



# THE RIVER WEEKLY NEWS

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Take Me Home

Vol. 21, No. 39

From the Beaches to the River District downtown Fort Myers SEPTEMBER 23, 2022

## Orchid Sale And Symposium At The Estates

Edison and Ford Winter Estates will hold its annual Orchid Sale and Symposium on Saturday and Sunday, October 1 and 2 from 9 a.m. to 4 p.m. The event will take place outdoors, under the oak trees and surrounding areas.

Multiple workshops will be offered each day, and vendors will have rare and unusual orchids for sale. Orchids will also be available in the Garden Shoppe.

A daily ticket is required to attend the workshops. Cost is \$20 for Edison Ford members and \$25 for non-members. The plant sale portion is free to attend. Tickets do not include tours or admission to the museum, lab or riverside of the property. Guests will also have the opportunity to purchase raffle tickets each day for a chance to win a rare native vanilla orchid.

Southwest Florida Orchid Society representatives will have information about the society and membership. Following is the workshop schedule:

Introduction to Orchids; Mickey Carnell – Saturday, 9:30 to 10:30 a.m.



Guests at an orchid workshop at Edison and Ford Winter Estates

photo provided

Benign Neglect; Robert Riefer – Saturday, 11 a.m. to noon.

Orchid Mounting; Debbie Hughes – Saturday, 1 to 2 p.m.

Growing Orchids from Seed; Jim Davison – Saturday, 2:30 to 3:30 p.m.

Growing Orchids in Trees; Debbie Hughes – Sunday, 9:30 to 10:30 a.m.

Unraveling the Mysteries of Orchid Potting; Stan Grigiski – Sunday, 11 a.m. to noon.

Democratization of Affordable Orchids; Robert Riefer – Sunday, 1 to 2 p.m.

My Favorite Orchids; John Hampton – Sunday, 2:30 to 3:30 p.m.

Vendors – including Bello Tropicals, OFE Orchid Supplies, Palmer Orchids, Smiley's Orchids & Greenery, So Orchids, Sunland Orchids and Tropiflora – will have orchids and orchid supplies for sale. A limited number of garden carts will be available; guests are encouraged to bring their own. Food and beverage vendors will be onsite with refreshments available for purchase and live music will be provided.

Orchids have a long history with the estates. They were Mina Edison's favorite plants, and she displayed many of them in her garden. They were attached to trees so they could grow as she saw them in the Everglades. Today, visitors can view many orchid species throughout the 20 acres of botanical gardens. Following in Mina's footsteps, horticulturists continue to attach orchids to trees all around the site.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit [www.edisonford.org](http://www.edisonford.org).



Boats race in front of the Fort Myers Beach Fishing Pier photo courtesy roaroffshore.com

## Offshore Boat Races Coming

The 2022 Roar Offshore National Championship will be held off of Fort Myers Beach from Thursday to Saturday, October 6 to 8. The start and finish line of the races will be in the gulf adjacent to DiamondHead Beach Resort, located at 2000 Estero Boulevard.

Festivities will include a race village, boat parade, street party, pool party, VIP

racer reception, five races on Saturday and an awards/closing ceremony. For the complete schedule, visit [www.roaroffshore.com/schedule](http://www.roaroffshore.com/schedule).

Roar Offshore Fort Myers Beach Powerboat Races is the final stop of the American Power Boat Association (APBA) National Championship series. Roar Offshore will once again be the Championship Race for 2021, crowning Offshore Champions in 14 classes. In 2019, the inaugural Roar Offshore had

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## Pride Festival Returns To Alliance



Participants at a previous SWFL Pride festival

photo provided

The 12th annual SWFL Pride festival will be held at Alliance for the Arts on Saturday, October 1 from noon to 5 p.m. The outdoor, family-friendly event, which includes live entertainment, food and drinks, is a celebration for Southwest Florida's lesbian, gay, bisexual, transgender and queer (LGBTQ) community.

Pride-SWFL launched the event in 2009 and, after a two-year hiatus due to the pandemic, it is back with the theme,

Pride Never Stops.

Entertainment will include local drag entertainers, singer-songwriter and NBC's *The Voice* contestant Sheena Brook; and DJ Kooshie.

Admission is a \$5 donation at the door. Limited tickets for the VIP tent are available for purchase online. No coolers or pets allowed; service animals are permitted. Parking is free but there is limited parking onsite. Additional parking

continued on page 4

Historic Downtown Fort Myers, Then And Now:

# Cruising From The City Dock

by Gerri Reaves, PhD



In the first decades of Fort Myers history, before good roads and railways existed, just about anything that was transported made the trip on the water.

Boats were the only mass transportation before the Atlantic Coast Line Railroad arrived in 1904, and not only people but cattle, produce, mail, building supplies and numerous other things were shipped to the downtown waterfront.

There were several steamship lines that serviced the town, but the two principal and long-lived ones were the Menge Bros. and Kinzie Bros. lines.

Menge steamers ran upriver on the Caloosahatchee as far as LaBelle and Fort Thompson, while Kinzie boats traveled down-river, plying Gulf waters to the barrier islands.

Pictured in the circa-1916 photo are four of the Kinzie vessels at the City Dock, located at the foot of Jackson Street: from left, the sternwheeler Success, steamer Dixie I, steamer Gladys and Belle of Myers alongside. The view is westward.

In 1916, Kinzie steamers left the downtown dock at both 7 a.m. and 1:30 p.m.

Ads in the *Fort Myers Press* for Captiva-on-the-Gulf, Bayview Hotel and Cottages advised travelers to take the Kinzie Line to the island to enjoy bathing, shelling and fishing. Boats and guides were furnished.

During season, round trips to Sanibel or Captiva were priced at \$1 and \$1.50, respectively. A la carte dining service was available.

Day-tripping to Sanibel was a popular destination for local Sunday school outings and birthday parties.

The vessels also transported citrus and vegetables from the islands to the packinghouses in Fort Myers for shipment to northern markets.

Before starting the line just after the turn of the 20th century, Andrew L. and George Kinzie had honed their skills piloting steamboats in the Gulf for the Plant



Infill projects have extended the riverfront and created Edwards Drive. On the right is the Fort Myers Yacht Basin.

photo by Gerri Reaves

System, beginning in 1897.

Brother Eric also co-founded the Kinzie Line, but later sold his interest to his brothers and went into commercial horticulture.

The Kinzies began with a hauling and towing service with the tug Belle of Myers.

They soon added a second tug, the Gladys, which not only delivered mail and freight but ferried day-trippers to Sanibel, Captiva, Useppa and Pine Island.

They then enlarged the fleet with the Success, the paddle-wheeled Dixie and a larger Gladys.

The Dixie had a capacity for 200 passengers and 1,000 crates of vegetables. Later, the Dixie II came along.

Steamboats were but one of the many businesses located on the City Dock, which had been built in 1885.

In the mid-19-teens, the city's first Coca-Cola plant, Standard Oil Co. and a taxidermist were located there, as well as a grocery, fish house, cigar factory, machine shop, lunch room, tailor and woodworking shop.

The dock was demolished in the 1930s in preparation for the construction of the Fort Myers Yacht Basin.

Walk down Jackson to the riverfront and imagine a time when your path would be over water.

Then visit the following two research centers to find out more about the City Dock's long history and economic importance.

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

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

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

Sources: Archives of the Southwest Florida Historical Society, the *Fort Myers Press* and *The Story of Fort Myers* by Karl H. Grismer.\*



Circa-1916, four Kinzie Bros. steamers dock at the foot of Jackson Street. From left, the Success, Dixie I, Gladys and Belle of Myers.

photo courtesy Rebecca Kinzie Holmes

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## School District Informational Event Nears

The School District of Lee County is hosting Social Lee: Careers & Conversations, an informational event that will provide insight on teaching and instructional support positions within the district, at Mission BBQ on Thursday, September 29 from 5:30 to 7:30 p.m.

Attendees will have the opportunity to meet district representatives, learn about the variety of career paths available and walk through the process of becoming certified to teach in Florida. Select candidates may also be offered an interview for potential employment. Positions are available across the district with a focus on high-demand positions like English, elementary education, science, math and special education, as well as for instructional support positions.

Mission BBQ is located at 12984 South Cleveland Avenue in Fort Myers. To register by September 28, visit <https://docs.google.com/forms/d/e/1FAIpQLSeiDOY65Aeq74izVO2NqxorWnM>

dbCc53H0tQHrLkuQIAhr8zA/viewform.

Florida is one of 48 states that offer alternative routes to becoming a certified teacher. Individuals who already earned a bachelor's degree in any field can become eligible for Florida teacher certification by passing a subject area exam in their area of expertise, completing additional coursework or enrolling in a teacher preparation program.

With a growing enrollment of more than 95,000 students and 120 schools, the district's efforts to put "The Right Talent in the Right Place" means that new teachers will receive the support and necessary resources that will enable them to succeed upon entering the field of education. The School District of Lee County offers a competitive and comprehensive compensation plan for its employees. Additional benefits and earning opportunities are also available via advanced degree supplement, summer school, athletic coaching and more. Upon hire, a personal benefits selection process will be made available to eligible employees.

To learn more about available career opportunities, visit [www.leeschools.net/careers](http://www.leeschools.net/careers).✪

## Pet Shelter Seeks Auction Donations

Animal Refuge Center (ARC) is seeking donations for the Starlight Auction, slated to be held at Sanibel Harbour Marriott Resort and Spa on Saturday, November 26 at 6 p.m.

ARC's largest fundraiser of the year will again feature a silent auction, which accounts for a significant portion of the total event proceeds. On a yearly basis, more than 120 individual baskets and items are offered at the auction.

The following items for the baskets are needed no later than Monday, October 31:

Gift certificates – \$25 or more from local area restaurants, spas, nail salons, PetSmart or Petco Stores, grocery stores, hair salons, tattoo shops, theaters, amusement parks, sporting events, local sites, zoos, craft beer locations, etc.;

Medium/large baskets – sturdy cloth,

or wicker (in great shape);

Wine, liquor, specialty mixes, specialty bar items;

Scratch-off lottery tickets; and Theater tickets to a show (two tickets minimum);

Sponsorships are still available and start at \$300. Sponsors will receive two tickets to the auction event.

ARC is a 501(c)3 non-profit charitable organization; all donations are tax-deductible.

Collected items may be dropped off at ARC on Wednesdays through Sundays from 11 a.m. to 4 p.m. Label each item: "For Lisa" or mail to ARC (Attn: Lisa), 18011 Old Bayshore Road, North Fort Myers, FL 33917 or P.O. Box 62605, Fort Myers, FL 33906.

Funds raised at the auction determine how many cats and dogs can be saved in the coming year by supporting shelter operations.

For more information, other collection options or questions, call Lisa Viola at 770-0153 or visit [www.animalrefugecenter.com/all-upcoming-events/the-starlight-auction](http://www.animalrefugecenter.com/all-upcoming-events/the-starlight-auction).✪

## Brews For The Birds Fundraiser

Brews for the Birds is on tap at Wonder Gardens on Friday, October 14 from 5:30 to 8:30 p.m. The goal of the event is to raise money for the continued care of rescued, rehabilitated and unreleasable birds at the 86-year-old botanic and zoological gardens.

"The care of more than 300 birds and reptiles is our priority at Wonder Gardens, and we are grateful for the support of the community," said Neil Anderson, executive director at Wonder Gardens. "Our annual Brews for the Birds is a fun and engaging way to showcase the gardens while raising funds for the continued oversight and protection of a wide variety of birds who reside in our ponds, aviaries and pavilions throughout our 3.5-acre park."

Sponsored by Nassau Pools Construction and Wintrust Banking Center, the adults-only event includes food trucks, unlimited beer and wine tastings, mixed-drink tastings, local business vendors, raffles, live entertainment, access to the park and a take-home cup.

Food trucks include Cositas Gourmet, Dudley's Beachside BBQ, Eat Bold and Eazy Cheezy. Participating breweries and beverage sponsors are Abita Brewing Company, Bells Brewing, Cigar City Brewing, Cycle/Brew Hub, Flying Eagle Kombucha, Fort Myers Brewing, Keel



Little Girl, a Wonder Gardens cockatoo, is ready for Brews for Birds photo provided

Farms, Lagunitas Brewing Company, New Belgium Brewing Company, Sierra Nevada Brewing Co., Tank Brewing, Terrapin Beer Company and Walking Tree Brewery. Entertainment includes live music from Prana Songbird and tricks by Magician Randy.

Tickets are \$50 for Wonder Gardens members and \$55 for nonmembers. Tickets are limited and can be purchased online at [www.wondergardens.org/brews-for-the-birds-fall-2022](http://www.wondergardens.org/brews-for-the-birds-fall-2022).

The Wonder Gardens is located at 27180 Old 41 Road in Bonita Springs. For more information, visit [www.wondergardens.org](http://www.wondergardens.org) or call 992-2591.✪

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Fort Myers Art:

# Symphony Plans Robust Season

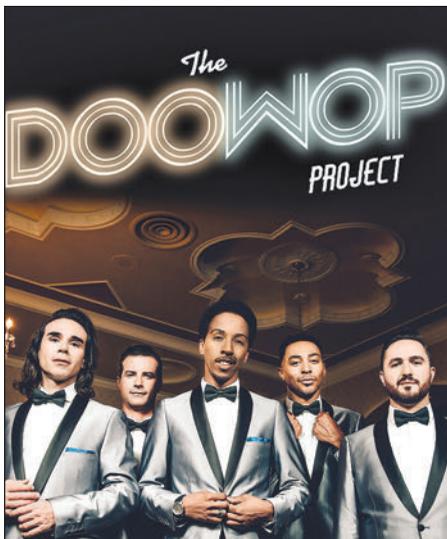


by Tom Hall

Since its founding in 1995, Gulf Coast Symphony has produced many spectacular performances, but the 2022-23 season is poised to be its most productive and memorable to date.

One reason is its new Music & Arts Community Center on the campus of Unitarian Universalist Congregation in Fort Myers. Gulf Coast Symphony founder, CEO and Maestro Andrew Kurtz couldn't be prouder of what they've done with the facility since opening it in January 2021, in the middle of the COVID-19 pandemic.

