



Who Da Owl Are You by Stephen Blancett
images provided

Celebrating A Decade Of Downtown Fun

The 10-year anniversary of Art Walk Fort Myers and cultural development will be celebrated on Friday, October 5 from 6 p.m. to midnight in the downtown historic district.



10 Years Art Walk by David Acevedo

The Sidney & Berne Davis Art Center will feature 10 Years of Art Walk in the Capital Gallery on the second floor and the annual Dark Art exhibition, a spooky and strange group art show presented by Syzygy, with live music, interactive games, food, drinks and performances in the first floor Grand Atrium. There will be a \$1 donation fee.

Outside SBDAC, there will be
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A Killer Comedy At Theatre Conspiracy

by Di Saggau

Murderers by Jeffrey Hatcher is now showing at Theatre Conspiracy at the Alliance for the Arts. The three characters in the photo to the right may not look like murderers, but looks can be deceiving. The play, a world premiere, is comprised of three monologue scenes. They all take place in Riddle Key, a Florida retirement center where dinner is served at 5 p.m., and everyone is in bed before sundown. There is no intermission, and the show runs about 90 minutes. Each of the three storytellers talks to the audience as they would to a good friend. They all admit they are murderers, in fact each act begins with them saying, "I am a murderer." They are personable and about as delightful a bunch of killers as we'd ever meet.

The Well-Dressed Man is a Murderer features Rob Green in a black suit and tie because that's what all the best murderers wear. The story centers around an older woman dying of kidney disease, who decides to marry her daughter's boyfriend so the daughter can inherit her \$5 million



Rob Green, Carolyn England and Shelley Sanders are the murderers photo provided

without all the taxes and capital gains. All seems well thought out until another "gigolo" threatens blackmail. Green tells his story with wit and charm.

Carolyn England plays Lucy Stickler in *Margaret Faydle Comes to Town*. It won't spoil it for you to know that her last name is the main joke in the story. Lucy is stuck in a marriage with Bob and their

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The Driver is Red, a 15-minute animation

images provided

Black Maria Film Festival Returns Next Saturday

The Black Maria Film Festival will return to Florida SouthWestern State College (FSW) for its 37th anniversary tour on Saturday, October 13 at 7:30 p.m. The festival will be held at the FSW Thomas Edison Campus, Rush Library Auditorium, Building J, Room 103. Tickets

are \$10 for the general public, free for FSW students with their Buc Card and \$5 for FSW staff and faculty. Tickets must be purchased at the door in cash.

Founded in New Jersey in 1981 to honor Thomas Edison's pioneering spirit in cinema, this festival celebrates the creative vision of contemporary independent directors by showcasing an eclectic variety of bold short films. The Academy of Motion Picture Arts and Sciences recognizes the Black Maria as an Academy Award qualifying festival. Its annual collection of cutting-edge films travels across the nation



Ginevra, a four-minute animation

to universities, museums and other venues. Festival organizers work directly with the host institution to select a variety of short narrative, experimental, animation and documentary films that are tailored to their particular audience.

"This year's festival selections were curated by students who are currently taking film classes at the college or who are affiliated with our honors scholars program," said Dr. Wendy Chase, program coordinator, FSW Honors Scholar Program. "They selected these particular films in hopes that they will provide a

platform to engage in civil conversations about pressing issues of social justice. The students will facilitate a discussion following the screening."

Proceeds from ticket sales will benefit FSW's Sustainability Club, which is currently focused on designing a food forest on campus and addressing issues of food insecurity.

This year's films are:

The Driver is Red - Animation; 15 minutes; by Randall Christopher, San Diego, California. Set in Argentina in

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Historic Downtown Fort Myers, Then And Now:

Ryals Drug Store On Hendry



by Gerri Reaves, PhD

This 1935 photo of the interior of Ryals Drug Store evokes a nostalgia for what drug stores used to be – places to buy a wide variety of products, not just fill prescriptions. And then, there was the old-time soda fountain – now almost extinct – where delights were dished out and socializing flourished.

The names of three people in the photo are known, but not all assigned to faces: Dr. Thomas G. Seay, Ernest Hollis and Dr. George Emory Ryals.

Troy Atchison, a member of the Hollis family, says that the family believes that the man standing on the left behind a

display and wearing a tie is Ernest Hollis. Other photographic evidence confirms that identification.

