is strict and wants everything to be on the straight and narrow. No bars and no women.

His search for gainful employment, and a stiff drink, leads Archer to a local bar where he is offered what seems like a simple job. Hank Pittleman, a powerful local businessman, offers Archer a chance to earn some money. It involves taking possession of a Cadillac owned by Lucas Tuttle, which was used for collateral. What seems like a simple job turns into a huge challenge. Also, in the bar he meets Jackie Tuttle, estranged daughter of Lucas Tuttle and mistress of Pittleman.

Archer soon realizes that recovering

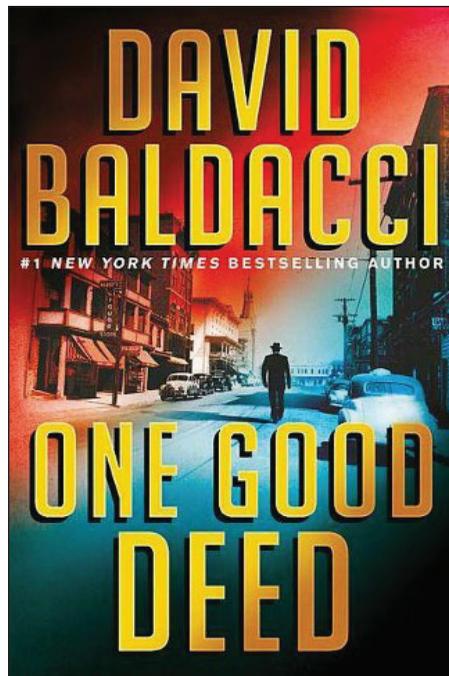


image provided

the debt will not be easy. Others have tried and never been seen again. There is a furious grudge between Hank and Lucas, who refuses to pay. The situation soon becomes more complicated and dangerous than Archer could have imagined. When a murder takes place, police start to suspect the ex-convict, and Archer realizes that the crime could send him back to prison. To avoid this, he has to use every skill he has to track down the real killer.

Baldacci is a master storyteller. With a sympathetic hero and a cast of mysterious citizens he once again creates a novel that doesn't disappoint. I loved the dialogue and look forward to seeing Archer in future books. Another Baldacci book – *A Minute to Midnight*, an Atlee Pine thriller – will be released on November 19. You'll be hearing from me on that one too.✱

the working memory needed to learn and to solve problems. There is also strong evidence that family members and elementary school teachers can influence primary students with math anxiety if they suffer from it as well.

Noted author and math teacher Marilyn Curtain-Phillips says, "Children learn best when math is taught in a way that is relevant to their everyday lives. Children enjoy experimenting. To learn mathematics in any depth, students should be engaged in exploring, conjecturing and thinking, as well as in rote learning of rules and procedures."

Here are some activities you can do with your child, so that they see math as something useful and a part of their daily lives:

Grocery shopping – Enlist your child to help you count out the things you need at the grocery store. For example, "We need eight potatoes, can you help me find eight?"

Cooking – Cooking is a great way to put math to use in the real world. If your child is just beginning to play with numbers, try writing out a really simple recipe for a favorite fruit salad. Let her help you count 20 blueberries, 15 grapes, etc.

Paying for small items – If your child is a little further along with math, let her help you pay when you run errands.

Show her how to figure out which coins you need and put her in charge of a little coin purse for small purchases.

You might want to start with a low-pressure situation like paying for ice cream, as it will likely take her a while at first and a long line of people waiting for him or her to finish at the grocery store may be too much pressure.

Play a game – Many games children love include numbers. Try Simon Says ("Simon says jump three times") or Hide and Seek (make sure to count to at least 50 before you look for me). Many board games also include counting spaces. You could even make your own board game together, writing out the numbers on the spaces and using stickers to signify the meaning of different spaces for added fun.

Think out loud – We use numbers all of the time in everyday life, but it's often automatic and done all in our head so our children have no idea. Try to notice when you're counting or doing a calculation in your head and say it out loud instead. Even if your child doesn't understand what you're talking about, you're getting her used to the language of math.

The most important thing when supporting any academic skill at home with younger children is to keep it fun. If they feel too much pressure, they may shut down. Try to make numbers a part of your everyday conversation, and your child will have the familiarity and easy feeling about math when she or he studies math in school.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a

nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱*

Alliance Kicks Off 2019-20 Bluegrass Concert Series

The Alliance for the Arts will kick off its Bluegrass Concert series on Sunday, October 13 from 2 to 5 p.m. The monthly series is presented in partnership with the Acoustic Music Society of Southwest Florida and sponsored by Staywell.

The October lineup features Bill Mets, Bugtussle Ramblers and Highway 41 in an indoors, air conditioned venue. Join fellow acoustic music lovers in the theatre for three hours of live music by bands from Southwest Florida and beyond.

Tickets are \$15. Children younger than age 12 are free if accompanied by an adult. Doors for this event open at 1 p.m. Seating is limited and is first come, first serve.

The series continues on November 2 and December 29, January 19, February 9, March 22 and April 19.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For tickets or more information, visit www.artinlee.org or call 939-2787.*✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My first-grade daughter does not like math and is not doing very well with it. She gets so upset when I try to help her with her homework, and we usually end up arguing. What can I do?

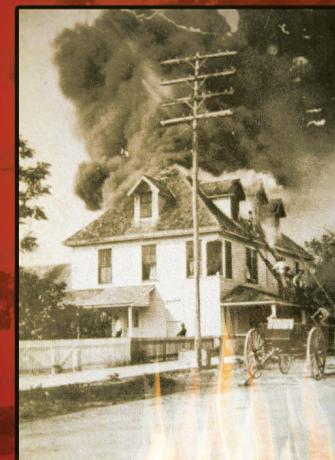
Joanne B, Fort Myers

Joanne,

Your daughter may be experiencing something more than just a dislike of math; she may be experiencing math anxiety. Math anxiety is a real condition and can make any personal or academic work with numbers very difficult for the person who experiences it. Math anxiety is often seen with math avoidance behavior. Dr. Mark H Ashcroft defines math anxiety as "a feeling of tension, apprehension, or fear that interferes with math performance." Other studies indicated that for a person with math anxiety having to do math increases their stress and elevates their anxiety level. When the anxiety increases, it reduces

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Fallen Vietnam War Heroes Honored At JetBlue Park



Kevin Boyd and Jim Squadrito

photos provided

Nearly 4,000 people made their way to JetBlue Park this past weekend to honor those that made the ultimate sacrifice during the Vietnam War. Visitors had the opportunity to view the Vietnam Traveling Memorial

Wall, a replica of the iconic black granite memorial located in Washington, DC. Those in attendance were able to touch the wall and rub pencil over paper where their loved ones are listed, just as many do to preserve a memento of the



From left, Cmdr. Morgan Bowden, Connie Ramos-Williams and George Tice

the American Legion and the 100th anniversary of local legion Post 38. Money from the sale of food and beer at the event went to local charities that promote education, fight hunger and support veterans.*

The wall was brought to Southwest Florida courtesy of Rabe O. Wilkison American Legion Post 38 and the Colonial Charitable Foundation to help celebrate the 100th anniversary of



Councilman Brian Hamman



Tamika Seaton and Lt. Angelo Vaughn



Andrew and Kari Reddish



Jason and Babs Maughan



From left, Joe Coviello, Holly D. Smith, Elaine Sarlo and Diane Coviello



From left, Fred Lange with Clay and Leigh Ann Miller



From left, Dawn Montecalvo, president of Guadalupe Center; Robert Spano, vice president of programs at Guadalupe Center; Dr. Cindy Banai, director of CSF of SWFL; Mary Corrigan, director of CSF of SWFL; and Ed Kleinow, treasurer of CSF of SWFL photos provided

Children's Services Presents Awards Grants

The Children's Services Foundation of SWFL (CSF of SWFL) presented awards grants of \$2,500 each to support Guadalupe Center's Early Childhood Education Program, The Heights Center's Beyond the Bell program and The Quality Life Center's (QLC) ACE After School Program.

Guadalupe Center's Early Childhood Education Program provides educational and enrichment opportunities for more than 300 children in Immokalee. Children are encouraged to explore and grow, working in small groups and participating in many hands-on and interactive lessons. Instruction focuses on building a foundation of academic

skills that will be needed in kindergarten such as letters, numbers and colors, as well as physical, emotional, linguistic, aesthetic and cognitive growth. The program aims at whole child development and well-being.

"We are grateful for support like this that ensures our program remains strong," Guadalupe Center President Dawn Montecalvo said in accepting the award. "We are very proud of the fact that 95 percent of our students entering kindergarten meet or exceed the kindergarten measures and have that strong foundation to be successful in elementary school and beyond."

The Heights Center's Beyond the Bell program provides support, remediation and academic enrichment opportunities for K-8 youth facing learning challenges as a result of poverty, limited English proficiency and limited access to educational resources. This program supports academic achievement, encourages creativity and builds community. It helps students



From left, Dr. Guido Minaya, president of CSF of SWFL; Mary Corrigan, director of CSF of SWFL; Kathryn Kelly, president of The Heights Foundation; Dr. Debra Mathinos, director of education at The Heights Center; and Ed Kleinow, treasurer of CSF of SWFL

maintain and accelerate their mastery of core academic skills to increase their likelihood of school success and reduce the frequency of grade retention.

"Grant monies will be used to provide enrichment opportunities in science, art and music to children who typically don't have access to such activities," said Deb Mathinos, director of education at The Heights Center.

The QLC's ACE (arts, character and education) program is an after-school and summer camp program targeting at-risk children and youth ages 5 to

18. The program includes engaging educational projects to help students become academically competitive, arts to build confidence, discipline and resilience, and consistent character development. The program helps youth overcome their environment and reach their goals.

"This funding comes at an opportune time," said QLC Executive Director Abdul'Haq Muhammed. "We are completing construction on our new wing, and this grant will provide the means to serve additional children."*



From left, Ed Kleinow, treasurer of CSF of SWFL; Mary Corrigan, director of CSF of SWFL; Dr. Cindy Banai, director of CSF of SWFL; and Abdul'Haq Muhammed, founder and executive director of Quality Life Center

Is your Estate Plan providing you COMFORT, CONFIDENCE & CLARITY?



Craig R. Hersch
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA
"Will Power" Columnist, *The Island Sun*





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Will Power

Other Side Of The Desk



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

Throughout my more than 30 years of practice, there've been times that have illuminated my understanding as to what it feels like to be "on the other side" of my desk.

I've written before, for example, about my mother's battle with leukemia, and the resulting (and surprising) difficulty when acting as my parents' trustee during their time of need. See the preface to my book *Selecting Your Trustee* for that story.