"We have basically taken over their space for a large part of the year, converted the sanctuary into a full-on performance space with a great deal of renovation in terms of sound, lighting, video, and it's the home to a lot of our ensembles, home to 80 performances and also meant to be an education hub for the community," said Kurtz. "We have an after school program that runs here Monday through Thursday - MusicWorks - which teaches strings to elementary school-aged children. We have our Saturday morning



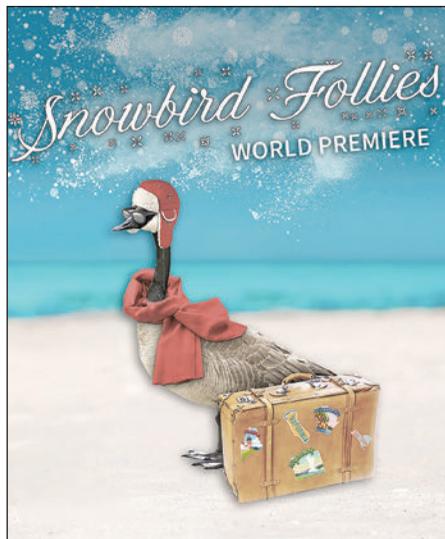
**The Doo Wop Project kicks off the 2022-23 Pops Series and Snowbird Follies is the first of the musical theater productions for the Gulf Coast Symphony season** images provided

programs for our youth jazz ensemble and youth orchestra that have started this year. And then we have one-off classes in arts and music, which will be starting up again in January."

Gulf Coast Symphony is best known for its Pops Series at Barbara B. Mann Performing Arts Hall. The series will kick off this season in January with *The Doo Wop Project*, featuring stars of Broadway's smash hits *Jersey Boys* and *Motown*.

The show that Kurtz and his creative team are most excited for this season is *Gypsy*, which will be performed on March 17 and 18.

"It will be a main stage production



at Barbara Mann with a large orchestra starring Jodi Benson (the voice of Ariel in the 1989 Disney animated film *The Little Mermaid*) and her daughter as Louise," said Artistic Operations Manager Julie Bearden Carver. "We're going to have a lot of community in the ensemble, which is exciting to me because we bring in so many professionals from all over."

Gulf Coast Symphony will end its Pops Series this season with *Cirque Goes to the Movies*, which promises a feast for the eyes as well as the ears.

"We actually have 10 cirque artists who will be performing on the stage in front of the full symphony, including aerial artists who fly out over the audience and fly over the symphony, and clowns and contortionists, and we've been bringing them in every few years," said Kurtz. "It's just a fun show and they'll be performing to great movie soundtracks."

Another reason that Gulf Coast Symphony is poised for greatness this season is the addition of Julie Carver and Chrissy Whitehead.

Carver is orchestrating Gulf Coast Symphony's musical theater productions, of which there will be five. The first is *Snowbird Follies*, which is being co-written by Kurtz and director/choreographer DJ Salisbury. It's a revue of songs whose lyrics parody what it's like to be a snowbird in Florida. The show also incorporates some local history. The opening scene takes place in the old Pavese Barber Shop on First Street in downtown Fort Myers next to what's now Izzy's.

"That's where we open the show, at the moment where Edison is endeavoring to convince Henry Ford to become a snowbird," said Salisbury. "That's blended with two contemporary women, same idea, one woman who's lived here as a Florida resident trying to convince her friend from the north to become a snowbird."

Gulf Coast Symphony's closing musical theater production will be *Nunsense*, which will mark Whitehead's directorial debut in a professional theater production. Previous to what she calls her second act of life, Whitehead appeared on Broadway in *Chicago*, *Company* and *A Chorus Line* and on television in *Grey's Anatomy*, *Private Practice*, *Castle* and *The Mentalist*, among others. She's

pumped to direct the extremely popular, over-the-top Dan Coggins musical comedy April 13 to 29.

"What's really neat is we're actually in a church space," said Whitehead. "I think I can help these actors to actually want the audience to come in and feel like they're watching nuns put on a show. If we can pull that off, I think that would be really interesting because it gets zany. It gets fun. They're tap dancing. There might be a little ballet in there."

For *Nunsense*, Whitehead will be teaming up with Carver, whose repertoire includes music director.

The Gulf Coast Chamber Orchestra will perform classical music from Mozart, Beethoven and Hayden all the way up to the turn of the 20th century, with an emphasis on black, indigenous and people of color, as well as female and living composers. Then there's the Gulf Coast Jazz Collective, the organization's best-selling series.

"The program is sort of modeled after Jazz at Lincoln Center," Kurtz said.

This season, the collective will pay *Tribute to Miles Davis* on November 17 and *The Great Ladies of Jazz* on November 13, featuring award-winning jazz vocalists Natalie Douglas and Aisha de Haas along with the full symphony orchestra.

Two perennial shows highlight Gulf Coast Symphony's 2022-23 season including the very popular *Haunted Halloween* family concert on October 30. The second is its collaboration with Gulfshore Ballet for *The Nutcracker*, which will be performed at Barbara B. Mann Hall on December 10.

While Maestro Kurtz and his team acknowledge that music is first and foremost entertainment, it can be both educational and unifying. And that's Gulf Coast Symphony's overarching mission.

"Music can be transformational," said Kurtz. "Our goal is to be able to use music as a way of bringing our community together, touching our community's hearts, challenging us, and being able to understand the world around us and make a difference in people's lives. That's what's at the heart of the Music & Arts Community Center and what the Gulf Coast Symphony is all about. It's really making a true difference in our community and people's lives, and it's using music to synthesize the change."

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.✳

From page 1

## Pride Festival

will be available at Royal Palm Square.

Pride-SWFL is a nonprofit 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 information or to become a Pride sponsor, vendor or volunteer, visit [www.prideswfl.com](http://www.prideswfl.com).✳



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*Flotsam* is a sculpture that stands at 11 feet in height and is 20 feet in length photo provided

## New Sculpture Gifted To Alliance

Alliance for the Arts has a new addition to its ever-evolving sculpture park on its campus. *Flotsam* was gifted thanks to an ArtFest program that gives a second life to older pieces of art.

*Flotsam* was created by artist Donald Gialenalla, an artist specializing in the design and fabrication of public art. Known for his larger-than-life sculptures in public and private collections across the United States, his work is installed

in over a dozen cities from California to New York, and now the campus of Alliance for the Arts. His background includes teaching art at Bilkent University in Ankara, Turkey, and 10 years as an Emmy-winning television graphics producer in New York City.

*Flotsam* stands 11 foot tall and 20 foot long and was created in the studio and delivered to the site as a finished sculpture. It was originally featured in ArtFest's We Are Overflowing, an art exhibition created to showcase the pollution problem and the beauty created from upcycling discarded materials. The original installation featured a

surrounding three-foot tall circular low fence approximately 25 feet in diameter into which visitors deposited their empty bottles and cans to fill up the "ocean" around it, covering the wheels and braces with a sea of bottles.

*Flotsam* was made of repurposed plastic and recycled objects firmly attached with stainless hardware to a painted wooden armature. It was transported from the ArtFest warehouse

to the Alliance thanks to Knox Services, a local roofing contractor loaning their truck and trailer with the manpower provided by the Alliance staff and volunteers.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. The sculpture park, located along McGregor and Royal Palm boulevards, is free and open to the public. For more information, visit [www.artinlee.org](http://www.artinlee.org).✪

## Cancer Center To Host Free Cooking Event

The community is invited to attend a free educational and interactive event titled Cooking for Chemo with Chef Ryan Callahan in the Community Room of the Gulf Coast Medical Center on Wednesday, September 28 from 4 to 6 p.m.

Cooking for Chemo is designed for people with cancer, caregivers of cancer patients, chefs, dietitians, nutritionists and health care providers. Since chemotherapy drugs can damage the taste buds, leading to changes in taste, some cancer patients may have a hard time eating. This event helps teach new ways to adjust flavor in recipes to help encourage healthy appetites during chemotherapy and afterwards in remission.

At the event, attendees will have the opportunity to taste, smell and

experiment with different flavors and cooking techniques. They will also receive a free copy of Chef Callahan's cookbook.

Space is limited; registration is required.

The Gulf Coast Medical Center is located at 13681 Doctors Way in Fort Myers. To register, call 343-9675 or visit [www.leehealth.org/health-and-wellness/wellness-events-and-classes](http://www.leehealth.org/health-and-wellness/wellness-events-and-classes).✪

## President's List

Seven students from Southwest Florida were named to the president's list for the summer 2022 semester at Southern New Hampshire University (SNHU) in Manchester, New Hampshire.

Elizabeth Perry of North Fort Myers, Maria Belier of Cape Coral and Timothy Kabiga, Diana Karadas, Alanzo Ausby, Shauna Mazak and Jeremy Nichols, all of Fort Myers, are full-time undergraduate students with a minimum grade-point average of 3.700.✪

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Girl Scouts of Gulf Coast at Bailey-Matthews National Shell Museum

photo provided

## Girl Scouts Earn Shelling Patch

Earlier this year, Bailey-Matthews National Shell Museum launched a new collaboration with the Girl Scouts of Gulf Coast and recently, 66 Girl Scouts of Cape Coral participated, ranging in age from Daisies (grades kindergarten to first) to Seniors (grades nine to 10).

The 60-minute program was divided into four sessions. Marine biologists from

the museum led the Girl Scouts and their troop leaders through the Beyond Shells Living Gallery of aquariums and provided an introduction to a diverse group of animals that make shells. Scouts explored touch pools and the Great Hall of Shells.

During the classroom portion of the program, they learned about what causes tides, the optimal time to go shelling and how to be responsible shellers. They learned how to identify 10 different species of mollusk shells, and got to take home the shells along with a laminated shell guide. After completion of the

four sessions, the Girl Scouts earned a Shelling of Gulf Coast Florida patch.

For more information on educational programming or to book a program, visit [www.shellmuseum.org/childrens-experiences](http://www.shellmuseum.org/childrens-experiences) or contact Kelsey Hausmann at [khausmann@shellmuseum.org](mailto:khausmann@shellmuseum.org).

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. Permanent exhibitions on view include the Great Hall of Shells, which highlights the museum's collection

of some 550,000 shells, as well as the Beyond Shells living gallery of aquariums and over 50 species of marine life.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information, call 395-0900 or visit [www.shellmuseum.org](http://www.shellmuseum.org).

## Goblin Gallop 5K Fundraiser

The 11th annual Lee County Electric Cooperative (LCEC) Goblin Gallop 5K/Kid Run to benefit the United Way will be held at Jaycee Park on Saturday, October 29. Set up opens at 6:30 a.m., while the race starts at 7:30 a.m. Kids fun run and awards will follow.

In addition to the in-person 5K/Kid Run, there is a virtual race option happening now through October 29. Packet pickup will be held on October 27 and 28 at the Run Shoppe in Cape Coral.

Since its inception, the Goblin Gallop has raised nearly \$24,000 to benefit the United Way. LCEC sincerely thanks all the sponsors, volunteers and participants who make the Goblin Gallop a spooktacular success for the United Way.

Jaycee Park is located at 4125 SE 20th Place in Cape Coral. Visit <https://uw.lcec.net/sitepages/5k.aspx> for race information including the registration link. Contact [5k@lcec.net](mailto:5k@lcec.net) with questions.

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

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

### ALL SAINTS BYZANTINE RITE CATHOLIC

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

### ANNUNCIATION GREEK ORTHODOX

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

### BETH YESHUA MESSIANIC SYNAGOGUE

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

### BIBLESHARE

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

### CHABAD LUBAVITCH ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHAVURAT SHALOM

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

### CHURCH OF THE CROSS

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

### COVENANT PRESBYTERIAN

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

### CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9

a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

### REDEEMER CHURCH

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

### CYPRESS LAKE PRESBYTERIAN

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

### CYPRESS LAKE UNITED METHODIST

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

### FAITH UNITED METHODIST

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FORT MYERS CHRISTIAN CHURCH

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### FIRST PRESBYTERIAN CHURCH OF FORT MYERS

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

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC

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

481-1143.

### LAMB OF GOD

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

### NEW HOPE PRESBYTERIAN

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

### PEACE COMMUNITY

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

### PEACE LUTHERAN

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

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

### SAINT COLUMBKILLE CATHOLIC

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

### ST. FRANCIS XAVIER CATHOLIC

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

### SAINT JOHN THE APOSTLE METROPOLITAN

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

### SAINT MICHAEL LUTHERAN

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

### SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://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 BETH EL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE FAITH CENTER

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

### THOMAS A. EDISON CONGREGATIONAL

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

### UNITARIAN UNIVERSALIST

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH

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

### WORD OF LIFE

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

### ZION LUTHERAN

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

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

# Warm Mineral Springs Habitat To Be Restored

The Florida Fish and Wildlife Conservation Commission (FWC), with the support of several partner organizations, has begun a habitat restoration project focused on improving habitat for manatees in the downstream outflow of Warm Mineral Springs in the city of North Port in Sarasota County. This area is considered the most important natural manatee warm-water refuge along Florida's southwest coast.

Dredging and bank stabilization within Warm Mineral Springs Creek is expected to improve manatee access to warm-water habitat during the colder months, increase the volume of warm-water habitat, remove excess sediment and restore the natural characteristics of the creek.

More than 125 Florida manatees have been documented using Warm Mineral Springs Creek as a refuge in the winter months.

"Improving manatee habitat is critical now more than ever as manatees along the Atlantic Coast are experiencing an unusual mortality event," said Maria Merrill with the FWC's Division of Habitat and Species Management. "While this project is on the opposite coast from the unusual mortality event, the project directly benefits Florida's manatee population by improving critically important warm-water habitat."

In support of the restoration work, the FWC will be providing additional informational signs to the area to help reduce disturbance and harassment of manatees at this important warm-water habitat.

This project would not be possible without support from Florida's Legislators and Gov. Ron DeSantis, as well as agency partners including the U.S. Army Corps of Engineers, Sarasota County Government, The Nature Conservancy,



**Kayakers take a tour of the Warm Mineral Springs** photo provided

Coastal and Heartland National Estuary Partnership, the City of North Port, the National Wildlife Federation and the Gulf Coast Community Foundation.

