



Public Invited To Welcome Home Celebration For Veterans



A senior veteran is welcomed home this past May

photo provided

Collier-Lee Honor Flight, an organization whose mission is to transport local veterans to Washington, DC to visit memorials and honor their service, invites the public to attend the welcome home celebration at Southwest Florida International Airport on

Saturday, September 29 from 9 to 10:30 p.m.

More than 2,000 family members, local service members, law enforcement and well-wishers are expected at the welcome home ceremony for the veterans

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From left, Grace Delvalle-Hernandez, Abe Hernandez, Chloe Tai, Dan Hernandez and David Pimental

photo courtesy Paula Sisk Repaductionsmedia

Bilingual Play At Lab Theater

by Di Saggau

Laboratory Theater of Florida is celebrating its 10th anniversary and starting the season with *Anna in the Tropics* by Nilo Cruz. This Pulitzer

Prize-winning play is bilingual with both English and Spanish being spoken by the actors. Subtitles for both languages are projected above the stage. The action takes place in Ybor City, Florida in 1929, and the play opens with a cockfight on one side of the stage, and the women waiting at the dock for their new lector on the other. The cockfight is loud with men

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Island Hopper Songwriter Fest Kicks Off Friday

The Island Hopper Songwriter Fest is kicking off its fifth year with an impressive lineup of talented singer-songwriters. The Florida festival begins on Captiva Island from September 21 to 23, then moves to historic downtown Fort Myers from September 24 to 27, and wraps up on Fort Myers Beach from September 28 to 30.

This year's headliner for downtown Fort Myers is LOCASH. The duo is made up of singer-songwriters Chris Lucas and Preston Brust. The artists will be performing at Pinchers Crab Shack at The Marina at Edison Ford on Wednesday, September 26 from 8:30 to 9:30 p.m.

LOCASH has opened for Tim McGraw and Faith Hill, and will hit the road with Billy Currington this year. *Rolling Stone* magazine has referred to LOCASH as "one of Nashville's hardest working acts." Some of the group's top hits include *I Love This Life*, *I Know Somebody* and *Ring on Every Finger*. They just released a new single called *Don't Get Better Than That*. They have written for artists such as Tim McGraw (*Truck Yeah*) and Keith Urban (*You Gonna Fly*). This will



Preston Brust and Chris Lucas of LOCASH

photos courtesy www.fortmyers-sanibel.com

be their second appearance at the Island Hopper Songwriter Fest. They performed on Fort Myers Beach in 2015. Opening for LOCASH is singer-songwriter Travis Denning. His songs have been recorded by top country artists such as Michael Ray (*Her World or Mine*), Chase Rice (*Everybody We Know Does*), Jason Aldean and Justin Moore. Earlier this year, Denning toured with Justin Moore on his Hell on a Highway tour and has opened shows for Rice and Alan Jackson.

Other headliners include Midland, who will perform at the Pink Shell Beach Resort & Marina on Fort Myers Beach



Sheena Brook

on the evening of Sunday, September 30. The Songwriter Fest will feature more than 30 new artists including Heidi Newfield (*Johnny & June*), Wendell Mobley (*Fast Cars and Freedom* - recorded by Rascal Flatts) and Lee Thomas Miller (*The World* - recorded by Brad Paisley).

The festival will include its first ever Girl Power show at the Sidney & Berne

Davis Art Center featuring Sheena Brook, Megan Linville, Heidi Newfield, Bridgette Tatum and Amie Miriello.

Other venues hosting Songwriter Fest performances include City Tavern, The Barrel Room, Twisted Vine and Hotel Indigo.

"We are fortunate to have such talented artists play at our festival," said Louis Kaplan, iHeartMedia, senior vice president of programming. "It's a highly anticipated event for both songwriters and fans."

New this year is the launch of the Island Hopper Songwriter Fest app. The free app will be the go-to guide for the festival, containing ticket information, trip tips, performer bios and schedules. The schedule is now available on the app available for iOS and Android users.

There will also be a couple of house parties on Captiva with music performed by Aaron Barker, Phil O'Donnell, Wynn Varble and Earl Bud Lee. And, in downtown Fort Myers, The Barrel Room will host a songwriter dinner and wine pairing.

While most of the festival is free of charge, a variety of ticketed shows are available on the Island Hopper app under the schedule tab. The ticketed events include the Girl Power show, the headliners and more found in the app.

Island Hopper is an award-winning

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Historic Downtown Fort Myers, Then And Now:

Press On First



by Gerri Reaves, PhD

Since being founded by Stafford C. Cleveland and printing its first edition in November 1884, the *Fort Myers Press* has had several downtown locations, including at least two on First Street.

Shown in the circa-1918 photo is the office across from the entrance to today's Patio de Leon (then called Tonnelier Court).

The building stood on a lot just east of the Cottage Home Hotel (left), which also housed Walton's Hand Laundry, whose sign hangs out front.

None of the people in the photo, who are presumably *Press* employees, are identified.

Covering most of the office window space are several World War I posters. Captions include: "Navy first line of defense," "Buy war savings stamps," and the U.S. Food Administration's admonition, "Be patriotic. Sign your country's pledge to save the food."

(The U.S. had entered the war in 1917 and the Armistice would end the war in November 1918.)

The structure dates to March 1913, when Olive Stout contracted with Manuel S. Gonzalez to build the two-story building in the photo. Her family owned the paper at one time and was involved with it for decades,

The building was to have a stone front – note the bricks – and wooden sides with metal sheeting. The first floor was to be the *Press* office and the balconied second floor Stout's residence.

The newspaper was located there for about seven years and then relocated to Jackson Street.

Shortly after this photo was taken, the building became the office of a new boom-time newspaper, the *Tropical News*, founded by Peter J. Bentz. (Note: This was the



Circa 1918, the *Fort Myers Press* was located on First Street across from the patio entrance. On the left is a sign for Walton's Hand Laundry at the Cottage Home hotel-boardinghouse, where guests relax on the front porch. Note that First is not yet paved.

photo courtesy SWFL Historical Society, Rebecca Kinzie Holmes Collection



Today, the former *Press* office is one-, not two-, story. In 1923, the Morgan Hotel was remodeled and the following year extensively expanded, thus "absorbing" the pioneer-era Cottage Home.

photo by Gerri Reaves

second *Tropical News* in town, the first one being a short-lived one in the 1890s.)

In February 1920, the *News* published its first paper, providing some competition for the town's first local paper.

Other changes came to the block too.

In 1923, John Morgan Dean of Rhode Island remodeled the pioneer-era Cottage Home hotel and renamed it the Morgan Hotel. (Cottage Home had previously been the Windsor.)

However, it wasn't until the following year that the hotel began to resemble the building we see today at First and Dean, when extensive remodeling and expansion occurred.

The new hotel, by the way, incorporated, or absorbed, the Cottage Home hotel-boardinghouse.

Dean Street was created too, and the large mango tree visible in the photo was removed. By 1924, the hotel sported a definite boom-time look.

After that, the *Press*'s and the hotel's walls interfaced and closed the gap visible in the photos. Nevertheless, the narrow *Press* building expanded to the rear towards Bay Street.

In 1931, the economic hard times of the Great Depression precipitated a business and name merger of the *Tropical News* and the *Fort Myers Press*. The town simply couldn't support two major newspapers.

Thus today's name, *The News-Press*.

The former *Press* building exists today, but by the 1950s had mysteriously lost the upper floor.

It was put to a variety of uses over the years and, for the last few decades, has been law offices.

Today, the ground floor of the former Morgan Hotel is a restaurant, and the Dean

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The five members of the Ben Allen Band

photo provided

Local Band To Perform For Evening On 5th

The Ben Allen Band will perform at the Evening on 5th in Sugden Plaza on October 11 from 6:30 to 9:30 p.m.

The Ben Allen Band is a widely known country band in south Florida. Their group consists of lead vocals, backing vocals, acoustic guitar, two electric guitar players, bass and drums.

"We mostly perform covers of classic and top selling country songs that are

upbeat and entertaining. Crowds love to sing the words to songs they know and songs that make them happy," said Allen. The band doesn't follow a set list, but rather they play to the mood of the crowd, and they say they're excited to play on 5th Avenue South for the first time.

Bruce Barone Jr. contracted the Ben Allen Band to play at the venue because "they have such a large following in Southwest Florida and they are the perfect act to bring all ages down to 5th Avenue to enjoy the show. Even though the concert is a few months out, we have managed to garner a ton of interest in this event, and we can't wait to see the turnout."✪

Entrepreneurial Spirit Program Rescheduled

Local entrepreneurs will not just stand for the success of other women in business, they will insist on it. Nickole Hendra, executive director of Dress for Success SW Florida, said the Entrepreneurial Spirit Program (E\$P) will provide future women business owners with the tools and support they need to succeed in their career. The event, which was originally scheduled to take place in August, has been rescheduled to be held at Markham Norton Mosteller Wright & Company, PA on Saturday, October 6 from 9:30 a.m. to 2 p.m.

The E\$P Dream Team includes four prominent women in the community, who will each cover specific topics that will help inspire and prepare future business owners:

Angela Cooley, partner at Markham Norton Mosteller Wright & Company, PA, will discuss business accounting.

Christina Harris Schwinn, partner at Pavese Law Firm, will discuss legal documentation and incorporation.

Barbara Melvin, vice president and community lender at First Florida Integrity Bank, will discuss small business lending and SBA loans.

Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing, will discuss new business branding and marketing.

All attendees will receive a certification of completion. A suggested donation of \$25 to Dress for Success includes continental breakfast and lunch. Limited seating is available, and reservations are required.

The program is proudly sponsored

by CONRIC PR & Marketing, Markham Norton Mosteller Wright and Company, P.A., First Florida Integrity Bank and Pavese Law Firm.

Markham Norton Mosteller Wright & Company, PA is located at 8961 Conference Drive in Fort Myers. For more information or to RSVP, call 689-4992.✪

School Garden To Grow With Beacon Grant

The Island Coast High School Life Skills class recently received the 2019 Beacon Grant in the amount of \$2,000 from the Elks Lodge #2596. Students will use this grant to grow a garden under the guidance of their teachers, Joe Mallon from the Academy of Natural Resources, and Robert Snyder from Life Skills. Snyder applied for this grant so that "students with disabilities would have the opportunity to grow tomatoes, different varieties of lettuce, and herbs."

Some of the plants will be grown using a Tower Garden and others will be planted in raised garden beds. The two types of gardens are specifically designed to meet the needs of Life Skills students. According to Snyder, "The Tower Garden allows students to grow a garden indoors using hydroponics. The other garden is elevated to better meet the needs of students with disabilities."

The Beacon Grant will help students understand the responsibility of maintaining a garden, including the importance of weeding, watering and fertilizing. It also incorporates math, science, collaboration and interpersonal skills.✪

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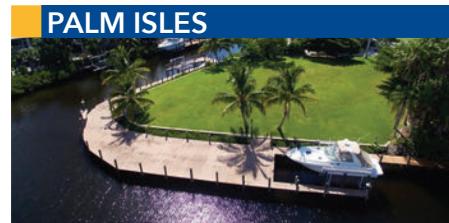
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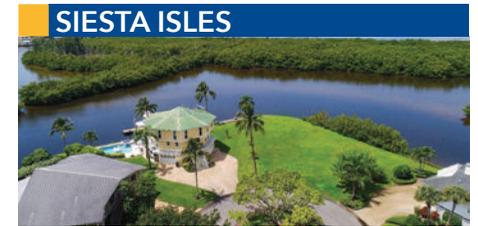
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Fort Myers Art:

Renovations Trim New Theater's Inaugural Season

by Tom Hall



A new community theater will open in Fort Myers soon, but first it must make numerous renovations to its space at 13211 McGregor Boulevard (roughly

midway between College Parkway and Cypress Lake Drive). With all building permits in place, the contractor of New Phoenix Theatre has provided a construction calendar that promises completion of all renovations and the issuance of a certificate of occupancy for the 96-seat theater facility this November.

The mission of the new theater company is to entertain and enlighten the community, celebrate diversity and inspire imagination. The theater is the brainchild of Brenda Kensler (who serves as president), Anthony Neri (vice-president), Lori Riti, Debra Neri, James Robinson, Alide Jarbeau and Tom Riti, who have worked together as actors and directors at Cultural Park Theater in Cape Coral and The Laboratory Theatre of Florida in downtown Fort Myers.



The New Phoenix Theatre group, from left, Anthony Neri, Debra Neri, Tom Riti, Lori Riti, James Robinson, Alide Jarbeau and Brenda Kensler photo courtesy www.artswfl.com

The name is strategic.

"We all come from previous experiences in the theater – some good and some not so good," divulges co-founder Lori Riti, whose stage credits since arriving in Southwest Florida include Chris in *Calendar Girls*, Frankie in *Frankie and Johnny at the Clair de Lune*, Kate in *Kiss Me Kate*, Elaine in *Arsenic and Old Lace*, the niece in *The Sunshine Boys*, Nikki in *Musical Comedy Murders of 1940*, Ms. Casewell in *Mousetrap*, Mrs. Smith in *Meet Me in St. Louis*, and roles in *The Laramie Project*, *The Gay Marriage Plays* and *Agnes of God* at Lab Theater. "We feel

like this is the beginning of something fresh and new for all of us – a chance for us to be reborn."

High on Phoenix's agenda is bringing greater diversity and more roles for women in the local theater scene. The theater will even have a mechanical lift that will convey handicapped actors, directors and stage hands onto the boards and backstage facilities.

New Phoenix will open its inaugural season in January 2019 with *Marvin's Room*, a dark comedy by playwright Scott McPherson that affords a moving view of one woman's commitment to

family and correlative response to despair.

The season will include three other shows, including one musical. Two shows were eliminated to allow ample time for the completion of all renovations and the installation of all lighting, sound equipment and computer technology.

Tickets will go on sale at a date yet to be announced.

For more information or the full schedule of shows during the inaugural season, visit www.newphoenixtheatrefortmyers.org, follow The New Phoenix Theatre on Facebook, or call 284-5214.

Theatre Conspiracy Holding Auditions For *Rancho Mirage*

Theatre Conspiracy at the Alliance for the Arts is holding an open casting call for *Rancho Mirage* by widely proclaimed playwright Steven Dietz. The production will be directed by Anne Dodd and be performed at 7:30 p.m. from May 9 to 11 and 16 to 18, with 2 p.m. matinees on May 12 and 19.

Rancho Mirage is a black comedy that looks at three affluent suburban couples whose truths finally catch up with them. At an ill-fated dinner party, these long-time friends are awakened to the secrets of their past with hilarious and farcical results. A National New Play Network Rolling World Premiere comedy, *Rancho Mirage* asks what remains between us when youth dreams and the last bottle of wine is gone?

Dodd will conduct auditions between noon and 3 p.m. on Saturday, September 29 at the Alliance for the

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Program For Aspiring Adult Minority Actors

The Alliance for the Arts is offering its next acting class for adult minorities on Saturdays, beginning September 22 and running through November 10 from 12:30 to 3 p.m. The CHANGE Program (Communities Harnessing the Arts to Nurture and Grow Equity) engages aspiring minority actors in theater education, provides performance opportunities and a platform to convene dialogue on social issues that challenge our community through creative, artistic expression. Through the course, students explore

the fundamentals of acting, character development and scene work.

Cost is \$25. Pre-registration is required and can be completed online at www.artinlee.org/education or by calling 939-2787.

The instructors are Derek Lively, who has appeared in productions ranging from Shakespeare to Eugene O'Neill and has worked in regional theaters and Off-Broadway, and Sonya McCarter, who is the community engagement coordinator at Alliance as well as a director and actress. This project is supported by the Southwest Florida Community Foundation.

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

From page 2

Historic Downtown

Executive Suites occupy the upper floors.

Walk down First Street and imagine a spanking new newspaper office with numerous World War I posters in the windows.

Then visit these two research centers to learn more about the many businesses – such as hand laundries – that have come and gone on First.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.

Hours for the all-volunteer, non-profit organization are Wednesday through

Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

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

Mental Health Awareness Walk Next Saturday

NAMI (National Alliance on Mental Illness) Lee, Charlotte and Hendry Counties is issuing a final call for walkers in the first annual 5K walk, NAMIWalks Southwest Florida. Registrations will be accepted up until the day of the event, Saturday, September 29. The walk begins at 7 p.m. at the City of Fort Myers Pier. With a fundraising goal of \$75,000, the event is designed to raise awareness and funds for mental health.

All are welcome to fill the bridge in downtown Fort Myers and be a part of a movement that improves lives and communities one step at a time. Celebrating its 16th year, NAMIWalks takes place in more than 85 communities across the country to raise money for vital programs and services that are provided to those in need, free of cost. This is the first time it will take place in Southwest Florida, specifically Fort Myers.

"Why do we walk? We walk because one in five Americans live with a mental health condition, yet only half will receive the help they need and deserve. We walk because mental illness is too tough to walk alone and without the proper understanding and support, people suffer, families suffer and our communities suffer. We walk



image provided

because it is unacceptable that suicide is the second leading cause of death for American youth aged 10 to 24. September 29th is our chance to come together as a community to send a message of hope and let those whose lives have been turned upside down by a mental health condition know that they are not alone and that they are more than a diagnosis. Let's use this opportunity to 'Fill the Bridge' to show

our support and celebrate our diversity," said Vacharee Howard, executive vice president of NAMI Lee, Charlotte and Hendry Counties.

Check-in will begin at 6 p.m. at the registration tent near the corner of Hendry Street and Edwards Drive, and various activities for all ages will take place throughout the evening. Fundraising walk teams are encouraged.

There is no charge to participate.

Register at https://namilee.org/namiwalks_swfl/. For more information about NAMIWalks Southwest Florida or details about donating, volunteering or becoming a sponsor, visit www.namilee.org.