I've also written about my experience when I was nearly killed by a hit-and-run driver while bicycling, leading to my firm's Client Care Program that makes your health care surrogate, living will

and other important directives available 24/7.

Very recently, in fact, I received another important lesson. On my 30th wedding anniversary date, at age 55, I underwent a triple bypass open heart surgery. All this despite my normal weekly workouts consisting of 100-plus miles bicycling, 6,000 yards-plus swimming and three separate one-hour circuit training sessions.

Three years ago, I even underwent a complete cardiac check-up including a nuclear stress test prior to competing in an Ironman distance triathlon race. "You have the heart of a 35 year old," I was then told.

Luckily, I heeded warning symptoms and got to the ER before suffering a heart attack. So, all of my heart tissue is fine, and my prognosis is great. I'm off work for another couple of weeks but will be back soon.

I frequently lecture others how important it is not only to have an estate plan, but to keep it up to date. There are too many individuals who consider themselves young (isn't 55 still young?!) but who have never completed their estate plan. An equal

number of individuals signed a simple will 20 years ago when their children were young but haven't updated since.

Bad idea. The doctors tell me that I'm lucky I didn't have a major incident from my condition before it was discovered and corrected. Apparently, God didn't think it was my time yet. We've all heard of luminary figures like Jim Fixx, the marathon runner, who appeared to be in perfect health yet dropped dead from undiagnosed heart disease.

Worse, I've had clients come to me even after suffering a major illness or setback, only to let drafts sit on their desks for weeks or months before coming in to review and sign the documents. A new estate plan isn't valid until it's been properly signed and funded, even if you've clearly expressed your wishes to your estate planning attorney.

Know also that Florida does not generally recognize handwritten wills as valid testamentary documents, or notes written in the margins or your will or trust as valid. There are definite rules Florida law imposes upon any document that contains a testamentary (after death) disposition of assets or property.

A final thought on ignoring symptoms related to heart attacks. For weeks during my workouts, I experienced short periods of tightness in my chest and/or shortness of breath. "I'm just out of shape," I'd explain to myself or, "I've been traveling a lot," were common self-justifications.

The day I finally went to the ER, something completely different occurred. First, I had an incident during my morning workout. Then, for the first time, I experienced chest tightness and pain in my left jaw while working in the office, and not exerting myself. That was the day I finally made it to the ER and discovered a life-threatening condition.

At the first sign of something odd, get it checked out.

As I said earlier, the great news is that I'm fine, recovering completely, and the docs expect me to enjoy a full life expectancy. I have many more years to work and to serve my clients, which I am very much looking forward to.

Take care of yourselves and God Bless.

©2019 Craig R. Hersch. Learn more at www.sbslaw.com.✧

Making Strides Against Breast Cancer Walk

The American Cancer Society (ACS) Making Strides Against Breast Cancer of Southwest Florida Walk will be held at Miromar Outlets on Saturday, October 19. The noncompetitive three- to five-mile walk is designed to unite communities, honor those touched by the disease and raise awareness and funds for a world without breast cancer. Registration for this event begins at 7:30 a.m. and the walk is set to start at 9 a.m.

Making Strides Against Breast Cancer is the largest network of breast cancer awareness events in the nation. Dollars raised help the American Cancer Society fund innovative breast cancer research; provide education and guidance to help people reduce their risk; and offer comprehensive patient support to those who need it most.

Since 1993, more than 15 million supporters have raised over \$935 million nationwide. Last year, walkers and supporters in Southwest Florida helped to raise more than \$161,000. With more than 4,000 participants and 179 teams, we were able to raise awareness, build lasting relationships with partners in the community and unite Southwest Florida in support and honor of those touched by breast cancer.

In 2018, ACS staff helped guide more than 34,000 cancer patients through every step of their journey as they moved through the health care system, including helping with insurance problems, referring them to ACS and other local services, assisting caregivers and addressing obstacles to care.

"Because of the determination of Making Strides supporters, the American Cancer Society is there for people in every community affected by breast cancer, whether they're currently dealing with a

diagnosis, may face one in the future, or will avoid it altogether because of education and risk reduction," said Holly DiGiarimo, survivor and Making Strides volunteer.

"At the event, communities embrace a bittersweet mix of purpose – celebrating survivorship and paying meaningful tributes to loved ones lost. From research to education, prevention to diagnosis and treatment to recovery, we provide support to everyone impacted by breast cancer."

Miromar Outlets is located at 10801 Corkscrew Road in Estero. To learn more about the Making Strides Against Breast Cancer event and how you can become involved, visit www.makingstrideswalk.org/swfl or contact Brittini Brown-Cooper at 330-3492 or swflstrides@cancer.org.✧

Free Balance Awareness Series

Unintentional falls are the leading cause of death due to injury among Florida residents ages 65 years and older, and the fourth leading cause of death due to injury overall.

Lee Health is offering a Balance Awareness Series at the North Fort Myers Recreational Center to find out about your fall risks and what you can do to get help to improve your balance and minimize your risk of falling. The sessions will take place on Monday, September 30 and Monday, October 7 from 10 to 11 a.m.

"My priority is to help people get back to living their life to their fullest and enjoying the activities that bring them joy without suffering from dizziness, vertigo or the constant fear of falling," said Nathalie Grondin, a physical therapist and coordinator of Lee Health's Balance and Vestibular and Parkinson's Rehab Team.

North Fort Myers Recreational Center is located at 2000 North Recreation Park Way in North Fort Myers. Space is limited, so call 533-7200 to make your reservation.✧

Wednesdays Are For Working Waterfront Tours

The Ostego Bay Foundation will offer Working Waterfront Tours each Wednesday from 9 a.m. to noon.

The guided tours, which are resuming on October 2 after a summer hiatus, allows participants to get up close and personal to the local shrimping industry on San Carlos Island.

Each three-hour tour begins at the Ostego Bay Foundation Marine Science Center and includes a 1-1/2 hour guided visit at the center's museum, which contains numerous hands-on exhibits, touch tank, beach exhibit and estuarine aquariums. The tour then continues with a walking tour of the commercial fishing industry working waterfront, including Erickson & Jensen Supply House, net shop and Trico Shrimp Boat loading dock. See how the boats are unloaded, the trawl doors are built, the shrimp nets are hand-sewn, the seafood is off-loaded, and other important factors used in this unique multi-million dollar industry.

The shrimp fleet of San Carlos Island offloads more Florida pinks than anywhere else in Florida, says a 1999 study by the University of Florida.

The Ostego Bay Foundation has earned the 2019 Trip Advisor's Certificate of Excellence from the many accolades of the Working Waterfront Tour. Cost for the tour is \$20 per adult and \$10 per child older than age 6. Bring your camera. Advance reservations are required.

Founded in 1991, the Ostego Bay Foundation Marine Science Center is a self-funded 501(c)3 nonprofit educational organization. The mission of the Ostego Bay Foundation, Inc. is to promote the understanding, preservation and enhancement of the local unique marine environment through education,

research and community involvement. The foundation provides interactive educational experiences to encourage stewardship of our natural resources.

The Ostego Bay Foundation Marine Science Center is located at 718 Fishermans Wharf on San Carlos Island. For more information or to register, call 765-8101 or visit www.ostegobay.org/waterfront-tours.✧

Airport Reports Record-Breaking August Numbers

During August, 526,519 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 5.1 percent compared to August 2018. Year-to-date, passenger traffic is up 8.4 percent compared to last year.

The traffic leader in August was Delta Air Lines with 137,296 passengers traveling to and from Fort Myers. Rounding out the top five airlines were American (100,365), Southwest (91,766), JetBlue (62,022) and United (45,040).

Southwest Florida International Airport had 4,439 aircraft operations, a decrease of 0.3 percent compared to August 2018. Page Field saw 7,965 operations, a 2.1 percent increase from August 2018. In addition, slightly more than 3 million pounds of air freight moved through Southwest Florida International Airport in August 2019.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit www.flylcpa.com or Like Us on Facebook at www.facebook.com/flyrsw.✧



Hodges President Jon Meyer (left) helps get donated items down the line to the truck photos provided



Team Hodges

University Helps With Hurricane Relief Efforts

Hodges University not only provides educational pathways for the students it serves, it also works hard to be engaged with the community. The most recent example of that community spirit is the call to help our Bahamian neighbors who suffered devastating losses after Hurricane Dorian.

“One of the most impressive things about Southwest Florida is the outpouring of generosity of its people. In less than a day, individuals and businesses were coming to our Fort Myers and Naples campuses to donate desperately needed items, from water, diapers, medical supplies and blankets to pet food, cleaning supplies and toiletries, said Dr. John Meyer,

president of Hodges University. “We partnered with Stilwell Enterprises to be a place where others could bring items.”

On September 11, Hodges University paramedic and ESL students, faculty and staff gathered on the Fort Myers campus to organize and pack the donated items, and then load them onto two, large trucks. From there, the trucks would make the trip to Florida’s

east coast to have the items loaded onto boats for the trip to the Bahamas.

“The timing of our work gave it even more meaning. Eighteen years ago, on September 11, 2001, our country was attacked and nearly 3,000 Americans lost their lives,” said Dr. Meyer. “We could not think of a better way to honor their memory than to work together to help others in need.”✪



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Financial Focus

Common Misconceptions Of Fixed Annuities



by Jennifer Basey

Between your 401(k) or pension, your IRA and Social Security, you hope to have enough to enjoy a comfortable retirement lifestyle. Yet, you may want, or need, to find other financial

resources – one of which might be a fixed annuity, which offers a guaranteed interest rate and can be structured to provide a lifetime income stream. But you may be nervous about investing in annuities because of some negative things you've heard about them. How concerned should you be?

To help answer that question, let's consider some common misconceptions about fixed annuities:

"I won't be able to touch any of my money if I need some of it before I retire." – A fixed annuity is designed to provide you with income during your retirement years. But if you want to withdraw a significant amount of your money before you retire – when your annuity is in what's called the "accumulation phase" – you'll likely face a surrender charge, as well as a 10 percent federal tax penalty. Withdrawals may also be subject to a market value adjustment. However, to access a small percentage of your allocated funds, you might not encounter any fees. And some annuity contracts allow a 10-percent withdrawal with no penalty.

"Annuities cost too much." – Many annuities are actually low in cost. Be sure to compare the cost against the value of each additional guarantee, feature and benefit... and only pay for what you need.

"A deferred annuity isn't worth the wait." – If you set up a deferred annuity, it's true that you won't immediately start receiving income. You will, however, be able to factor future expected payments into your retirement plan.