To learn more about some of the FWC's priority manatee habitat restoration projects, visit [www.myfwc.com/aquaticahabitat](http://www.myfwc.com/aquaticahabitat) and click on "Manatee Habitat Projects."\*

## Dean's List

Alison Lanoie, James Mezzenga and Bassandre Villard, all from Fort Myers, were named to the dean's list for the summer 2022 semester at Southern New Hampshire University in Manchester, New Hampshire.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the dean's list.\*

### Plant Smart

## Mexican Primrose-Willow

by Gerri Reaves

Mexican primrose-willow (*Ludwigia octovalvis*) is a pretty flower with a pretty name, but the name is a bit misleading.

It's native not only to Mexico, but many tropical and subtropical areas, as well as Texas, Florida and several other southeastern states.

Other common names include long-fruited primrose-willow, because of the elongated capsule, and narrow-leaf water primrose, which refers to the lanceolate leaves.

A member of the evening primrose family, this shrubby perennial prefers wet habitats such as marshes and the edges of ponds and swamps. It can grow to about six feet tall.

The narrow alternate leaves have pointed tips and prominent veins. They measure up to four inches long and are sometimes reddish.

Showy solitary flowers bloom year-round and last just a day. They almost always have four – occasionally five – bright yellow fan-shaped petals with spreading veins and a shallow notch.

They are an inch to an inch and a half across and resemble the flowers of other primrose species, including the highly invasive Peruvian primrose-willow (*L. peruviana*), which is a taller plant.

The tiny four-angled capsule splits



**Mexican primrose-willow grows throughout Florida and is native to the state**

photo by Gerri Reaves

open at maturity to release light brown seeds. The word *octovalvis* in the binomial refers to the eight valves in the fruit capsule.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org> and <https://plants.ifas.ufl.edu>.

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



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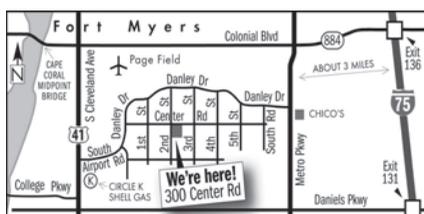


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# Roll With It In October



by Capt. Matt Mitchell

Now that October is just around the corner, we can already feel the change of season has begun. We experience big transition times for our fishery both in

the spring and again in the fall. Throw in the annual bait migration, which happens northbound in spring and southbound in fall, and fishermen have insane amounts of species options.

When clients ask me what's the best time to fish, without hesitation, October immediately comes to mind. Although spring is amazing too, it's generally windy which makes it tough to target all the available options. What also makes October outstanding is the lack of boat traffic and pressure on these fish.

Fall – when conditions are right – gives us the best tarpon fishing of the year. Light east winds will put lots of these tarpon out along the beaches and gorging on the massive schools of fry bait. Yes, there are more tarpon here in the spring, but these fish just feed better in the fall. Multiple hook-up mornings once you locate the fish are common. All the fish that seem to refuse a well-presented bait pitched to them in the



Dr. Larry with a redfish caught while fishing with Capt. Matt Mitchell photo provided

spring simply feed in the fall. Last year, an early cold front in late October put an end to what was the most wide open tarpon bite of the year. In years past, this big cold front generally does not happen until at least Thanksgiving.

Expect to find king mackerel, Spanish mackerel and bonita feeding on the mass bait migration out along the beaches.

The amount of food and life that will move up and down our beaches is crazy. Feeding birds mark the way to this nonstop action. The larger the areas of bait and life you find, the more diverse the species can be, with cobia, sharks, blackfin tuna and big jacks all apt to show up at the buffet. The all-out feeding blitzes can happen from within casting distance of the beach and out past a few miles.

In the sound, schools of redfish will be the main target the entire month of October. Schools of bait will also move through the sound. Spotting feeding birds can also lead to a crazy mixed bag of fish. Though the birds usually mark Spanish mackerel, trout and ladyfish, it's not unusual that a school of hungry redfish are in these same places. Snook will also start to move from the beaches and passes slowly to the backcountry for the winter months.

You should have a variety of tackle and rigs set up when heading out to fully take advantage of what Mother Nature will give you. A spinning rod with a long casting spoon or soft plastic is a must as

fish will disappear as fast as they show up. What I think I like the most about our fall fishing is being able to switch it up and take advantage of what species pops up.

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](mailto:captmattmitchell@aol.com).✪

## Grant Request Set For Blind Pass

The Lee Board of County Commissioners have approved a board resolution supporting the Blind Pass Inlet Management Plan Feasibility Project Grant Application requesting \$230,000 in state funding in Fiscal Year 2023-24.

A resolution is required by the Florida Department of Environmental Protection in order for Lee County to apply for grant funding for beach nourishment and inlet management projects. Lee County has been applying for and receiving state funding for beach nourishment and related projects on an annual basis since 1997.

Applications must be accompanied by a resolution and are competitively reviewed and ranked by Florida Department of Environmental Protection. The ranked list is submitted to the Legislature for consideration as part of the state budget process. Required county matching funds are expected to be available when needed from tourist development tax funds, a percentage of which must go to beaches and shoreline projects annually.

Blind Pass is not managed for navigation but is dredged for benefits related to coastal and environmental purposes. It was most recently dredged in June 2017 when 89,700 cubic yards of sand was removed at a cost of \$1.3 million. The sand was placed on Sanibel Island to offset beach erosion.

The City of Sanibel earlier this year closed Blind Pass Beach Park because of gradual erosion and public safety concerns. At this time, the city beach remains closed but the parking lot is open. Located just across Blind Pass Beach Park is Turner Beach, which is a Lee County Parks & Recreation beach park. It is open 6 a.m. to 8 p.m. daily.✪

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Dave Doane with his co-worker Jesse

**CROW Case Of The Week:**

# Florida Scrub Jay

by Bob Petcher



The Florida scrub jay (*Aphelocoma coerulescens*) is the only bird species that lives exclusively in the Sunshine State. This songbird has a sturdy bill and is colored light blue on its head,



**Patient #22-4454 was released after a two-week stay for neurological reasons**

photo by Haillie Mesics

wings and long tail while sporting gray underparts. Because of its exclusivity to Florida, this scrub jay is known to be strongly sought by birders.

Florida scrub jays are sometimes mistaken for the more common blue jays, but the latter is distinguishable by its darker blue coloring, black markings and crest. A Florida scrub jay may have a whitish forehead but no dark markings, while its head is smooth without a feather crown.

At CROW, an adult Florida scrub jay was admitted after being found unable to fly. Upon initial examination, veterinarians noted the scrub jay was demonstrating slow mental activity and acting neurologically inappropriate.

"We don't know exactly what caused the scrub jay's neurologic signs," said Dr. Melanie Dittmer, CROW veterinary intern. "A vehicle strike is certainly possible, or it could have been a window

strike, or another physical trauma."

Based on the patient's symptoms, veterinarians suspect the bird suffered head trauma. The scrub jay was placed in an oxygen chamber for support.

"Head trauma patients almost always receive supplemental oxygen. The physiology behind that is a little bit complicated but, in summary, the brain uses about 20 percent of the body's oxygen and, if it doesn't have enough, the vessels in the brain expand and can cause even greater damage because of high intracranial pressures," said Dr. Dittmer. "Also, many head trauma

patients have pulmonary contusions, lung bruising, so their lungs may not be functioning as well as usual."

The scrub jay's neurological state improved quickly, causing it to have a shorter stay in the oxygen chamber.

"We have three desktop-sized oxygen chambers in our critical care unit that are supplied by oxygen concentrator machines. At most, our patients stay in oxygen for three days and then are weaned out slowly," said Dr. Dittmer. "The scrub jay did not need oxygen for that long, as neurologic function improved more quickly, and was moved

to a soft side enclosure the next day."

The patient did receive medication and was under close monitoring during recovery.

"The scrub jay received meloxicam and gabapentin – pain medications – as well as azithromycin – an antibiotic," said Dr. Dittmer. "The scrub jay was monitored closely for signs of respiratory distress by looking at the respiratory rate and effort. Daily neurologic exams were performed to evaluate neurologic function. Appetite and activity levels were monitored as well."

After 14 days in care, the scrub jay was making good flights and was cleared for release back to the wild.

"The length of time in treatment was based on the patient's neurologic status and signs of infection on bloodwork. We treated the infection with antibiotics and rechecked the bloodwork every four days until the signs of infection were gone," said Dr. Dittmer. "Then, the scrub jay was moved to an outside enclosure for two days before release, and we communicated closely with the Florida Fish and Wildlife Conservation Commission. The scrub jay was released right near where it was originally found."

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

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Isaac Fernández Hernández

photo provided

## Few Concerts Remain In Shell Point Fall Series

Shell Point Retirement Community Fall Concert Series concludes with three performances in October in Connie Brown Hall at Tribby Arts Center.

Isaac Fernández Hernández will perform *Colors in Rhythm* on Tuesday, October 4 at 7 p.m. Hernández received his master of music degree from Boston University under the supervision of timpanist Tim Genis and completed his undergraduate studies at

Oberlin Conservatory of Music. He was appointed as section percussionist of Southwest Florida Symphony in 2014 and, in 2015, he made his Carnegie Hall debut as principal timpanist of the International Youth Philharmonic Orchestra. He performs regularly with Naples Philharmonic, Jacksonville Symphony, Sarasota Orchestra, Sarasota Opera, Orlando Philharmonic, The Florida Orchestra and Palm Beach Opera.

On Tuesday, October 13 at 7 p.m., the Southwest Florida Symphony String Quartet brings another creative and educational TinyConcert to Tribby Arts Center. This performance features a small ensemble, so the audience has an

opportunity to become acquainted with individual musicians and the unique and beautiful sound they each contribute to the full orchestra.

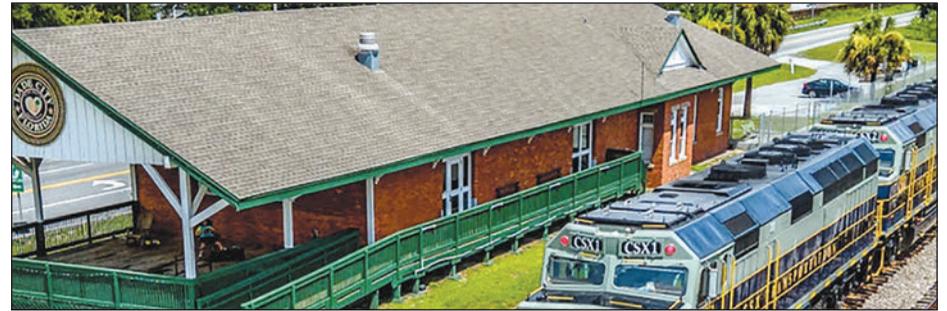
The Ben Rosenblum Trio will perform on Tuesday, October 18 at 7 p.m. Described as an impressive talent by All About Jazz, Rosenblum is a New York City-based jazz pianist, accordionist and composer, and a recent graduate of the joint program between Columbia University and The Juilliard School of Music. His work has garnered numerous awards, including the ASCAP

Young Jazz Composers Award and two Downbeat Student Music Awards for composition and arrangement. He has performed at Carnegie Hall, Dizzy's Club Coca-Cola, Allen Room at Lincoln Center, Ryles Jazz Club, Webster Hall, Symphony Space and The Blue Note.

Tickets are \$40 for each concert.

Tribby Arts Center is located within Shell Point Retirement Community at 17281 On Par Boulevard in Fort Myers. Visit [www.tribbyartscenter.com](http://www.tribbyartscenter.com) for tickets or call 415-5667 for more information.✪

## Estates VIP Tour Of Dade City



The VIP tour takes guests to the Dade City Heritage and Cultural Museum and train depot

photo provided

Edison and Ford Winter Estates is offering a private VIP Tour to Dade City on Saturday, October 29. The all-day tour leaves the estates at 7 a.m. and returns at 7:30 p.m. Guests will tour the Heritage and Cultural Museum, the historic downtown area, and the Pioneer Florida Museum and Village. Participants will also have lunch together.

Tour cost is \$175 for non-members or \$155 for Edison Ford members and includes bus transportation and lunch. Tours fill up quickly; early registration is recommended.

Prior to 1880, Dade City was known as Fort Dade and was an Army Post during the second Seminole War. When the railroad bypassed Fort Dade by a few miles to the east, the residents packed up and moved east to be near the railroad. In 1884, the new town was incorporated as Dade City.

At the Dade City Heritage and Cultural Museum and the 1912 train depot, guests will learn about early train travel, view related artifacts and see the model train room. After that, guests will take a historic walking tour with Pasco County experts to learn about early Dade City historic landmarks, including the Pasco County Courthouse in the downtown area.

Lunch will be provided in a private dining room at Kafe Kokopelli. This restaurant is housed in a building that was built in 1916 by the Ford Motor Company for Model T sales and service. Ford built a new location in the late 1970s, which hosted multiple businesses until 1996 when it was renovated to a 150-seat restaurant. The rooms have murals depicting Florida life in East Pasco County and many photos from the dealership. The name Kafe Kokopelli comes from the name of a Southwest Native American Indian god. The final destination of the day

will be the Pioneer Florida Museum and Village, with 16 acres of land and many historic buildings including a train depot, locomotive, schoolhouse, church and the Overstreet House. In Pioneer times, people sought shelter, food and to improve their way of life. The slogan at the Pioneer Florida Museum and Village is "through history we can better understand where we have been, where we are now and how we can do better." Visitors will get a glimpse at what life was like in the late 1800s.

There also will be a special presentation on Florida's Seminole Wars. This living history presentation will include a battle and skirmish, primitive skills demonstrations and a private talk and tour to round out the day. Guests may bring a foldable lawn chair or towel to sit on during the outdoor presentation.

Times are approximate and are at the discretion of staff. All tours include a lot of walking, bus stairs and sometimes maneuvering in tight spaces. COVID protocol at each location will be followed.