NAMIWalks is a 5K event that raises awareness and funds for NAMI organizations across the U.S. Last year alone, NAMIWalks collectively raised \$11.4 million for mental health initiatives. Each NAMIWalks event brings people of all ages and fitness levels together for a compelling cause. Those who are unable to walk are welcome to register and participate as a volunteer or "virtual walker." Walk participants are encouraged to build a team and fundraise to support the work of their local, regional or state NAMI organization.

Founded in 1979, NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness. NAMI is an association of hundreds of local affiliates, state organizations and volunteers who work in communities across the nation. Due to the generosity of gifts and contributions, NAMI is able to provide information through education programs, support through the NAMI Help Line, and advocacy at national and state levels. In addition, NAMI successfully fights stigma by hosting public awareness events and activities, including NAMIWalks and Mental Illness Awareness Week.*

Smithsonian Museum Day At Science Center

On Saturday, September 22, the IMAG History & Science Center is participating in the Smithsonian Museum Day. This year's theme is Women Making History, honoring women in society who are trailblazers in the arts, sciences, innovation and culture, and emboldening others to be pioneers as well. IMAG's resident historian Jim Powers and Edison & Ford Winter Estates executive vice president Mike Cosden will give historical talks focused on influential women who have had an impact on Southwest Florida.

The IMAG is joining other museums across the nation in a celebration of boundless curiosity and a commitment to access, offering complimentary admissions. Visitors who present a Museum Day ticket will gain free entrance for two on September 22. One ticket is permitted per email address. Tickets are available for download at www.smithsonianmag.com/museumday/museum-day-2018.

Powers' talk is titled Local Wars Won by Persuasive Woman: Wars of words and ideology can be as belligerent as those fought with rifle and bayonet. In Fort Myers and Lee County, the battlefields were saloons and medical care. And, local women were leading

the winning sides.

Cosden's talk is titled Celebrating the Legacies of Mina Edison and Clara Ford in Fort Myers: Shedding light on the roles that Mina Edison and Clara Ford played in the development of Fort Myers. While both women were publicly celebrated for supporting their iconic husbands – Mina as the Guardian of Genius and Clara as The Believer – their own contributions to the city were profound. Cosden is co-author of *Edison & Ford in Florida*.

The talks will be presented two times each, alternating in 45-minute increments, with the first talk presented by Powers beginning at 11 a.m. and the last talk presented by Cosden beginning at 1:15 p.m.

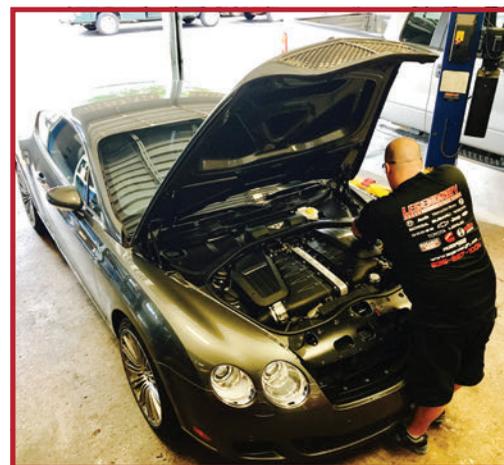
The IMAG History and Science Center is a family-friendly destination offering fun interactive exhibits, an aquarium, history displays and a 3D theater. The mission is to engage guests in the exploration of Science, Technology, Engineering and Math (STEM), and the history of Southwest Florida. This is achieved through hands-on experiences and educational programs that further the understanding of the natural and human-made world, and foster an appreciation for the unique environment, natural waterways and rich history of Southwest Florida.

The IMAG is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.theimag.org.*

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Along The River

The downtown Fort Myers River District will again be the scene for Music Walk this Friday, September 21. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

For additional information, visit www.fortmyersriverdistrictalliance.com.

To compliment the upcoming Island Hopper Songwriter Fest, the Lee County Library System and the Americana Music Association (ACMA) is offering free singer-songwriter events for the community.

This Friday, September 21 at 2 p.m., Captiva Memorial Library will host the Island Hopper Songwriter Showcase with featured musicians Bill Metts, Bruce Gallant and David Hintz.

Metts, who has a down home finger-picking style, has been influenced by the music of Taj Mahall, Mississippi John Hurt, Doc Watson and others. Gallant has written songs for more than 30 years, and his songs are a reflection of his life experiences. Hintz writes from his heart.

For more information, call the Captiva Memorial Library at 533-4890.

This Thursday, September 27 at 5 p.m., Fort Myers Regional Library's Outdoor Amphitheater on Cornog Plaza will host the Island Hopper Songwriter Showcase with featured musicians Robert



Peace Day In The Park returns for its 11th year at Alliance for the Arts on Sunday
photo courtesy www.peaceday-in-thepark.com

Bidney, Carlene Thissen and Mike McMillan. Bidney is a strong, new voice on the indie album scene. His messages are as strong as his melodies with an appealing pop/soul sensibility. Thissen performed early on as a folk singer and then branched out into country. She is heavily involved with Immokalee, a farming community that inspired many of her original songs. McMillan got his first guitar as a teenager and has been pursuing his musical dreams ever since (in between jobs, four kids and several dogs).

These community performances will showcase local talent and provide the audience with the stories behind the songs in an intimate songwriters

showcase.

Registration is not required. Bring a blanket or chairs to enjoy the free, musical performances.

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Fort Myers Regional Library's Outdoor Amphitheater on Cornog Plaza is located at 1651 Lee Street in Fort Myers. For more information, visit www.americanaacma.org or www.leelibrary.net or call 479-4636 to speak with library staff.

JN "Ding" Darling National Wildlife Refuge on Sanibel will celebrate National Public Lands Day this Saturday, September 22 with free admission to Wildlife Drive, discounts at Tarpon Bay Explorers and special activities.

Wildlife Drive opens at 7 a.m. for free touring and closes at 7 p.m. Narrated tram tours will run at normal cost and schedule - 10 a.m., 12:30 and 3 p.m.

The always admission-free "Ding" Darling Visitor and Education Center opens at 9 a.m.

Discounted activities include 25 percent discount on bike, kayak and paddleboard rentals at Tarpon Bay Explorers; 25 percent off guided kayak tour at Tarpon Bay Explorers; guided tour and clean-up along Indigo Trail to the Wildlife Education Boardwalk; Hidden Treasures of "Ding" Caravan, where participants follow a naturalist along Wildlife Drive and stop for up-close and personal viewings; and make-and-take recycled crafts in the "Ding" Darling Visitor and Education Center classroom.

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

The 2018 Peace Day In The Park celebration will be held at the Alliance for the Arts this Sunday, September 23 from 10 a.m. to 6 p.m. New additions to the venue will include talks and workshops on zero waste, sustainability, improved recycling, our water and environment, and peace education in our homes, schools and communities.

There will be three music stages offering a variety of music genres featuring local DJs and musicians. Longtime Peace Day favorites like The Calendar Girls and Family Time Music will be back to share their talent and spirit. FGCU students will host an Expansion of Peace community live art project, and Union Artists Studio will host sidewalk art and a community mural. There will be a designated area for local teen artists to showcase their talent.

Yoga for Peace will begin at 8 a.m. with 108 sun salutations, Zumba, belly dancing and meditation throughout the day, and many kid-friendly activities. Dogs are welcome.

The 11th annual Peace Day In
continued on page 16

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Free Parking Extended On Fort Myers Beach

Lee County Parks & Recreation is waiving parking fees now through September 30 at Lynn Hall Memorial Park and Bowditch Point Park. Both parks are located on Fort Myers Beach.

The fee waiver mirrors a decision this week by the Town of Fort Myers Beach to extend the free parking on streets and beach accesses until the end of the month to assist businesses impacted by red tide. Fees have been waived at Beach county sites since August 24.

This extension will also allow free parking for the upcoming Island Hopper Songwriter Fest, which happens in various locations from September 21 to 30 including events on Fort Myers Beach September 28 to 30. For more information, visit www.island-hopper.fortmyers-sanibel.com.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or

email leeparks@leegov.com. Download the Come Discover Map online or pick up one at any Lee County site.

Lynn Hall Memorial Park is located at 950 Estero Boulevard, while Bowditch Point Park is located at 50 Estero Boulevard. For red tide and other harmful algal bloom information, visit www.leegov.com/waterqualityinfo.

From page 1

Island Hopper

festival. The 2017 Island Hopper Fest received three SunSational Awards through the Florida Festival & Events Association (FFEA), and the Southeast Tourism Society named Island Hopper one of the Top 20 Events. This year's festival brings more than 75 singer-songwriters from around the country who will perform more than 100 shows.

Island Hopper is produced by the Lee County Visitor & Convention Bureau, iHeartMedia, Cat Country 107.1 and BMI, the largest music rights organization in the U.S. For more information and complete schedules, visit www.islandhopperfest.com or follow the festival hashtag #islandhopperfest as well as the Twitter, Instagram and Facebook feeds.

Animal Shelter To Break Ground On New Facility

The Cape Coral Animal Shelter (CCAS) with the City of Cape Coral, LAI Construction Management, Koogler Homes, Clary's Site Work & Developments, Guymann Construction and Maastricht Engineering Inc. met recently on the building site of the future shelter and work has now begun. A groundbreaking ceremony will be planned and announced soon.

Phase one of the building is expected to be completed within one year. The facility will have an intake area with the newest dog and cat kennel housing; a reception and adoption center; medical, animal grooming and feeding areas; play yard; laundry space; and retail sales for post-adoption products.

The Cape Coral Animal Shelter began as an idea in 2013 when JoAnn Elardo, business owner in Cape Coral, spoke with City Manager John Szerlag about the city not having an animal shelter. Elardo asked if the city would help by providing land if the community showed interest. As an animal lover, Szerlag thought it made sense and supported the idea.

Elardo contacted area shelters for interest in a partnership to build in Cape Coral. A shelter in Fort Myers agreed and, for a few years, a group of dedicated people in Cape Coral fundraised for the new shelter. In 2016, the Fort Myers shelter stated they did not want to build or expand. When announcing this to Cape Coral supporters, Elardo and Jacque Miloff agreed to establish the Cape Coral Animal Shelter and continue with this project so needed by the city. A board of directors was formed and, although discouraged from the previous promise to build, an enthusiastic group came together with the goal of saving animals.

Once the all-volunteer board and committees had been established, a successful capital campaign and multiple small to large events were held to raise

funding for the shelter. All the hard work has paid off as, within two years, the Cape Coral Animal Shelter is about to break ground.

"We have a hard working and dedicated board that wanted to see this built to save lives, said Elardo, board president. "We did not think it would start within two years, but we worked hard. The building plans have been approved, LAI Design has drawn up a beautifully designed shelter. We will have the newest features and technology for Southwest Florida right here in Cape Coral. Our shelter will not only be a place that loving pets will find homes, it will also be an educational facility for the community and children to learn about pet care. We will also work with the Cape Coral Technical College by allowing students in the veterinary technician field work with the best and newest equipment available. This shelter is designed around the needs of pets and our community. It takes a lot to get a building of this magnitude up and, if we did not have the generous people and businesses of Cape Coral, we would still be waiting. Our hope is Cape Coral Animal Shelter will reduce the number of pets being euthanized throughout Florida and make a difference by providing a service for the community."

The building team is comprised of LAI Construction Management, Inc. as general contractor and Koogler Homes as project manager. The square footage of the facility is 7,756 square feet.

"CCAS is happy to announce that Rick Losee from LAI Construction Management and Don Koogler from Koogler Homes will be leading the building of the animal shelter. I have worked with both on other projects, and we now have the best builders in Southwest Florida working on our shelter. Experience, knowledge and support of this project has been a blessing. We are so proud to have LAI Construction Management and Koogler Homes as part of the many builders and tradespeople that are supporting this project. The support has really been awesome," said Elardo.✳

Group Joins Walk Like MADD Event Initiative

Alert Today Florida has partnered with Mothers Against Drunk Driving of Southwest Florida (MADD SWFL) for the Walk Like MADD & 5K event, scheduled locally on Saturday, September 29 at JetBlue Park.

The road safety organization will be featured at every Walk Like MADD & 5K event throughout Florida.

"Alert Today FL is working hard to create a safer environment for all road users. Unfortunately, many road users share an often fatal preference, impairment. Partnering with MADD to prevent impaired driving, walking and biking across the state supports our goal of zero fatalities and assists MADD in their mission of a Nation of No More Victims," said Trenda McPherson, FDOT

safety program manager.

"Alert Today Florida and MADD's annual awareness and fundraising event is a valuable collaborative partnership for communities across Florida, particularly in our own community of Southwest Florida because of our bike/ped injuries and fatalities," said Lori Burke, MADD Southwest Florida director.

MADD Southwest Florida's Walk Like MADD features a one-mile walk and five-kilometer USATF-certified run ending on the home plate at JetBlue Park at Fenway South in Fort Myers. After the walk and run, the event has family and pet-friendly activities as well as music and food from local celebrity chefs and restaurants.

Registration fees and other contributions directly benefit victims and survivors of drunk, drugged and substance-impaired driving crashes as well as funds MADD SWFL's free informational programs.✳

SONGWRITERS AT THE LIBRARY



CAPTIVA

Bill Metts Host & Supplying Sound

2 p.m. Friday, September 21

Captiva Memorial Library, 11560 Chapin Lane

Bill Metts • Bruce Gallant • David Hintz

DOWNTOWN FORT MYERS

Mike McMillan Host & Supplying Sound

5 p.m. Thursday, September 27

Fort Myers Regional Library, 2450 First Street

Robert Bidney • Carlene Thissen • Mike McMillan



Supplies Needed For Hurricane Relief Drive

Community Cooperative in partnership with Sam Galloway Ford and Suncoast Beverage Sales will be coordinating a hurricane relief supply drive for those effected by Hurricane Florence.

"We were blessed to receive truckloads of supplies from several different organizations from the Carolinas after Hurricane Irma hit," said Tracey Galloway, CEO of Community Cooperative. "Helping coordinate this supply drive is simply our way of paying their kindness forward."

Supplies needed are batteries, cleaning supplies, tarps of all sizes, new packages of socks, underwear and undershirts for children and adults, diapers of all sizes, wet wipes, hand sanitizer, personal hygiene items, rags, 5-gallon buckets, mops, brooms, dustpans and sponges. The goal is to fill a semi-truck with supplies and deliver it to the hardest hit area post-storm. The hurricane supply drive will run through Monday, September 24.

"We hope the Southwest Florida community will step up to give back to those who helped our community during a time of need and now need a little help themselves," said Tim Mitchell, CEO of Suncoast Beverage Sales.

Drop off locations for supplies will be located at both Sam Galloway Ford, 1800 Boy Scout Drive in Fort Myers (Monday through Saturday 9 a.m. to 8 p.m. and Sunday from 11 a.m. to 5 p.m.) and at Community Cooperative, 3429 Dr. Martin Luther King Jr Boulevard in Fort Myers (Monday through Friday 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 1 p.m.)

For more information about the hurricane supply drive or how you can get involved, contact Stefanie Edwards at 461.2802 or stefanie@communitycooperative.com.*

Church To Pay Tribute To Local Teachers

The Unitarian Universalist Church of Fort Myers (UUCFM) is setting aside Sunday, September 23 for a special service at 10:30 a.m. to honor the dedicated teachers of Lee County who do so much for all the children.

According to the 2017 American Community Survey, 87 percent of Lee County adults that are age 25 or older have achieved a high school education level (or better). Teachers play a vital role in shaping their lives. They teach much more than just science, math and language. They teach us to live. A "thank you" for all that they do may not be enough, but a dedicated Sunday morning expresses heart-felt gratitude and support toward them.

No matter what your faith tradition, we welcome teachers and their families in the name of Love and Peace. Share the moment in reflection of the important roles that have been played and continue

to be played in so many lives. Celebrate with your fellow teaching colleagues.

The UUCFM campus is located at 13411 Shire Lane in Fort Myers. For more information, visit www.uucfm.org*.

Plans Set For Comic Fest At Downtown Library

Meet artist Stephen Hayford at the Lee County Library System's third annual Comic Fest, an all-ages celebration of pop-culture, fandom and comics. The event is free and will be held at the Fort Myers Regional Library and Cornog Plaza on October 13 from noon to 4 p.m.

Hayford, a diorama artist who specializes in science fiction and fantasy scenes, is one of the featured presenters at Comic Fest. The event includes activities, vendors and food trucks. It will be followed by Teens Rock the River, a battle of the bands competition sponsored by the Sidney & Berne Davis Art Center and the Lee County Library System.

Attendees are invited to enjoy workshops, karaoke, games, selfie stations, tech demos and more. Tweens, teens and young adults are invited to dress up for the costume parade with a chance to win fun prizes. Registration is required for some programs.

The Fort Myers Regional Library is located at 2450 First Street in downtown Fort Myers. For more information or to register, visit www.leegov.com/library/comicfest.*

Cape Coral Native Re-enlists In National Guard

Sergeant Angel Pino from Cape Coral has reenlisted to continue service with the Company A, 1-69th Infantry of the New York Army National Guard, according to Major General Anthony P. German, the adjutant general, Pino is among members of the State National Guard to be recognized of their continuing commitment to serve community, state and nation as part of the Army National Guard.

"New Yorkers count on our citizen soldiers to be ready and be there when disaster strikes," German said. "And our nation counts on our soldiers when duty calls for overseas service. I congratulate our members for choosing to stay in service and striking that balance between military duties, education or employment commitments and family obligations."

"Every one of the men and women serving in our 16,000 strong Army and Air National Guard plays an important role, and these soldiers who continue to reenlist provide experience and continuity for whatever challenges lay ahead for our New York National Guard family."

For more information about the New York Army National Guard, visit www.dmna.ny.gov or www.1800goguard.com.*

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, allfaiths-uc.org, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

ANNUNCIATION GREEK ORTHODOX

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

BAT YAM-TEMPLE OF THE ISLANDS

Friday Shabbat at 7 p.m. 2050 Periwinkle Way. www.batyam.org 579-0296.