The photo was taken the year after Dr. George E. Ryals moved his drug store to a 1925 building on Hendry Street, a mid-block double storefront. Ryals occupied the north half that was adjacent to the south wall of the Robb & Stucky Building.

Ryals had come to Fort Myers from Georgia in 1920. For several years, he worked as a pharmacist at Hunter's Drug Store in the Bradford Building.

Later that decade, he established the first Ryal's Drug Store on Hendry near Anderson Avenue (now named Dr. Martin Luther King, Jr. Boulevard).

The store adopted the advertising phrase, "A Good Drug Store," which it used for years, and announced that it was a distributor for Sparton Radios.

In March 1934, the business moved to the location pictured here and held a "housewarming." The promise of "free gifts" in the ad/invitation must have been especially appealing in the Great Depression.

In addition to a pharmacy, the store offered much of what's in evidence in the historic photo: sundries, colognes, a modern soda fountain, candies and more.



When this 1935 photo was taken, Ryals Drug Store had been at this location for about a year. Among those pictured are Dr. Seay, Dr. George Emory Ryals and Ernest Hollis, who is standing on the left behind a display and wearing a tie.

photo courtesy Troy Atchison and the SWFL Historical Society

Products on sale or displayed in posters include Mentholum, Colgate Toothpaste, Kodak film, Vick's Vapor Rub, Tom's Peanuts, Tums, Alka-Seltzer and, of course, Coca-Cola – all familiar products or companies still around today.

At first, the drug store shared the commercial duplex with a shoe-repair shop on the other side, but then Longmire Printing Service moved in and stayed until the early 1940s.

One person with good memories of Ryals was the late Tom "Tinker" Stewart, who, because his father owned Stewart's Drug Store around the corner on Main Street, spent much of his childhood discovering and reveling in the downtown scene.

He was confined to the block in his wanderings, he recalled in 2009, but as a self-described "urchin" was otherwise allowed to explore freely.

In the late 1930s, the store was "a haven for the funny book [aka comics] reader" because the employees allowed the boys to read without paying.

He and other barefoot friends deemed it one of their "most favorite places to go and waste time." High praise from a young boy!

He remembers Dorothy Hollis, wife of Ernest, and her sister as particularly sympathetic. Dr. Ryals mostly ignored him, Stewart remembered, but there was one male clerk who used to run him off the premises.

After Ryals died in 1941 at age 53, his cousin, Ernest Hollis, carried on the business for several years.

In 1949, however, it underwent a transformation from Ryal's to The Hollis Place.

It sold customers' "fountain favorites," in addition to cameras and supplies, magazines, and so on. The prescription service was discontinued, apparently, but something was added: a connection with Charles Hollis's expert radio repair service.

Evidently, the new venture didn't last long, for the Ryals half of the building was soon vacant.

In the early 1950s, Echelbarger Jewelry moved into the storefront, and Parker's Book Store used the other side as a store room, which it did for many years.

Also early in that decade, Ernest Hollis was working at Franklin Hardware at First

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Today, a copy center occupies the former Ryals storefront in a restored 1925 building photo by Gerri Reaves

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Shoppers browse through racks of new and gently used clothing

photo provided

Tickets Available For Shop For Success Event

VIP tickets are now on sale for Shop for Success, Dress for Success SW Florida's eagerly awaited annual signature shopping event. The free shopping extravaganza will be held at the Crowne Plaza Fort Myers on Friday, November 2 from 5 to 9 p.m. Shoppers are invited to purchase mostly new or gently used clothing and accessories collected from retailers, sponsors and the community. VIP tickets start at \$50 each. General admission is free after 5 p.m.

Shop for Success will feature 5,000 square feet of clothing in sizes 00 to 26 and accessories including dresses, tops, pants, skirts, suits, jackets, shoes, handbags, scarves and jewelry starting at \$5. Exclusive brands such as White House Black Market, Chico's, Talbots, Michael Kors, Ralph Lauren, Kate Spade and Lily Pulitzer will be featured.

One hundred percent of the proceeds from the event will benefit Dress for Success SW Florida and its mission to jumpstart a woman's career by providing not only work-appropriate attire through its Suits for Self Sufficiency program, but also education and training through its custom Women Empowered Through Employment Series (WETES). Both

programs provide tools necessary to create a balance between work and home life, and provide support to overcome life's hardships.