"When I die, the insurance company keeps my money." – If your payout plan includes a beneficiary agreement, your beneficiaries will receive the remaining amount of money in the contract. Read the terms and conditions listed with an annuity, as they will spell out where the remaining money will go after you pass away.

Of course, even if the above concerns are simply misconceptions, it doesn't mean there are no issues about which you must be aware when considering fixed annuities. For one thing, the safety of your lifetime income stream and guarantees will depend on the claims-paying ability of the insurer that issued the annuity, so you'll want to choose a company that has demonstrated financial strength and stability. One other concern about fixed annuities: They typically don't carry a cost of living adjustment, such as that found in Social Security. You can find annuities that do offer some inflation protection,

but this feature can reduce early payments significantly.

If it's appropriate for your situation, a fixed annuity can be a valuable addition to your retirement income. Before purchasing one, though, you'll need to weigh all the potential benefits and issues. But don't be swayed by misconceptions – you'll want to base your decision on facts, rather than fears.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.

Partnership For Build My Future

The Lee Building Industry Association (Lee BIA) and School District of Lee County (LCS D) will hold the 2nd annual Build My Future Lee County at the Lee Civic Center on Wednesday, October 23 from 8 a.m. to 3 p.m. The career day trade show will help address the skilled workforce shortage within the building industry, and all proceeds will aid in funding construction curriculum in Lee County schools.

This career day trade show will feature companies from all aspects of the construction industry, from foundation to roof. More than 700 district students will get a hands-on introduction to various building trades. The Lee BIA is seeking construction companies and trade contractors to exhibit in and sponsor this event. Current participating sponsors of this event include: Advanced Solar and Spa, Fallsafe Walls and Ceilings, Argos, Target Roofing and Sheet Metal, B&I Contractors, DR Horton, Grabber Construction Products, HONC Industries, All Star Equipment, ABC Florida Gulf Coast and Service Contraction Solutions.

"Build My Future Lee County is so important to the future of our industry and the students of Lee County," said Phillip Ford, executive vice president of the Lee BIA. "Our goal is to ensure that students are aware that there are viable career opportunities within the construction industry that don't require a college degree, all while addressing the workforce shortage in our industry."

"As a builder, our industry currently has a shortage of qualified workers, which hinders our ability to meet the demand for housing, thereby driving up the cost of homes," said Frank R. Jenkins, president of Frank R. Jenkins Custom Homes, LLC and the Lee BIA. "I think it is essential that we change the narrative that you are not successful if you have a college degree, and this event is a great way to start that conversation."

"We are very excited for our career and technical education students to have the opportunity to experience a diverse set of career options in the Construction industry," said Rita Davis, director of adult and career education. "There are so many possibilities in this field, and we want our students to have direct access to them."

The Lee Civic Center is located at 11831 Bayshore Road in North Fort Myers. For more information in participating, visit www.BIA.net or call 936-5525.

Superior Interiors

How To Decorate Around The Pool



by Barb Cacchione

The pool makes a lovely focal point in your backyard, especially during our season. This spot is often the center of attention when guests come over, encouraging them to make a splash and relax near

the water. It's important to create a space that makes it easy for family and friends to get comfortable. The right furniture, accessories and decor can elevate your pool area to the next level, allowing you to create your own backyard oasis.

Beyond the pool, your guests will be most concerned with where they can relax after a nice swim. Provide various seating arrangements in the backyard to encourage family and friends to gather and converse, such as lounge chairs and sectional outdoor sofas. You can also hang a hammock between a few trees for those looking for some peace and quiet to themselves.

The party doesn't necessarily have to end when the sun goes down. If you want your guests to stick around for a while, hanging string lights around the patio space can encourage a late night

affair. You can also place citronella candles around the border of the patio area or deck to keep the mosquitoes away. These small touches of light will illuminate the space and give it a cool and intimate vibe on those warm nights.

When you need a break from the sun and don't want to go inside, a cabana saves the day. This space offers shade and privacy after a swim and makes a stylish resort-like statement in the backyard. For additional flare and seclusion, drape sheer window treatments over the sides.

What's a pool party without a couple of fresh seasonal cocktails – or mocktails – in hand? Wow your guests by dishing out customized drinks at your own outdoor bar. You can do something as simple as using a bar cart filled with cute beverage accessories, glasses and your favorite drinks, or you can go all out with a permanent liquor lounge under the cabana.

It's always easier to design an outdoor layout when you have a theme in mind. One easy outdoor option is beach style, decorating with soft blue, white and sandy neutrals. Or you can follow a modern outdoor theme with sleek lines and monochromatic decor. Once you have a theme, you may find it easier to pick out throw pillows, outdoor area rugs and tabletop accessories that make the space feel cozier and more inviting. With a little thought to detail, you'll enjoy your expanded living space for years to come.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindcedden.com.

Real Estate Society Luncheon

The latest trends in property values in Southwest Florida will be explained by Lee County Property Appraiser Ken Wilkinson luncheon meeting of the Real Estate Investment Society (REIS) in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, October 8. The meeting, sponsored by GFA International, will begin at 11:45 a.m.

Wilkinson is also expected to report on advances in information technology for online mapping and property reports – and how real estate professionals can access and use the information. Following the presentation, he will respond to

specific questions from the attending real estate development and investment professionals.

Wilkinson, CFA, has served as Lee County Property Appraiser since 1980. Under his leadership, the office has achieved national prominence in advancing the use of technology and making property information available to the public. Wilkinson has also initiated state legislation to allow access to public records and to limit increases in property taxes.

Cost is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by October 3.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. To RSVP, visit www.reis-swfl.org.

University Adds To Public Relations Team

Annie Hubbell, a television reporter in Southwest Florida for the last four years, is joining Florida Gulf Coast University (FGCU) marketing and communications team as assistant director of media and public relations.

In the new role, Hubbell will expand FGCU's efforts to create a media-friendly campus. She will seek out newsworthy stories and cultivate experts who are readily available to discuss a variety of topics. Hubbell will also proactively work with the media to keep FGCU involved

in the conversations that matter to the community.

Hubbell is currently a multimedia journalist at Waterman Broadcasting in Fort Myers. She can be seen on NBC-2 and previously worked as the weekend anchor and multimedia journalist at ABC-7. After earning her bachelor's degree in communication from Auburn University, Hubbell started her career at WTVM/WPTX in Columbus, Georgia, as a multimedia television reporter and fill-in anchor.

A Tampa native, Hubbell will start her new position on Monday, October 7, and will be reporting to Kyle McCurry, director of media and public relations.

For more information, contact McCurry at kmccurry@fgcu.edu.

FGCU Welcomes Associate Dean For Fellowship

There's a new face in the crowd at Florida Gulf Coast University (FGCU). James Cousins, PhD, associate dean of the College of Arts & Sciences at Western Michigan University (WMU), selected FGCU as the institution where he would work through the summer of 2020 under the auspices of his prestigious American Council on Education (ACE) Fellowship.

"FGCU's leadership team made it a natural choice," Cousins said. "President Mike Martin is one of the most influential thought-leaders in higher education. His experiences, successes and unique outlook really put him in rare company. Provost James Llorens, a former ACE fellow himself, has an amazing record of accomplishment in his own right, and Vice President Susan Evans saw FGCU from vision to reality, which gives her a perspective on university planning, development and leadership few can match."

Cousins is one of 39 ACE Fellows selected for the 2019-20 academic year. The program "enables participants to immerse themselves in the study and practice of leadership and experience the culture, policies and decision-making processes of another institution," according to the ACE website. Cousins is the second fellow to choose FGCU, both coming during President Mike Martin's tenure.

"We are pleased to have ACE Fellow Dr. James Cousins join us from WMU," said Martin. "Dr. Cousins has established a strong reputation as a scholar and is an up-and-coming university leader. I'm confident he'll benefit from his time at FGCU, and we will certainly benefit from having him participate at FGCU as a colleague."

Over the next year, Cousins said he will be looking at one overall idea.

"I'll focus on university advancement, enrollment management and government relations, but I'm most interested in the



James Cousins photo provided

future of higher education here at FGCU and throughout Florida. I'd like to see how these areas have prepared for future changes to employment, technology, demographics and politics," Cousins said.

As associate dean at WMU, Cousins is responsible for undergraduate student services, retention, program assessment and curriculum development. Taking the reins of his current role at WMU in 2015, Cousins previously worked as the director of undergraduate studies and is a tenured faculty member in the department of history.

While WMU provides him with the preparation to expand his career, FGCU gives him a chance to look at a different approach to higher education.

"This is a year for me to experience all aspects of university governance and understand how all the pieces fit together. I'd like to spend time with the university leadership, but would also like to get 'in the weeds' and see how individual units affect the whole. It's also a year for me to learn about the unique features of a state-coordinated system of higher education, connect with university leaders throughout Florida and understand how their plans and planning processes intersect," Cousins said.✪

one of his own case studies.

Topics to be included:

Including objectives when conducting a branding campaign

The rise of brand storytelling

Important things to remember when trademarking

Spiro grew up in Cape Coral, attended the University of Florida and launched his business more than 30 years ago. His account experience includes creative campaigns for a vast array of clients that garnered hundreds of honors, awards and accolades locally, nationally and internationally.

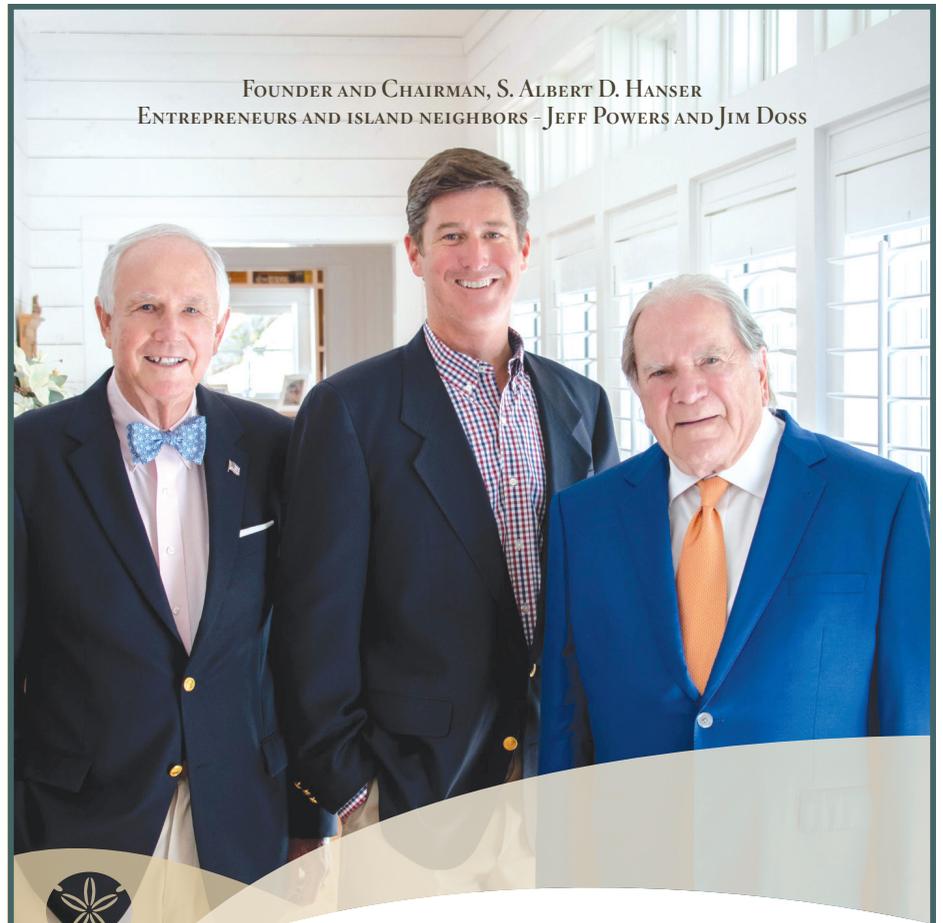
Cost is \$30 for FPRA members, \$40 for future members and \$25 for students. A buffet lunch is included in the cost of the seminar.