BETH SHILOH MESSIANIC SYNAGOGUE

Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, 7050 Winkler Rd, Suite 121, www.simplysimplereligion.com, 437-8835.

BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

Sunday 10 a.m. 10200 Cypress Cove Circle, revtedalthouse@aol.com, 850-3943.

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m. 6111 South Pointe Boulevard, 278-3638.

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress View Drive, lambofgodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, nbcministry@embarqmail.com, facebook.com/nbcministry, 656-0416.

NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. 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. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m. 11120 Ranchette Road, unityofortmyers.org, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE

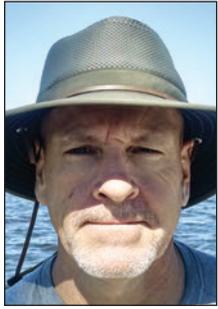
Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m. 7401 Winkler Road, zionfm.org, 481-4040.*

CROW Case Of The Week:

Double-Crested Cormorant



by Bob Petcher

The double-crested cormorant (*Phalacrocorax auritus*) is the ultimate waterbird since it is usually found floating low on a water surface or diving underwater to snag fish with its hooked bill. When not submerged, the brown-black, long-bodied bird can be seen on the water's edge spreading its wings to dry its feathers after swimming.

At CROW, an adult double-crested cormorant was admitted from the Sanibel Isles neighborhood on Sanibel after it was found near the side of the road. Upon its intake exam, medical staff noted the bird to have clinical signs of brevetoxicosis, or red tide poisoning, which include mild ataxia, dehydration and thin body condition.

Veterinarians also noted that the patient's left wing had poor range of motion. X-rays showed the cause was from an old injury. During healing of the past injury, the patagial tendon – a tendon in the wing that is key to successful flight – had adhered to the radius of the bird's wing. After a few days of treatment to stabilize the bird from the effects of brevetoxicosis, it underwent surgery to address the tendon adhesion injury. Surgery was performed on September 13 to separate the tendon from the radius.

"The surgery involved making a small incision through the skin allowing access to break down scar tissue from the skin that had adhered to the underlying bone and tendons. These tissues being connected prevented normal extension and use of the wing," said



Patient #18-3575 sporting a wing bandage and unable to fly as of midweek photo by Brian Bohlman

Dr. Kyle Abbott, CROW veterinary intern. "This surgery was intended to loosen the tendons from the scar tissue and result in better movement and wing extension."

A non-adherent material was placed between the tendon and the radius to prevent adhesion from reforming.

"A human product named Seprafilm was placed

between the tendons and bone to prevent further adhesions from forming. If these tissues were to re-adhere, the initial issue for which surgery was performed would return," said Dr. Abbott. "The goal of this surgery was to return this bird's normal wing extension and help it attain as normal flight as possible. There are a number of steps that need to be done first before determining if flight is possible, but it is looking promising. Physical therapy will be important to help its recovery. There is potential with all this care that it may not be able to fly again."

The double-crested cormorant is still undergoing treatment for brevetoxicosis and rehabilitation from surgical procedures.

"The patient is receiving daily physical therapy and is recovering steadily from the red tide poisoning," said Dr. Abbott. "We are having challenges with the surgery site healing without forming excessive scarring. This is the most likely complication to occur. Currently, we are attempting to stretch out the skin, which had contracted down with this injury."

Even while red tide is reportedly being pushed off to sea with decreased concentrations being observed in this area, clinic signs of brevetoxicosis are still present within wildlife.

"CROW continues to see suspected brevetoxicosis patients. At least 20 new suspected red tide cases were admitted in the last week – between September 10 and September 16," said Dr. Abbott. "Tests continue to show some areas with high concentrations of *Karenia brevis* organisms, but even if the bloom subsides, toxins can persist in the food chain and continue to affect wildlife."

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.

"Top 5 Breakfast in Florida" - Southern Living

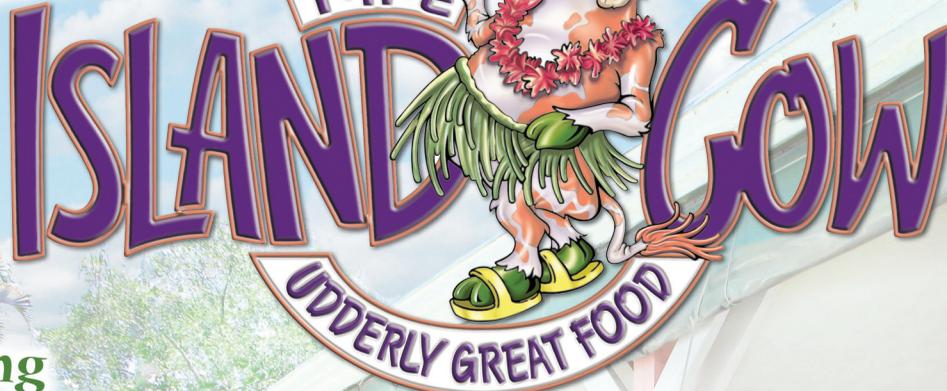
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Good Water, Bad Water



by Capt. Matt Mitchell

All in all, it was a good week on the water with more boats and anglers out on it than I have seen in the past six weeks. Fishing in most parts of the sound was

awesome although in a few places we are still experiencing fish kills caused by red tide. Clients have gradually started returning, and business is finally a little bit better than it has been. Without our water quality issues being sensationalized all over the national news, customers who did get out on the water this week were impressed and happy at the state of our fishery despite what they had previously heard.

Limits of mangrove snapper came easy all week long in the clean waters of the middle to northern sound. Fishing in five to seven feet of clear water was a joy as you could see mangrove snapper, sheepshead, gag grouper, snook and nurse sharks. The water in the majority of the places I have been fishing is as perfect as we ever see it. Big live shrimp and live shiners had these mangrove snapper going nuts. Over the past weekend, my clients quickly had there limits of mangrove snapper all measuring over 12 inches within the first hour of

fishing and, often, all at the first stop of the day.

Catch-and-release snook fishing in and around the passes was also on fire when the passes were free of red tide. During the first 30 minutes of a low incoming tide while finishing a four-hour charter in Blind Pass one day this week, we basically had every bait we cast get hit. Most of these snook were 20 to 26 inches, but we did manage one larger 30-inch fish. Getting on a nonstop snook bite like this brought a glimmer of hope that hopefully our fishery will be ok again.

I returned several days in a row this week to get on the snook action in Blind Pass. Then just a couple of days later, the whole pass was full of dead fish floating everywhere. The latest red tide report shows the majority of our water is getting better. All I can think of to explain this big fish kill is that the fish choking red tide must have pushed in from the Gulf on the incoming tide then moved right back out on the falling tide. While in the pass, all the bait I had in my livewell was surprisingly unaffected, which leads me to believe the red tide had come and gone.

The rest of the entire sound has been free of dead fish for the past few weeks.

It's really heart-breaking to watch our marine life being wiped out as it gets suffocated by red tide fueled by polluted water discharges. What makes it worse yet is to know that nothing at all is being done short term and, that no matter how much attention we bring to this problem, nothing changes. Adding more to the frustration is that the solution is just so simple: Stop the water releases coming down the Caloosahatchee river from Lake Okeechobee by flooding the land south



Will Naylor visiting from England got in on the catch-and-release snook action while fishing with Capt. Matt Mitchell this week photo provided

of the lake and restore the natural water flow to the Everglades. This supercharged red tide bloom is larger than we have ever seen, and it continues to be fed by the nutrient rich water coming down the river.

Fisherman naturally are optimists although its tough to be optimistic when there is no solution in sight for our water quality issues that have not been addressed for decades. Elected politicians

in the pocket of Big Sugar show no urgency to stop the water releases bringing irreversible damage to our estuaries.

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.*

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A bird's-eye view of Tarpon Bay

photo provided

Rental Discounts On National Public Lands Day

On Saturday September 22, Tarpon Bay Explorers will be treating visitors to a 25 percent discount on kayak, paddleboard and bike rentals in honor of National Public Lands Day. National Public Lands Day was first launched in 1994 and aims to advocate for public land support, restoration and stewardship through volunteer services. Public lands consist of any federal, state or locally owned land that is for public use. Seeing that Tarpon Bay Explorers operates out of federal land, the company decided to celebrate the day with a discount to encourage visitors and locals alike to explore the land and water the JN "Ding" Darling National Wildlife Refuge has to offer.

"National Public Lands Day is really gaining steam and recognition on a local, state and federal level," said Tarpon Bay Explorers' Program and Education Manager Adam Sauerland. "The day

receives recognition at all levels and we are more than happy to collaborate with the refuge to encourage visitors to explore the public lands Sanibel has to offer in hopes of them gaining appreciation and respect for a beautiful area." Many people visit Sanibel for its beaches, but not all know that a third of the island consists of the JN "Ding" Darling National Wildlife Refuge. In addition to the beaches, the refuge is a huge attraction for Sanibel which the Explorer family wants all visitors and locals alike to experience.

Tarpon Bay Explorers is the concession to the JN "Ding" Darling National Wildlife Refuge, providing low-impact recreational activity and educational opportunities. Fifteen percent of what Tarpon Bay Explorers receives goes back into the U.S. Fish & Wildlife Service, benefiting refuges around the country. To experience the "Ding" Darling National Wildlife Refuge with Tarpon Bay Explorers, visit www.tarponbayexplorers.com or call 472-8900. National Public Lands Day discount cannot be combined with Tarpon Bay Explorers' annual local September discount.

Tarpon Bay Explorers is located at 900 Tarpon Bay Road.✳

Tours At The Mound House

Three tours will be offered by officials of the Mound House on Fort Myers Beach this week.

On Tuesday, September 25 at 9 a.m., explore the natural treasures on Fort Myers Beach during a free Beach Walk with a guide along the shore. Participants should meet at Newton Beach Park, 4650 Estero Boulevard, under the thatched hut. Wear sunscreen, appropriate clothing, shoes and hats. Weather permitting.

On Friday, September 28 at 8 a.m., explore the winding mangrove creeks and hidden backwaters of Estero Bay, The Mangroves by Kayak tour is guided by Dexter Norris, biologist, naturalist and Mound House environmental educator. Search for birds, fish, manatees and dolphins as you paddle through the

Estero and Hell Peckney bays in a tandem kayak. Mound House kayak tours are conducted in accordance with Florida Society for Ethical Ecotourism guidelines. All paddling equipment provided. Ages 12 and older. Cost is \$45 (or \$15 for Mound House members). Reservations required. Meet at the Mound House, 451 Connecticut Street, on Fort Myers Beach.

On Saturday, September 29 at 7 a.m., a Sunset Kayak Tour will involve participants catching a sunset and exploring tidal creeks and winding mangrove tunnels that extend into the hidden backwaters of Estero Bay. This unique tour offers rare opportunities to experience the abundant life within the estuary in the quiet of twilight. All paddling equipment provided. Weather permitting. Maximum of 12 paddlers. Cost is \$45 (or \$15 for Mound House members). Reservations required.

For more information or to make reservations, call 765-0865 or visit www.moundhouse.org.✳

Plant Smart

Yellow Milkwort

by Gerri Reaves

Native yellow milkwort's (*Polygala rugelii*) natural habitat is wet pine flatwoods and prairies, where it grows up to three feet high.

This wildflower is endemic to Florida, meaning that it's found only in this state. Florida has more than 20 native milkwort species.

The word *Polygala* comes from a Greek word meaning "many or much," and *gala* means "milk." It was once thought that cows that eat the plant produced more milk, thus the name milkwort.

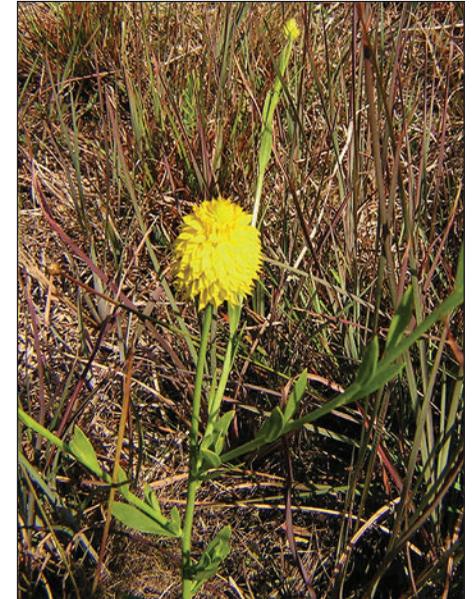
The word *rugelii* refers to Ferdinand Rugel, a botanist who collected plants in Florida in the early 1800s.

The wildflower's showy lemon-yellow flowers are borne in a thimble-shaped dense head an inch to an inch-and-a-half in diameter.

The solitary flowers top the slender grass-like stems and bloom mainly in summer and fall, although they can occur throughout the year. Large lateral sepals are at the base of the flower cluster.

The alternate lance-shaped upper leaves are small compared to the larger spoon-shaped ones at the base. The lower leaves, which form an irregular rosette, are usually gone by the time the plant blooms.

The Institute for Regional Conservation lists this herb as an



Endemic yellow milkwort's flowerheads are densely packed with tiny flowers

photo by Gerri Reaves

imperiled species. Although it is not typically cultivated or found in nurseries, you might spot it in wild areas. If so, do not gather plants or seeds from wild specimens.

Sources: *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida, Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.flwildflowers.org, and www.floridasnature.com.

Plant Smart explores the diverse flora of South Florida.✳

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Finalists Set For ENPY Awards

The Cape Coral Community Foundation recently announced 30 named finalists for the second annual Excellence in Nonprofit Performance Yearly Awards, also known as the ENPYs. The finest nonprofit organizations, leaders, volunteers, staff and business partners in Southwest Florida will be recognized at the awards luncheon at the Crowne Plaza Bell Tower on Tuesday, October 9 from 11 a.m. to 1:30 p.m. A winner will be named in 10 categories.

A panel of impartial non-local judges selected three finalists from an online nomination process in each of the following categories:

Nonprofit Board Leader of the Year (board member) – Haris Domond, Healthcare Network of Southwest Florida; J. Thomas Uhler, Southwest Florida Symphony; Therese Everly, Lee Health

Nonprofit Organization of the Year (established more than three years ago) – Golisano Children's Museum of Naples; Good Wheels; Heights Foundation

Nonprofit Executive of the Year (CEO, president, executive director) – Bonnie Schnell, Cape Coral Housing Development; Diana Giraldo, Streets Alive; Karen Watson, Our Mother's Home

Nonprofit Employee of the year (paid staff member) – Aida Osmic, Lutheran



Allyson O'Brien, Danielle Visone and Angela Melvin from Valerie's House at the 2017 ENPYs

photo provided

Services Florida; Aimee McLaughlin, Big Brother Big Sisters; Terry Reuling, Lifeline Family Center

Business Partner of the Year (business who supports nonprofits and the community) – Entech; Jason's Deli, Diana Willis; Priority Marketing

Nonprofit Volunteer of the Year (individual who serves the organization

and/or community) – Holly Bell, Multicultural Centre of Southwest Florida; Nancy Gibson, Dress for Success of Southwest Florida; Scott Carpenter, The Laboratory Theater of Florida

Nonprofit Rising Organization of the Year (established less than three years ago) – Family Initiative; Path 2

Freedom; Wolfhounds Legacy

In addition, the Paul Sanborn Service Above Self Award, the Elmer Tabor Generosity Award and the Community Impact Award will be presented to three inspirational individuals. The Organization of the Year and Rising Organization of the Year will each be awarded a grant from the Cape Coral Community Foundation.

Paul Sanborn Service Above Self Award – Elmer Tabor; Nick Muhlenbruch; Phil Deems

Elmer Tabor Generosity Award – Dennis Gingerich, founding pastor at Cape Christian Fellowship; Robin Anne Griffiths, author, speaker and personal development consultant; Sam Mazzotti, financial advisor at Edward Jones Investments

Community Impact Award – Fred Richards, Goodwill Industries; Marie Springsteen, 4 Words Foundation; Mark Blust, Watch DOGS

The ENPYs award luncheon is expected to host a sell-out crowd of 200 community leaders from across Southwest Florida. Sponsors include Storm Smart, Generosity University, Friends of the Cape Foundation, CONRIC PR & Marketing, HBK Wealth Management, Premier Cape Construction, Ameriprise Financial, News-Press Media Group, Jason's Deli, Lee Health Foundation and Frank and Sons Moving and Storage.

The Crowne Plaza Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. For more information, visit TheENPYs.com.*

Tickets On Sale For Gala And Fine Art Auction

Tickets are now on sale for 30th annual Arts for ACT A Night At Studio 54 Gala and Fine Art Auction, slated to be held at the Hyatt Regency at Coconut Point on Saturday, November 10 from 5 to 10 p.m.

Presented by Bill Smith Appliances and Electronics, the fundraising event benefits Abuse Counseling and Treatment, Inc. (ACT), a non-profit agency serving victims of domestic violence and their children and survivors of sexual assault and human trafficking in Lee, Hendry and Glades Counties. Co-chairs are Stephen Blancett and Marc Collins, while honorary chairs are Norman and Mary Love.

Tickets are \$175 each and \$1,800 for a reserved table of 10. Guests may purchase tickets by visiting www.e.givesmart.com/events/blm or calling 939-2553. This year's theme will take on a whole new soundtrack for party goers, featuring dinner, entertainment from The Original Studio 54 Band, a cash bar, and the one-of-a-kind fine art and luxury auction items. The cocktail hour will feature a silent auction where guests can enjoy mobile bidding and entertainment by Flashbacks.

One of the main highlights of this signature event is the live art and luxury

item auction, led by auctioneer Scott Robertson and master of ceremonies, NCB-2 News Anchor Kellie Burns. Prizes include luxury excursions, hotel stays and art donated by award winning artists.