"Our VIP ticket holders are usually repeat customers. They know what a great opportunity it is to shop these one-of-a-kind deals two hours before the doors open to the public," said Nickole Hendra, executive director of Dress for Success SW Florida. "Shop for Success is our largest shopping event of the year, and we are so excited to once again present this event to the community. It's also our major annual fundraiser. This year we have three tiers of VIP tickets available to those shoppers wanting a custom experience."

Sponsors and VIPs will enjoy early shopping, tasty bites and champagne. A cash bar will also be available.

Shop for Success is sponsored by Card Systems, Crowne Plaza Fort Myers at Bell Tower Shops, Edison National Bank, First Florida Integrity Bank, Frank and Sons Moving & Storage, Markham Norton Mosteller Wright & Company, PA, Stevens Construction and White House Black Market. Sponsorships are still available for this annual event that draws over 500 women.

The Crowne Plaza Fort Myers is located at Bell Tower Shops, 13051 Bell Tower Drive, in Fort Myers. To purchase tickets, visit www.eventbrite.com/e/shop-for-success-tickets or call 689-4992.✪

Hope Chest Stores Sale On Columbus Day

Hope Chest Resale Stores in Bonita Springs and North Fort Myers will celebrate Columbus Day by offering shoppers 50 percent off the price of most items purchased Monday, October 8.

Hope Chest stores feature designer-brand clothing and accessories, high-quality furniture, sporting equipment, antiques and unique collectibles. With the recent addition of 7,000 square feet of retail space, the North Fort Myers

Hope Chest store offers an expanded selection of home décor such as lighting, silk flowers and artwork.

No coupons are necessary for the sale, and some exceptions may apply. Proceeds from Hope Chest benefit unfunded programs and services of Hope Healthcare, which provides care and support to individuals and their loved ones as they fulfill life's journey.

Hope Chest at The Crossings is located at 28520 Bonita Crossings Boulevard in Bonita Springs. Hope Chest in North Fort Myers is located at 13821 North Cleveland Avenue.

For information about volunteer opportunities or donating items to the Hope Chest Resale Stores, call 482-4673 or visit www.hopehcs.org.✪

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Kris Marshall photos provided

Symphony Performances During Art Walk

There will be special appearances from two groups of orchestra musicians of the Southwest Florida Symphony during Art Walk in downtown Fort Myers on Friday, October 5.

A classical string trio and a mixed jazz ensemble will be performing at the 10th anniversary celebration in the second-floor art gallery at the Sidney &



Nora Lastre
Berne Davis Art Center. Admission is free.

From 6 to 8 p.m., the classical string trio featuring Nora Lastre on violin, Rachel Cox on viola and Scott Crowley on cello will perform.

From 10 a.m. to midnight, the mixed jazz ensemble featuring Kris Marshall on trumpet, Alex Albanese on double bass and Thomas Pizzi on piano will perform.

The Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers. For more information about the Southwest Florida Symphony and the upcoming 2018-19 season, visit www.sflso.org or call 418-1500.*

Free Conservation Art Day At Refuge

Three-time Federal Duck Stamp winner Bob Hautman will travel from Minnesota to headline the 10th annual free Conservation Art Day at the JN “Ding” Darling National Wildlife Refuge on Sanibel next Saturday, October 13 from 9 a.m. to 4 p.m. Florida Junior Duck Stamp winner Anna Grace Swanson and Federal Junior Duck Stamp winner Rayen Kang will also be on hand.

“We created Conservation Art Day 10 years ago to honor the winning artists with a day devoted especially to them,” said Supervisory Refuge Ranger Toni Westland. “Through the years, the event has grown into a family-oriented affair with hands-on activities and demonstrations. This year, we are adding a participatory chalk art demonstration in the parking lot, thanks to Cypress Lake High School.”

Part of the weekend-long “Ding” Darling Days, October 12 to 14, the event will also feature face painting, cartooning and plein-air artists along Wildlife Drive. Admission to Wildlife Drive is free all day, and Tarpon Bay Explorers, the refuge’s recreation concession, will be offering discounted tram, boat and kayak tours.