Dave and Buster's is located inside Bell Tower Shops at 13499 South Cleveland Avenue, Suite 400 in Fort Myers. To RSVP, visit www.fpraswfl.org/event-registration.✪

Public Relations Group To Hold Seminar

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host its monthly seminar at Dave and Buster's on Tuesday, October 8 from 11:30 a.m. to 1 p.m.

A successful branding or rebranding campaign is grounded in research, implemented with specific objectives and eventually evaluated for necessary changes for the future. FPRA of SWFL will host Christopher Spiro, CEO and chief creative officer of Spiro & Associates Marketing, Advertising, Public Relations and Brand Architecture, to discuss the importance of branding. Whether it is for a client or an organization, Spiro will also discuss traditional branding activities versus brand storytelling and will provide insight from



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Frankly Speaking

by Howard Prager



The good, the bad and the ugly.

Good – Amazing comeback by UCLA from 32 points down in an offensive thriller against Washington State. There were 100 yard runs,

great special teams and lots of exciting plays on both sides. Pitt's trick play to upset UCF is what sports is all about and why fans need to stay through the end – you never know what will happen.

Bad – Is there any other way to describe Antonio Brown? How about bizarre? How about self-centered, egotistical? How about alleged abuser of others? How about gone? I had written in an earlier column saying how strange that he was signed by the Raiders but never played for them, working out a deal with the Patriots as soon as he was released. The Patriots dumped him one

week later after learning about the latest allegations. This type of person and his behavior does not belong playing in the NFL.

Ugly – First to the Tampa Bay Bucs fans; I don't know what to say. A Giants rookie QB creating so many comeback plays for them despite the Bucs leading up by 18 at the half. Then, after losing the lead 32-31 and then driving down the field with seconds remaining, to have Bucs kicker Matt Gay miss a potential game-winning 34-yard field goal as time expires. That is ugly.

Ugly is also my Chicago Cubs losing six games in a row by one run, including four in a row to the St. Louis Cardinals, the first time in 98 years the Cards have swept the Cubs at Wrigley Field, where the Cubs played an almost league best 51-30 record this season. And in every game with the Cardinals, the Cubs grabbed a lead and then lost it. What to say to a team that won the World Series just a few years ago? Where's the pride, the motivation, the inner gumption and desire to win, to get back there? Kris Bryant, 2 for 20. One of your best. Joe Maddon used every pitcher and changed them more frequently than I

change TV channels to catch multiple games. A Cubs team had an overall batting average that was higher than the Cardinals, yet on the field it looked like the opposite. This time, the Cards came to play, to get back to the top, where they were before the Cubs burst onto the scene as contenders just a few years ago. It's time to back up the truck and load it up. The Cubs will surely go through some serious rebuilding in the offseason. But they traded many of their promising draft choices away who are showing great promise elsewhere, such as Eloy Jimenez of the White Sox who is hitting 30 dingers as a rookie and Jorge Soler hitting a record number 45 homers as of this writing for the Royals. The Cards have many of their promising draft picks playing at the Major League level. In addition, the Cubs succumbed to the trade deadline with some signees; the Cards resisted believing in their talent. It shows. Who will come back for the Cubs, who will retire, and who will be traded? For the Cubs, and the many clubs that don't make the playoffs, the excitement is sadly just in the offseason moves. (By the way, I just noticed that Cubs is basically Bucs spelled backwards

and vice versa – coincidence?)

In the meantime, time to celebrate the winners in baseball and move towards the postseason. We will know next week who is in the wild card – will Tampa Bay make it against Cleveland and Oakland? We'll see what the teams who have been winning their divisions by a landslide since before the All-Star Break do when it counts. It's all a question of who's hot in October.

Feel good story of the week – Remember when I talked earlier about the Florida elementary student whose homemade UT shirt made a sensation after he was bullied about it? He's been awarded a scholarship to The University of Tennessee Knoxville should he apply and be admitted in 2028. The university said it would cover tuition and fees for the boy "in recognition of his Volunteer spirit." Now that's a happy ending.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com. ✨

Grants Awarded To Boost Youth Presence In Sports

In an effort to boost the U.S. Department of Health and Human Service (HHS) National Youth Sports Strategy's goal of increasing youth participation in sports, the HHS Office of Minority Health (OMH) and the Office on Women's Health (OWH) recently announced \$6.7 million in grants for the Youth Engagement in Sports (YES) initiative. The grants will support projects in Tampa and 17 other communities, to promote participation in sports, especially among racial and ethnic minorities, girls and disadvantaged youth.

"The more active our youth are, the healthier they are," said Capt. Felicia Collins, deputy assistant secretary for Minority health and OMH director. "The YES Initiative will help increase opportunities for children to experience a wide array of sports and help them meet the physical activity guidelines, which calls for at least 60 minutes of physical activity every day."

The \$400,000 grant in Tampa was awarded to The Skills Center Inc.

The YES Initiative is part of the newly launched National Youth Sports Strategy, which was created in response to President Donald Trump's Executive Order 13824 that called for a national strategy to increase youth sports participation.

"We are thrilled to partner with communities and increase physical activity in our youth," added Dr. Dorothy Fink, deputy assistant secretary for women's health and OWH director. "Healthy habits that begin during childhood positively impact both short and long term health outcomes. In day-to-day life, our youth can see benefits such as improved sleep and better moods when they exercise."

The two-year YES grants will fund

partnerships that will expose girls and boys in sixth, seventh and eighth graders to a variety of sports activities, including traditional and non-traditional sports. The partnerships include institutions of higher education, community recreation groups, sports organizations and public health organizations, local schools, Tribal organizations and others to develop sports clubs and leagues for youth.

For many youth, especially those from ethnic and minority communities, participation in team sports has declined. Aspen Institute data show that parents from households making less than \$50,000 a year are twice as likely as higher earners to report that costs make it difficult for their children to continue participating. And 75 percent of children from households at 400 percent of the federal poverty threshold participate in a sports team or lesson, compared to just 42 percent of children from households at or under the poverty threshold. Forty-nine percent of girls participated in a sports team or lesson compared to 60 percent of their male counterparts.

For more information on OMH and OWH programs and initiatives, visit: www.minorityhealth.hhs.gov and www.womenshealth.gov. ✨

High School To Recognize Athletic Director

Island Coast High School is set to celebrate Terry Thimlar's retirement as the school's athletic director on Friday, September 27. Thimlar will be honored at halftime at the Gators home football game against Fort Myers High school with a short ceremony at 7 p.m.

Island Coast High Principal Dr. Michelle Cort-Mora said she is excited about the celebration and

looking forward to the well-deserved recognition. "Terry Thimlar has a rich, decorated career as a mentor, coach and athletic director. He has positively impacted many Lee County High Schools and most recently Island Coast High School. As an athletic director, he consistently put student-athletes first to help them reach their full potential."

Sports and the business of sports has been Thimlar's life and passion. In 1972, he graduated from Pike High School in Indianapolis, Indiana, after helping to lead his basketball team to a sectional and regional championship. At Edison Community College (ECC now FSW), he was a two-year starter, earned his associates degree and was a Phi Theta Kappa national honoree. Thimlar then earned his bachelor of science degree in economics at Indiana State University (ISU) while also serving as a student assistant for the Sycamores men's basketball team. In his senior year at ISU, the team finished the season 25-2 and participated in the prestigious NIT.

Thimlar was then hired by the University of Florida as an assistant

coach for the 1977-78 basketball season. In the 1978-79, he returned to Indiana State where they finished the year with a perfect 28-0 regular season record, the No. 1 ranking in the country, and the No. 1 seed in the NCAA men's basketball tournament. The season ended when Indiana State, led by Larry Bird, lost one of the most memorable NCAA Championship games in basketball history to Michigan State, which was led by Earvin "Magic" Johnson. Thimlar also began his own basketball camp, The Thimlar Basketball Camp, in Fort Myers, where he developed all marketing and business operations.

In 1986, Thimlar became the head boys' basketball coach at Cypress Lake High School and, in 1994, opened Lehigh Senior High School as its first head boys' basketball coach. In 1996, he was hired as the head boys' basketball coach at the basketball powerhouse, Muncie Central High in Muncie, Indiana. In the fall of 1999, Thimlar was hired as the athletic director for the new Dunbar High

continued on page 23

SPORTS QUIZ

1. Name either of the two Canadian-born major-league pitchers to toss a complete-game no-hitter.
2. Who was the first Houston Astros pitcher to win at least 20 games in a season?
3. How many times has a Penn State football player gone No. 1 in the NFL Draft?
4. Before San Antonio in 2008, name the last NBA playoff team with only one player (minimum 10 games played) who averaged 12 or more points a game during the regular season.
5. Hall of Famer Red Kelly won eight Stanley Cups during his 20-season NHL playing career. With which two teams did he win them?
6. In 2019, Kyle Busch tied a NASCAR Cup record by posting 11 consecutive top-10 finishes to open a season. Who else did it?
7. Who was the last British female tennis player before Johanna Konta in 2019 to reach the French Open semifinals in singles?

ANSWERS

1. Dick Fowler (1945) and James Paxton (2018). 2. Larry Dierker, who recorded 20 victories in 1969. 3. Twice -- Kijana Carter in 1995 and Courtney Brown in 2000. 4. The 1953-54 Minneapolis Lakers. 5. Detroit and Toronto (four each). 6. Morgan Shephard, in 1990. 7. Jo Durie, in 1983.