For more information on how to join as a supporter, contact Jennifer Benton at 939-2553 or email jbenton@actabuse.com.*

Marine Science Center To Hold Open House

National Estuaries Week will be celebrated with an open house at the Ostego Bay Foundation Marine Science Center on Saturday, September 22 from 10 a.m. to 3 p.m. Learn how the Caloosahatchee meets the sea benefits Fort Myers Beach and surrounding communities.

National Estuaries Week, which runs from September 15 to 22, is a nationwide celebration of bays and estuaries and the many benefits they provide. Much like Estero Bay, estuaries provide vital food supplies, clean water and support the local economy. Yet more than a quarter century after the first National Estuaries Day in 1988, threats to our estuaries and coasts have never been more pressing. We invite you to join us September 21st, 2018 in celebration of our estuaries and the vital role they

play in our community.

We have lost more than half the nation's original coastal wetlands over the past 200 years. Everything from salt marshes along the Atlantic and Pacific shorelines to the mangrove swamps ringing Florida and the Gulf Coast have seen declines.

With the ongoing concern about our nation's economic and financial health, it is important to recognize the value that protecting and restoring our estuaries delivers to both our local economy and nation.

Nationally, our coasts and estuaries are worth nearly \$1 trillion annually to the American economy. Coastal waters add more than \$800 billion in trade and commerce and tens of billions in recreational dollars. Forty-three percent of Americans live in coastal areas, accounting for 40 percent of all employment nationally – 69 million jobs in all – and a whopping 43 percent of our overall economic output. Here in Fort Myers Beach alone, the commercial fishing industry contributes over 80 million dollars to the local economy second only to tourism.

Locally, the San Carlos Island-based Ostego Bay Foundation Inc. is doing their part to help educate and inform residents and vacationers the importance of our estuaries, especially Estero and San Carlos bays.

The Ostego Bay Foundation Marine Science Center is located at 718 Fishermans Wharf on San Carlos Island.

Call the Science Center at 765-8101 or visit www.ostegobay.org for more information.*

Discounted Pet Adoptions

The pet adoption center at Lee County Domestic Animal Services has filled up less than a month after the nationwide Clear the Shelters event, and that means discounted adoptions for people looking for a pet.

The adoption fee for all cats and kittens will be reduced to \$10, and dogs and puppies to \$15 through September 30 to thank the community for showing support for the shelter, but also to find new homes for deserving pets in Lee County. Adoptions include sterilization, age appropriate vaccinations, county license, microchip ID, de-worming, flea treatment, heartworm test for dogs, feline AIDS and leukemia test for cats, and a 10-day health guarantee.

An overwhelming number of people expressed interest in adopting pets during the Clear the Shelters event, even after all available pets were adopted.

The center is open from 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Visit www.leelostpets.com to see pets available for adoption, Lee County Domestic Animal Services on Facebook or @leeanimalservices on Instagram.*

Tickets Available For Appreciation Awards

Tickets are on sale for the Horizon Council and Lee County Economic Development Industry Appreciation Awards that will be held at the Hyatt Regency Coconut Point on Thursday, October 4. The event begins with networking at 10:30 a.m. followed by lunch and awards program at about 11:30 a.m. Tickets are \$50 per person. To purchase tickets go to www.eventbrite.com and search Industry Appreciation Awards.

Awards will be given in the following categories:

The Business Citizenship Award is given to a company whose financial, volunteer and active involvement in community organizations and programs create a better quality of business and civic life in Lee County. Awards will be given in two categories: Large (51 or more employees) and Small (1 to 50 employees). The finalists are Crown Roofing, Cushman & Wakefield Commercial Property, Edison National Bank, Lee County Electric Cooperative, Pavese Law Firm and Pushing the Envelope.

The Nonprofit of the Year Award is given to a Section 501(c)(3) nonprofit organization that has recognized a business or civic need within our community and through community responsibility, innovation, growth, sound business practices and community partnerships serves our community with vision and integrity. Awards will be given in two categories: Large (operational budget over \$1

million) and Small (operational budget under \$1 million). The finalists are Alliance for the Arts, Child Care of SW Florida, FISH of Sanibel-Captiva, Heights Foundation, SWFL Crime Stoppers and Wildcat Run Charitable Foundation.

The Diversity in Business Award is given to a business that has implemented programs in the workplace to create and promote diversity by employing initiatives within the organization and community. Diversity is generally defined as acknowledging, understanding, accepting, valuing and celebrating differences among people with respect to age, class, ethnicity, gender, physical and mental ability, race, sexual orientation, spiritual practice and public assistance status. The finalist is Lee Health.

The Startup of the Year Award is given to a company founded in Lee County in the last three to five years that has demonstrated continued growth both financially and in staffing while leading and overcoming challenges. The finalists are Minaya Learning Global Solutions, Oasis Senior Advisors and Testimonial Tree.

The Business of the Year Award is given to a company in business six or more years in Lee County that has successfully offered high-quality products, services, customer relations and employee development. The business must also demonstrate strong ethical standards, exemplary leadership in their industry and among clients contributing to the economic growth and free enterprise of Lee County. The finalists are FineMark National Bank and Trust, Shell Point Retirement Community and Sunshine Ace Hardware.*

Firm Hired To Design Water Project

The Lee Board of County Commissioners on Tuesday voted to allocate funding for the design of a project that will reduce the levels of nitrogen and phosphorous from the Powell Creek watershed in North Fort Myers. Powell Creek is a tributary of the Caloosahatchee River.

The Caloosahatchee estuary has a Total Maximum Daily Load (TMDL) designation for Total Nitrogen and an adopted State of Florida Basin Management Action Plan to lower this pollutant. Commissioners spend millions of dollars annually on projects to reduce pollutants in the estuary.

Kimley-Horn and Associates, Inc., a national engineering firm with offices in Lee County, will design at least two options for a project at the downstream end of the Powell Creek bypass canal to improve water quality before it is discharged into the Caloosahatchee River. The design option selected will be submitted through the county's five-year Capital Improvement Program budget process for review and consideration. Total cost of the project will be determined after the design is completed; Tuesday's action

authorizes spending up to \$198,000 for the design phase.

For more information on Lee County Natural Resources' efforts to protect and improve water quality, visit www.leegov.com/naturalresources/WaterQuality.*

Vietnam Veterans 50th Anniversary Pins

Veterans of the Vietnam War who reside in Southwest Florida are being sought to register for a special event on Monday, November 12 at JetBlue Stadium in Fort Myers. Hosted by Collier-Lee Honor Flight, the ceremony from 9 to 11 a.m. will honor Vietnam War veterans for their service with a commemorative 50th anniversary pin.

United States veterans who served between November 1955 through April 1975 qualify. All veterans, including those who served state-side, will be honored.

To apply to be recognized and receive a pin at the ceremony, visit www.CollierHonorFlight.org, fill out the application and write "50" at the top.

For additional information, contact Collier-Lee Honor Flight, P.O. Box 8001, Naples, FL 34101, call 777-9295 or email info@CollierHonorFlight.org.*

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LEE COUNTY
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Book Review

Ted Baker in Terrorist Gold

by Di Saggau

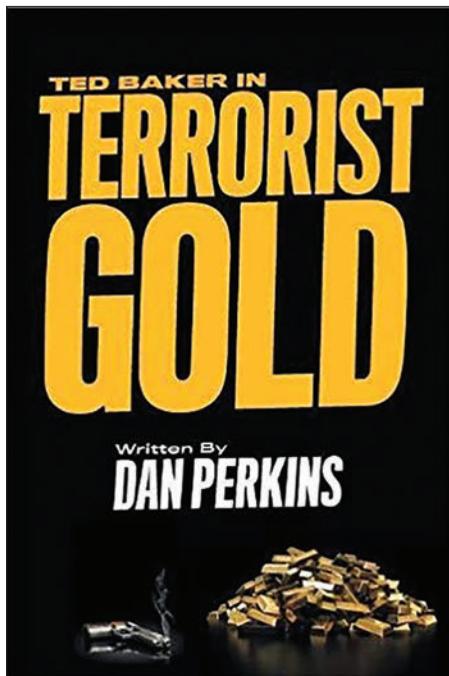


Dan Perkins, has written a trilogy on *The Brotherhood of the Red Nile*, and fans have asked for another book because members of the Pathfinders (the good guys) have become their friends, and they want to

know what happens to their relationships. In *Terrorist Gold*, Perkins brings closure to some subjects while opening the doors for the next book in the series. If you have not read the trilogy, don't worry. While it helps to know the back story, this book does stand on its own.

It opens with Viktor Antipova in Moscow, listening to the United States president deliver an address, that ends with him saying, "And to the terrorists, keep this in mind that we are coming to get you wherever you are. We will take your money; we will take your weapons; and if we have to, we will take your lives." Victor, who has trillions of dollars at stake, vows not to give up without a serious fight.

President Jordan wants America to become the low cost provider of energy to the world. Meanwhile, 6,000 miles from Moscow in Sanibel, home of Mike Ridley, the five Pathfinders are excited because the



president has said the government will give them the money needed to find the source of the terrorist groups' funding. They know that Antipova, a Russian oil billionaire, has somehow corrupted a United States senator and that he is connected to one member of the Brotherhood of the Red Nile terrorist group.

The Pathfinders first job is to try and figure out how he corrupted Senator William Wild, who recently lost his bid for president. Eventually they think Antipova is blackmailing Wild, but why is what they have to find out. They begin by examining his bank records and campaign finances.

Meanwhile, Mike suffers a massive heart attack and that results in Ted Baker taking his place to lead the Pathfinders. It also strains his relationship with Hadar, now that he is her boss. A beautiful young woman named Natasha adds a complicated dimension to the plot, especially as to her relationship to Antipova.

The Pathfinders learn that the Brotherhood is planning a new attack on

the United States using the MERS virus. If this biological attack works, tens of millions of Americans will die. They begin to work out a plan to defuse this attack. *Terrorist Gold* is fast-paced and the characters are very engaging. It also opens doors for Perkins next book in the series *Russian Escape*. But he says it will have to wait its turn until he finishes his first historical fiction, *Abraham Lincoln and the Second Assassin*, due out later this year.✧

School Smart



by Shelley M. Greggs, NCSF

Dear Readers,

For many teens and especially those with learning and attention issues, homework can be a challenge. And for their parents, battles over homework can seem almost as

challenging. Here are some ideas to help with those homework fights and make the process easier for everyone.

A homework contract may be an excellent solution for you. A homework contract is an agreement that outlines what you and your child will do to make sure his or her homework gets completed on time and well. It addresses the issues that are specific to your child's homework struggles.

For example, if your child has issues with time management, you can specify the time of day he or she will do homework. If he or she leans on you for help more often than you think he or she should, you can outline when and how you'll help with homework.

Your child's homework contract may also outline rewards and consequences for following or failing to follow the contract.

Agreeing on a homework contract can ease the tensions that lead to homework battles. A contract can outline a clear set of rules for both of you, based on what you need from each other. Here are some additional suggestions to think about for your child's contract.

If your child waits until the last minute to ask for materials he needs for a project, the contract can specify that he must give you three days' notice. If you don't usually check homework until morning, the contract can say you have to review it the night before.

You might want to include whether your teen is allowed to study with friends in the contract. Some teens do work

better with friends. They may find it easier to understand something when a "study buddy" explains it. Of course, your child may tend to goof off with some of his friends, so studying together may not be a good idea and your contract can include that.

Sometimes kids need a little more help than a study buddy can provide. And if you and your child battle over homework, it may be a good idea to enlist someone else to work on his studies with him.

One option is to get him a tutor. Talk with the teacher or school counselor for tutoring suggestions. You can hire a tutor or your child may even qualify for free tutoring services. You might also consider online tutoring or ask his school about peer tutoring programs. Some teachers will provide a study space during, before or after school and may offer extra help.

Emails, social media and cell phone calls should be prohibited during study time although some technology can help your child with his homework. Some kids listen to music to reduce other distracting sounds. Others find typing easier than writing and may use graphic organizer software to keep track of their thoughts. Many teachers also require technology to complete homework, even if only to type up assignments. Identify in the contract what and when technology is allowed.

For kids who have trouble with time management, cell phone alarms and timers may be helpful. Electronic planners can let them stay on top of assignments more easily. There are also apps to aid with writing and apps to help with math. So, while social media isn't helpful for studying, there are many ways technology can be of great assistance.

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. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com. Not all questions submitted can be addressed through this publication.✧

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Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [*Female Pioneers of Fort Myers*] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

From page 8

Along The River

The Park is a free, family-friendly, pet-friendly event. Unique local exhibitors will be showcasing products and services, as well as food vendors with a variety of omnivore, vegetarian and vegan options to satisfy every palette. The event encourages visitors to bring their refillable cups and sustainable straws in keeping with reducing collective use of plastics. There's even a plant swap this year. Peace Blood donations will be

collected as well as food and supply donations, which will going to the Cape Coral Caring Center, Abuse Counseling Treatment Center shelter, while pet food and supplies to the Gulf Coast Humane Society. Several animal rescue centers will be on site with pets to discuss pet adoptions.

For ways to get involved, contact swfl4peace@email.com or go to the event page at 11th annual SWFL Peace Day Celebrations on Facebook at www.facebook.com/events/1636834519746965.✧



Representing TLC Marketing & Creative Services, the 2018 Small Business of the Year Award winner were, from left, Tiffany Esposito, Bill Daubmann, Trish Leonard, Scott Hennells, Cheryl Oldham of photos provided

Small Business And Citizen Of The Year Named

A sense of community and volunteerism was celebrated at the Bonita Springs Area Chamber of Commerce's 2018 Awards Celebration Luncheon, which featured two speakers from the U.S. Chamber of Commerce. The 18th annual Small Business of the Year and 42nd annual Bonita Springs Citizen of the Year awards were presented along with several Bonita Chamber awards.

TLC Marketing & Creative Services was named the 2018 Small Business of the Year. Led by owner Trish Leonard,

TLC has been in business for almost 10 years, and has given more than 1,000 hours of community service in the past year alone. TLC also supports both local college students and female entrepreneurs through Florida Gulf Coast University scholarships. The Bonita Springs Citizen of the Year Award was presented to Mark Suwyn, head of the Bonita Springs YMCA Advisory Board and longtime community volunteer.

National keynote speaker Cheryl Oldham of the U.S. Chamber of Commerce Foundation addressed the audience of more than 300 business professionals on education and workforce talent.

Brince Manning of the U.S. Chamber of Commerce recognized the Bonita Chamber's fourth consecutive



Pictured with Citizen of the Year Award winner Mark Suwyn with plaque are, front row from left, Trish Leonard, Bobbi Bird, Marjorie Rubacky, Jacke McCurdy, Cindy McCurry-Ross and, back row from left, Don Thomson, Kathy McGrath, Ray Faubion, Teri Lamaine and Dale Timple

reaccreditation as a five-star chamber, the only one in the region, and one of only 12 in Florida, according to Manning.

The 12th Honorary Pat Lord Award was presented to Alaina Streblov of Suncoast Credit Union, in recognition of her volunteer service with the Bonita Springs Area Chamber of Commerce Young Professionals and Impact SWFL.

The Chamber Appreciation Award was presented to Finemark National Bank & Trust, represented by John Kozak and Dallas Revord. Outgoing Board of Directors Chairman Scott Hennells presented Chairman's Awards to Brian

Kramer of the Hyatt Regency Coconut Point Resort & Spa and Marci Seamples of the Naples Zoo.

Additional members recognized included outgoing board members, Bill Banfield (Moran Edwards Asset Management Group of Wells Fargo Advisors), Mike Briers (Briers CPA), Gerard Sola (Hotwire Communications) and Ron Toll (Florida Gulf Coast University); and incoming board chairman Kim Hastings (Kim M. Hastings, PLLC).

For information about other upcoming events, visit www.bonitaspringschamber.com or call 992-2943.✪

From page 1

Lab Theater

shouting in Spanish. At the dock the women are full of anticipation.

The new lector Juan Julian (David Pimentel) has been hired to read to the family workers during their long days of rolling cigars by hand. Santiago (Isaac Osin) is the owner of the factory. When Juan starts reading Tolstoy's Russian classic *Anna Karenina*, the scandalous lives of the characters start to intertwine with the lives of his listeners. Infidelity, money problems and violence come to the surface as family members grapple with their new found understanding of life and relationships. The set by Michael Eyth transforms the cozy stage into a cigar factory complete with walls of tobacco leaves.

Anna Karenina's adventures start to be played out among the daily lives of the factory workers. The women examine the quality of their lives, and the men are mostly annoyed. Conchita (Carmen Rivera), Santiago's daughter, confronts her husband Palomo (Miguel Cintron) about his extramarital affairs. Juan charms the women with his deft reading and starts a relationship with Conchita. Marela (Chloe Tsai) is Santiago's younger daughter, innocent and smitten with Juan. Ofelia

(Grace Delvalle-Hernandez) is Santiago's wife. She wears the pants in this family with gusto.

The cast is terrific all the way around. Cintron plays Palomo as a distant husband who is transformed at the end of the play. Osin as Santiago gives a stoic performance. Cheche (Ronaldo Chico Guido), Santiago's half brother, wants to take over the factory and has no use for Juan's reading. Romantic stories remind him of his estranged wife. *Anna in the Tropics* builds in dramatic tension. The scene revealing the *Anna Karenina* cigar is brilliant. Each family member takes their turn with the new cigar, and we sense their emotions as the smoke leaves their mouths. Dan Hernandez and Abe Hernandez are cigar rollers with no lines. Dr. Ernesto Lasso de la Vega is only on stage for the cockfight, and his performance is memorable.