Cancellations must be made 14 days prior to the tour date to receive a full refund, unless the vacancy can be filled. Cancellations made by Edison Ford due to unforeseen circumstances will warrant a full refund or credit for another tour in the same season.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For questions or to make a reservation, contact Sherri Muske at 335-3677 or [smuske@edisonford.org](mailto:smuske@edisonford.org).✪

## Dean's List

Maria Lugo and Jolie Candelore, both of Fort Myers, were named to the dean's list for the spring 2022 semester at Seton Hall University in South Orange, New Jersey.✪

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# Record Year For Lionfish Challenge



Isaac Jones, the 2023 lionfish king

photo provided

The 7th annual Lionfish Challenge ended on September 6, and the competition was stiff until the very end. Participants in this year's tournament broke several records in their quest to earn the title of Lionfish King or Queen and Commercial Champion.

This year's tournament boasted a total of 707 registered participants, the most in the program's history. Some 196 divers conducted a total of 676 trips throughout the state during the three-month tournament and brought in a whopping 25,299 lionfish. This is the highest tournament total since 2018. In the end, two participants prevailed. Here are the winners of the 2022 Lionfish Challenge:

Lionfish King (First place Recreational Division) – Isaac Jones with 1,018 lionfish;

Second place Recreational Division – Baye Beauford with 863 lionfish;

Third place Recreational Division – Helen Rodney with 800 lionfish;

Commercial Champion (First place Commercial Division) – Paul DeCuir with

1,092 pounds of lionfish;

Second place Commercial Division – Alex Fogg with 1,090 pounds of lionfish;

Third place Commercial Division – Isidoro Bedoya with 1,008 pounds of lionfish.

The 2022 Lionfish Challenge was sponsored by FloGrown, a Florida-based fishing and outdoor apparel company. FloGrown designed, printed and donated custom tournament T-shirts that were awarded to all participants who reached the first prize tier of the tournament.

For more information about lionfish, visit [www.myfwc.com/lionfish](http://www.myfwc.com/lionfish).\*

## Continental Women's Club

The Continental Women's Club will hold its monthly luncheon meeting at The Hideaway Country Club on Thursday, October 6 at 11:30 a.m.

The program will feature Annie Noel,

program director with the therapy dog organization Beesley's Paw Prints. She will discuss how interacting with animals can stimulate laughter and joy in people whose lives have been affected by illness or depression.

Cost to attend the luncheon is \$25. Reservation deadline is Wednesday, September 28.

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

## Economic Outlook Topic For Chamber Lunch

Participants of the Above Board Chamber of Florida luncheon will hear top experts give valuable insight on how the Federal Reserve is navigating the current economic storm at the Crowne Plaza at Bell Tower Shops on Thursday, October 13 from 11 a.m. to 1:30 p.m.

Shari Bower, the regional executive for the Miami Branch of the Federal Reserve Bank of Atlanta, will be the guest speaker. Amelia Biehl, PhD, from the Lutgert College of Business at Florida Gulf Coast University, will also share her expertise. Their views will be on interest rates, labor, employment, supply chain and prices.

Bower is responsible for Miami's board of directors and advisory council on travel and tourism. She previously worked with the New York Federal Reserve.

"I'll do an economic outlook and what we are seeing in the data and what needs to happen for inflation to come down," Bower said. "I will do a little bit of expectations around monetary policy and what the Fed is trying to do. I will share a little bit about what I am hearing from folks in the industry on what they are finding. It will be a lot of data, but some anecdotal. These are systematic challenges so they can hear they are not alone. Not a lot of people know the

Atlanta Fed is responsible for Florida."

Biehl is the chair of the department of economics and finance at FGCU and was previously an economics professor at the University of Michigan-Flint. The empirical micro economist has research that has been published in several high-level academic journals.

Jeanne Sweeney, Above Board Chamber CEO, is excited to have such top talent as guest speakers. "This is a big thing," she said. "I am really excited about it. This is so needed right now. I love when we can bring in top people. I want people to learn. My goal when they walk out of there is 'wow they learned stuff.'"

Cost of the event, including lunch, is \$55 for members and \$75 for non-members. Interested participants should RSVP by Monday, October 10.

Event sponsors include: Vicki Tracy, Gulf Coast International Properties; Alanna Morey, CFP, APMA private wealth advisor with Siena Wealth Advisory Group; Michael DeLuca, CPA, MBA principal, director of HBK Healthcare Solutions; Michael Wynn, president of Sunshine Ace Hardware; Connie Ramos-Williams, CMO at CONRIC PR & Marketing; William M. Blevins, president/CEO of Gulf Coast Business Bank; Trish Leonard, IOM, owner of TLC Marketing & Creative Services, Inc; Keith A. Veres, CPA, CGMA, CEPA principal, director of HBK Corporate Finance, financial advisor at HBKS Wealth Advisors; Stacey Adams, financial advisor for Alliance Financial Group; Audrey Colbert-Lovell, mortgage loan originator at MVM Group/Cardinal Financial Company; Anthony J. Leopizzi, CFP, CLU, ChFC, CIMA private wealth advisor of Verita Wealth Advisory Group; Lauri Albion, senior advisor of SVN Commercial Partners; and Tim Mitchell, president of TOPCAT Property Restoration.

The Crowne Plaza at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. To register, visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com) or call Above Board Chamber CEO Jeanne Sweeney at 910-7426.\*

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Book Review

# Damnation Spring



by Di Saggau

From *The Washington Post* in 2021 about *Damnation Spring*: “An absorbing novel... I felt both grateful to have known these people and bereft at the prospect of leaving them

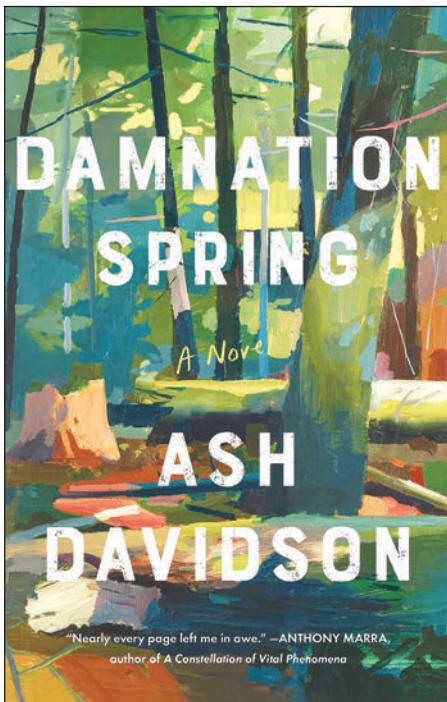


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behind.” With all the praise I had read about the book, I figured I should read it. It is a stunning novel about Colleen and Rich Gundersen, who are raising their young son, Chub, on the rugged California coast. The novel takes place in forest territory between 1977 and 1978. Life in this Pacific Northwest logging town is not what it used to be. The community has lived and breathed timber for generations, and now life is threatened.

Colleen is an amateur midwife and Rich is a fourth generation logger. He's just purchased a stretch of land, full of old-growth redwoods, and is ready to make a big profit that could provide security for his family. As the story opens, Colleen has had another in a string of miscarriages. Other crises also emerge. Anti-logging protesters are suspected of leaving a child's skull in the forest to prompt an investigation and halt work there. Colleen is witness to an increase in stillbirths and her ex-boyfriend, Daniel, a researcher, suspects chemicals sprayed by the timber company are responsible. Any delay threatens Rich's plans to cut down and sell his redwoods. Big business, protesters and working-class loggers clash in this

environmentally savvy debut. Davidson carefully researched everything with an eye toward making every discovery feel natural. By shifting perspectives among the family, she reveals not just the conflicts among loggers, protesters and companies, but

the growing stress within the family. *Damnation Spring* is a work of climate fiction, an incredibly moving epic about love, work and marriage that asks how far one family and one community will go to protect their future.✳

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, School was not a great experience for me, so I get very nervous when I have to go to a conference at my daughter's school.

I have a conference coming up soon. Do you have any ideas on how to make these conferences better for me? What should I ask and say?

Paul M, Cape Coral

### Paul,

You are not alone in having some anxieties when facing a teacher conference. Many parents feel uncomfortable when attending school conferences. Remember that when you are invited to a conference, it doesn't mean your child is in trouble. Teachers try to meet with all parents. You and the teacher both want the very best for your child.

Teachers like to learn about students from their parents. No one knows your child better than you do. You can help the teacher by talking about what your child likes to do, events that may affect your child (such as a new baby, divorce, or death) or special medical or learning needs.

Your child's teacher will probably talk about your child's grades, class work, homework and behavior. You will learn more about your child's classes and find out if your child is having any problems.

If you have any scheduling issues, make sure that the teacher knows ahead of the conference what times you are available. If you are uncomfortable speaking English, you have the right to request that an interpreter attend the conference. You can also bring a friend or relative to interpret. It is important that your child does not translate for you.

Here are some great checklists from the American Federation of Teachers to help you make the most of your time with the teacher and to help your child

with any information you receive:

### Before the conference

Ask your child how she/he feels about school.

Ask your child if there is anything that she/he wants you to talk about with his teacher.

Tell your child that you and the teacher are meeting to help her/him.

Make a list of topics that you want to talk about with the teacher.

Prepare a list of questions such as:

1. What are my child's strongest and weakest subjects?
2. Does my child hand homework in on time?
3. Does my child participate in class?
4. Does my child seem happy at school?
5. What can I do at home to help?

### During the conference

Be on time (or early) for the meeting. End the meeting on time. Other parents will probably have a conference after yours.

Relax and be yourself. Stay calm during the conference.

Ask the most important questions first.

If your child receives special services such as English classes, ask about your child's progress in those classes.

Ask for explanations of anything you don't understand

Ask your child's teacher for ways that you can help your child at home.

Thank the teacher.

### After the conference

Talk about the conference with your child.

Talk about the positive points and be direct about problems.

Tell your child about any plans you and the teacher created.

Keep in touch with the teacher during the school year.

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

## EPIC FIRES OF FORT MYERS

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




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THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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

From page 1

## Boat Races

68 race teams compete from around the world, the largest boat count seen in almost two decades. This produced positive results for both the sport of powerboat racing and the impact that Roar Offshore had on the local economy.

The mission of Roar Offshore is to bring additional exposure and

recognition to the boating, recreational and entertainment opportunities that Fort Myers Beach has to offer while increasing tourism and community involvement.

Roar Offshore expects to have 60,000 to 70,000 spectators on land and water. The races will be watched nationwide over television simulcast and social media.

For more information, visit [www.roaroffshore.com](http://www.roaroffshore.com).✳

## Employer Survey Report Released

FutureMakers Coalition released its 2022 Workforce Employer Survey Report recently.

The goal of the FutureMakers Coalitions is to transform Southwest Florida's workforce by increasing the percentage of working age (25- to 64-year-old) adults that hold post-high school credentials to 55 percent by 2025.

FutureMakers Coalition conducts the Workforce Employer Survey annually and uses the data to inform its Southwest Florida network, specifically education partners, about employer needs and opportunities to better work together to ensure the desired qualified workforce is available to the region's employers.

A reported 110 organizations and businesses responded to the survey. Collier and Lee counties had the highest concentration (42 and 41 percent) of the responding businesses operating among the five Southwest Florida counties.

Respondents to the 2022 survey represent a broader mix of industry segments compared to the 2021 survey. Increased representation was seen from the healthcare or social services/assistance (23 percent), manufacturing (combined research and other, nine percent), government (eight percent), and construction/the trades (seven percent) segments. Nineteen percent of the responding organizations replied that they are in education, which includes the regional universities and colleges, specialized academies and childcare/early learning organizations. Organizations in the retail trade (two percent) and accommodation/hospitality/food services (four percent) segments, which are among the largest employers in Southwest Florida, may still be underrepresented in the 2022 survey since distributing surveys to the many individual businesses in these segments is challenging.

The largest proportion of the responding organizations (24 percent) reported having more than 500 employees, which represents a significant shift from the 2021 survey results. Last year, organizations with fewer than five employees had the highest representation.

"This information gathered from the survey is shared directly with community leaders in hopes of identifying opportunities to inform priorities and work together to address workforce-related challenges employers face," said Tessa LeSage, FutureMakers director at Collaboratory, which is serving as the backbone organization for FutureMakers Coalition. "We are thrilled more diverse employers are taking the time to complete the survey and hope this trend will increase in the future."

Highlights of the report include: Among the 110 organizations that responded to the 2022 Workforce Employer Survey, approximately 57 percent were small employers (100 employees or less) and 42 percent were large employers (more than 100

employees).

A combined 90 percent of the surveyed organizations (up from 79 percent in 2021) reported that it is "very likely" or "likely" that recruiting and hiring new, qualified employees will be a priority in 2022.

Forty-eight percent of the organizations indicated that they would pay a higher starting salary to potential employees who have a post-high school credential (degree), certificate or industry-recognized certification. Thirty-seven percent stated that the starting salary would depend on the specific job requirements and candidate, while only 15 percent of the organizations stated that they would not pay a higher starting salary to potential employees who have a post-high school credential (degree), certificate or industry-recognized certification.

Ninety-three percent of the organizations reported that, in addition to an employee's salary, the organization offers additional employee benefits. Among all organizations that offer employee benefits in addition to a salary, the most offered benefits included health benefits (97 percent), paid vacation (86 percent) and personal time off (81 percent). Compared to last year's survey results, the proportion of organizations offering housing cost assistance increased from three percent in 2021 to 22 percent in 2022 and remote working options increased from 27 percent in 2021 to 42 percent in 2022. Over half of the organizations (51 percent) indicated that financial assistance for housing would be "very helpful" toward assisting their organizations in recruiting, hiring or retaining qualified employees. Childcare services, both from the public sector (34 percent) and the private sector (30 percent), were also ranked "very helpful" by about one-third of the organizations.

Sixty-five percent of the organizations reported that they partner or collaborate with one or more of Southwest Florida's educational institutions to assist in finding, recruiting and/or training qualified employees. A greater proportion of large organizations, 56 percent, reported partnerships or collaborations compared to 42 percent of small organizations. Among both large and small organizations, offering student internships/preceptorships/co-ops (95 percent) and participating in recruiting activities (84 percent) were the most often reported partnerships or collaborations.

"Working together through FutureMakers Coalition aligns all participants around common goals and interests," said Michael Wukitsch, chief people officer with Lee Heath, a FutureMakers partner. "Employer and education partnerships are essential in ensuring that our community thrives."