Anglers from a high school fishing club get ready to fish off a dock photo provided

Applications For High School Fishing Program

The Florida Fish and Wildlife Conservation Commission's (FWC) 2019-20 High School Fishing Program offers high school fishing clubs or teams the opportunity to apply for the Florida Sport Fish Restoration R3 Fishing Grant. This grant program is focused on recruiting new anglers, retaining active anglers and reactivating lapsed anglers to ensure the future of fishing in Florida.

The Florida Sport Fish Restoration R3 Fishing Grant will award 40 high school fishing clubs or teams up to \$500 of financial assistance as a part of the 2019-20 High School Fishing Program. Program participants will receive an updated educational curriculum comprised of lessons and activities on fisheries conservation and resource management, plus a chance to compete with participating clubs or teams in the Costa Kick Plastic Conservation Project

competition.

The grant program is open to new or existing freshwater or saltwater fishing clubs or teams at public, private and charter high schools throughout Florida. To be considered for the grant, high school fishing clubs or teams must have a minimum of five members and be represented by a school faculty member who will follow the provided instructor's manual.

The application can be downloaded online at www.myfwc.com/fishing by scrolling just below the middle of the webpage. The deadline for submitting applications is October 7 at 5 p.m. Submit applications to r3fishing@myfwc.com or mail to FWC's Division of Freshwater Fisheries Management, Attn: High School Fishing Grant, 620 South Meridian Street in Tallahassee.

The 2019-20 High School Fishing Program is supported by partners such as Costa Sunglasses, West Marine, Shimano, Coastal Conservation Association, iAngler and Fish Florida. Contact Conor Hughes at conor.hughes@myfwc.com or 850-617-6012 for more information.*

From page 22

Athletic Director

School in Fort Myers.

In the spring of 2004, Thimlar organized an investor/ownership group that purchased an NBA Development League team, the official minor league of the NBA. For the Florida Flame,

he served as team general manager and assistant coach for Dennis "DJ" Johnson in the 2004-05 season. And in the 2005-06 season, Terry was the team general manager and assistant coach for Jeff Malone.

Thimlar returned to the district as a teacher at Cape Coral High School in 2009 and became athletic director at Island Coast High School in 2016.*

New Director At Alzheimer's Resource Center

Robin C. Goldstone Garcia has joined the Alvin A. Dubin Alzheimer's Resource Center as executive director, succeeding Jan Kerlin, who recently retired after seven years in the position. Garcia has extensive executive-level managerial experience and most recently served as deputy director of Florida's Division of Blind Services. She previously was executive director of Lighthouse of Collier for four years and has more than 20 years of business experience in financial services, contracts, human resources and operations.

She holds bachelor degrees in business administration and psychology from State University of New York College at Oswego and has pursued a master's in holistic nutrition from the Clayton College of Natural Health.

"Robin's substantial executive leadership experience in the private and non-profit sectors made her the ideal candidate to lead our agency into the next chapter of our long-standing history in Southwest Florida. We greatly look forward to her service and contributions," said Mitchell Cordova, president of the Dubin Center board of trustees and vice president for Student Success & Enrollment Management at Florida Gulf coast University.



Robin Goldstone Garcia photo provided

Garcia leads a staff of four who provide practical support for those coping with Alzheimer's disease and other dementias. The United Way partner agency, established in 1995, offers 21 caregiver support groups, counseling, crisis intervention, and information and referral services. In addition, the agency educates first responders about recognizing and appropriately dealing with dementia and coordinate the dementia-friendly house of worship program.

For more information, visit www.alzheimersswfl.org or call 437-3007.*



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JOIN ROSS HAUSER, MD FOR 3 FACEBOOK LIVE WEBINARS!

OSTEOARTHRITIS
TUESDAY, OCT 8 | 2-4PM

CERVICAL INSTABILITY
TUESDAY, NOV 5 | 2-4PM

VAGUS NERVE FUNCTION
TUESDAY, DEC 3 | 2-4PM



Sponsored by Caring Medical Regenerative Medicine Clinics
9738 Commerce Center Ct.
Fort Myers, FL 33908
239-308-4725 | CaringMedical.com

Dr. Hauser will cover both basic and in-depth information about these conditions and how Prolotherapy is used for resolving them, with research and information from his upcoming book *Joint Instability: The Missing Diagnosis*. Send your questions in live via Facebook, or email them ahead of time to DrHauser@CaringMedical.com.

Doctor and Dietician

Strawberry
Avocado
Pecan Kale Salad

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

On sweltering hot days, there is something so refreshing about a salad with fresh strawberries. This salad is one of my favorite crowd pleasers and has been enjoyed by many “picky eaters” I know too.

Ingredients:

Baby kale or spinach – large bunch, washed and dried

1 pint strawberries, washed and sliced

½ cup chopped pecans

2 ounces of goat cheese, in crumbles
2 scallions, chopped
1 ripe avocado, chunked
Dressing: (I like to make extra because it's so tasty.)

1 cup extra virgin olive oil, cold-pressed

Juice of one lemon, plus some grated zest

¼ cup apple cider vinegar

3 cloves garlic, minced

1 tsp. ground pepper

1 Tbsp. Dijon mustard

2 Tbsp. maple syrup

Optional: 1 shallot, minced

Place all salad ingredients in a bowl (feel free to change it up as you wish – blue cheese instead of goat cheese, walnuts instead of pecans, or even try adding blueberries or different fruit).

Mix dressing ingredients together in a shaker jar. You'll want to drink it! If you are not a lemon fan, omit the lemon and double the apple cider vinegar.

Toss together and enjoy. Yum!

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@cariningmedical.com.**

care to Southwest Florida,” said Dr. Jasper Rizzo, a urologist with LPG Urology. “By becoming part of the Lee Health family, we will be able to provide an improved coordination of urology care for our patients and enjoy the full administrative support that comes with joining a robust health system.”

The opening of LPG Urology has brought a team of over 70 trained professionals, including six physicians and six physician assistants, to the Lee Health team. LPG Urology has offices in Fort Myers, Cape Coral and Lehigh Acres, and the surgery center is located adjacent to the Fort Myers office. To make an appointment, call 424-2030.*

Chronic Pain
Workshops

Lee Health will hold a free six-week workshop, entitled Chronic Pain Self-Management, at The Sanctuary Outpatient Center on Wednesdays beginning October 2 from 9 to 11:30 a.m. The research-based program developed by Stanford University will help participants become empowered to improve their quality of life.

Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

The Sanctuary Outpatient Center is located at 8060 Colonial Center Drive in Fort Myers. Seating is limited and registration is required. Call 343-9264 for more information.*

dearPharmacist

Deficiency In
B Vitamins Evident
In The Potty

by Suzy Cohen, RPh



Dear Readers: When you think of B complex, you probably think of it as one B vitamin, but B Complex refers to a group of B vitamins consisting of B1, B2, B3, B6 and others.

The B Complex available as a dietary supplement is intended to fill a nutrient gap that some people develop from malnutrition. This is fine, however most people can eat their way to better B status.

The concerns about B vitamin deficiency are frequently overlooked by the most caring practitioners. Remember, the mindset in today's atrocious health care system is to medicate you, so you're bound to get a drug for a symptom, even if that symptom stems from a nutrient deficiency. But that's what you have me for; I have written articles for 20 something years to help you identify nutrient depletion and proper ways of restoration.

Here are some signs and symptoms of B deficiency: fatigue, anemia, diarrhea, hypothyroidism, burning mouth, nerve pain, memory issues, depression, vision/hearing difficulty, hair loss, confusion, agitation and numbness. Do you have a lot of those?

One thing that leads to B vitamin deficiency is being a fussy eater. There's a new case study about a boy who was so fussy about his food that all he ate was fries, white bread, potato chips, slices of ham and sometimes sausage.

Perhaps you know a child or adult who has a limited diet? According to the case study published in the *Annals of Internal Medicine*, the teenager impacted his hearing and vision. So profound was his B12 deficiency, injections of it could not save his sight.

As adults, B deficiencies could be even more profound due to the oxidative damage that occurs from drinking alcohol, smoking and taking medicines, which deplete B vitamins. Medications that are known to lower B vitamins include oral contraceptives, blood pressure pills, metformin, antibiotics and acid blockers.

The first sign of B12 deficiency could be apparent in the potty. I'm referring to diarrhea or loose stools. If you suddenly have this problem, and it's not related to food poisoning or antibiotic use, then consider a B vitamin deficiency.

A balanced diet will give you the full range of B vitamins, so don't worry if you eat eggs, vegetables, salad, fruits, chicken, seafood, red meat, dairy and nuts. If you have a limited diet for some reason, and you decide to supplement, buy a B complex that offers the B nutrients in their body-ready, biologically active form. For example, “methylfolate,” not folic acid, and “pyridoxal phosphate,” not pyridoxine.

Most people don't realize that some of the most important B vitamins are manufactured in the GI tract by our own

microflora (probiotics help restore healthy microflora). So a deficiency in biotin, B12 and other B's could indicate that you've stripped your gut of healthy probiotics. This contributes to the diarrhea, or for some, constipation alternating with diarrhea. If you have pins/needles or neuropathy, or you take the medication metformin, then B vitamins are essential for you.

*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.**

Help Line For
Alcohol Abuse

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.

Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.*

From page 1

Theatre Conspiracy

each other on love, sex and the soul. Phil is confounded when Tom tells him that when he and Donna have sex, it's like their souls touch. He becomes obsessed with finding out what this means and decides to try and seduce his wife on a different day of the week than when they usually have sex. He thinks that might make a difference, and she thinks it's a reaction to his blood pressure medication. Yarnes is a comic master in his role and provides the majority of the witty dialogue that leaves us laughing out loud. England is perfect as his spouse, quick with a response to his banter. She barbers with him saying if he'll go back to church, she's willing to try out a few new things in the bedroom.

Donna is studying to be a lawyer. While engaged to Tom, she finds out she's pregnant and the two have to decide whether or not to have an abortion. This is a challenge to their relationship and is the most serious issue in the play. Both Bernard and Canady do a wonderful job showing all the emotions involved as they grapple with the situation.

Engagement Rules is a compassionate and humorous play about the challenges of love and commitment. During a talk-back with the playwright, Orloff said he wrote an earlier play that involved the same four characters. He decided he wanted to challenge their relationships so he added some serious subjects to this new play. When asked if he had a favorite character, he said that Phil is who he most relates to, but he likes them all for different reasons.

Will Tom and Donna marry? Will Donna have the baby? Will Phil find out what it means to touch souls? Will Rose get Phil back to church? Those are some of the scenarios in the play that provide an evening of laughter not to be missed.