Lab Theater also has new seats and many of them are risers, so there is not a bad seat in the house. *Anna in the Tropics* plays through September 30 at Laboratory Theater of Florida, 1634 Woodford Avenue in downtown Fort Myers. For tickets, visit www.laboratorytheaterflorida.com or call 218-0481. Mixing Tolstoy into the cigar workers' lives makes for a very strong play. I recommend you see it.✪

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Financial Focus

Don't Forget About Your Retirement Plan



by Jennifer Basey

American Business Women's Day is celebrated on September 22. And there is indeed cause for celebration, because, in recent decades, the number of women business owners has risen

sharply, to the point where nearly 40 percent of all businesses are now women-owned, according to the U.S. Census Bureau. If you are one of these owners, or thinking about becoming one, you'll always have a lot to think about when running your business, but there's also an area you can't ignore – your retirement.

Specifically, you need to consider establishing your own retirement plan.

Most plans available to you are fairly easy to establish and maintain, and are not terribly costly to administer. Here are some popular options:

Owner-Only 401(k) – This plan, also known as an individual or solo 401(k), is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. For 2018, you can put in up to 25 percent of your annual income as an "employer" contribution, and you can defer up to \$18,500 (or \$24,500 if you're age 50 or older). The sum of your employer contribution and your salary deferrals cannot exceed \$55,000, or \$61,000 if you're age 50 or older. You can make elective contributions on a pre- or post-tax (Roth) basis. Pre-tax contributions reduce your taxable income for the current year. Roth contributions don't offer any immediate tax benefit, but any qualified withdrawals will be 100

percent tax-free.

SEP IRA – If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. As an employer, you can contribute the lesser of 25 percent of your compensation (if you're also an employee of your own business) or \$55,000.

Solo Defined Benefit Plan – Pension plans, also known as defined benefit plans, are less common than in previous years, but you can still set one up for yourself if you're self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible.

SIMPLE IRA – A SIMPLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees.

However, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions go, than an owner-only 401(k), a SEP IRA or a defined benefit plan. For 2018, your annual contributions are generally limited to \$12,500, or \$15,500 if you're age 50 or older by the end of the year. You can also make a matching contribution of up to 3 percent of your compensation. As an employer, your contributions are fully deductible as a business expense up to certain limits; as an employee, your pretax contributions reduce the amount of your taxable income for the same tax year.

Before opening any of these plans, you'll want to consult with your tax advisor on the tax issues and a financial professional on the investment aspects. But don't wait too long. You will need to work hard to keep your business thriving – so choose a retirement plan that works just as hard for you.

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

Superior Interiors

Shine On With Metallics



by Linda Coin

Metallics have made appearances in many scenes around the decorating world, and for good reason. These shining accents add elements to a room

like few other materials can do. Classic metals instantly add an industrial feel to an abode, but the use of a glimmering throw pillow or blanket brings a style of elegance to a room.

The vast world of metallics is generally divided into two categories: warm or cool. Cool pieces include silver, platinum and stainless steel, while

gold, copper, brass and bronze are considered warm. Each variation has the power to make a space unique.

Cool-toned metals are often found in the kitchen and bathroom, but adding copper or brass light fixtures and accessories offers an inviting feel to normally stark settings. On the other side of the spectrum, opting for stainless steel or silver pieces will lend a space more towards a contemporary style.

Accessories such as metallic frames and fabrics add a dose of luxury to any room, but why stop there? Metallics can take center stage in the form of wall coverings or coffee tables. Whatever form it may be in, metallics will bring everything and more. From industrial to luxurious, the shine of this up-and-coming staple may even bring the feel of the glimmering beach right into a home.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.✪

Revitalization Project Grant Approved

The Lee Board of County Commissioners recently approved a \$75,000 grant application as part of the North Fort Myers Revitalization Incentives program for a new façade project for Merchants Crossing shopping center in North Fort Myers.

The owner of the center RD Management LLC, plans a \$300,000 capital investment in the façade to:

Accent new entry elements, to create visual interest in the tenant spaces.

Enhance and create visual interest in the overall center by incorporating the coastal "Key West" exterior color palette.

Adjust parapets to create a more varied roofline and better proportions for the building.

The work on the façade is expected to begin before the end of 2018.

The Lee Board of County Commissioners approved the North Fort Myers Revitalization Incentives program earlier this year. This is the first submitted grant application. The program is intended to encourage private sector investment in sites and buildings that will encourage business retention, attraction and expansion. The work must be completed and verified by the County before the funds are awarded.

Merchants Crossing shopping center is located at 15201 North Cleveland Avenue in North Fort Myers. For more information about the incentive program, contact interim Economic Development Director Pamela Johnson at 338-3161.✪

From page 1

Welcome Home

on the American Airlines flight returning from Washington, DC.

Seventy-five senior veterans will be returning from a one-day trip to Washington DC to visit the WWII Memorial, the Korean War Memorial and the Vietnam Memorial. The trip includes laying a wreath at Arlington National Cemetery. Each veteran will be accompanied by a guardian, a volunteer that has paid for their trip and ensures that every veteran has a safe, memorable and rewarding experience. Twelve Gold Star family members, families that have lost a loved one in battle, will accompany the veterans as guardians for the day.

An increasing number of WWII veterans are unable to take the flight to Washington, DC due to health issues. Ten of these Honor at Home veterans will be included in the welcome home celebration when the traveling veterans return from their day in Washington.

"These trips are not possible without



A veteran receiving kisses at WWII Memorial Honor Flight

photo provided

public support," said Sean Lux, founder and director of Collier-Lee Honor Flight. "Veterans tell us that the Honor Flight is one of the best days of their life. Many had

given up hope of seeing the memorials. Now they have hope, but time is running out to give one last thank you to our proud heroes who sacrificed so much to preserve

our freedoms."

Two hundred twenty-five veterans will participate in a total of three Collier-Lee Honor Flights in 2018. A single flight can cost more than \$80,000. Support for these trips is provided by donors and volunteers and is at no cost to the veterans. Top priority is given to most senior heroes – survivors of WWII and any veteran with a terminal illness. The program also extends to Korean and Vietnam War Veterans as space allows, on a chronological basis.

The next Collier-Lee Honor Flight will take place on Saturday, October 20. The welcome home for the October 20 flight will take place from 8 to 9:30 p.m. at Southwest Florida International Airport. Veterans can apply for an Honor Flight by visiting www.collierleehonorflight.org/ how-to-apply or calling 777-9295.

Collier-Lee Honor Flight is a 501(c)3 nonprofit, 100 percent volunteer organization relying solely on donations. To learn more, visit www.collierleehonorflight.org/, email info@collierleehonorflight.org or call 777-9295. Visit on Facebook at facebook.com/colliercountyhonorflight.✪

Milestone To Be Reached During Anniversary Week

Forty years ago this week, the Area Agency on Aging for Southwest Florida (AAASWFL) filed articles of incorporation to serve older adults in this area. The regional nonprofit agency became official on September 12, 1978. Coincidentally, AAASWFL will reach more than one milestone this week. It will also accept its 500,000th call to the Southwest Florida Elder Helpline.

The Elder Helpline is a toll-free service that helps connect seniors and adults with disabilities to needed resources in the community. The Area Agency on Aging has operated the Southwest Florida Elder Helpline since 2003. Last year, the agency received nearly 64,000 calls to the toll-free service. This year, that number is expected to climb to more than 70,000.

"It's amazing to think that our team has handled half a million calls since we started operating the Helpline," said AAASWFL President and CEO Marianne Lorini. "To have it happen the same week as our 40th anniversary is really something special. Our Helpline specialists are the first contact that most folks have with us, so they're really the unsung heroes of our organization."

The Elder Helpline accepts calls Mondays through Fridays from 8 a.m. until 5 p.m., excluding holidays. The



AAASWFL President and CEO Marianne Lorini photos provided

state's network of 11 Area Agencies on Aging share a database of service providers to assist seniors, people with disabilities, caregivers and other individuals with locating resources in their communities. Assistance is available in 200 languages.

In 2017, the most frequent request to the Helpline was for assessments for government-funded elder care and long-term care services, followed by assistance with utility payments and health insurance counseling. Other frequently requested needs include meals



The Aging for Southwest Florida regional nonprofit agency

and nutrition services, affordable housing, and transportation.

"The average caller to the Helpline isn't just looking for just one thing. They're usually calling us for help with two or three needs," explained Lorini. "Our goal is to be able to connect our callers with at least three resources. Those resources might be government-funded, nonprofit, or even private-pay. If there's an available resource in our community, we want to make sure our callers know about it."

While the helpline may be the

best-known of AAASWFL's services, the agency is also responsible for screening older adults for eligibility for government-funded home and community-based services and for monitoring local service providers. AAASWFL also provides direct services to adults age 60 and older and adults with disabilities. These programs include SHINE Medicare Counseling, health and wellness workshops, and elder abuse prevention education.

For more information, visit www.aaaswfl.org or call the toll-free Helpline at 866-413-5337.*

Arthritis-Friendly Workshops Begin September 25

Many people living with arthritis avoid exercise because of the discomfort it can cause – but exercise can actually be beneficial for pain management. The Area Agency on Aging for Southwest Florida (AAASWFL) is offering a free eight-week Walk With Ease workshop at Peace Lutheran Church. Participants will meet on Tuesday and Thursday afternoons, starting September 25.

Older adults with arthritis and those at risk of developing arthritis are invited to learn how to exercise safely. Walk With Ease is a structured walking program from the Arthritis Foundation. The program teaches participants how to safely make physical activity part of their everyday lives. Walk With Ease is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a daily habit.

A recent survey by the Centers for Disease Control revealed that 53 percent of Americans with arthritis didn't walk at all for exercise. A full one-third of respondents got less than 90 minutes per week of exercise – well under the recommended activity level.

"Research shows that walking is

good for your joints, and can also improve the health of your heart, lungs and bones," said Sherry Young, health and wellness coordinator for AAASWFL. "Walking can also help with weight management. Keeping a healthy weight can lower your risk for arthritis in the knee, heart disease and diabetes."

Walk With Ease helps participants develop successful exercise routines by offering support, information and other tools. The eight-week group series is led by a certified instructor. Participants learn proper stretching and pain management techniques, build stamina and increase their walking pace. The program can be modified to meet the needs of individual participants so that each person can develop an exercise routine that fits their unique goals.

Young added, "If you can be on your feet for 10 minutes without increased pain, you will most likely have success with Walk With Ease."

Walk With Ease is shown to increase balance and strength, as well as reduce the pain and discomfort of arthritis. The program also builds its participants' confidence in their physical activity and overall health.

Pre-registration is required. For more information, contact Young at 866-413-5337 (866-41-ELDER) or sherry.young@aaaswfl.org. Before starting any exercise program, always check with your physician.

The Arthritis Foundation Walk With Ease Program is one of several

health education and self-management programs offered by the Area Agency on Aging for Southwest Florida.

Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers. For more information, visit www.aaaswfl.org or call the toll-free Helpline at 866-413-5337 (866-41-ELDER).*

Cardiothoracic Center Receives High Star Rating

Shibley Cardiothoracic Center, located at HealthPark Medical Center, has been awarded the highest possible 3-star rating by The Society of Thoracic Surgeons (STS) for lobectomy, a lung cancer procedure that removes a portion of the lung. The center is the only 3-star publically reporting facility in the state of Florida, and one of only six registry participants in the nation to be designated a 3-star program.

"We're very honored to be ranked among the top centers in the country and look forward to building on this success," said Paul DiGiorgi, MD, a cardiothoracic surgeon with Lee Health's Shibley Cardiothoracic Center. "Our surgeons strive every day to provide the best care to our patients and this recognition demonstrates that.

Thoracic surgeons specialize in diseases of the lungs, the esophagus and the mediastinum (the area between

the lungs). Shibley Cardiothoracic Center has a revolutionary approach to the surgical treatment of heart and lung diseases with an emphasis on innovation, education and research. The center helps shape the future of heart and lung surgery by spearheading cutting-edge research, advancing new and innovative surgical techniques and providing outstanding training to surgical teams worldwide. The vast majority of the center's patients undergoing lung surgery are done minimally invasively, either by video-assisted or robotic approach."

The ranking covers the three-year period from January 2015 to December 2017 and is based on data collected from the General Thoracic Surgery Database, the largest and most robust clinical thoracic surgical database in North America. The database is widely considered the gold standard for medical specialty outcomes databases. STS uses a star rating system to indicate performance. Participants receive a 3-star, 2-star or 1-star rating.

The database also offers surgeons the ability to voluntarily and publically report their outcomes. Public reporting demonstrates the commitment of these surgeons to transparency, accountability and quality improvement in health care delivery. Participation in the database and public reporting provides patients and their families with meaningful information to make informed choices about their care.*

Red Sox Certain To Finish With Best Record In History Of The Franchise



by Ed Frank

Red Sox fans – Do you realize that your 2018 Red Sox are on pace to win the most games in the 117-year history of this iconic franchise?

Through Monday of this week, the Red Sox had a 103-47 record with 12 games to play. Only three other Boston teams finished with more than 100 wins: 1912 – 105-47; 1915 – 101-50; and 1946 – 103-47.

The Red Sox need to post only a 3-9 record in those final 12 games to become the all-time winningest team in franchise history.

When Boston left here at the end of Spring Training, the odds-makers listed them as one of the three or four best teams in baseball. But no way were they expected to win more than 100 games, and to run away with the American League Eastern Division title.

The Red Sox had a whopping 11 ½ game lead over their bitter rival New York Yankees as the week began and, with their “magic number” down to two, they are expected to clinch the title during a three-game series with the Yankees in New York that began Tuesday.

Boston has won three World Series in the last 15 years, but those teams didn’t

come close to the season record of the 2018 Red Sox. Boston won the 2004 World Series after a 98-64 regular season record. Their record was 96-66 when they won it all in 2007, and 97-65 in 2013.

There are many, many reasons for the current Boston success. First, we must give credit to Dave Dombrowski, president of baseball operations. Dombrowski was hired in 2015 with the team facing last place division finishes three of the last four years.

He is known as an old-school believer in scouting as well as a modern-day believer in the analytical importance of the game.

The Red Sox did win the AL East in 2016 and 2017 but were knocked out of the playoffs in the first round. Dombroski fired manager John Farrell after last season and hired Houston bench coach Alex Cora. The rookie manager has guided a record-setting team which is now the World Series favorite, according to several Las Vegas oddsmakers.

Perhaps Dombrowski’s biggest and most successful move was the signing this year of slugger JD Martinez. Just look at his stats as the week began: He led the American League in RBIs, 122; first in hits, 176; third in runs scored, 106; second in home runs, 41; and trailed teammate Mookie Betts in batting average, .328 to .337. Those certainly are records of worthy MVP consideration.

But there is so much more to the astounding 2018 Red Sox. They have led the division all season with solid pitching, outstanding defense and great power led by Betts and Martinez.

However, Dombrowski, Cora and every member of the Bosox will tell you it won’t be a successful season without a deep post-season run. With the division all by wrapped up, Cora is certain to rest many of his players these final two weeks to prepare for that post-season run.✪



The championship court at Bonita Bay Club’s new sports center

photo provided

Local Club To Host Professional Tennis Tourney

Bonita Bay Club has been selected to host a \$100,000 United States Tennis Association (USTA) Women’s Professional Circuit tennis tournament Monday, May 6 through Sunday, May 12.

The USTA Pro Circuit is the pathway to the U.S. Open and tour-level competition for aspiring tennis players. Players ranked from No. 30 to No. 60 in the world, according to the USTA, will compete in the 2019 tournament at

Bonita Bay Club, which is one of only two of its level in the country, and the first in Southwest Florida.

The USTA tournament is one of three major tennis events Bonita Bay Club is hosting this upcoming season. The club will also host a collegiate open tournament with Florida Gulf Coast University from Friday, October 26 through Sunday, October 28. The 38th annual Naples-Fort Myers Challenge will also return to Bonita Bay Club Saturday, November 10.

“One of our goals in hosting these three events is to raise the level of tennis in our region,” said committee chair Peter Janson, adding they’re estimating 1,000 spectators to attend the USTA

tournament each day. “It is an honor for Bonita Bay Club to host the future stars of women’s tennis.”

Bonita Bay Club’s Director of Sports and USTA Master Professional Paula Scheb said another goal of the events is to help support New Horizons of Southwest Florida.

“New Horizons’ mission of empowering at-risk youth to reach their full potential through tutoring, mentoring and faith-building really resonates with our club members – many of whom have

volunteered there regularly for years,” said Scheb.

Bonita Bay Club’s tournament committee is coordinating event sponsorships and planning a full schedule of activities, including a gala and silent auction and a golf tournament to support the event. For information about sponsorship opportunities, call 949-5039.

For more information, visit www.bonitabayclub.net or call the membership office at 949-5061.✪

SPORTS QUIZ

1. Who was the oldest catcher to hit a home run in the All-Star Game before St. Louis’ Yadier Molina (34 years, 363 days) did it in 2017?
2. When was the last time before August 2017 that the Los Angeles Dodgers were 50 games over .500 during a season?
3. Between the 2000 and 2017 NFL seasons, how many teams other than New England and Pittsburgh won the AFC Championship?
4. When was the last time before 2018 that the West Virginia men’s basketball team was ranked as high as second in The Associated Press Top 25 poll?
5. In 2018, Tampa Bay’s Mikhail Sergachev became the youngest player in team history (19 years, 300 days) to score an NHL playoff goal. Who had been the youngest?
6. When was the last time for 2018 that Germany’s men’s soccer team was eliminated in the first round of the World Cup?
7. In 2018, Gennady Golovkin tied the record for most title defenses as a middleweight. Who else holds the mark?

ANSWERS

1. Yogi Berra of the New York Yankees (34 years, 83 days old), in 1959. 2. It was 1953.
3. Four – Baltimore (twice), Indianapolis (twice), Denver (twice) and Oakland. 4. It was December 1953.
5. Jason Wiener (20 years and 2 days old), in 1996. 6. It was 1938. 7. Bernard Hopkins (1996-2005).