FutureMakers Coalition will continue to analyze the survey data and publish new results in the FutureMakers Coalition newsletter at [www.futuremakerscoalition.com/news](http://www.futuremakerscoalition.com/news) to provide new insights into the needs of the region's employers and how to gain better access to a qualified workforce. To view the report, visit [www.futuremakerscoalition.com/reports](http://www.futuremakerscoalition.com/reports).\*



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

### FREE ONLINE LECTURES

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

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

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

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

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

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

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

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

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

### FALL CLASSES

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

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

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

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

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

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



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## Myths About Estrangement



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

From time to time, a client will not tell me about a child because they have become estranged, and they don't want to leave anything to that child or to that child's children in the estate plan. When I don't know that the child even exists, problems can arise since it is usually proper form to mention the child and specifically disinherit him or her in the will and/or trust. Otherwise, the child might successfully claim a portion of the estate.

I suppose that some clients who fail to discuss the relationship do so because of feelings of guilt or shame. They might feel that they'll be judged if someone knows about the estrangement. Other times, it might be out of pain. The client doesn't want to even think about the issue, so they would rather pretend that the relative doesn't exist.

A *New York Times* article sheds some light on the subject. Broadly speaking, estrangement is defined as one or more relatives intentionally choosing to end contact because of an ongoing negative relationship. The article points out those relatives who go long stretches without a phone call because of external consequences like a military deployment or incarceration don't fall into this category.

Lucy Blake, a lecturer at Edge Hill University in England, published a systematic review of 51 articles about estrangement in the *Journal of Family Theory & Review*. This body of literature, Blake wrote, gives family scholars an opportunity to "understand family relationships as they are, rather than how they could or should be."

As more people share their experiences publicly, some misconceptions are overturned. Assuming that every relationship between a parent and child will last a lifetime is as simplistic as assuming every couple will never split up.

### Myth: Estrangement Happens Suddenly

It's usually a long, drawn-out process as opposed to a single blowout. A parent and child's relationship typically erodes over time, not overnight. It is usually an accumulation of hurts, betrayals and other factors that accumulate, undermining the sense of trust between family members.

Failure to visit a parent and then not doing so once that parent becomes sick and hospitalized, for example, can be the proverbial straw that breaks the camel's back. A parent who cuts off a child financially while he is in college despite having resources can be another triggering event after a lifetime of perceived indifference.

Kristina Scharp, an assistant professor of communications studies at Utah State University, states that estrangement is "a continual process. In our culture, there's a ton of guilt around not forgiving your family. So achieving distance is hard, but maintaining distance is harder."

### Myth: Estrangement is Rare

In 2014, a United Kingdom study found that eight percent of roughly 2,000 adults said they had cut off a family member. This translates to more than five million people. An additional 19 percent reported that another relative was no longer in contact with family.

In a 2015 Australian study of 25 parents cut off by at least one child found three main categories of estrangement. In some cases, the son or daughter chose between the parent and someone or something else, such as a spouse or partner. In others, the adult child punished the parent for "perceived wrongdoing" or a difference in values. Additional ongoing stressors like domestic violence, divorce and failing health were also cited.

In-laws who keep the grandchildren away were common issues, as were perceived slights over child-raising, house cleaning/maintenance and even cooking. These slights can escalate into feelings of cumulative disrespect between the parties.

### Myth: Estrangement Happens on a Whim

In another Australian study, 26 adults reported being estranged from parents for three main reasons: abuse (physical, emotional, or even sexual), betrayal (over secrets), and poor parenting (being overly critical, shaming or scapegoating). The three were not always mutually exclusive and commonly overlapped.

Most of the participants noted that their estrangements followed childhoods in which they had already had poor communications with parents who were physically or emotionally unavailable. One participant said that because he was always responsible for two younger siblings, he decided never to have children of his own. After years of growing apart, the final straw was his wedding day.

In 2014, he and his longtime girlfriend decided to marry at city hall for practical reasons. He didn't invite his family, in part because it was an informal gathering. But also because a brother had recently married in a traditional ceremony, during which his father backed out of giving a speech. He worried that his father might do something similarly disruptive, so he did not invite him or the rest of the family.

The family found out about the marriage on Facebook. One brother told him he was hurt that he wasn't even told, and the sister messaged that she and the father would no longer speak to him.

These are all sad tales. It's interesting that family estrangement is so common. But when planning your estate, it's usually important for your estate planning attorney to be aware of these issues and to, as delicately as possible, include necessary language in the legal documents.

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

## Food Bank Adds Advisory Board Member

Midwest Food Bank, an industry leading, faith-based non-profit food bank, announced the appointment of Jeanne Richmond to its advisory board to help further the organizational mission in advancing the fight against food insecurity.



Jeanne Richmond

Richmond is the chairperson and principal for e2Companies, a leading provider of energy solutions committed to economic stability and sustainability. In addition to her advisory board appointment, e2 employees will partner with Midwest Food Bank on volunteer activities and fundraising events.

"Looking ahead, the goal of this partnership is to help raise awareness of food insecurity in the region," said Richmond. "We share many core values, and e2 Companies is grateful to be a part of the growing legacy of the

Midwest Food Bank."

The role of the Midwest Food Bank advisory board is to provide governance, accountability and strategic vision for the organization.

"Jeanne brings fantastic leadership skills and a unique perspective to help us strategically plan and address food insecurity in Southwest Florida," said Karl Steidinger, executive director of Midwest Food Bank Florida.

## Bank Hires Technician

Bob Crenshaw has joined Sanibel Captiva Community Bank as a computer technician in its operations center, located in the Bridge Branch at 9311 College Parkway in Fort Myers.

Crenshaw's primary responsibility is to assist in the implementation, operation and maintenance of the bank's computer and communication systems. He will also provide technology support for all bank



Bob Crenshaw

employees.

Crenshaw has over 15 years of information technology experience in government and nonprofit industries. He holds certifications in CompTIA Network+ and Windows 7.

## Special Projects Associate Named

Melanie Musick has joined the Pace Center for Girls, Lee development team as a special projects associate. She brings several years of nonprofit experience, having recently worked to build a local nonprofit organization from the ground up.

Musick is an enthusiastic and knowledgeable fundraiser who loves building relationships and coordinating events. In her free time, you will always find with her a book in hand, creating a new dish in the kitchen, or spending time with her two fur babies.

"I am honored to join the Pace team and excited about the ways



Melanie Musick

my experience can impact our girls, Musick said. "I like to think this positive environment has just been waiting for me to get here."

## Career Fair

Hope Healthcare will host an online Career Fair on Tuesday, October 11 from 10 a.m. to 4 p.m. Interviews will be offered for multiple positions including nurses (RNs, LPNs, CNAs) and social workers.

Interested candidates are required to register for a time slot by Monday, October 10. Applicants will be asked to provide a resume or CV prior to their appointment. All participants will be entered in a drawing to win a \$100 Visa gift card.

To register, contact Alexis Buchanan at 322-5371 or [alexis.buchanan@hopehcs.org](mailto:alexis.buchanan@hopehcs.org).

## New Airline Route

Avelo Airlines is expanding service again in Fort Myers by adding a sixth nonstop route to Lexington, Kentucky. Avelo's new seasonal service between Southwest Florida International Airport (RSW) and Blue Grass Airport (LEX) will operate twice weekly beginning November 18. For more information, visit [www.aveloair.com](http://www.aveloair.com).

## Superior Interiors

# Design Tips For Creating A Neutral Palette



by Katie Frederick

A neutral color palette can help you create a cohesive look that's easy to maintain. It also allows you to add pops of color in other areas like artwork, accessories and even furniture

fabrics, making it easier for you to change things up as needed.

If you're indecisive about what colors go together, a neutral color scheme is a great place to start. Here are five reasons why:

1. They create a calm and tranquil atmosphere.

When you're choosing a color palette, it's essential to consider what effect you want your home to have on people. A peaceful environment is always a welcome change from the hustle and bustle, especially if you're trying to create a space that feels relaxing and inviting.

Enter neutral paint shades, which can be used in any room of your house to create a calm and tranquil atmosphere. They don't compete with each other or the room's other features, making it easier on the eye.

Cool neutrals such as light blue or gray are particularly known for their ability to create a soothing effect. However, you can also consider a pale pink or lavender if those fit your style more.

2. They give you the opportunity to play with colors in the decor.

If you're a fan of color, then you'll love the way neutral colors can help you play with decor. Since they have such a lighthearted feel, it's easy to incorporate eye-catching accessories like bright rugs, throw pillows and accent chairs into your home.

This gives you the opportunity to make unique pieces stand out in your space without taking away from the overall feeling of tranquility that a neutral palette provides. Your hardest decision? Which piece deserves the spotlight.

You can also try combining neutral paint colors with metallic shades such as gold and silver, which adds a modern touch. This will help balance out the space and showcase the personality of your rooms.

3. They serve as a blank canvas for creativity.

Neutrals are a great way to start your decorating journey. They're easy to work with and can be mixed and matched with other colors and patterns to create a beautiful space that's all your own.

As the seasons pass or your tastes change, you can switch out the accessories for new ones and make your room feel brand new again.

That's why you shouldn't think of neutrals as dull or lifeless. Instead, think of them as a blank canvas that can be

customized to your style.

4. They brighten up your living space.

In the world of interior design, light is a vital element. And while fixtures are beautiful and can be a great addition to your home, they're not always enough.

If you're looking to really brighten up a room and make it feel more spacious, then consider adding some neutral paint colors to your walls. Light near neutrals such as off-white or cream are great for this purpose because they reflect light from outside sources and bounce it throughout your home.

5. They provide you with flexibility in design.

When you follow a neutral color palette, you give yourself the flexibility to change your mind. You're not stuck with a color scheme that you can't easily alter, and you can experiment with different styles and trends as they come along through statement pieces and accessories.

Additionally, you can move furniture around your home without worrying about if it only matches one room. For example, if your family grows, you can move the living room sofa into your bedroom or office, as the neutral paint and drapery won't clash.

Overall, following a neutral color palette may not be the first thing that comes to mind when you think about decorating your home. But when you consider the many benefits of this approach, it's easy to see why it's so popular.

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coincdecen.com](mailto:katie@coincdecen.com).* ✨

## Rapid Population Growth To Be Discussed

Developers, investors, government officials and real estate experts will address the dynamics of population growth and real estate development at the 2022 Real Estate Symposium in the Cohen Center ballroom at Florida Gulf Coast University (FGCU) on Thursday, October 6 from 8 a.m. to noon. The annual half-day program is presented by the Real Estate Investment Society (REIS) in partnership with the Lutgert College of Business at FGCU.

FGCU President Michael Martin and REIS President Kent Poli will provide opening comments. Regional economic trends will be analyzed by Dr. Amir Neto, director of the Regional Economic Research Institute (RERI). A series of panel discussions will follow, addressing Finding and Clearing the Path of Growth, How Infrastructure will Keep Up and The Future of Rental Housing.

"Southwest Florida is adapting to new market trends and economics, and REIS is pleased to provide a forum with knowledge and ideas that will help our members and our community leaders succeed in this dynamic environment," said Poli. "The presenters are all leading experts who will share their expertise with property owners, government officials and real estate development professionals who attend."

Admission is \$35 for REIS members and \$50 for all others. There is no charge

for FGCU students. Registration is required online at [www.reis-swfl.org](http://www.reis-swfl.org).

Roetzel & Address is the title sponsor of the symposium. Morris-Depew Associates, Busey Bank, Sallee Promotions and Seacoast Bank are the Gold Sponsors, with LandQwest Commercial Property

Management and Zonda being Silver Sponsors.

The Cohen Center ballroom at FGCU is located at 11090 FGCU Boulevard North in Fort Myers. For more information and the program schedule, visit [www.reis-swfl.org](http://www.reis-swfl.org). ✨

## New Brew To Benefit Restaurant Staff After Fire

Fort Myers Brewing Company is releasing a limited-edition Moo Crew Brew to support employees of The Island Cow who are out of work following a fire at the restaurant. Available from noon to 11 p.m. on Saturday, September 24, the American IPA will be sold exclusively at Fort Myers Brewing Company's taproom.

The Sanibel restaurant recently experienced an after-hours kitchen fire, and while The Island Cow is working to rebuild, its 50 employees are facing unemployment. All proceeds from the limited-edition craft beer – available in six-packs for \$12 – will go directly to benefit restaurant employees.

"Employees are family, and our hearts go out to The Island Cow as their team begins to rebuild this beloved island restaurant," said Jen Whyte, co-owner of Fort Myers Brewing Company. "As fellow business owners, we want to do our part, and we encourage the community to join

us in helping relieve the financial burden and 'Help the Herd' so that they can continue providing for their families."

"We are so grateful to Fort Myers Brewing and everyone else who has stepped up to offer their support during this difficult time," said Elke Podlasek, owner of The Island Cow. "We are working to reopen as soon as possible, but this process could take a year or more. Some of our team members have worked for us since we first opened our doors and have known no other job since they were teenagers, and we're thankful for all who are contributing to help our Island Cow family navigate this transition."

Design and printing services for the limited-edition label for the Moo Crew Brew, which features The Island Cow's popular cow mascot, were donated by Priority Marketing and Blue Label Packaging Company.

The launch event will also feature a live performance at 7 p.m. by Ben Clifford and food from Cuban Connection and Vesuvius Wood Fired Pizza.

Fort Myers Brewing Company's taproom is located at 12811 Commerce Lakes Drive, Suite 28, in Fort Myers. For more information, visit [www.facebook.com/fmbrew](http://www.facebook.com/fmbrew) or call 313-6576. ✨

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# Frankly Speaking

by Howard Prager



As fun as it would be to report on home run counts, I'm going to wait until baseball players break the record (which could happen between writing and publication). But there's

another home run hitter setting a record. Munetaka Murakami is a phenomenon in Japan. You may remember Sadaharu Oh, the Babe Ruth of Japan? From MLB News: "Murakami, a 22-year-old third baseman, has hit 55 home runs this season for the Tokyo Yakult Swallows. With 17 games to play, he tied the legendary Sadaharu Oh's record for the most homers in a season by a Japanese-born player in Nippon Professional Baseball. He stands beside Oh after a two-homer game on Tuesday against the Yomiuri Giants, Oh's longtime team. "He's a special human being and everything you want in a superstar," said Swallows outfielder Patrick Kivlehan, formerly of the Padres, Reds and D-backs. "He's humble and respectful. He's still so young, and he's taken the whole country by storm. There are Murakami jerseys everywhere. People are waiting at hotels just to get a glimpse of him. It's like playing with a rock star."