The first 100 children to arrive to Conservation Art Day at 9 a.m. receive a reusable bag with art supplies and an opportunity to Ask the Artist a Question as wildlife artist Nancy Tome demonstrates in the Visitor & Education Center. Cartoonist Dave Horton will sketch individualized wildlife portraits starting at 11 a.m. for the first 50 guests. Select gifts will be 10 percent off in the Refuge Nature Store and visitors can greet the Blue Goose for chances at prizes.

The *Santiva Chronicle* Dress-Up Photo Station in the center will allow visitors to take “selfies” and “groupies” to immediately share on social media platforms and via email.

“Conservation Art Day pays homage to the legacy of conservation art begun by the refuge’s namesake, Jay “Ding” Darling, a Pulitzer Prize-winning political cartoonist and the original duck stamp artist,” said Westland.

Geared toward families and art enthusiasts, the day will offer participants the choice between a Make & Take Nature Portrait class or an outdoor Nature Sketching Workshop with artist Tome.

“Ding” Darling National Wildlife Refuge is located at 1 Wildlife Drive, off Sanibel-Captiva Road. For more information, call 472-1100.*



Three-time winner Bob Hautman designed the 2018-19 Federal Duck Stamp image provided

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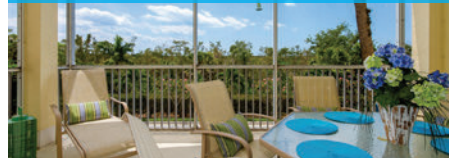
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Fort Myers Art:

Alliance Park/Wall To Be Inspirational Community Hub



by Tom Hall

The Alliance for the Arts is reimagining the western perimeter of its 10-acre campus. To fashion a place where people, art and imagination can companionably meet, the nonprofit

visual and performing arts center is creating a freshly landscaped space around its existing retention pond that will feature an 8-foot wide sidewalk, flower beds, palm and cypress trees along with special lighting and a towering sculpture by world-renowned artist Michael Singer.

The sidewalk, new crosswalks and lighting along McGregor Boulevard is being installed in partnership with the Florida Department of Transportation. “These updates will help make our community more walkable, livable and accessible,” according to the Alliance for the Arts. “Sidewalks drive progress by creating connection and improving the social well-being of the places we call home. Just like the arts.”

But the goal is to create more than



A rendering of the Alliance for the Arts future art park and water wall

photo courtesy www.artswfl.com

just an aesthetically pleasing buffer between busy McGregor Boulevard and the Alliance’s gallery, theater and administrative offices. Rather, the Alliance envisions a community hub

where local residents and visitors can enjoy sunshine, nature and a touch of history in space that engenders social connections, reunion, education and a sense of adventure and discovery.

The focal point of the new space will be a towering sculpture by Singer called *Caloosahatchee Water Wall*. The artwork will consist of a shimmering blue, anodized panel that metaphorically depicts the Caloosahatchee River and surrounding area. But it will have a functional element as well.

“The *Caloosahatchee Water Wall* is also designed to be a storm water run-off filter, using aeration and aquatic vegetation at its base to filter water in the retention basin,” according to the Alliance.

Here’s how it will work: Water will be pumped to the top of the panel from the retention basin, where it will trickle down a trellis into a regeneration zone. The filtered water will then re-enter the

basin and eventually make its way out to the Caloosahatchee River, which is located just a quarter of a mile away.

“Our address is a McGregor address, so it’s time we overhaul our front porch by connecting our property to the rest of the community and beautifying our yard with native plants and gardens,” according to the Alliance.

So “catch a nice breeze riding down McGregor on your bike,” according to the Alliance. “Uncover a fresh backyard experience with a locally rooted vibe at our weekly GreenMarket. Feel the beat of the street with local artists. Come inside and cool down with an art class. We’re ready to give you a warm welcome.”

*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, Kelly Legarreta as Suzette, Michael Heath as George, Ken Quiricone as Robert and John Keckeisen as Bernard

photo provided

Theater Season Opener Is Wildly Funny Comedy

The Off Broadway Palm Theatre kicks off its season with *Don’t Dress For Dinner* playing now through November 10. Marc Camoletti’s wildly funny comedy was nominated for two Tony Awards and was a long running hit in London. *Don’t Dress For Dinner* is sure to serve up a night full of twists, turns and laughs.