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National Merit Scholarship Semifinalists

Fort Myers High School seniors Dahlia Dry, Devin Mix, Timothy Robertson, Ryan Schmelzle and Cynthia Sheng were named semifinalists in the 2019 National Merit Scholarship Program.

"We, as the Green Wave family, are extremely proud of the accomplishments of our five National Merit Scholarship semifinalists," said Fort Myers High School Principal Dr. Robert Butz. "They have proven what hard work and dedication, through their high school career, can accomplish. They are our future, and our future looks very bright."

National Merit Program semifinalists represent less than one percent of all high school seniors. To be chosen, they must have an outstanding academic record throughout high school, be endorsed and recommended by a high school official, write an essay and earn SAT scores that confirm the student's earlier performance on the qualifying test.

The National Merit Scholarship winners will be selected in the spring from this group of semifinalists. On a state-representational basis, there will be 2,500 National Merit Scholarships awarded in the amount of \$2,500 each. About 1,000 corporate-sponsored Merit Scholarship awards will be provided by approximately 230 corporations and business organizations. In addition, about 180 colleges and universities are expected to finance some 4,000 college-sponsored Merit Scholarship awards for finalists who will attend the sponsor institution.✪

FSW To Open Fifth Corporate Training Center

This fall, Florida SouthWestern State College (FSW) will open the doors to its fifth location now in Bonita Springs. FSW's Corporate Training Center, located in the Riverview Corporate Center, will provide a centralized location for FSW's corporate training initiative, the Florida Flex grant, and will be the focal point for FSW's customized business training programs.

Established through a partnership with and administered by FSW, the Florida Flex grant serves private businesses and employee expansion by incentivizing the creation of new, high wage jobs. With a majority of businesses the grant serves being located within 20 to 30 miles of Bonita Springs, the new location will provide easy access to meeting space in a corporate setting. Presently, FSW partnerships span the region with nearby Hertz and HERC, Arthrex to the south, and Cheney Brothers in the north. FSW is the largest facilitator of the Florida Flex Program and has provided training funds to local businesses in excess of \$13 million for over 7,000 new employees.

"There has been a growing need in the business community to more easily engage with the college," said Dr. Jeff Allbritten, president, FSW. "This new initiative brings us closer to businesses and enhances

our ability to respond to our business community's needs."

"We are thrilled to welcome FSW to the Bonita Springs community," said Tiffany Esposito, president, Bonita Springs Area Chamber of Commerce. "While we have benefited from a regional partnership with FSW for many years, this new, central location will give the business community access to unique education and training opportunities. The corporate training center adds to the economic development incentives we offer in the region and will allow us to continue to grow and strengthen the business community throughout Southwest Florida."

The office suite will also serve as a hub for the FSW economic development and external affairs office, which includes FSW's communications and public information, government affairs and corporate training departments. Along with six offices, the suite will also have a conference room space for meetings with businesses, faculty and staff. Renovations to the space are underway and expected to be completed in mid-November.

FSW Corporate Training Center is located at 27400 Riverview Center Boulevard Building 8 suite 200 in Bonita Springs. For more information, contact Dr. Robert R. Jones, vice president for economic development and external affairs, at robert.jones@fsw.edu or 732-3720.✪

Fort Myers Native Excels During College Game

Fort Myers native Brittany Annand was named the PlanFIRST Player of the Game for the Bob Jones University Women's Volleyball Team in its recent match against Trinity College.

Annand, a sophomore health sciences major at the Greenville, South Carolina college, had 25 assists for the match as the Bruins swept the Trinity Tigers, 3-0. The victory pushed Bob Jones University Women's Volleyball Team's undefeated record to 9-0.✪

From page 6

Fort Myers Art

Arts, located at 10091 McGregor Boulevard in Fort Myers. The play contemplates a cast consisting of four women and three men, the three 40-something couples, Diane and Nick Dahner, Louise and Trevor Neese, and Pam and Charlie Caldwell, along with 17-year-old babysitter by the name of Julie. All seven roles are available.

Actors are encouraged to have a prepared monologue between one and two minutes in length; if not, cold readings will be available.

For more information, call Bill Taylor at 939-2787.

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 left, Eddie Metzger, Ross Metzger, Jason White and Greg Crawford of TECO Peoples Gas played in FGCU's 2017 Founder's Cup photo provided

Founder's Cup Golf Tournament Set For October 5

For the 27th year, Florida Gulf Coast University (FGCU) will unite golfers with stunning vistas and two challenging courses – all in the name of supporting students, faculty and staff. The annual FGCU Founder's Cup takes place at Quail Creek Country Club on Friday, October 5.

"This tournament has raised more

than \$1.7 million over the past 27 years," said Christopher Simoneau, FGCU Foundation executive director and the university's vice president for advancement. "All the money goes to support academic excellence, scholarships and student success. It's an important event that delivers a significant financial boost to the university's mission."

A portion of the tournament's proceeds will be directed to establish a specific scholarship – the Officer Adam Jobbers-Miller Endowed Scholarship

continued on page 24

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Phelan Family Brands Vice President of Marketing Kevin Rooney passes 6,800 gift cards to Dr. Robert Butz, Fort Myers High School principal photo provided

Pinchers Honors Lee County Teachers

School District of Lee County teachers are being treated to a night out at Pinchers. Phelan Family Brands is donating 6,800 gift cards worth \$25 each at any of their restaurants. Founder Kathleen Phelan is a former teacher and knows firsthand the impact teachers have on their students and their communities.

"We just wanted to say thanks for all you do," explained Kevin Rooney, Vice President of Marketing for Phelan Family

Brands. "It's a labor of love for all of you and it's very personal to our company."

The gift cards were presented to Principals this morning for distribution to their teachers.

Superintendent D. Greg Adkins was there for the presentation to thank the Phelan family. "We couldn't be successful without our community partners," he says.

This is the second year Phelan Family Brands donated \$25 gift cards to Lee County teachers. They are making similar donations in nearly every county they have a restaurant, handing out more than \$1 million in gift certificates.

Video is available of this morning's presentation through WeTransfer.com for your use.✪

SalusCare Earns Three-Year Accreditation

Local mental health and substance use service provider SalusCare, Inc. has earned a three-year accreditation from CARF International, the Commission on Accreditation of Rehabilitation Facilities, for the services it provides to the community.

This newest accreditation runs through June 2021, and is an indication of the organization's dedication and commitment to improving the quality of the lives of those served.

"I am so very proud of SalusCare, the leadership team and all employees who provide these crucial behavioral healthcare services to our community," said Marshall T. Bower, SalusCare Board chair.

In the 29-page report from CARF, the surveyors noted that, "SalusCare has committed itself to being the forerunner of behavioral healthcare services in the community it serves."

The written-report also states that, "One strength of the organization is its staff. Throughout the survey the staff demonstrated its commitment to the mission of the organization to provide exceptional and compassionate behavioral healthcare. This extends beyond the patients, and it was truly evident that the organization also

demonstrates a commitment with its staff and stakeholders. Staff members truly care about the well-being of all people they serve."

"We have always known that our greatest strength is the staff who are providing these much-needed mental health and substance use services on a daily basis," said Stacey Cook, SalusCare president and CEO. "But when you see it acknowledged by your accrediting body, that really means the world. I am elated to lead this group of caring professionals and proud of our work in the community every day."✪

FSW Campus Honored As First Blue Zone College

The Florida SouthWestern State College (FSW) Collier Campus is the first Blue Zones Project-recognized college in Florida, and only the second in the nation. The honor was celebrated on campus during a ribbon cutting ceremony on Thursday, September 20.

The Blue Zones Project is a community-wide, well-being improvement initiative to help make healthy choices easier for everyone in Southwest Florida. It was inspired by the global Blue Zones Project, which began when National Geographic Fellow Dan Buettner researched locations throughout the world where

Mental Health Luncheon Set For October 29

Fort Myers attorney Sawyer C. Smith will be the keynote speaker at the upcoming Hope Clubhouse annual Mental Health Luncheon at Broadway Palm Dinner Theatre on Monday, October 29 from 11 a.m. to 1:30 p.m.

With the theme of Faces of Hope at Work, the luncheon will shine a light on the newly launched Hope Works LLC, a work placement initiative that connects employers to Hope Clubhouse members who provide dedicated, reliable and immediate work.

Smith, an accomplished businessman and attorney dedicated to improving Lee County's quality of life, will share his personal journey and insight on mental health.

"I am certain that Sawyer will help bring awareness to the issues of mental health in Southwest Florida," said James Wineinger, Hope Clubhouse's executive director. "I feel extremely privileged to work with individuals like him who are helping take this initiative to its highest potential."

Smith has earned the respect and praise of many in the legal community for his level of integrity and commitment to the protection of the Constitutional rights. He drew raves for his stirring address at the 2017 luncheon. Fellow attorney Kelly L. Fayer of the Law Offices of Kelly L. Fayer, PA, who's serving as event chair, and state Rep. Heather Fitzhagen, the



Sawyer Smith photo provided

honorary chair, look forward to having Smith advance the conversation on mental health.

"I commend Sawyer for having the courage to share his story," Fayer said. "We need more people like him to erase the stigma surrounding mental health challenges."

Event proceeds benefit the programs and services at Hope Clubhouse. Tickets are \$75 and available at www.hopeclubhouse.org.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information and to learn about sponsorship opportunities, call 900-4200.✪

people were living active lives into their hundreds with less rates of chronic diseases.

"FSW Collier Campus already has a history of using environmentally friendly practices, with our four newest buildings, campus-wide recycling efforts and our annual GreenFest Expo," said Gail Murphy, director, FSW Collier Campus. "These initiatives are about making healthy choices for our planet. Participating in the Blue Zones Project is a natural extension of that with the added focus of good health for people."

In order to become a Blue Zones Project-recognized college, at least 25 percent of students must pledge to enroll in the Blue Zones Project and do their best to incorporate the Blue Zones' Power 9 principles into their lives.

The FSW Collier Campus is also taking an active role in the Blue Zones Project by providing healthier food options at student events and making fruits and vegetables more prominent in its cafeteria. It has also installed three refillable water bottle stations around the campus.

"We are thrilled that the FSW Collier Campus is the first Blue Zones Project-recognized college in Florida," said Trang Burney, coordinator, FSW Collier Campus Student Engagement. "By signing the Blue Zones Project pledge, our students have told us they want to lead healthier lives, and we want to be sure we are providing them with the options to do so."

For more information about the Southwest Florida Blue Zones Project, visit www.southwestflorida.bluezonesproject.com.✪

Chronic Pain Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health is offering a free six-week workshop, entitled Chronic Pain Self-Management – a research-based program developed by Stanford University. The session will be held at Peace Lutheran Church on Thursdays beginning September 27 from 9 to 11:30 a.m.

Information presented in the workshop can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*. Seating is limited and registration is required.

Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers. Call 343-9264 for more information.✪

Sidekicks Shaving Heads For Cancer Awareness

As part of childhood cancer awareness month, Golisano Children's Hospital of Southwest Florida Chief Administrative Officer Armando Llechu, alongside more than a dozen others including doctors and team members, community leaders and influential individuals from Southwest Florida, will have their heads shaved by pediatric cancer patients on Friday, September 28 in the main atrium of the children's hospital.

To raise awareness and drive philanthropic support that will help local children with cancer, these "hero sidekicks" are asking the Southwest Florida community to come together and make donations to Barbara's Friends - Golisano Children's Hospital Cancer Fund. For more than 20 years, Barbara's Friends has supported lifesaving cancer care for children from across Southwest Florida at Golisano Children's Hospital. The pediatric hematology/oncology program is the only program of its kind in Southwest Florida, and no child is denied treatment or turned away as a result of their family's inability to pay for care.

Llechu will have his head shaved by McKenzie Hummer. Ten years ago on January 29, 2008, 8-year-old McKenzie was diagnosed with an aggressive, cancerous brain tumor called medulloblastoma that would threaten

to end her life way too early. Twenty surgeries, 30 radiation treatments, 10 months of chemotherapy, numerous hospital stays and doctor visits would follow. Over the last few years, she has battled late-effect complications as a consequence to the treatments she received to save her life. She is a strong young hero that continues to defy the odds every day. Her strength comes from her faith in God, a fire deep inside to win this battle and a contagious smile.

"McKenzie has been an inspiration to me. From the moment I met McKenzie, I knew she possessed more strength and courage in her little body than I could ever hope to. I was simultaneously encouraged by her strength and saddened by the struggle that is so real in the lives of those we serve," said Llechu. "I knew that day that in order to really care for our patients and families, we needed to connect with them and show our support and solidarity in a fun, yet meaningful way. Through this head-shaving event, we can show these children that bald is beautiful, and while we may never have the strength they do, we are with them in their journey."

Celebrity barber Yoshi of Blackbeard Company will donate his skills to clean up the sidekicks. For more information about helping kids with cancer in your community, call Lee Health Foundation at 343-6950. To make a donation, visit www.leehealthfoundation.org/clipsforcancer. For more information on the children's hospital, visit www.golisanochildrensswfl.org.



Armando Llechu, center, with patients at Golisano Children's Hospital

photo provided

SWFL CARES FUND



Assisting our Lee County Neighbors Impacted by the Water Crisis

TEXT TO DONATE: GIVESWFL or 444999
 Apply for Assistance: Call United Way 211 or
 239-433-3900



dearRPharmacist

Six Ways To Protect Your Eyesight



by Suzy Cohen, RPh

Dear Readers: I look around at this beautiful Earth and the people I love and I think, I never want to lose this gift! Eyesight is such a precious thing, and most people take it for granted because

you've never known otherwise. But it's common to lose vision as you age. It's not just an inevitable consequence though.

You might be able to slow it down by considering a few factors, dietary changes and vitamins or minerals. Today, I'll help you learn what might support your health if you have age-related macular degeneration (AMD), dry eye syndrome or cataracts.

As soon as you notice changes in your eyesight, see an ophthalmologist. I recommend you share eyesight changes with your doctor so that they can see if you have diabetes or other disorders.

Vision-protecting foods – To protect eyesight, make sure that your diet contains plenty of eye-loving foods. These include citrus foods, nuts, hemp seeds, walnuts, almonds, cashews, salads, sweet potatoes, pumpkin seeds and seafood. Water is also important. Dehydration will make your vision blurry.

Lutein and zeaxanthin – Lutein and zeaxanthin are very special carotenoids that protect your retina. They filter out high-energy wavelengths of light and act as antioxidants.

You don't make your own lutein and zeaxanthin, eat right and/or supplement. The best sources of lutein and zeaxanthin are leafy greens, squash, Brussels sprouts,

broccoli, carrots and egg yolks.

Vitamins C and E – These two powerful antioxidants protect the tiny cells of your eye from oxidative damage. Both of these vitamins help you maintain healthy blood vessels. You see, blood vessels improve blood flow to your eye and this is imperative to good vision.

Good food sources of vitamin C include citrus fruits, bell peppers and salads. Vitamin E can be obtained from sunflower seeds, and walnuts.

Zinc – Zinc is highly concentrated in your retina and especially in the macula, where it helps to make a pigment called melanin that absorbs harmful light. Melanin is a pigment that is made in your body by melanocytes. It's in your skin too; it protects against UV radiation. The more melanin you have, the more brown your eyes are. Zinc supports melanin production in the body.

EPA and DHA Fish Oils – These offset some of the medication-induced vision damage that occurs from taking statins, NSAIDs, steroids and seizure medicine. Fish oils also suppress the inflammatory mediators such as thromboxanes, prostaglandins and leukotrienes. DHA accounts for more than one-third of the fatty acids in your retina.

Inflammation in your body doesn't passively go away. We've recently learned there are three compounds that force it to calm down. These good guys are called the resolvins, protectins and maresins, and essential fatty acids help you make more of the good guys.

Wear sunglasses – Ultraviolet light can hurt your eyes, so squinting isn't good. Wearing sunglasses when you're outside exposed to bright sunlight reduces the amount of UV light that your eyes are exposed to.

FYI, our devices emit short-wavelength blue light which might have negative changes in our eyesight.

*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.**

championship courses. Designed by world-renowned golf course architect Arthur Hills, the Quail and Creek courses offer 36 holes of challenges for players of all skill levels. Following tournament play, there will be an awards reception with cocktails and hors d'oeuvres.

This year's supporters include Wright Construction Group, United Mechanical, Maddox Construction Company, Enterprise Holdings, Service Contracting Solutions, Crowther, Wayne Wiles Floor Coverings, B&I Contractors, Inc., Manhattan Construction (Florida), Inc., Houchin Construction, Inc., Estero Bay Chevrolet, and Millennium Physicians Group.

Sponsorship opportunities are still available at several levels.

Quail Creek Country Club is located at 13300 Valewood Drive in Naples. For more information on sponsorships, donations or registration, contact Angela Kunkle at 745-4343.*

Doctor and Dietician

Vision And Your Diet



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

Can what you eat affect the health of your eyes? Definitely! There is a strong connection between the foods you eat, and the health of your body and your vision. Older adults face age-related conditions, like cataracts and macular degeneration, which can impair their lifestyle, so making good nutritional choices is a way to help delay or prevent certain eye problems. In general, an overall healthy diet appears to be the best strategy in reducing the risk of developing age-related eye conditions. A diet high in processed foods, saturated fat and sugar has been shown to increase the risk of these eye diseases, while a diet high in vegetables, carotenoids, vitamins, minerals, lutein, omega-3 fatty acids and

healthy proteins, is beneficial for eye health.