Speaking of rockstars, welcome Becky Hammons, the first coach in the WNBA to win a championship in her rookie year. Becky came to the Las Vegas Aces from the San Antonio Spurs, where she was an assistant to coach Gregg Popovich for eight years and long-rumored to become the NBA's first female head coach. But the WNBA came calling instead and she was "off to the Aces!" She didn't dispel those rumors winning Coach of the Year for her work with the Aces, who were dominant all season at 26-10, ranked No. 1 in the playoffs and won the in-season Commissioner's Cup. They had a superstar in A'ja Wilson winning MVP and Defensive Player of the Year. But this

is about Becky, who is also the first former WNBA player to win a championship as head coach. From Axios, "Now that she has won in the WNBA after making some key changes to the Aces' offense and defense, some will say it's because she had great players, such as MVP A'ja Wilson, or that the WNBA title isn't as difficult to win. Even though with all the top talent in the world concentrated into 12 teams as opposed to the NBA's 30, Hammon thinks it is just as hard, if not harder, to get a WNBA championship."

"You knew she was going to coach," said Sun coach Curt Miller, who was an assistant at Colorado State during Hammon's senior season in 1998-99. "She was so X's and O's smart, and savvy. She overachieved her whole playing career, in part due to being an incredible shot maker, but also her knowledge. Understanding and seeing things before they happened."

Said WNBA Finals MVP Chelsea Gray, "I think especially with a first-year head coach, our bond got even a little tighter and stronger. For the organization to understand what it takes to not just do it one year, but try to do it multiple years, that's when you're talking about a more legendary franchise. Hopefully, that's what we can be."

Speaking of repeating, Roger Federer is following Serena Williams into retirement after this weekend's Laver Cup in London, with Europe vs. the world. Players highlighted include the big four: Roger Federer, Andy Murray, Novak Djokovic and Rafael Nadal. From ESPN, "He (Federer) holds an array of incredible records: His total of eight men's singles titles from Wimbledon sits out on its own, while his 369 victories in Grand Slam tennis are a record too. But now, at 41 years old, his body is no longer answering his mind's on-court expectations. He has finally reached the finish line. 'I know my body's capacities and limits, and its message to me lately has been clear,' Federer said in his retirement statement. 'I have played more than 1,500 matches over 24 years. Tennis has treated me more generously than I ever would have dreamt, and now I must recognize when it is time to end my competitive career.' His legacy is far more than the 20 Slams

he won, though -- without the annual joy of seeing him at home on Centre Court at Wimbledon, tennis feels different. And a little empty." I agree. A classy guy, who during the pandemic surprised two little girls playing rooftop tennis in Italy and got to play and have lunch with their favorite star. The video is online; look up Roger Federer Rooftop Tennis. "The last 24 years on tour have been an incredible adventure," Federer said in his retirement statement. "While it sometimes feels like it went by in 24 hours, it has also been so deep and magical it seems as if I've already lived a full lifetime. I have laughed and cried, felt joy and pain, and most of all, I have felt incredibly alive. When my love of tennis started, I was a ball kid in my hometown of Basel. I used to watch the players with a sense of wonder. They were like giants to me, and I began to dream. My dreams led me to work harder and I began to believe in myself. Some success brought me confidence, and I was on my way to the most amazing journey that has led to this day. "So I want to thank you all from the bottom of my heart, to everyone around the world who has helped make the dreams of a young Swiss ball kid come true. Finally, to the game of tennis: I love you and will never leave you."

From the Good News Network comes this week's good news sports story. "An Australian mechanic has smashed the world record for most push-ups in an hour

-- completing a staggering 3,182. Daniel Scali took on the Herculean task in April and managed to surpass the previous total cranking out 51 push-ups every minute for a solid hour, and officially confirmed as the second Guinness World Record achieved by the 28-year-old, following his record-breaking stint last year when he spent nine hours and 30 minutes in an abdominal plank position.

And, incredibly, he has done all this while suffering from a condition which can cause excruciating pain. Daniel has suffered from a condition called Complex Regional Pain Syndrome (CRPS) since age 12. It developed when he broke his arm, and it's virtually his brain telling his left arm that there's pain there. "Anything from a soft touch or a slight movement can cause unbearable pain," he said. "I wanted to prove to myself that I have learnt how to deal with and manage pain." Daniel's efforts to beat the push-ups record took three attempts, but he has also raised \$61,000 for the Australian Pain Management Association. Thanks Daniel for your perseverance and effort, showing us all what mind over matter can do.

*Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to [press@islandsunnews.com](mailto:press@islandsunnews.com).*

## Red Sox 2023 Spring Training Schedule Set

The Boston Red Sox have confirmed the 2023 Spring Training exhibition season will begin at JetBlue Park on Friday, February 24 with the team facing the Northeastern University Huskies. The club will play 18 home games and 16 away games, including 32 Grapefruit League games against seven American League teams and four National League teams. Red Sox Spring Training is presented by CVS Health.

For the first time since 2017, a World Baseball Classic exhibition game will be played at JetBlue Park on Wednesday, March 8. The World Baseball Classic matchup will be announced at a later date.

The Red Sox will play 11 games against divisional opponents, including two against their American League East rival New York Yankees. The club will face the Yankees at George M. Steinbrenner Field in Tampa on Friday, March 9, and will host the Yankees at JetBlue Park on Sunday, March 12. Other divisional matchups include four games against the Tampa Bay Rays, three games against the Baltimore Orioles and two against the Toronto Blue Jays. The team will also square off against the Atlanta Braves, Minnesota Twins, Miami Marlins, Houston Astros, Philadelphia Phillies, Detroit Tigers and Pittsburgh Pirates.

The Red Sox will look to defend their Lee County Commissioners Cup title against the cross-town foe Twins at JetBlue Park on February 27, March 22 and March 26. A total of five matchups

will take place between the Lee County rivals with the Red Sox heading to Hammond Stadium at Lee County Sports Complex on March 3 and March 11.

The Red Sox will play six games against the Atlanta Braves, the most of any opponent. The final two exhibition matchups of the season will be against the Braves, with the Red Sox set to travel to CoolToday Park on Monday, March 27, and host the Braves at JetBlue Park the following day, Tuesday, March 28, to close out the Spring Training season.

The 2023 season is the Red Sox' 12th at JetBlue Park at Fenway South. Game times and ticket sale details for the 2023 Spring Training season will be finalized and announced at a later date.✪

## Free Health Testing Event

The Florida Department of Health in Lee County (FDOH Lee) would like to invite all members of the community to a free HIV/STD testing event at the Pondella Clinic on Wednesday, September 28 from 9 a.m. to 2 p.m.

The testing event is first come, first serve. FDOH Lee also offers routine screenings for chlamydia, gonorrhea, syphilis and HIV by appointment or walk-in Monday through Friday from 8 a.m. to 4:30 p.m. For more information or to make an appointment for testing or treatment, call 461-6100.

The Pondella Clinic is located at 83 Pondella Road in North Fort Myers. For more information about the Florida Department of Health, visit [www.floridahealth.gov](http://www.floridahealth.gov).✪

## SPORTS QUIZ

1. What member of the Boston Red Sox Hall of Fame was nicknamed "The Greek God of Walks" because of his patience at the plate?
2. How many times was Houston Texans quarterback David Carr sacked during the 2002 season?
3. What annual motorsports event in Colorado is known as "The Race to the Clouds"?
4. The Avco World Trophy was awarded to the season champion of what professional ice hockey league that operated from 1972-79?
5. Name the Lithuanian immigrant who adapted basketball rules for women in the late 1800s and was the first woman inducted into the Basketball Hall of Fame in 1985?
6. Name the brothers who played center in the NFL and were both on the New Orleans Saints' roster in 1993.
7. What driver beat Kurt Busch by 0.002 seconds -- the closest margin of victory in NASCAR Cup Series history -- at the 2003 Carolina Dodge Dealers 400 at Darlington Raceway?

## ANSWERS

1. Kevin Youkilis. 2. 76, an NFL record. 3. The Pikes Peak International Hill Climb. 4. The World Hockey Association. 5. Senda Berenson Abbott. 6. Jay and Joel Hilligrenberg. 7. Ricky Craven.

Doctor and Dietician

## It's Whole Grains Month



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

**W**hole grains sometimes get a bad rap. When you say whole grains, people often think of Metamucil and wheat bran which equal cardboard in taste. Not so. Whole grain options are plentiful, healthy and can definitely be delicious.

Whole grains are foods that are in their natural state where they grow – as in the

entire seed of a plant. You may recall from science class that the seed contains three parts: bran, germ and endosperm. The germ is the embryo of the plant, and the endosperm provides the nutrients, where the bran is the outer layer.

Have you heard the term “white flour nasties?” That’s what we call products made with refined white flour. Americans consume a lot of white flour. Unfortunately, there is much evidence that its consumption in the amounts that most Americans consume is extremely unhealthy. Why?

First, white flour products made here in the U.S. are processed in multiple stages, which leads to accumulation of chemicals such as pesticides, bleaching agents and/or preservatives. These substances are toxic to the body. We all know that consuming processed foods in high quantities can increase risk of diseases such as cancer, autoimmune disorders, diabetes, heart disease and more.

Secondly, processed refined flour just provides empty, non-nutritional calories. They have little to no vitamins and/or minerals and lack any fiber that helps control conditions such as heart disease and diabetes. These products

also lead to inflammation, especially in the gastrointestinal (GI) tract. Do you ever wonder why cases of Celiac disease increased over the last 50 years? Gluten is part of the issue, but refined, processed carbs also contribute, because they ferment when digested and cause cramping and GI distress.

So, let’s stop talking about the bad stuff and get to the good stuff. There are so many wonderful flours available now, making it much easier to make whole grain, nutrient-dense, as well as gluten-free, products. Some of our favorites are almond, coconut and cassava flour. Substituting 1:1 may take some trial and error, but we have made some delicious products with these flours.

Whole grains have been shown to reduce risk of cancer, diabetes and heart disease – the top three killers. They keep the GI tract healthy as well. Here are some of our favorite sources of whole grains: oats (steel cut, whole, or rolled), rye, buckwheat, bulgur wheat (also known as cracked wheat), millet, whole barley, spelt, quinoa, brown rice, corn, popcorn (not the movie theater kind), and whole grain breads and pastas.

Here is a recipe favorite to get you

started on your whole grain quest: Quinoa Avocado Salad: What you need: 1 cup uncooked quinoa; 1 cup cherry tomatoes, halved; 1 large cucumber, diced; ¼ cup red onion, chopped finely; 2 large ripe avocados; ¼ cup chopped cilantro. Dressing: ¼ cup olive oil; 2 tbsp. red wine vinegar; 2 tbsp. lime juice; 1 tsp. Dijon mustard; 2 garlic cloves, minced; ½ tsp salt. What to do: Cook quinoa per package instructions. Make dressing while quinoa cooks, whisking together all the ingredients. Place cooked quinoa in a bowl and add salad ingredients, pour dressing on top and stir gently to combine. Serve at room temperature or chilled.

We encourage you to reduce your intake of those white flour nasties and substitute whole grains. Start today. It will do your body good.

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

dearPharmacist

## The Four Biggest Problems With Face Creams



by Suzy  
Cohen, RPH

**Dear Readers:** Everyone likes to look youthful, and face creams are a quick way to smooth out fine lines and add hydration to your face. Even if this

doesn't apply to you, and you yourself don't use any skincare, someone you know does. I know that because the face cream market is expected to hit \$8 billion in the next few years. That's a lot of face cream. And I can tell you from personal experience, that many of them are not useful and are sometimes harmful.

By harmful, I mean they may contain ingredients that are aging you faster. There are four major problems with using certain face creams:

1. They Can Often Feel Greasy – When you apply your face cream, you may wake up in the morning to a greasy face print on your pillow. Or you might apply your makeup (on top of your face cream) and just end up with an oily-looking face. The reason is that most moisturizers contain oils that don't match your skin, so they sit on top of the skin rather than getting absorbed. The biggest brand names are often the biggest culprits for cheap ingredients because they use their money to pay influencers and celebrities to brainwash you that it's amazing stuff. The ingredients often come up short, or very chemically.

2. The Ingredients Can Increase Risk

of Cancer – Many face creams today contain parabens and other cancer-causing preservatives. If you read the ingredient list and see any word that ends in “paraben” such as methylparaben, then you should choose something different. If you apply a cream with parabens even once daily, you are exposing yourself to endocrine disruptors that are thought to cause many cancers.

If you don't know you have a little microscopic (yet-to-be-seen) tumor, and you use parabens, you may be making yourself worse because of the cream you are using. Everyone who has integrity will avoid putting parabens in their skin care products.

3. The Vitamin C They Use is All Wrong – I see very pricey moisturizers boasting vitamin C in their formulas. While it's true that this nutrient is beneficial for skin care, it is also true that most forms of C do not even work on the skin as advertised.

4. Steroids are Hidden in Some Face Creams – Many people will apply a daily moisturizing cream without realizing that they contain steroids. You may be aging yourself. These creams are often sold at the dermatologist's office, or online. The reason is that use of steroids on the face for more than a few weeks will cause thinning of the skin, and fungal infections which can become very severe.

The best way to apply moisturizer is to use a nickel-sized amount for your entire face and don't forget your neck. If you'd like to read the longer version of this article, visit [www.suzycohen.com](http://www.suzycohen.com), and I will give you the solution to these problems, as well as a free ebook.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).\**

## Blood Donors Needed

**L**ee Health is seeking blood donations to help replenish supply levels. As home to the region's only trauma center, it is vital that the health system's

blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).\*

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## PUZZLES

Answers on page 23



"I've hired a great new lot attendant. Used to work at the \_\_\_\_\_ plant."