When Bernard’s wife decides to visit her mother for a few days, he makes plans to spend a romantic weekend with his chic, new, Parisian mistress in his charming converted French farmhouse. He invites his friend Robert as an alibi, but when his wife finds out Robert will be in town, she changes her plans for a surprise tryst of her own. Throw in a cook with the same name as a mistress, and an evening of sidesplitting

confusion ensues as Bernard and Robert improvise at breakneck speed.

Directing *Don’t Dress For Dinner* is the Off Broadway Palm’s Artistic Director, Paul Bernier. Bernier’s directing credits include the hits *Unnecessary Farce*, *The Savannah Sipping Society*, *The Dixie Swim Club* and *The Odd Couple*, among many more. The cast includes Off Broadway Palm favorite Kelly Legarreta, most recently seen in *The Savannah Sipping Society*, along with Rachael Endrizzi, Michael H. Heath, John Keckeisen, Katie Pankow and Ken Quiricone.

The Off Broadway Palm is an intimate 100-seat theatre, located in the main lobby of Broadway Palm. Performances are Wednesday through Sunday evenings with selected matinees. Ticket prices range from \$39 to \$59 with group discounts available for parties of 20 or more. Tickets are now on sale and can be reserved by calling 278-4422, visiting www.broadwaypalm.com or in person at 1380 Colonial Boulevard in Fort Myers.*

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Along The River

Arts for ACT Gallery will hold an opening reception and meet-the-artist session with the donated artworks from the Arts for ACT 2018 **Fine Art Auction** during Art Walk this Friday, October 5 from 6 to 10 p.m.

Live auction artists will be showcased in the Main Gallery, while artwork from the silent auction artists will hang in the White Gallery. New works from the gallery co-op artists will also be on display. Wear purple to show your support for ACT and the participants in shelter and outreach.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers, 2018. For more information, visit www.artsforactgallery.com.

The **Alliance for the Arts** will host an opening reception for **Dia de los Muertos: A Juried Exhibit** this Friday, October 5 from 5 to 7 p.m. The free event features local and regional artists, face painting, interactive art projects, flower crowns, tequila tasting and light refreshments. The show will be on view through November 3.

While gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

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/sugarskulls.

The **IMAG History & Science Center**, a family-friendly destination offering interactive exhibits, an aquarium, history displays and a 3D theater, will host a special **Boo Bash** during Science



Members of the Southwest Florida Symphony Youth Orchestra

photo provided

Saturday on October 6 from 11 a.m. and 2 p.m.

Guests will enjoy the opportunity to launch mini pumpkins by giant sling shot, sink their fingers into pumpkin pie play dough and see a spooky science show. Flaming, exploding pumpkins, bubbling cauldrons and fiery green tornadoes will be featured in the science show. The Mad Science workshop begins at 12:30 p.m.

Children in costume will be able to trick or treat with the IMAG staff. There will even be a costume-making station for those who forget a costume.

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

Pride-SWFL celebrates its 10th annual **SWFL Pride Festival** at the **Alliance for the Arts** this Saturday, October 6 from 11:30 a.m. to 5:30 p.m. This event is inclusive and open to the public.

SWFL Pride is an outdoor family-friendly event that includes live entertainment, food and drink vendors, and games and activities for all ages. Parking is free and available onsite.

The annual event was launched in 2009 as a celebration for Southwest Florida's lesbian, gay, bisexual and transgender (LGBT) community and allies. More than 6,000 people attended SWFL

Pride in 2017.

This year's entertainment is headlined by Halcyon, a popular female acoustic duo from Tampa. Entertainment will also include Kelly Neff, Lisa Noe, Melissa Crispo, Delaran, dance music by DJ Kooshie and B103.9's DJ Mad Mel and performances by local drag entertainers.

Admission is a \$5 donation at the door. Limited tickets for the VIP tent are available for purchase online. Bring a chair or blanket for the entertainment. Coolers or pets are not allowed.

Additionally, a Tea Dance party is planned on Sunday, October 7, from 2 to 5 p.m. at Celsius, 2213 Main Street in Fort Myers. Donations accepted at the door. The event, which will include drink specials, dancing and live entertainment, is open to ages 21 and older.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more event information, visit www.prideswfl.com.