How do you do this? Choose a variety of dark green and brightly colored fruits and vegetables to obtain the most antioxidants, which protect eyes by reducing free radical damage that can cause age-related eye diseases. Throw together a colorful salad or steam some fresh vegetables. Grab raw vegetables for a wholesome snack. Bell peppers are high in vitamins A and C. Carrots are high in vitamin A, plus vitamins C and E, which help reduce the impact of both cataracts and age-related macular degeneration. Dip veggies in hummus, or just munch on them for a flavorful burst of nutrition. Include spinach, kale and other dark green, leafy vegetables for eye healthy vitamin C, beta carotene, lutein and zeaxanthin. Turkey is a good protein source loaded with zinc and the B-vitamin niacin, which can help prevent cataracts. And wild salmon is a perfect way to provide protein and the omega-3 fats you need.

Fresh, whole food diets play a vital role in your overall health and the health of your eyes.

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

Beautifulife:

Shine Bright



by Kay Casperson

Light can symbolize lots of things – like hope, inspiration, love and peace. Our personal happiness is also like a light, burning bright deep within us, and when the daily stresses of life

become overwhelming, that light starts to dim, making it harder to see and focus on what's truly important.

Here are a few of my favorite affirmations for illuminating every aspect of your life – emotionally, spiritually, physically, environmentally and socially:

I revitalize my mind, body and spirit – Find time to celebrate life every single day (even if it's only for a few minutes at a time). Discover new activities that ignite your imagination and spark your creativity. Get a beautiful natural glow back in your cheeks by treating your skin to a brightening vitamin C serum or a nourishing facial at the spa. Greet the sunrise with an inspirational prayer and an energizing yoga session. Each day is a new opportunity to celebrate our blessings and explore the beauty of life.

I am passionate about life and compassionate towards others – What are you passionate about? What fuels

you? Figure out what makes you feel happy, healthy and fulfilled, and embrace it with gusto. Channel your love for life into everything you do, especially when it comes to inspiring, helping or connecting with other people. Keep compassion in your heart, let your heart guide you, and you will enrich the lives of others as well as your own.

I let my inner light shine bright – When we are truly happy, it glows from within and shines on the world and people around us. Share your happiness, love and inspiration with everyone you meet, wherever you go, every single day.

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.**

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

For more meeting information, visit www.southwestfloo.org.

Sanibel Community Church is located at 1740 Periwinkle Way.*

From page 21

Founder's Cup

Fund. Fort Myers Police Officer Jobbers-Miller died July 28, 2018 as a result of injuries sustained while responding to an on-duty incident earlier in the month. The \$25,000 endowed scholarship in honor of Officer Jobbers-Miller will support Florida Gulf Coast University students pursuing degrees in criminal justice. Preference for the awarding of the scholarship will be given to FGCU students who are currently serving as first responders (police officers, firefighters, EMTs or prison guards) in Florida.

"Officer Jobbers-Miller's story had a major impact on this community, and we think this is an important way to remember him while supporting FGCU students who wish to follow his path," Simoneau said.

The Founder's Cup begins with a buffet luncheon at 11 a.m. at the Quail Creek clubhouse. Golfers will begin play at 1 p.m. on the club's two

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Pud And Della



Pud

Della

Hi! I'm Pud. I am a handsome, declawed, 14-year-old male champagne tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster

family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$50. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at haveneearthanimalleague@yahoo.com.

Hello, I'm Della. I am a beautiful tabby girl who recently had a litter. I'm only 1 year old and very sweet. I have been fully vetted and brought up to date on all vaccines. Come see me at PetSmart on Six Mile Cypress. My adoption fee is \$100. To find out more about me, call Diane at 860-833-4472 or email Haven on Earth Animal League at haveneearthanimalleague@yahoo.com.

Haven on Earth Animal League, Inc. is a 501c3 nonprofit animal rescue organization in Fort Myers, operated completely by volunteers. Its mission is to rescue, house, rehabilitate and re-home abused, unwanted, neglected and homeless animals into forever, loving homes.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.✱

Lee County Domestic Animal Services

Jasmine And Alice

Hello, my name is Jasmine. I am a 4-year-old female German shepard mix who is the shelter princess just waiting for my prince to come find me. I have a megawatt smile that will have you eating out of the palm of my hand, but I'd prefer to eat out of the palm of yours. I get along well with others, so if you have another canine at home, that would be okay with me



Jasmine ID# A666380

My adoption fee is \$15.

Hi, I'm Miss Alice, and much like Alice in Wonderland, I am "curiouser and curiouser." I am a 3-year-old female domestic shorthair who loves to sit on my perch and watch what is going on below me. Give me something high to sit on, and I am quite content. I am also very happy to sit in your lap and be treated like the queen I fancy myself to be. I am a loveable sort and will return your affection.

My adoption fee is \$10.

Through September 30, the adoption fee for all cats and kittens will be reduced to just \$10 and dogs and puppies to just \$15. Adoptions include: sterilization; age appropriate vaccinations; county license; microchip ID; de-worming; flea treatment; a heartworm test for dogs; feline AIDS and leukemia test for cats; and a 10-day health guarantee. This is a \$500 package. The team of volunteers and staff are waiting to introduce your new family member to you. Check the website to be sure pets are still available.



Alice ID# A746946

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

PAWS Of Sanibel

Matilda And Sasha

Hi, my name is Matilda. My foster mom calls me Tilly for short. I'm about a year old and was found in the area of East Lake Road, off Casa Ybel Road. Some kind people took me in. The lady from PAWS took me over to Coral Veterinary Clinic in Fort Myers to have them look me over. I have been combo-tested (negative), had FVRCP and rabies immunizations, was treated for fleas and will be spayed this month. I did not have a microchip. PAWS was not able to find my people, and I am now available for adoption. My foster mom loves cuddling with me.



Matilda

She says I'm such a sweet girl and someone will be very lucky to have me.

Hello, I'm Sasha. I was picked up on Airport Road off Casa Ybel by the Sanibel Police after a call from a local resident. I am approximately 1 to 2 years old, have no microchip and am a tan/black tabby. I am very sweet and gentle and am now in a foster home. My combo test for FIV/FeLV/Heartworms was negative. I have been given immunizations for FVRCP, FeLV, rabies, and given a heartworm and flea preventive. I will likely be spayed this month. Please consider giving me a forever home.



Sasha

These young cats are extremely sweet and well-behaved. If you are interested in adopting one or both of these beautiful girls, call Pam at PAWS, 472-4823.✱



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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

TECH COMPANY CLOSINGS

- | | | | | | |
|--|--|--|---|--|---------------------------------------|
| ACROSS | 56 Insignia | 102 Arbitrary security inspection | 3 Abatement | 36 Mountaintop melodies | 83 Reed of rock |
| 1 No-elevator multistory building | 58 Three-section holder of bills | 105 Collection for the Red Cross, say | 4 Frilly green | 37 Societal breakdown | 84 Held off |
| 7 Prefix with bar or belief | 61 52, to Livy | 110 Shrewd | 5 Rugged truck, in brief | 38 Tyro, slangily | 85 Flyers' gp. |
| 10 Long tales | 62 Spanish surrealist | 111 Keno cousin | 6 With 64-Across, snookums or sweetie, say | 39 "The Spy Who Loved Me" actor | 86 Blushed |
| 15 Boo-boo | 64 See 6-Down | 112 Water, in Nancy | 7 Real nice | 40 Getting the job done | 87 Hurried, quaintly |
| 19 Consider identical | 65 Simpson judge Lance | 113 Tweaks text | 8 "— it!" (outfield call) | 45 Brochure or blurb, maybe | 89 "Sharknado" actress Reid |
| 20 Go-between: Abbr. | 66 Probe for | 115 Unbox, e.g. | 9 Extra entryway for bad weather | 46 Settle from the bench | 93 Occurred gradually |
| 21 Roping event | 68 Journals | 119 Napoleonic exile locale | 10 Physicist's work unit | 47 Terminus | 96 House pest |
| 22 NCAA's | 72 Really cries | 120 2014 Kentucky Derby winner | 11 Diametrically opposite | 49 Stein drink | 97 Mysore "Mr." |
| 23 Protection for many bank tellers | 76 Bass finale? | 124 Pennant, e.g. | 12 Sun Valley's state | 50 Too glib | 99 Ending of enzymes |
| 26 "— cost ya!" | 78 Notion, in Nancy | 125 From Tehran or Tabriz | 13 Romero or Franck | 52 Skye, e.g. | 101 Los del — ("Macarena" duo) |
| 27 Closeout, e.g. | 81 Syllable after "oom" | 126 Elegant shade tree | 14 "Help me!" | 53 Babysitters, e.g. | 103 Chevy debut of 2004 |
| 28 Preamble | 82 Element like barium or radium | 127 1991 horror film sequel subtitled "The Awakening" | 15 Parts of many rock songs | 55 "Krazy —" José | 104 Plateau's kin |
| 29 Puzzler's cry | 88 Hard but easily broken | 128 "Rent" actor | 16 Eight-sided | 57 Cuban patriot | 105 Rock fissure |
| 30 Net vending | 90 Verse-writing, old-style | 129 Diggs | 17 Stan's pal in old films | 59 Terrific | 106 Shout out, colloquially |
| 31 Kinnear of Hollywood | 91 1940s pres. | 130 South Korea's Kim | 18 Drops | 60 Less naive | 107 Hanker |
| 33 Reflections | 92 Pricey hotel offering | 131 Tech giant whose name can precede nine words in this puzzle | 24 — à-terre | 63 Most frigid | 108 — Lama |
| 36 Connecticut state song | 94 Pact of the U.S., Can. and Mex. | | 25 Kitchen wrap | 67 Compact SUV model | 109 Devastates |
| 41 Spanish bull | 95 University of Kentucky's — Arena | | 30 Genre of rock | 69 "— a Nightingale" | 114 Visiting H'wood, say |
| 42 Actor Ed | 96 Some aria singers | | 31 Coagulated member | 70 Singer Chris | 115 Black-and-white cookie |
| 43 Yoko of the avant-garde | 98 Vintage auto inits. | | 32 Fam. member | 71 Basketball's Bryant | 116 Atari classic |
| 44 Mall binge, maybe | 99 Adept | | 34 High-graphics | 73 Select | 117 Jannings of "Quo Vadis" |
| 48 Get a pic of | 100 Conflicted | | 35 Suffix with favor or zinc | 74 Like Latvia or Lithuania | 118 "54" actress Campbell |
| 51 Wooden peg | | | | 77 Duplicitous | 120 U.S. org. with moles |
| 52 "In a pickle," e.g. | | | | 80 Actor Hal | 121 Archaic "Curses!" |
| 54 Part of ERA | | | | 82 Mo. with Arbor Day | 122 Machine part |
| 55 "Bear" of the outback | | | | | 123 Gp. with a copay |

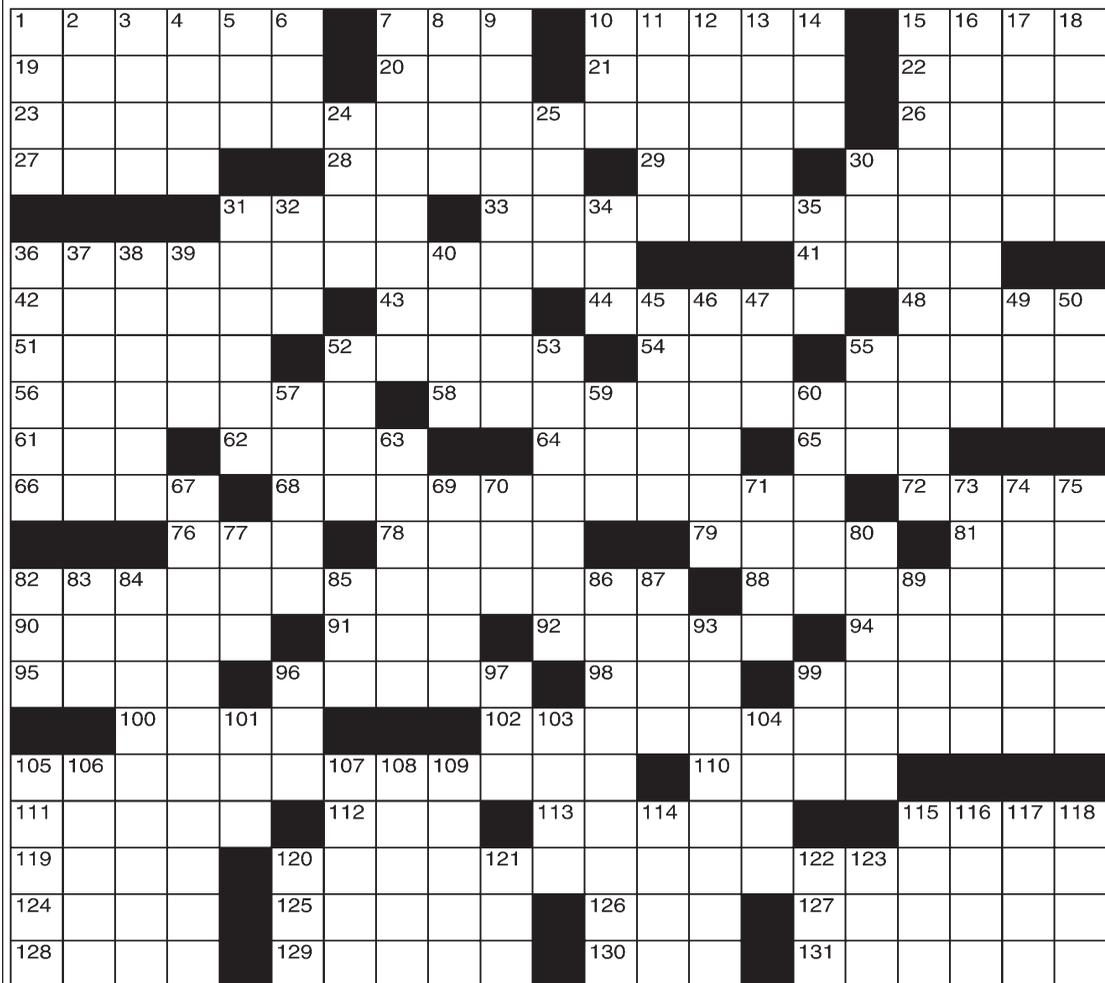
King Crossword

ACROSS

- | | | | |
|----------------------------------|----------------------------|------------------------------|---------------------------------|
| 1 Sandwich shop | 51 Exist | 6 bill | 27 PC linking system |
| 5 Glazier's sheet | 52 Celebrity | 7 Seasickness symptom | 29 Bachelor's last words |
| 9 Wapiti | 53 One of HOMES | 8 Blunder | 30 Insult (Sl.) |
| 12 Culture medium | 54 Ph. bk. data | 9 Author Hunter | 31 Prepared |
| 13 Winged | 55 "— Breckinridge" | 10 Catchy tune | 35 Ample |
| 14 Evening hour, in a way | 56 Monstrous loch? | 11 Narc's measure | 36 Dawn |
| 15 Folded entree | | 12 Provide | 39 Senor Peron |
| 16 Thy | | 24 Satan's doings | 40 Frizzy 'do |
| 17 Every iota | | 25 Discoverer's cry | 41 Troubles |
| 18 Paradise | | 26 Package adornment | 43 Somewhere out there |
| 19 "Monty Python" intro | | | 45 Drill |
| 20 Grooving on | | | 46 Mrs. Osiris |
| 21 Bid | | | 47 Spots |
| 23 Always, in verse | | | 49 Doctrine |
| 25 Watermelon-shaped | | | |
| 28 Dodges | | | |
| 32 Stash excessively | | | |
| 33 Privately funded film | | | |
| 34 Confesses | | | |
| 36 Not quite | | | |
| 37 Conger, e.g. | | | |
| 38 Mex. neighbor | | | |
| 39 Big fish story? | | | |
| 42 Anvil location | | | |
| 44 Wading bird | | | |
| 48 Vessel from way off | | | |
| 49 Data | | | |
| 50 Prescribed | | | |

DOWN

- | | | | | |
|----------------------|--------------------|--------------------------|--------------------------|----------------------|
| 1 Appointment | 2 "Zounds!" | 3 Chantilly, e.g. | 4 Old locomotives | 5 Footing the |
|----------------------|--------------------|--------------------------|--------------------------|----------------------|

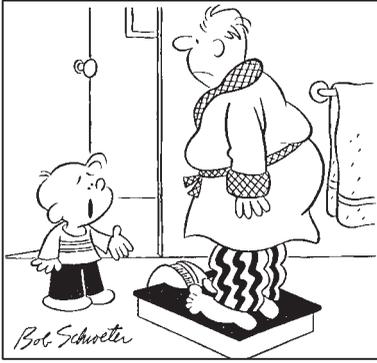


MAGIC MAZE ● WOODWORKING TERMS

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

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

- | | | | |
|-----------|----------|---------|-------|
| Bench dog | Dado | Kerf | Rail |
| Bolster | Dovetail | Mitre | Rip |
| Burl | Fence | Mortise | Route |
| Crosscut | Grain | Rabbet | |



"What's the _____
for this scale, Dad?"
answer on page 30

SCRAMBLERS

Unscramble the CAPITAL letters below to form four ordinary words. Then rearrange the boxed letters to form the mystery word to complete the gag!