Engagement Rules plays through October 6 at Theatre Conspiracy in the Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787.*

Urology Group
Joins Lee Health
To Provide Service

Lee Health's newest service line, Lee Physician Group (LPG) Urology, has begun seeing patients across four locations in Lee County. LPG Urology was formed following Lee Health's acquisition of Southwest Florida Urology Associates (SWFLUA), which has been practicing in the community for over 30 years.

As part of the acquisition, SWFLUA's physicians, physician assistants, advanced providers and staff are joining the Lee Health team. These medical professionals have been strategic partners with Lee Health, and patients will notice seamless continuity in their care with LPG Urology.

“Southwest Florida Urology Associates has been a trusted partner in the delivery of urologic care to patients in our region, and we are pleased to welcome them to our team,” said Dr. Venkat Prasad, LPG, chief medical officer. “The addition of a urology-specific surgery center allows us to offer minimally invasive surgeries for a variety of urologic conditions.”

The Lee Health Urology Surgery Center is the health system's first freestanding ambulatory surgery center and performs surgeries for a range of conditions affecting the kidney, bladder, prostate and some types of cancer. The center is ready to start performing surgeries immediately and is currently recruiting additional surgeons to meet the needs of our patients.

“We have built a great relationship with Lee Health over the years, and we couldn't be happier to be joining their team as we strive to provide the best possible urologic

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Peyton And Waffles



Peyton ID# A792184

Hello, my name is Peyton. I am a 3-year-old male pit bull who is a beautiful tricolor pit bull with a curiosity for life. I tilt my head at everything that makes me wonder. I will chase after a ball for hours as long as you throw it for me. The volunteers at the shelter think I am good looking enough for a magazine cover, but I haven't let that go to my head. I am still a humble and loving boy waiting for my family to come and find him.

My adoption fee is \$10.

Hi, I'm Waffles. I am a 3-year-old female hound mix who is as sweet as I look in my picture. I came to LCDAS with my pup Pancake. Both of us were very shy and needed some TLC to come out of our shells. Pancake has been adopted, and now I am ready to find my special person. I am a



Waffles ID# A791208

petite gal that loves to play or just sit next to you and relax.

My adoption fee is \$10.

It's 'Game On' at Lee County Domestic Animal Services for Football Season in September. As football fans prepare for the season, Lee County Domestic Animal Services suggests adopting a special four-legged friend to help cheer on the home team. Adoption fees will be reduced for the entire month of September. Adopters will draw mini footballs for reduced adoption fees. Adoption fees will range from \$10 to \$40 depending on if someone scores a first down or a touchdown. All 'Pet of the Week' featured pets will be touchdown adoptions at just \$10.

*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.**

Haven on Earth Animal League

AbbyCaDabby And Winter



AbbyCaDabby



Winter

Hi, I'm AbbyCaDabby. After six years, my family decided they didn't want me anymore. I have a beautiful snowshoe coat and piercing blue eyes. I'm up to date on all vaccines and very healthy. I just need someone to give me a chance. My adoption fee is \$100.

Hello, I'm Winter. I'm a 4-year-old female with a sad story. My owner died, and the family surrendered me. I am very sweet and really need to find someone to love me forever. I'm up to date on all vaccines and healthy. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more information,

*call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.**

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.*



Sweetie Pie



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

ARTS

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

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

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

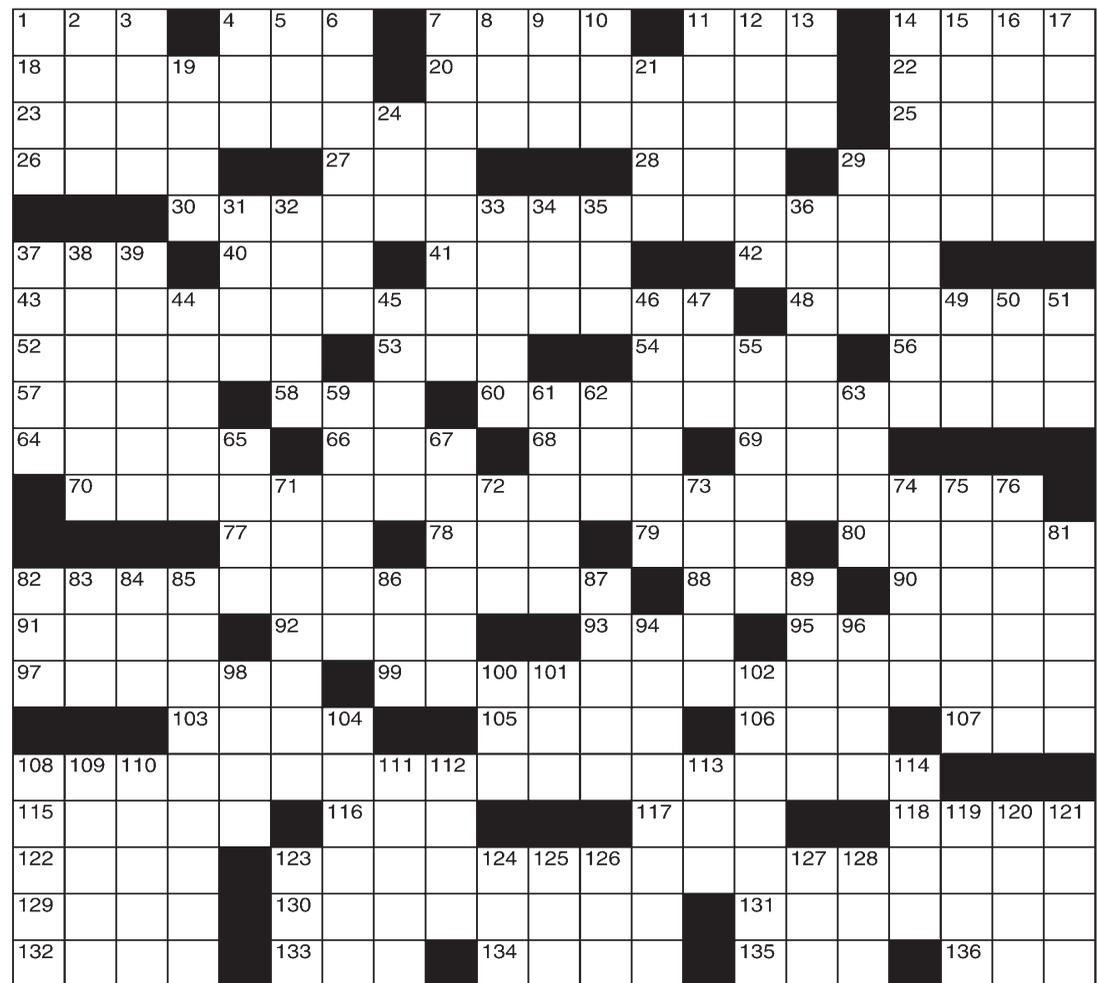
PUZZLES

Answers on page 29

Super Crossword

SETTING OUT TO SIEGE

- ACROSS**
- 1 Dwelling place: Abbr.
 - 4 Modifying wd.
 - 7 Fail to mention
 - 11 Prez Lincoln
 - 14 Bar checks
 - 18 Artificial fat
 - 20 Relatives of allegories
 - 22 To — (precisely)
 - 23 Mocking remarks from Pluto's master?
 - 25 Burnett of CNN
 - 26 — Spumante (wine)
 - 27 Schubert's "The — King"
 - 28 Manet's forte
 - 29 Actor Claude
 - 30 "No, we're not going to give the employee a raise"?
 - 37 I, to Franz
 - 40 "Mazel —!"
 - 41 Fed. crash-probing org.
 - 42 Countertenor
 - 43 Very small toll to drive on a road through the Alps?
 - 48 Present from birth
 - 52 To a foreign country
 - 53 Fair-hiring inits.
 - 54 "Der —" (Konrad Adenauer)
 - 56 Ruin totally
 - 57 Fragment
 - 58 Use stitching
 - 60 Quips about a Civil War general?
 - 64 — Boothe Luce
 - 66 Yuletide quaff
 - 68 "— be great if ..."
 - 69 Leeds lav
 - 70 Miser's reformation into a generous person?
 - 77 Santa —
 - 78 Polly's "Alice" role
 - 79 — -TURN (street sign)
 - 80 Wafer brand
 - 82 Verbal noun the nitwit uses a lot?
 - 88 Actress Thurman
 - 90 Be inclined
 - 91 British noble
 - 92 "Why Can't — Friends?"
 - 93 Deutsch article
 - 95 Develop
 - 97 Painting on plaster
 - 99 Concert tour during which a Muppet opens for the "Open Arms" band?
 - 103 Singer Amos
 - 105 Tap-in, e.g.
 - 106 Suffix with north or west
 - 107 Opposite NNW
 - 108 "Stop grazing and return to your barn"?
 - 115 Bedeck
 - 116 Air safety org.
 - 117 Stimp'y's pal
 - 118 Close
 - 122 Certain Slav person?
 - 123 Very inexpensive part of a ship's hull?
 - 129 Different
 - 130 Maryland suburb of D.C.
 - 131 Motorist's guide
 - 132 Inuit's ride
 - 133 1040 org.
 - 134 With 11-Down, "Don't drop your guard!"
 - 135 Tent stake
 - 136 Gold, to Spaniards
 - 34 Ad Council ad, for short
 - 35 "Son of," in Arab names
 - 36 Property transferor
 - 37 Windows ad catchphrase
 - 38 Steel-gray metallic element
 - 39 "Woo-hoo!"
 - 44 — Dame
 - 45 — the scene (having recently arrived)
 - 46 Flower plot
 - 47 Shade tree
 - 49 Totally fine
 - 50 Ascot, e.g.
 - 51 USNA grad.
 - 55 Perfumed powder
 - 59 Make furious
 - 61 Find by chance
 - 62 Archaic verb ending
 - 63 "Benny & —" (Johnny Depp film)
 - 65 & others
 - 67 Become liberated
 - 71 Not given under 112-Down
 - 72 Winter woe
 - 73 Logical
 - 74 OPEC ship
 - 75 Gathers bit by bit
 - 76 Tickles a lot
 - 81 Without batting —
 - 82 Furry TV alien
 - 83 Opposite of 118-Across
 - 84 Lofty verse
 - 85 Place to find pearls
 - 86 Peter out
 - 87 Sudden —
 - 89 Squirrel's bit
 - 94 Put between
 - 96 Ladder step
 - 98 Quarter, e.g.
 - 100 Tach reading
 - 101 "For shame!"
 - 102 Dada artist
 - 104 Less certain
 - 108 Valises, e.g.
 - 109 Novelist Scott
 - 110 Eponymous code creator
 - 111 Balsa boats
 - 112 Witness' promise
 - 113 Cousin, for one: Abbr.
 - 114 Sooner city
 - 119 Sailors' saint
 - 120 Lab medium
 - 121 Debtor's woe
 - 123 DOJ agency
 - 124 "Certainly!"
 - 125 May hrs.
 - 126 Harem room
 - 127 — v. Wade
 - 128 Duffel or tote