The **Southwest Florida Symphony Youth Orchestra** is hosting its annual **fundraiser dinner** and concert at the Heritage Palms Clubhouse on Saturday, October 13.

Cocktails will be served at 5 p.m., with dinner at 6 p.m. The evening will feature performances from the Youth Symphony and the Sinfonietta, auctions and raffle baskets. Tickets are \$75 per person.

The Heritage Palms Clubhouse is located at 10420 Washingtonia Palm Way in Fort Myers. For more information or to purchase tickets, call 418-1500.✧

Creatives At Networking Event

Join Gulf Coast Leisure for the next Art and Poetry Networking Event at the Sidney & Berne Davis Art Center on Thursday, October 18 from 8 to 11 p.m. Cost is \$10.

For more than five years, Gulf Coast Leisure's Art and Poetry Networking Event (APNE) has brought together artists, musicians, writers, and more from all over Southwest Florida. Each month, APNE features a different showcase of performers that wows audiences and displays the immense talent found right in

our own backyard.

Gulf Coast Leisure (GCL) is an arts and entertainment company serving Southwest Florida locals and visitors alike. GCL features vibrant, creative expressions of art from individuals representing all walks of life. While the core following is the millennial market, the artistic events and community outreach touches all age groups from teens to baby boomers by creating a movement, culture and lifestyle with productions and products. Gulf Coast Leisure's Art and Poetry Networking Event

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, tickets and artist registration, visit www.gclmovement.com.✧

From page 2

Historic Downtown

and Broadway and was apparently an expert on fishing equipment.

Many types of businesses have occupied the former Ryals since then.

In 2005, Cella Molnar & Associates bought the building and restored its historic look, including many original details of the decorative façade.

Today, a copy center is located where prescriptions were filled, ice-cream sodas were dispensed, and "urchins" surreptitiously read comic books.

Walk down Hendry Street to the former Ryals Drug Store and imagine a downtown where young children wander around safely and explore the intriguing downtown of the 1930s.

Then visit these two research centers to learn more about the numerous drug stores that existed throughout downtown history.

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, Lee Trust Newsletter and *The News-Press*.✧

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Cape Coral Caring Center Program Operations Manager Wendy Wootton and Executive Director Julie Ferguson photo provided

Goodness To-Go Event Benefits Caring Center

The first annual SOS: Sustainable Outreach Society Goodness To-Go event held on September 13 was an overwhelming success. The one-day event raised over 3,000 pounds of food and \$33,000 in financial donations benefitting the Cape Coral Caring Center, which typically experiences an uptick in the number of clients it serves during summer months but a downturn in pantry goods and monetary donations.

Based on the highly successful SOS: Save Our Summer – Feed the Cape, the event assumed a Robin Hoodesque personality, taking from the haves and giving to the have nots, with Lee County and the City of Cape Coral proclaiming September 13 as Goodness To-Go day.

The evolved event didn't require participants to leave home, attend

an event or bring anything to a predetermined location. Enlisted volunteers, clad in bright yellow SOS T-shirts, visited donors homes and businesses to pick up food, baby supplies, toiletries, gift cards and monetary donations. Donors participated by registering for a pickup of donated items at www.feedthecape.com.

"We are grateful to the community for their generosity and support of the SOS event," said Julie Ferguson, executive director of Cape Coral Caring Center. "The overwhelming outreach of support is very humbling and appreciated. The number of residents that will benefit from this event alone, speaks volumes about the concern and kindness we have for one another. As a community, we are making great strides to help alleviate hunger one family at a time."

For more information, contact the Cape Coral Caring Center at 945-1927 or visit www.feedthecape.com. Follow online at [Facebook.com/CapeCoralCaringCenter](https://www.facebook.com/CapeCoralCaringCenter).✱

Brew-Ha-Ha To Benefit Ronald McDonald House

Craft beer enthusiasts will delight in over 60 brews to benefit Ronald McDonald House Charities of Southwest Florida at the 7th annual Brew-Ha-Ha Craft Beer Festival on October 20 at Mercato in Naples. The event will take place on the lawn across from The Pub. Gates open at 5 p.m. with unlimited beer tastings available until 8 p.m.