### 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!

Mute  
**TINSEL**

Pure  
**SCATHE**

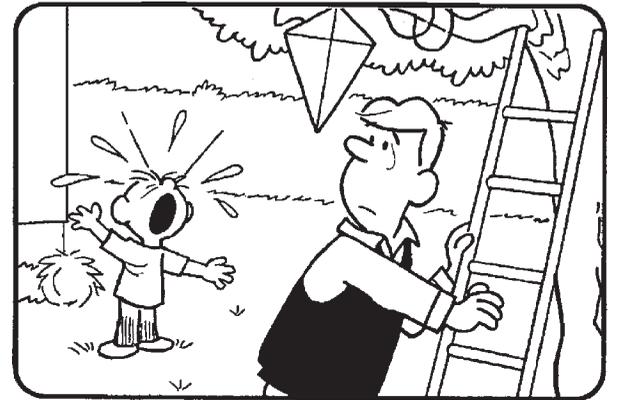
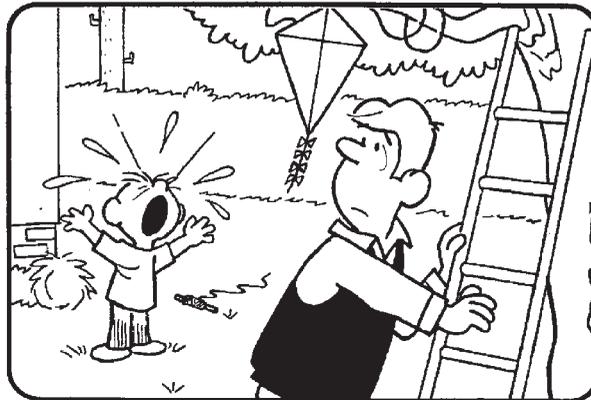
Rubble  
**BRIDES**

Redeem  
**NEATO**

**TODAY'S WORD**

### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Pole is missing. 2. Bricks are missing. 3. Arm is moved. 4. String holder is missing. 5. Kite tail is missing. 6. Hair is different.

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

### To Play Sudoku:

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

# PUZZLES

Answers on page 23

## Super Crossword

BEASTLY SNACK

- ACROSS**
- 1 Tea and ale
  - 6 Brunch menu items
  - 13 Difficult to pin down
  - 20 Newswoman Shriver
  - 21 Ancient Italian region
  - 22 Like adoptees and swindle victims
  - 23 Start of a riddle
  - 25 French scholar Peter
  - 26 Buddy
  - 27 Sly-fox link
  - 28 Passenger-screening org.
  - 29 Shallowest Great Lake
  - 30 Crocheted coverlet
  - 33 Mess up
  - 36 Retina spot that might degenerate
  - 38 Chou En- —
  - 39 Riddle, part 2
  - 42 Running herd
  - 45 Marked with stripes
  - 46 "Alfie" actress Long
  - 47 Ghana's capital
  - 51 Whiz
  - 52 Printing proof, informally
  - 56 Riddle, part 3
  - 61 Jinx
  - 62 Whim
  - 63 A single time
  - 64 Eastern "way"
  - 65 Shirt tag information
  - 66 Andre of tennis
  - 67 Application to thinning hair
  - 69 Give a job to
  - 71 Zip
  - 72 Abbr. on military mail
  - 74 Lip
  - 75 Almond confection
  - 76 Food fish
  - 77 Riddle, part 4
  - 80 Very little, in recipes
  - 82 — -mo
  - 83 Syrian president since 2000
  - 84 Scottish seaport
  - 85 Skin art
  - 88 Carts away
  - 92 End of the riddle
  - 98 Prefix with lingual
  - 99 Novelist or dramatist
  - 100 Professors' privileges
  - 101 Provo or Orem native
  - 104 Doily material
  - 105 Belly muscles
  - 107 Old Russian space station
  - 108 "Trinity" novelist Leon
  - 109 Barge in
  - 111 Riddle's answer
  - 117 Cleaned thoroughly
  - 118 Runs in
  - 119 Gads about
  - 120 Draft horse's gear
  - 121 Person icing a cake
  - 122 Fashion flair
  - 10 Natural gas component
  - 11 Knotted neckwear
  - 12 Declare
  - 13 Approx. airport stats
  - 14 Ritchie Valens hit
  - 15 Small guitar, for short
  - 16 One drafted for service
  - 17 Trapped by habit
  - 18 Manly
  - 19 Win the affection of
  - 24 Pound fraction
  - 28 Shorten
  - 30 Capone and Pacino
  - 31 Pudgy
  - 32 Big black-and-white mammal
  - 33 "Yuck!"
  - 34 Football's Cowboys, on scoreboards
  - 35 Big 1940s computer
  - 37 Crooning cowboy Gene
  - 40 Set — (start wedding plans)
  - 41 R&B singer — Marie
  - 43 Operate wrongly
  - 44 Ratchet wheel engagers
  - 48 When doubled, tot's train
  - 49 Versatile stoves
  - 50 Peaceful, simple place
  - 53 "Goodbye, Columbus" author
  - 54 Divide into different districts
  - 55 Some daisies
  - 56 Activist Jagger
  - 57 "No more for me, thanks"
  - 58 NBA Hall of Famer Thomas
  - 59 Stoops (to)
  - 60 Go-getters
  - 65 Spreads apart
  - 67 Public unveilings of products
  - 68 Fishing tools
  - 70 Agra's Taj —
  - 73 Basil-based green sauce
  - 75 Propel a bike
  - 77 Allowance
  - 78 Unconfined
  - 79 Big laughs
  - 81 Like some lotteries and liquor stores
  - 86 Diatribes
  - 87 Part of SFPD
  - 89 Take forcibly
  - 90 Monkly title
  - 91 Fish part
  - 92 Like a wise bird
  - 93 Lingua —
  - 94 One who triumphs
  - 95 Uno or dos
  - 96 Spring blooms
  - 97 Most minimal
  - 102 Wedding cake layers
  - 103 Knotted neckwear
  - 106 Mattresses' places
  - 108 Pre-'91 superpower
  - 110 Suffix with script
  - 111 U.K. military fliers
  - 112 Mess up
  - 113 Beatified Fr. woman
  - 114 Wall-climbing plant
  - 115 Food fish
  - 116 Dir. from Fresno to L.A.

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## King Crossword

**ACROSS**

- 1 Listening device
- 4 Iota
- 7 Bright star
- 11 Shapeless mass
- 13 Get older
- 14 Eden evictee
- 15 U2 lead singer
- 16 Sailor
- 17 Air outlet
- 18 Attempts
- 20 Judicial garb
- 22 Gaiety
- 24 "Weeping" tree
- 28 Macaroon ingredient
- 32 Wilderness Road pioneer
- 33 Unoriginal one
- 34 Actress Arthur
- 36 Hindu royal
- 37 Gold-loving king
- 39 Country named for an imaginary line
- 41 Eye, slangily
- 43 Tax form ID
- 44 One of the Fab Four
- 46 Cairo's nation
- 50 Hoosegow
- 53 Perched
- 55 Slithery
- 56 Shrek, for one
- 57 Part of TNT
- 58 Dance move
- 59 Pitch
- 60 Chatter
- 61 Wedding words
- 8 Poetic tribute
- 9 Moving day rental
- 10 Invoice fig.
- 12 Partake in a Halloween game
- 19 Day light?
- 21 Clothing protector
- 23 Gist
- 25 Burden
- 26 — account (never)
- 27 Dam
- 28 Bivouac
- 29 Mayberry moppet
- 30 Give up
- 31 Golf prop
- 35 Rm. coolers
- 38 Salty expanse
- 40 Exploit
- 42 Out of practice
- 45 Zhivago's love
- 47 Bigfoot's cousin
- 48 Begged
- 49 Printing error
- 50 Scribble (down)
- 51 Past
- 52 Apr. check cashier
- 54 Gratuity

**DOWN**

- 1 Recedes
- 2 Oodles
- 3 Novelist Jaffe
- 4 Purse
- 5 Composer Stravinsky
- 6 Former quar-terback Tim
- 7 Easy-to-peel citrus fruits

1	2	3	4	5	6	7	8	9	10				
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## MAGIC MAZE ● INSERT AN "N" TO MAKE A NEW WORD

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

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

- Aloe
- Crows
- Moths
- Turkey
- Area
- Divided
- Price
- Violet
- Booked
- Fried
- Sack
- Widow
- Covert
- Metal
- Split



### Shrimp Citrus Sauté

1 pound shrimp (peeled or unpeeled)  
 ¼ cup white wine (optional)  
 1 cup seafood, chicken, or vegetable stock  
 1 lemon, thinly sliced  
 1 tablespoon garlic, minced  
 2 teaspoons smoked paprika  
 1 teaspoon cumin  
 ½ teaspoon coriander  
 2 tablespoons fresh parsley, roughly chopped  
 4 tablespoons butter  
 2 tablespoons vegetable oil  
 Sea salt and fresh ground pepper, to taste

Preheat a large skillet over low heat. Do not add any butter. Add spices to dry pan and toast for 2-3 minutes or until you begin to smell the spices. Do not leave pan unattended if you opt to perform this step, certain spices are prone to burn quicker than others. Remove spice mixture from pan and set aside.

Preheat a large sauté pan over medium-high heat. Add butter and oil and allow to melt. Now add shrimp, garlic, and toasted spices; stir to coat



Shrimp Citrus Sauté

shrimp. Season with salt and pepper. Carefully add white wine and stock. Bring to a boil and reduce heat to low

and simmer for 1-2 minutes. Finish with lemon slices and fresh parsley, serve with crusty bread for dipping.

photo courtesy Fresh From Florida

Fresh tip: Feel free to sauté fresh seasonal vegetables using same pan to make a complete meal.✪

## My Stars ★★★★★

FOR WEEK OF SEPTEMBER 19, 2022

**Aries** (March 21 to April 19) This week could offer more opportunities for ambitious Lambs eager to get ahead. But, don't rush into making decisions until you've checked for possible hidden problems.

**Taurus** (April 20 to May 20) Some light begins to shine on professional and/or personal situations that have long eluded explanation. Best advice: Don't rush things. All will be made clear in time.

**Gemini** (May 21 to June 20) Although you might want to protest what seems to be an unfair situation, it's best to keep your tongue and temper in check for now. The full story hasn't yet come out.

**Cancer** (June 21 to July 22) Work prospects are back on track. But, watch what you say. A thoughtless comment to the wrong person — even if it's said in jest — could delay or even derail your progress.

**Leo** (July 23 to August 22) A colleague might try to goad you into saying or doing the wrong thing. It's best to ignore the troublemaker, even if they rile your royal self. Your supporters stand with you.

**Virgo** (August 23 to September 22) Be careful not to let your on-the-job zealotry create resentment with co-workers, who might feel you shut them out. Prove them wrong by including

them in your project.

**Libra** (September 23 to October 22) Although it's not quite what you hoped for, use your good business sense to make the most of what you're being offered at this time. Things will improve down the line.

**Scorpio** (October 23 to November 21) A more positive picture of what lies ahead is beginning to take shape. But there are still too many gaps that need to be filled in before you make definitive plans.

**Sagittarius** (November 22 to December 21) Continue to hold onto the reins so that you don't charge willy-nilly into a situation that might appear attractive on the surface, but that actually lacks substance.

**Capricorn** (December 22 to January 19) The Sea Goat's merrier side dominates this week, and this means that, despite your usual busy schedule, you'll be able to squeeze in parties and all sorts of fabulous, fun times.

**Aquarius** (January 20 to February 18) You'll find that people are happy to help you deal with some difficult situations. And, of course, knowing you, you'll be happy to return those favors anytime. Won't you?

**Pisces** (February 19 to March 20) Give that special someone in your personal life a large, loving dollop of reassurance. That will go a long way toward restoring the well-being of your ailing relationship.

**Born This Week:** You are a

delightful paradox. You like things neat and tidy. But, you're also a wonderful host who can throw a really great party.

### MOMENTS IN TIME

- On Sept. 30, 1868, the first volume of Louisa May Alcott's beloved coming-of-age book *Little Women* is published. Alcott dedicated most of her life and writing to supporting her family after her father's failure at running a school.

- On Sept. 28, 1901, Ed Sullivan, who will become the host of the long-running TV variety program *The Ed Sullivan Show*, is born in New York City. During the peak of its popularity in the 1950s and 1960s, Sullivan's program showcased a wide range of entertainers.

- On Oct. 1, 1920, Scientific American magazine reports that the rapidly developing medium of radio would soon be used to broadcast music. Experimental concerts were being conducted from the Radio Laboratory of the Bureau of Standards with local radio operators being used to see if the transmissions could be heard hundreds of miles away.

- On Sept. 27, 1930, Atlanta golfer Bobby Jones wins his fourth major tournament of the year, making him the first person ever to win the Grand Slam of golf. Jones had the picture-perfect swing of every golfer's dreams, despite never having taken a lesson.

- On Sept. 26, 1945, Lt. Col. Peter

Dewey, a U.S. Army officer with the Office of Strategic Services in Vietnam, is shot and killed in Saigon. Dewey was the head of a seven-man team sent to Vietnam to search for missing American pilots.

- On Sept. 29, 1954, Willie Mays, center fielder for the New York Giants, makes an amazing over-the-shoulder catch of a fly ball hit by Cleveland Indians first baseman Vic Wertz to rob Wertz of extra bases in game 1 of the 1954 World Series. The catch has gone down as one of the greatest in the history of baseball.

- On Oct. 2, 1965, a team of scientists invent Gatorade, a sports drink to quench thirst, in a University of Florida lab. The name Gatorade was derived from the nickname of the university's sports teams. A coach had asked for something to help his players who were negatively affected by the heat during play, and the salt and sugar drink was developed.

### NOW HERE'S A TIP

- "If you have a fish tank, you can use the fish tank water to fertilize your rose bushes. I do this, and it's rich in minerals that the bushes love."

— AU in Alabama

- Make your own bed buddy hot pad with a long sock and rice. Use a sock that's knee high, and fill it about two-thirds with plain, uncooked white rice. Knot it an inch or two from the top of the rice, so it's nice and loose.