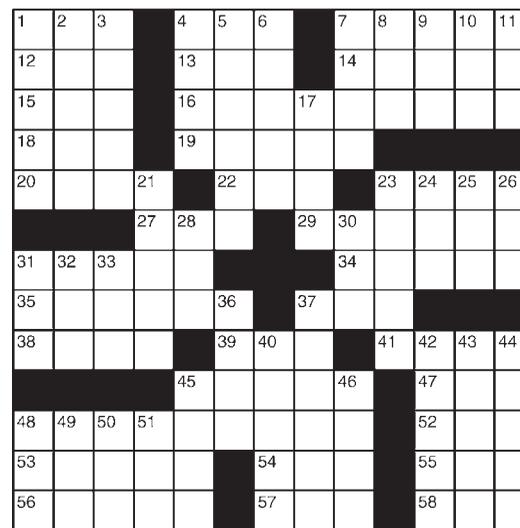
King Crossword

ACROSS

- 1 Salary
- 4 Homer's outcry
- 7 Duck
- 12 Position
- 13 Exist
- 14 Eye surgery device
- 15 Grecian vessel
- 16 Syrian capitalist?
- 18 Encountered
- 19 Step
- 20 Boast
- 22 Compass pt.
- 23 Distort
- 27 Paul Newman movie
- 29 Crooner Vic
- 31 Dope
- 34 Steer
- 35 Maiden
- 37 Needlefish
- 38 Bat a gnat
- 39 Praise in verse
- 41 Young horse
- 45 Good, in Guadalajara
- 47 To and —
- 48 Sinner's fate
- 52 Vat
- 53 Hunter in the sky
- 54 Prime meridian hrs.
- 55 Recede
- 56 Madrid mother
- 17 On in years
- 21 Specter
- 23 Blue cartoon character
- 24 Japanese pond carp
- 25 Conclude
- 26 Teensy
- 28 Multipurpose truck
- 30 Khan title
- 31 Egos' counterparts
- 32 Margery of rhyme
- 33 "— Little Teapot"
- 36 LummoX
- 37 Human — Project
- 40 Condescend
- 42 Frequently
- 43 Caribbean resort island
- 44 Theater vestibule
- 45 Poison
- 46 Aware of
- 48 Comical
- 49 Coach DeLuise
- 49 Coach Parseghian
- 50 Central
- 51 Neither mate

DOWN

- 1 Downright
- 2 Drying rack
- 3 Busybody
- 4 Root beer brand
- 5 Gave a talk
- 6 Macho type
- 7 Otherwise
- 8 Fond du —
- 9 Work with
- 10 Lair
- 11 Preceding



MAGIC MAZE

MOVE LAST TWO LETTERS TO THE FRONT TO MAKE A NEW WORD

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Bowel
- Braze
- Cedar
- Demo
- Dentin
- Eddy
- Glean
- Holdup
- Ideas
- Listen
- Loyal
- Ringer
- Ripest
- Sonar
- Verse



"We really need to expand the _____!"
answer on page 30

SCRAMBLERS

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

Hitch

RECUSE

Braid

WITTS

Origin

COURSE

Berate

CLODS

TODAY'S WORD

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

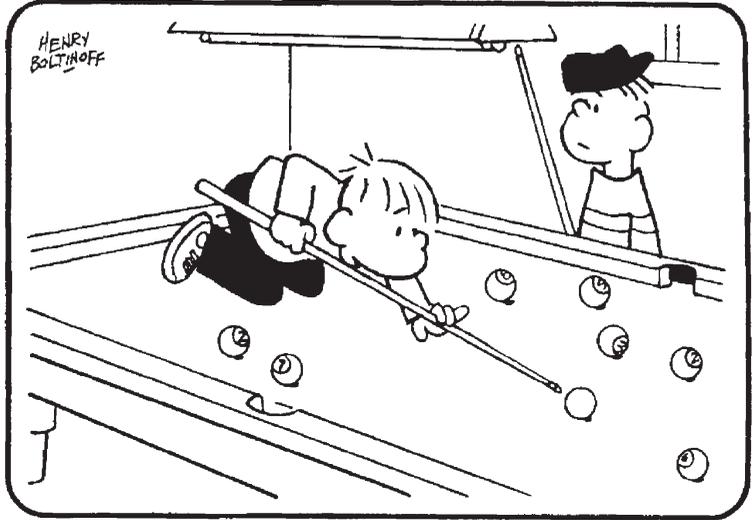
SUDOKU

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

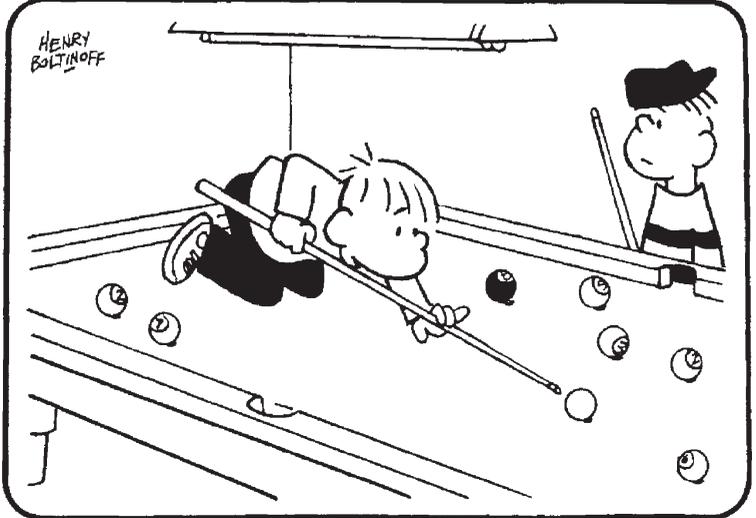
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Eight ball is black. 2. Boy's shirt stripe is black. 3. Boy's cue stick is shorter. 4. Balls #2 and #7 have moved. 5. Window is missing. 6. Boy standing has moved.



Mushroom Bisque
2 pounds mushrooms (mixed varieties), roughly chopped
1/2 onion, diced
2-3 cloves garlic, minced
2 quarts vegetable broth
1-2 cups heavy cream (depending on how creamy or thick you like)
1 tablespoon all-purpose seasoning blend (your favorite)
2 tablespoons butter
5-8 sprigs of fresh thyme, leaves removed
Canola oil, for sautéing
Sea salt and fresh ground pepper, to taste

Melt the butter and oil together in a large soup pot over medium-high heat. Add the diced onions and sauté until translucent (about 5-8 minutes). Add in the minced garlic and continue to cook for another minute. Reduce the heat to medium and add in the chopped mushrooms and the thyme leaves. Cook



Mushroom Bisque

until the mushrooms release some of the water content, stirring frequently, about 10 minutes. Next, add the vegetable broth, heavy cream, all-purpose

seasoning blend, sea salt, and fresh ground pepper. Cook this mixture for an additional 10-15 minutes then reduce the heat to low. Blend the soup using an

immersion blender, or use a counter-top blender and blend in small batches. (If using the counter-top blender, use caution when blending hot liquid). Serve warm.*

photo courtesy Fresh From Florida

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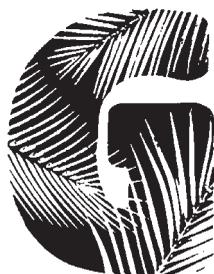
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My Stars ★★★★★

FOR WEEK OF SEPTEMBER 30, 2019

Aries (March 21 to April 19) Travel plans could be interrupted by the re-emergence of a workplace problem that was never quite fully resolved. Deal with it at once, and then take off on that well-deserved trip.

Taurus (April 20 to May 20) Aspects favor cultural activities for sensuous Bovines. Attend a concert or an art show. Better yet, create something yourself (a poem, perhaps?), and dedicate it to someone special.

Gemini (May 21 to June 20) Respect any doubts you might now be feeling about a new situation. They could be reflecting your inner awareness that some essential information might be missing. Check it out.

Cancer (June 21 to July 22) It's important to start the new month with as clean a slate as possible. Either complete all those unfinished tasks or pass them on to others who would be more than happy to take them on.

Leo (July 23 to August 22) This is a good time to cut down on expenses and tame that urge to splurge. Applying some financial discipline now could help the Big Cat ride out a possible monetary crunch later on.

Virgo (August 23 to September 22) Money matters are dominant this week. Recheck your accounts and make sure they're up-to-date. Also, pay more attention to personal issues before they become major problems.

Libra (September 23 to October 22) You might be tempted to employ the same tactics as your adversary, but that could backfire. Better to use the same balanced approach that has worked for you before and could again.

Scorpio (October 23 to November 21) A changing workplace environment could stir up confusion as well as apprehension. Best to ignore the rumors and get the facts. You could find that the changes bring positive elements.

Sagittarius (November 22 to December 21) Communication is easier this week with people ready and eager to hear what you have to say. Also, check for possible technical problems before you start your new project.

Capricorn (December 22 to January 19) Aspects favor change for the usually traditional Goat. Opening your mind to possibilities you had ignored could lead you to make decisions you once considered improbable.

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September 20, 2019

Place Classified



Library Programs

Next month's roster of activities at Lakes Regional Library offers topics for all ages. The following activities are free to the public:

Adult Programs

English Café: 6 p.m. Mondays, October 7, 21, 28 – Free, informal conversation sessions for adult ESOL/ESL students.

Coloring for Adults: 2 p.m. Tuesdays, October 8, 22 – Researchers and art therapists alike have touted the calming effects of coloring and adults have found this childhood activity a refreshing way to release their creativity, relieve stress and meet other participants. Coloring pages designed especially for adults and colored pencils will be provided.

Book Discussion *The Dry* by Jane Harper: 2 p.m. Wednesday, October 9 – Federal Agent Aaron Falk arrives in his hometown for the first time in decades to attend the funeral of his best friend, Luke.

Twenty years ago when Falk was accused of murder, Luke was his alibi. Now, Falk and the local detective question what really happened to Luke. As Falk reluctantly investigates to see if there's more to Luke's death than there seems to be, long-buried mysteries resurface, as do the lies that have haunted them. Registration is required.