Gall
RANGE

Lithe
GAILE

Clever
RADIOT

Close
BRANEY

TODAY'S WORD

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

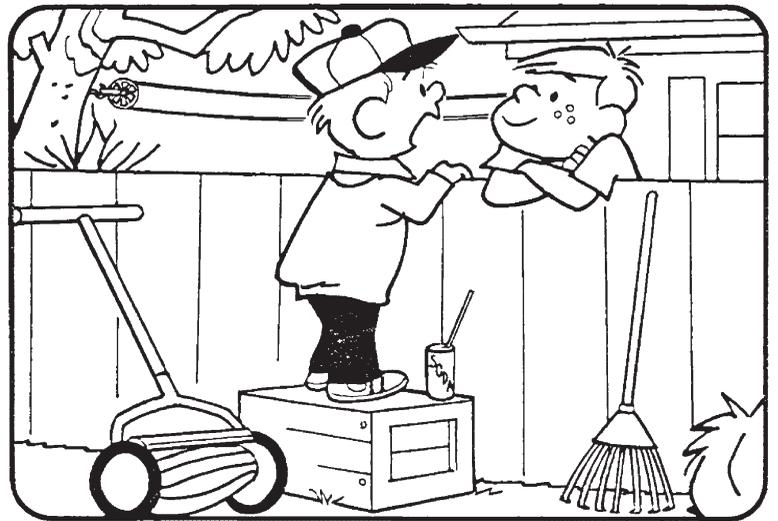
SUDOKU

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

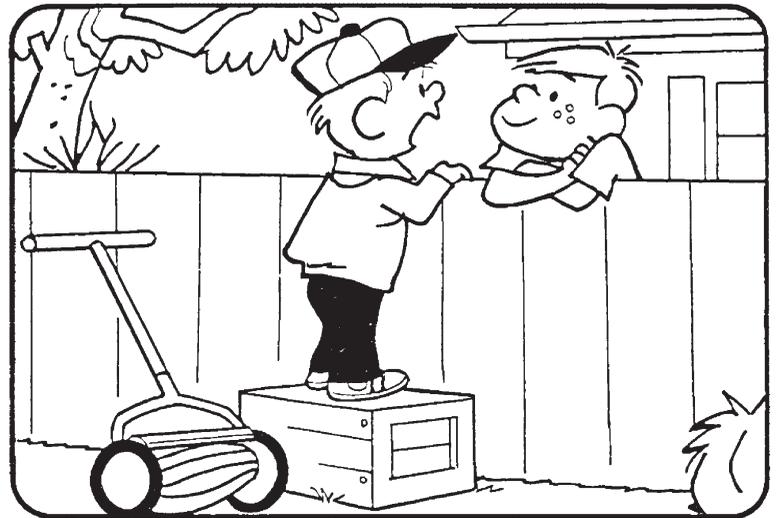
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Clothesline is missing. 2. Handle is shorter. 3. Sweatshirt is shorter. 4. Can is missing. 5. Crossed arms are switched. 6. Rake is missing.



Baked Vegetable Tortilla Towers

12 flat hard shell corn tortillas (tostada size)

1 tablespoon vegetable oil

1 red onion, thinly sliced

2 cups mushrooms, thinly sliced

2 carrots, sliced as thin as possible

1 medium zucchini, thinly sliced

Kosher salt and fresh ground pepper, to taste

1½ cups low-fat jack cheese (or your favorite), grated

1 cup homemade vegetable salsa (or your favorite store-bought)

¼ cup low fat sour cream

½ cup scallions, chopped

Pre-heat oven to 400 degrees. Heat oil over medium-high heat in a large sauté pan. Add onion and sauté, stirring frequently for 3 to 4 minutes. Add all other vegetables and continue cooking, stirring occasionally, until vegetables are crisp-tender, about 5 minutes. Remove from heat and season with salt and pepper.

Place four tortillas on baking sheet. Evenly distribute spoonfuls of the sautéed vegetables on each tortilla, then add a small amount of the cheese. Repeat so that you have four stacks with three tortillas each. Make sure to save some cheese for the top of the last layer.

Bake for 6 to 10 minutes until the stacks are heated thoroughly. Garnish the top of each stack with salsa, sour cream and scallions. Serve warm.✪



Baked Vegetable Tortilla Towers

photo courtesy Fresh From Florida

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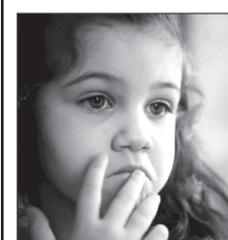
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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

FRIDAY
Sunny
High: 90 Low: 80

SATURDAY
Mostly Sunny
High: 88 Low: 78

SUNDAY
Partly Cloudy
High: 90 Low: 80

MONDAY
Sunny
High: 87 Low: 77

TUESDAY
Sunny
High: 89 Low: 75

WEDNESDAY
Mostly Sunny
High: 88 Low: 78

THURSDAY
Partly Cloudy
High: 90 Low: 76

Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:50 am	5:05 am	11:28 am	6:14 pm
Sat	1:09 am	5:47 am	12:15 pm	6:46 pm
Sun	1:24 am	6:24 am	12:55 pm	7:13 pm
Mon	1:37 am	6:58 am	1:33 pm	7:38 pm
Tue	1:50 am	7:32 am	2:10 pm	8:01 pm
Wed	2:06 am	8:09 am	2:49 pm	8:24 pm
Thu	2:28 am	8:49 am	3:33 pm	8:49 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	10:33 am	5:07 am	None	6:16 pm
Sat	12:14 am	5:49 am	11:20 am	6:48 pm
Sun	12:29 am	6:26 am	12:00 pm	7:15 pm
Mon	12:42 am	7:00 am	12:38 pm	7:40 pm
Tue	12:55 am	7:34 am	1:15 pm	8:03 pm
Wed	1:11 am	8:11 am	1:54 pm	8:26 pm
Thu	1:33 am	8:51 am	2:38 pm	8:51 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:03 am	5:00 am	None	6:13 pm
Sat	12:45 am	6:12 am	12:14 pm	7:02 pm
Sun	1:16 am	7:05 am	1:02 pm	7:42 pm
Mon	1:45 am	7:50 am	1:42 pm	8:18 pm
Tue	2:13 am	8:30 am	2:24 pm	8:52 pm
Wed	2:41 am	9:08 am	3:09 pm	9:23 pm
Thu	3:05 am	9:44 am	3:56 pm	9:51 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:00 am	8:21 am	1:38 pm	9:30 pm
Sat	3:19 am	9:03 am	2:25 pm	10:02 pm
Sun	3:34 am	9:40 am	3:05 pm	10:29 pm
Mon	3:47 am	10:14 am	3:43 pm	10:54 pm
Tue	4:00 am	10:48 am	4:20 pm	11:17 pm
Wed	4:16 am	11:25 am	4:59 pm	11:40 pm
Thu	4:38 am	12:05 pm	5:43 pm	None

PUZZLE ANSWERS

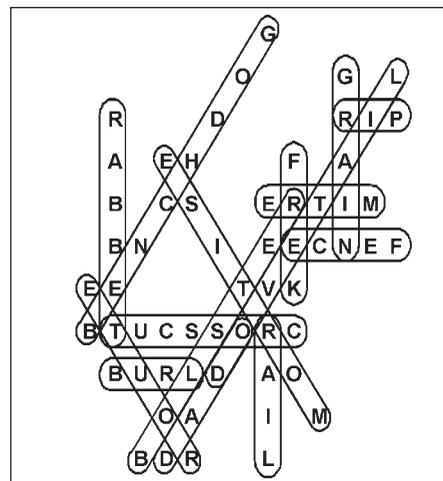
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 24, 2018

Aries (March 21 to April 19) The changing season brings new experiences as well as challenges for the ever-adventurous Aries. Your social life expands, as do the opportunities at your workplace.

Taurus (April 20 to May 20) That recent period of uncertainty has passed. You now can now feel more confident about making decisions, especially those that relate to an important personal relationship.

Gemini (May 21 to June 20) Although you might be faced with a number of tasks on your to-do list, try to take time out to enjoy the arts. Music, especially, can be soothing to the sensitive soul of a Gemini.

Cancer (June 21 to July 22) A disagreement with a colleague or friend is best resolved with open and frank discussion. Trying to force the other party to see things your way is bound to backfire.

Leo (July 23 to August 22) That Leonine pride might be ruffled by a colleague's challenge to one of your pet ideas. But stop growling and listen. You could learn something that will work to your advantage.

Virgo (August 23 to September 22) Someone in authority might decide to select you as a candidate for a project that carries more responsibilities. Be prepared to show why you're the right choice for the job.

Libra (September 23 to October 22) That new workplace problem should be dealt with as soon as possible. Leaving it unresolved for too long could lead to an

even more unsettling and time-consuming situation.

Scorpio (October 23 to November 21) You might have to do some fancy juggling to keep both your work responsibilities and personal obligations on track. But ultimately, you'll work it all out, as you always do.

Sagittarius (November 22 to December 21) You might hear some upsetting things about a situation in your life. But don't be swayed by talk. Demand proof before making any decisions on the matter.

Capricorn (December 22 to January 19) Don't risk depleting those precious energy levels by taking on more tasks than you can realistically handle. Also, remember to ask for help when you need it.

Aquarius (January 20 to February 18) It might be difficult for the Aquarian who is used to giving advice to take counsel when offered. But it's a good idea to listen to what trusted friends feel you should know.

Pisces (February 19 to March 20) Things might be a little unsettled as you move through a period of reassessment. But once you get your priorities sorted out, you should be ready to tackle an important decision.

Born This Week: You're able to achieve a happy balance in your productive life by never feeling overwhelmed or underappreciated.

STRANGE BUT TRUE

• It was Kurt Vonnegut, one of the most influential writers of the 20th century, who made the following sage observation: "There is no reason why good cannot

triumph as often as evil. The triumph of anything is a matter of organization. If there are such things as angels, I hope they are organized along the lines of the Mafia."

• Greyhounds aren't just fast; they also have better vision than any other breed of dog.

• The venerable diner saw its peak as a place for a casual meal in the late 1940s, when there were around 7,000 of them across the country. Today there are fewer than 2,000.

• Thomas Jefferson was an inventor as well as a statesman, but he refused to take out patents on any of his ideas. He believed that inventions should benefit all of humanity, not just himself.

• In January 2018, the City of New York paid 200 formerly homeless people \$85 each to pretend to be homeless again for one night. At midnight that night, in order to get an estimate of the city's homeless population, volunteer canvassers took to the streets, approaching apparently homeless people to ask if they have somewhere to sleep. If a canvasser came across one of the paid "homeless" decoys, that decoy went home. The decoys were, essentially, a check to see how well the canvassers did their job – and they did it pretty well, it seems, finding 90 percent of the decoys in the course of the night.

• In Switzerland, it's considered bad luck to tell anyone your baby's name before it is born.

THOUGHT FOR THE DAY

"People of small caliber like to sit on high horses." – Magdalena Samozwaniec

TRIVIA TEST

- Science:** What is the study of heat and its transformation to mechanical energy called?
- Language:** What is the symbol associated with the Greek letter "Delta" (uppercase)?
- Music:** Which city is hometown to the Red Hot Chili Peppers band?
- Psychology:** What is the fear represented in tachophobia?
- Animal Kingdom:** What is a male rabbit called?
- Geography:** Which two African nations joined to become Tanzania in 1964?
- Literature:** Who wrote the children's classic book *Charlie and the Chocolate Factory*?
- Measurements:** How many centimeters are in a foot?
- Movies:** Who was the Oscar-winning director of *The Deer Hunter*?
- Chemistry:** What is the symbol for the element arsenic?

TRIVIA ANSWERS

- Thermodynamics
- Triangle
- Los Angeles
- Fear of speed
- A buck
- Zanzibar and Tanganyika
- Roald Dahl
- 8.30/48
- Michael Cimino
10. As.

★ ★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★ ★

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SCRAMBLERS

1. Anger;
2. Agile;
3. Adroit;
4. Nearby

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 9/21 ★ 9/28

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 9/21 ★ TFN

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 9/14 ★ TFN

ANNUAL RENTAL

ANNUAL RENTAL

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 8/31 ★ 10/5

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 Friday October 5, 7 a.m. to 5 p.m. Saturday October 6, 7 a.m. to 1 p.m. Selling: furniture, housewares, clothes, jewelry, purses, holiday decorations (Halloween and Christmas), bake sale items and beverages.
 9/14 ★ 10/5

PUBLIC SERVICE

PUBLIC SERVICE ANNOUNCEMENT

Narconon reminds families that the opiate problem in the U.S. is continuing to worsen and it's more important than ever to know and understand the signs and symptoms of an opiate overdose. To learn more about how to identify the signs and symptoms of opiate abuse, go to: <http://www.narconon-suncoast.org/blog/how-to-recognize-signs-of-an-opiate-overdose.html> ADDICTION SCREENINGS Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1-888-824-1621
 8/31 ★ TFN

Alzheimer's Caregivers Meetings Offered

The Alvin A. Dubin Alzheimer's Resource Center holds monthly support-group meetings for those caring for loved ones in various stages of Alzheimer's disease or related memory impairments. The meetings provide opportunities to connect with others who face similar challenges and to learn more about Alzheimer's disease and related dementias, effective coping strategies and community resources. Select meetings feature guest speakers as well as informal times for sharing.

"Making the decision to join a support group can be difficult for some people," said Dubin Center Executive Director Jan Kerlin. "While it may seem impossible to think about joining a group of strangers and sharing personal thoughts and struggles, participating in support group meetings is one of the best things caregivers can do for themselves and their loved ones.

"Support group members learn from one another, find they are not alone and share successes in dealing with tough situations. They form friendships and strong support systems that become essential parts of their daily lives as caregivers," said Kerlin.

A qualified staff member of the Dubin Alzheimer's Resource Center attends each meeting to facilitate discussion and provide practical information for

caregivers. Caregivers are invited to participate in the following monthly meetings, which are held at no charge.

Fort Myers times and locations include:

Second Tuesday at 2 p.m., Pine Ridge at Fort Myers, 4801 Lakeside Club Boulevard (press the phone symbol and 777 at the gate)

Second and fourth Wednesday at 10 a.m., Saint Columbkille Catholic Church, Ministry Center Room 1, 12175 Iona Road

Fourth Tuesday at 10 a.m., Fort Myers Congregational Church, 8210 College Parkway

Fourth Tuesday at 1 p.m., Community Cooperative's Resource Center, 3429 Martin Luther King Jr. Boulevard; RSVPs are required; call

437-3007

Third Wednesday at 10 a.m., Peace Lutheran Church, 15840 McGregor Boulevard; respite care is available, and RSVPs are required; call 437-2599

Fourth Tuesday at 2 p.m., Brookdale Fort Myers The Colony, 13565 American Colony Boulevard

Third Thursday at 6:15 p.m., Alvin A. Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court

Cape Coral times and locations include:

First and third Thursday at 2 p.m., Gulf Coast Village, 1333 Santa Barbara Boulevard

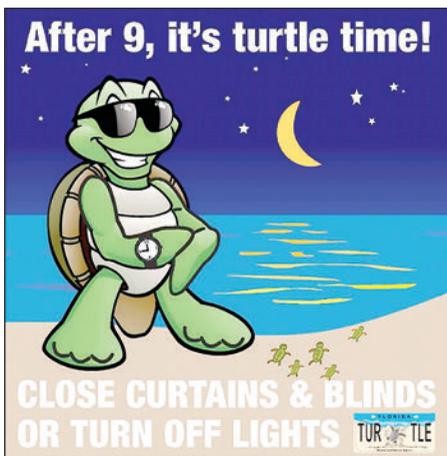
Third Tuesday at 3 p.m., Grace Church, 13 SE 21st Place; registration is required for respite care; call 823-4960 or 246-9816

A support group for adults who are assisting or caring for their aging parents meets the first Tuesday at 6:15 p.m. at Alvin A. Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court in Fort Myers.

In addition, the center offers support groups for those with early stage dementia who are dealing with memory loss, coping with changes and feelings, and adjusting to new situations. The center also offers a group for caregivers whose role is transitioning either due to facility placement or death of their loved one.

To learn about safety, community education and training programs or to subscribe to a quarterly newsletter, visit www.AlzheimersSWFL.org or call 437-3007.*

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Ponza	Estero	2016	3,124	\$1,169,000	\$1,100,000	184
Cape Coral	Cape Coral	2007	3,220	\$874,999	\$812,500	77
Island Harbors	Matlacha	1965	1,832	\$849,000	\$801,000	140
Town And River	Fort Myers	2007	2,249	\$799,000	\$740,500	206
Laguna Shores	Fort Myers Beach	1997	1,248	\$599,000	\$560,000	72
Hampton Greens	Fort Myers	1996	3,636	\$575,000	\$550,000	263
Hampton Park	Fort Myers	2006	3,471	\$549,900	\$530,000	177
Cape Coral	Cape Coral	2005	2,678	\$549,000	\$525,000	53
Whiskey Creek	Fort Myers	1966	2,001	\$549,000	\$537,500	12
Turtle Point Cove	Estero	2004	2,000	\$539,900	\$525,000	4

TERRA NOSTRA

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Mondays & Tuesdays

Pasta for Two \$39

- 1 Appetizer to Share**
- 2 Pasta Selections**
- 1 Dessert to Share**



Wednesdays & Thursdays

1/2 Off

- On All Our Wines**
- Bottle Selections**
- Domestic & International**
- Two Entrées Required**

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HAPPY HOUR AT TERRA'S MONDAY - FRIDAY 4PM TO 7PM

COLD DRINKS

HOUSE WINES & COLD BEERS	4\$
WELL DRINKS	5\$
BUBBLY PROSECCOS, SPRITZ & ROSÉ	6\$
MARTINIS & COCKTAILS	8\$

BAR BITES (SMALL PLATES)

\$8 EACH

- COLD SEAFOOD MEDLEY SALAD**
- SHRIMP COCKTAIL ICE COLD COCKTAIL SAUCE**
- CAPRESE SALAD FRESH MOZZ, TOMATO & FRESH BASIL, BALSAMIC REDUCTION**
- OYSTERS ROCKEFELLER**
- SEARED AHI TUNA + TERRA CHIPS**
- MUSSELS ANY STYLE**
- CLAMS IN BRODO STEAMED IN WHITE WINE**
- CRISPY CALAMARI SPICY MAYO & MARINARA**
- SALUMI PROSCIUTTO, SOPPRESSATA CALABRESE, OLIVES**
- MEATBALLS PICCOLINI MARINARA**
- PICCOLA EGGPLANT PARMIGIANA**
- ITALIAN SAUSAGE PEPPERS & ONION BITES**
- CHICKEN CACCIATORE BITES**



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