 <b>FRIDAY</b> Sunny High: 88 Low: 75	 <b>SATURDAY</b> Sunny High: 90 Low: 79	 <b>SUNDAY</b> Partly Cloudy High: 89 Low: 77	 <b>MONDAY</b> Sunny High: 90 Low: 78	 <b>TUESDAY</b> Mostly Cloudy High: 88 Low: 75	 <b>WEDNESDAY</b> Few Showers High: 87 Low: 76	 <b>THURSDAY</b> Few Showers High: 85 Low: 72
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**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	1:23 am	5:46 am	12:16 pm	6:54 pm
Sat	1:31 am	6:24 am	12:58 pm	7:19 pm
Sun	1:39 am	7:01 am	1:39 pm	7:41 pm
Mon	1:49 am	7:38 am	2:20 pm	8:02 pm
Tue	2:04 am	8:18 am	3:05 pm	8:23 pm
Wed	2:24 am	9:02 am	3:56 pm	8:43 pm
Thu	2:50 am	9:52 am	4:56 pm	9:00 pm

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	12:28 am	5:48 am	11:21 am	6:56 pm
Sat	12:36 am	6:26 am	12:03 pm	7:21 pm
Sun	12:44 am	7:03 am	12:44 pm	7:43 pm
Mon	12:54 am	7:40 am	1:25 pm	8:04 pm
Tue	1:09 am	8:20 am	2:10 pm	8:25 pm
Wed	1:29 am	9:04 am	3:01 pm	8:45 pm
Thu	1:55 am	9:54 am	4:01 pm	9:02 pm

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	1:04 am	6:18 am	12:25 pm	7:12 pm
Sat	1:25 am	7:13 am	1:11 pm	7:49 pm
Sun	1:49 am	7:57 am	1:54 pm	8:23 pm
Mon	2:13 am	8:37 am	2:39 pm	8:55 pm
Tue	2:34 am	9:14 am	3:28 pm	9:26 pm
Wed	2:50 am	9:50 am	4:18 pm	9:55 pm
Thu	3:05 am	10:27 am	5:05 pm	10:20 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	3:33 am	9:02 am	2:26 pm	10:10 pm
Sat	3:41 am	9:40 am	3:08 pm	10:35 pm
Sun	3:49 am	10:17 am	3:49 pm	10:57 pm
Mon	3:59 am	10:54 am	4:30 pm	11:18 pm
Tue	4:14 am	11:34 am	5:15 pm	11:39 pm
Wed	4:34 am	12:18 pm	6:06 pm	11:59 pm
Thu	5:00 am	1:08 pm	7:06 pm	None

Once it's secure, you can stick the sock into the microwave for 1-2 minutes. The rice heats up and the heat is stored in the rice. It's wonderful for aches and pains - or just for keeping toes toasty.

- Shower caps can be placed over a planter and used to make a kind of greenhouse for planting cuttings. Just water and place it in a sun-filled window. Be sure to check it often, because even though it may be moderate or even cool out, your little greenhouse can get pretty hot with only a few hours of sun.

- "Loosen tight jeans with a cutting board. First, wash in cold water, then button them around something that's about an inch wider than the waist, say, a cookie sheet, chair top, cutting board, etc. Air dry. It's magical."

- VL in New York

- "When I was a kid, the side of my yard was soft sand, but it's where my brother and I kept our bikes. I liked my bike to stand up, because it kept the sand out of my gears. The kick stand was sinking in the sand, and my dad gave me an old tennis ball that he had poked a hole into. I put it on the kick stand, and from then on, it stayed

standing up. Thought I would share."  
- MN in Florida

**STRANGE BUT TRUE**

- A town in Washington has a treetop bridge over a busy road that's just big enough for squirrels, called the Nutty Narrows Bridge.

- Russian author Vladimir Nabokov came up with the idea for smiley emoticons in 1969.

- Now here's a great way to "go green": Residents of Surabaya, Indonesia, can pay their bus fare with plastic waste, which will earn them two hours of travel time. The dual aim is to reduce waste as well as the number of cars on the road by encouraging the use of public transportation.

- A U.S. constitutional amendment was proposed in 1893 suggesting that the country be renamed The United States of Earth.

- If you've ever questioned the idea that smartphone addiction is real, consider the case of computer programmer Maneesh Sethi, who hired a woman (at \$8 an hour) to slap him in the face every time he tried checking Facebook during working hours.

- The average MLB baseball lasts for just 5-7 pitches. In the beginning of a game, at least 90 balls are required on hand, with about 60-70 used per the average game.

- When Apple purchased rural land for a new data center in Maiden, North Carolina, an older couple refused to sell the one-acre plot they'd originally purchased for \$6,000 more than three decades earlier. After all offers were rejected, Apple finally asked them to name a price. Success at last. For just a cool \$1.7 million.

- The Spice Girls' nicknames were created by *Top of the Pops* magazine in a 1996 article.

- Monopoly, originally called *The Landlord's Game*, was invented by Lizzie Magie to share her views on the dangers of capitalism.

**THOUGHT FOR THE DAY**

"Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence."

- Ralph Waldo Emerson

**TRIVIA TEST**

1. **Geography:** Which European

country has the largest population?  
2. **History:** The storming of the Bastille took place in which country in 1789?

3. **Astronomy:** What is the brightest star in any constellation called?

4. **Mythology:** Who is Thor's father in Norse mythology?

5. **Comics:** Where is the superhero Aquaman from?

6. **Movies:** How many characters does Mike Myers play in the *Goldmember* movie?

7. **Literature:** How many lines does a haiku poem have?

8. **Television:** What was the name of the ranch on the 1960s western *Bonanza*?

9. **U.S. States:** Which state's official animal is the raccoon?

10. **Business:** What is the Ford Mustang automobile named after?

**TRIVIA ANSWERS**

1. Russia. 2. France. It is celebrated on July 14. 3. Alpha. 4. Odin. 5. Atlantis. 6. Four (Austin Powers, Dr. Evil, Fat Bastard and Goldmember). 7. Three, with a total of 17 syllables. 8. The Ponderosa. 9. Tennessee. 10. A WWII fighter plane.

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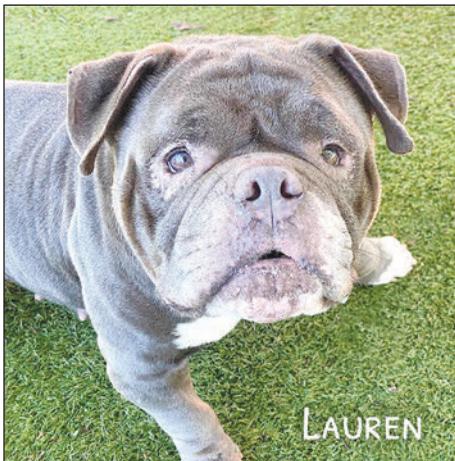
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# PETS OF THE WEEK



**Lauren ID# A937418** photos provided  
**Lee County Domestic Animal Services**

## Lauren And Lexi

**H**ello, my name is Lauren. I am a 5-year-old female English Bulldog Mix. I am a sweet senior that is a low-rider with a big personality. Adopt me into your family, and you will definitely be getting more, not less. With this week being Adopt A Less-Adoptable Pet Week, believe it or not, I fall into this category on two counts: my age and my breed. My adoption fee is \$25.

Hi, I'm Lexi. I am a 3-month-old domestic shorthair that has already been adopted and returned due to being too playful with the adopters' rabbit. The perfect solution would be to take advantage of the adopt one kitten and get a feline friend at no additional charge for me to

**Lexi ID# A933741**

play with. My adoption fee is \$25 with a feline friend at no additional charge. Through September 30, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to just \$25. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check. This is a \$600 package.

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

## Glass Plays A Big Role In Energy Usage

**D**id you know that 30 percent of the summer cooling costs in Southwest Florida are attributed to glass and windows? For those with a lot of glass and windows in their dwelling, it is essential to understand the role that they play in allowing solar heat to enter your home in a summer-dominant climate.

All transfer of heat energy occurs as the result of convection, conduction or radiation:

Convection occurs when heat energy, embodied in a substance, usually air, moves from place to place as the embodying substance moves.

Conduction occurs when heat energy moves from molecule to molecule through a substance. The greater the difference in temperature, the greater the flow of conducted heat.

Radiation is the process by which most heat energy enters homes in Southwest Florida. Every object embodies or stores heat energy and some of this heat energy leaks away in the form of infrared radiation or radiant heat.

Along with understanding how heat enters the home, Lee County Electric Cooperative (LCEC) energy experts suggest the following tips to stay cool while keeping your electric usage under control:

Significant air-conditioning savings can be attained by blocking solar heat before it reaches the windows, or by using special heat-reflecting glass or heat-reflecting glass coatings (residential window tint).

Reflective glass or reflective glass

coatings should be rated to reflect at least 65 percent of all solar heat to be considered efficient in Southwest Florida.

Internal window coverings trap solar heat between them and the window glass until the heat energy warms the air in that space. The heat-laden air flows up to the ceiling, where it waits for the air conditioner to cycle on and draw it in through the filter. This creates an illusion of efficiency when, in fact, the load on the air conditioner has not been altered.

Awnings, storm shutters, shade trees and porch or lanai roofs are all effective in blocking solar heat. To be 100 percent effective, the exterior shading device must never allow direct sunlight to touch the window's surface.

East or west windows are the main source of intrusive heat. It is recommended to use shading devices and tint on east and west windows since they experience many hours of direct sunlight.

South-facing windows experience a great deal of direct sunlight in the winter months when the sun rides lower in the sky. In the summer, south-facing windows are largely shaded by the overhanging soffit of the roof.

Skylights experience many more hours of direct sunlight than any vertical window and should be avoided if possible.

It is difficult to utilize shading devices to block the sun from entering skylights. Existing skylights can be tinted, covered, blocked or shaded to lessen their load on the air conditioner.

When upgrading windows, consider energy-efficient features such as double-pane, low-E glass as well as type of frame material.

Visit [www.lcec.net](http://www.lcec.net) for more ways to save on your energy consumption.\*

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### HELP WANTED



#### FACILITIES ASSOCIATE

Sanibel Community Church is seeking a full-time Facilities Associate.

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Please inquire/send resume to [operations@sanibelchurch.com](mailto:operations@sanibelchurch.com).

9/23 \* TFN

### HELP WANTED

#### FULL TIME ASSOCIATE

Sanibel Home Furnishings is seeking a full time associate with a passion for sales and design. Are you friendly, enthusiastic, creative, focused, organized and willing to learn? From showroom display and sales to working with clients on decorating projects, we are looking for that team-oriented person who loves color and understands home furnishings and design.

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9/16 \* 9/30

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#### FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Bubbly Latitude, located in Lee County, FL, with an address of 2340 Periwinkle Way A-2, Sanibel, FL 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 8th Day of July 2022.

Kathleen Zembrod

Sarah Jacobson

9/23 \* 9/23

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Call for more info. Great fun.

239-202-0700

9/2 \* 9/23

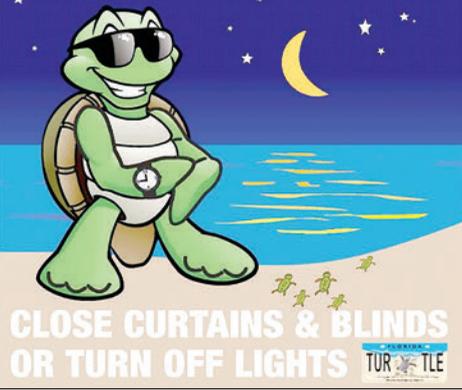
#### FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to [sanibelsole@gmail.com](mailto:sanibelsole@gmail.com).

4/22 \* TFN

After 9, it's turtle time!



SCRAMBLERS ANSWER

- 1. Silent 2. Chaste
- 3. Debris; 4. Atone

Today's Word

**SARDINE**

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www.IslandSunNews.com

# HORTOONS



HORTOON

## PUZZLE ANSWERS

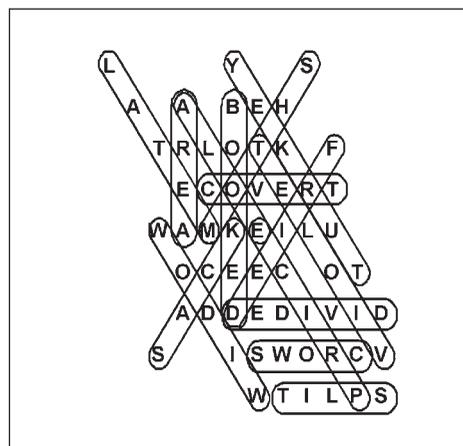
SUPER CROSSWORD

B	R	E	W	S		O	M	E	L	E	T	S		E	L	U	S	I	V	E									
M	A	R	I	A		V	E	N	E	T	I	A		T	A	K	E	N	I	N									
W	H	A	T		C	O	U	L	D		T	H	E	Y		A	B	E	L	A	R	D							
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KING CROSSWORD

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B	L	O	B			A	G	E				A	D	A	M						
B	O	N	O			G	O	B				V	E	N	T						
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C	O	C	O	N	U	T					B	O	O	N	E						
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M	I	D	A	S							E	C	U	A	D	O	R				
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MAGIC MAZE



SUDOKU

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

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Deerwood	Bonita Springs	1995	8,777	\$5,999,900	\$5,400,000	266
Wildblue	Fort Myers	2022	3,100	\$1,872,080	\$1,872,080	0
Palaco Grande	Cape Coral	1988	4,005	\$2,350,000	\$1,850,000	43
Wildblue	Fort Myers	2020	3,178	\$1,859,000	\$1,800,000	45
Fairview Isles	Fort Myers Beach	1979	2,007	\$1,599,000	\$1,599,000	29
Sweet Bay At Shadow Wood	Estero	2005	2,941	\$1,575,000	\$1,575,000	0
Cape Coral	Cape Coral	2022	2,428	\$1,394,900	\$1,394,900	243
Pienza	Bonita Springs	2003	2,285	\$1,350,000	\$1,350,000	41
Imperial Shores	Bonita Springs	1971	1,936	\$1,424,000	\$1,300,000	76
Little Lake Murex	Sanibel	1986	1,676	\$1,299,000	\$1,299,000	0

Courtesy of Royal Shell Real Estate

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RUM BAR & GRILLE

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

The New York Times  
Magazine



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**YUCATAN SHRIMP!**

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**The Dixie Fish Co.**