Local Author Frederick Eshelman: 2 p.m. Thursday, October 10 – Local author and sports writer Frederick Eshelman will discuss his new book *Jacob's Favorite Brother* about a soccer star turned clergyman who begins a crusade against child abuse in the church. Registration is requested.

Be Your Own Detective: Search Clerk of Court Records: 1:30 p.m. Wednesday, October 16 – This seminar guides you through the information available on the Lee County Clerk of Court website. Learn how to review civil and criminal public records, obtain passport and marriage license information, obtain copies of deeds

and mortgages and more. Registration is required.

Download Drop-In: 2 p.m. Wednesday, October 16 – Receive personalized help downloading e-books, movies, music and more from Overdrive and Hoopla, two of Lee County Library System's largest online content providers. Bring your fully charged tablets, phones, e-readers and other digital devices for a hands-on help session. Bring any passwords you may need for downloading apps. Kindle users will also need an Amazon account and their password for accessing it.

Mindfulness and Meditation: 2 p.m. Wednesday, October 30 – Experience the benefits of guided meditation, which include improved cognitive and intellectual abilities and increased mental alertness. Learn about mindfulness, which empowers individuals to live a happier, healthier lifestyle through personal growth. Registration is requested.

Children's Programs

Family Storytime: 10 a.m. Wednesdays,

October 2, 30 – For children age 5 or younger. Your whole family is invited to this enjoyable, all-ages storytime that encourages the development of prereading skills through songs, rhymes, fingerplays and stories.

Preschool Storytime: 11 a.m. Wednesdays, October 2, 30 – For ages 3 to 5. Children attend this program independently while the caregiver waits nearby. Your preschooler will continue to build relationships with other kids, books and the library in a storytime designed specifically for them. The stories and activities are more complex, but just as fun. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited.

After School Crew: Science: 4 p.m. Wednesdays, October 2, 9, 16, 23, 30 – Weekly stories and activities featuring hands-on science. For grades kindergarten to fifth grade. No registration required, but space is limited. Tickets are available at the

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9/20 * 10/4

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6/21 * TFN

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9/27 * 10/18

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5/6 * TFN

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Joan Faris

9/27 * 9/27

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9/27 * 10/4

Youth Services desk a half-hour before the program begins.

Preschool Play Dough Fun: 10:30 a.m. Tuesday, October 8 – Calling all preschoolers. Get creative with our Play-Doh Fun Factories or explore your letters, shapes and numbers formed with Play-Doh. For ages 2 to 5. Registration begins September 17. Register each child individually. Your reservation is guaranteed only until the start of the program. Space is limited.

Kids Read Down Fines: 2 to 3 p.m. Saturday, October 12 – Children and teens can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and under only and applies only to charges on overdue materials. Bring your library card.

Baby & Me: 10 a.m. Monday, October 14 – This special program is designed just for babies and their caregivers with rhymes, literacy activities and more. Dress babies for some messy play. For babies up to 24 months. Registration began September 23. Register each child individually. Your reservation is guaranteed only until the start of the program. Space is limited.

Special Needs Storytime: 10 a.m. Saturday, October 19 – This storytime emphasizes books, music and sensory experiences designed for children with special needs. The library's welcoming environment will create a positive experience for children. Each child must be accompanied by a parent or caregiver, who will be an active participant in the program. Class size is limited to 10 children, plus their parents or caregivers. For children ages 3 to 12 with special needs. Registration begins September 28.

Preschool Monster Mania: 10:30 a.m. Monday, October 21 – Celebrate Halloween with some not-so-scary monster fun, including stories, songs and sensory activities. For ages 2 to 5. Registration begins September 30. Register each child individually. Your reservation is guaranteed only until the start of the program. Space is limited.

Lego Motion: 4 p.m. Tuesday, October 22 – Build your own Lego character and bring it to life with stop-motion animation. No prior experience necessary. For grades kindergarten to fifth grade. Registration begins October 1. Register each child individually. Your reservation is guaranteed only until the start of the program. Space is limited.

Halloween Magic Show: 4 p.m. Thursday, October 24 – Master magician Joey Evans takes you on a journey through some of Halloween's greatest characters and stories using magic, mystery and puppets. For ages 3 to 12. Registration begins October 3. Register each child individually. Your reservation is guaranteed only until the start of the program. Space is limited.

Baby Rhyme Time: 10 a.m. Monday, October 28 – For babies 18 months or younger. During this special storytime, you and your baby will learn new nursery rhymes and fingerplays, interact with puppets, sing, read books and dance. Caregivers are encouraged to model proper storytime etiquette by remaining in the room and participating with baby during this program. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited.

Toddler Tales: 11 a.m. Monday, October 28 – For ages 18 to 36 months. This interactive and active time for toddlers and their caregiver is designed to advance prereading and social skills. They'll experience storytelling, wordplay, felt board stories, fingerplays, puppets, singing, music-making, socializing, dancing and, of course, books. Pick up a Storytime Ticket at the Youth Services desk the morning of the program. Space is limited.

Make a Monster Stuffie: 4 p.m. Tuesday, October 29 – Design, stitch, decorate and bring to life your own monster stuffie. No experience necessary. For grades 3 to 5. Registration begins October 8. Register each child individually. Your reservation is guaranteed only until the start of the program. Space is limited.

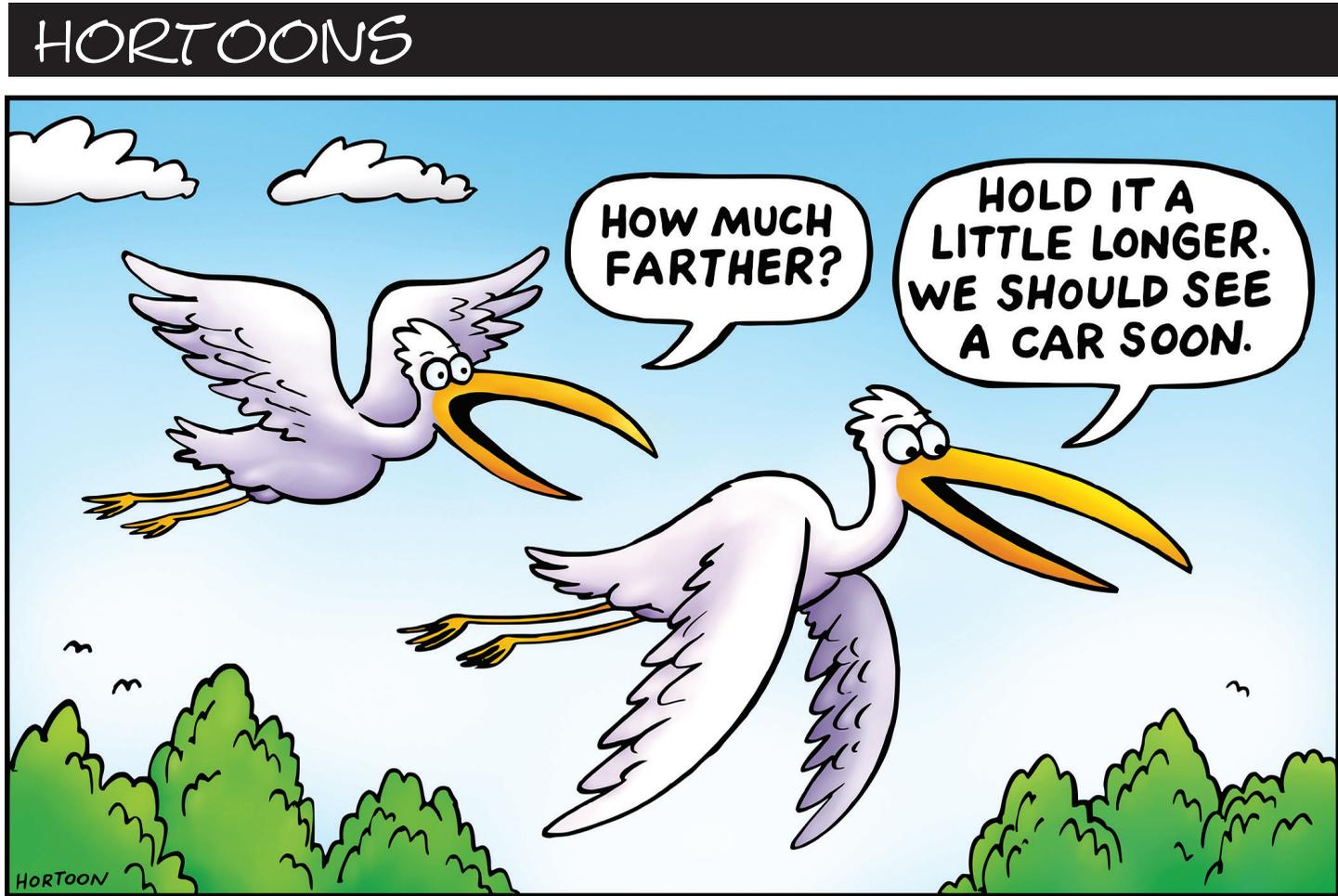
Teen Programs

Kids Read Down Fines: 2 to 3 p.m. Saturday, October 12 – Children and teens

can earn a \$2 credit for every 15 minutes they read in the designated area for a total of \$8 in one session. Credit may be applied to cards issued to patrons age 18 and under only and applies only to charges on overdue materials. Bring your library card.

Make an Impact: Earn Volunteer Service Hours at Your Library: 2 p.m. Saturday, October 19 – Have fun, get creative and earn volunteer service hours in the process. Show off your DIY skills as you create photo holders out of hand-painted rocks and floral wire that will be donated to the Lee County Sheriff's Department. For children and teens in grades 6 to 12. Drop in any time during this program to complete the activity. All supplies are provided.

The Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information about a program or to register, call the library at 533-4000.✱



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Marina Isle	Bonita Springs	2002	3,573	\$1,495,000	\$1,350,000	138
Harbour Preserve	Cape Coral	2000	2,985	\$1,299,000	\$1,175,000	219
Beachview Country Club Estates	Sanibel	2002	2,470	\$1,169,000	\$1,106,500	54
Horse Creek	Fort Myers	2019	2,856	\$1,020,600	\$1,020,600	0
Sanibel Estates	Sanibel	1968	1,913	\$899,000	\$825,000	68
Cape Coral	Cape Coral	2019	2,454	\$799,900	\$770,000	142
Vista Wildblue	Fort Myers	2019	2,395	\$798,588	\$735,000	78
Palmetto Pine Estates	Cape Coral	2001	4,322	\$759,901	\$650,000	123
Nature's Cove	Estero	2002	3,201	\$749,900	\$705,000	383
River Reach Estates	Bonita Springs	2007	3,293	\$749,900	\$725,000	135

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