This year's roster provides an opportunity to enjoy a wonderful array of craft beers, courtesy of Coastal Beverage, with a spotlight on Florida breweries. Brews on tap will include Proof, Swamp Head, Funky Buddha,

Scotty Bierwerks, Ommegang. Visitors can enjoy an evening of craft beer tasting, stein holding contests and live music by Sprout and Wilder Sons.

Discounted tickets are available until October 19 for \$35 at www.rmhcswfl.org/events. Tickets will be \$40 at the gate. A VIP Brewmaster's ticket is available for \$65 and includes early access starting at 4 p.m., access to VIP tent and dedicated restrooms, with exclusive beer and cheese pairings, keepsake color changing cup, and unlimited bottled water and soda.

Lawn chairs, blankets and well-behaved pets are welcome. Participating Mercato restaurants will serve menu items for purchase. No coolers or outside food will be permitted.

For more information on the event or how to become a sponsor, call Amy at 437-0202.✱

October Classes At Shell Point

The Academy of Lifelong Learning at Shell Point Retirement Community will hold classes in October featuring educational discussions on world explorers, public policy and one of the ocean's most abundant marine turtle species. Classes will take place on October 8, 22 and 25 at Shell Point in Fort Myers.

The first discussion, entitled How Columbus Almost Did Not Discover America, will take place at 4:30 p.m. on Monday, October 8, exploring the life and legacy of Marco Polo. Florida SouthWestern State College professor Adrian Kerr will discuss the many setbacks suffered by Polo, how perilously close he came to failure and the great impact he had on the young Genoese sailor, Christopher Columbus.

Shell Point will also present Amendments on the Ballot for Florida's Midterm Election from 10 to 11:30 a.m. on Monday, October 22, led by Clara Anne Graham, president of the League of Women Voters of Lee County. The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, and influences public policy through education and advocacy. During the 90-minute presentation, Graham will share an understanding of major public policy issues and proposed amendments that are slated for the upcoming ballot.

The final Academy class for October,



Kristie Anders photo provided

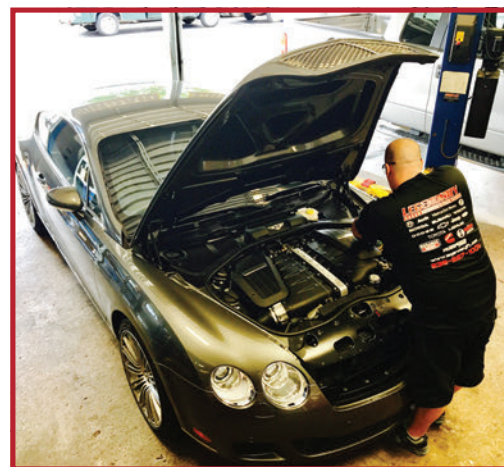
entitled Sea Turtles, will take place at 10 a.m. on Thursday, October 25, led by Kristie Anders, education director at the Sanibel-Captiva Conservation Foundation. Attendees will learn about the loggerhead turtle; the Kemp's ridley turtle, which spends its juvenile years in the sea grasses of Pine Island Sound; and a very rare, 700-pound leatherback that chose Sanibel's beach for a nesting event just a few years ago. Anders' presentation will also incorporate new information acquired from a sea turtle geneticist.

Cost per session is \$10 and can be reserved by calling 489-8472. For more information, visit www.shellpoint.org.✱

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Quilts blow in the breeze at Edison & Ford Winter Estates photo provided

Estates To Host Quilt Show

On Saturday, October 13 from 10 a.m. to 2 p.m., Edison & Ford Winter Estates will host the annual Airing of the Quilts quilt show. Dozens of quilts from the Quilters' Guild will be on display, suspended from clotheslines between trees. Select antique quilts from the 1880s to 1940s will be on display inside the Thomas Edison house, Henry Ford house and the Edison guest house. Quilters' Guild participants will also have quilts available for sale.

Certified quilt appraiser Lars Cain will be on site and conducting appraisals. His vast experience includes the Library of Congress and the Smithsonian Institution.

Since 1977, he has appraised more than 20,000 quilts.

Visitors may bring antique quilts for assessment. Verbal appraisals will be offered for \$20 and the fee for a written appraisal is \$50 per quilt.

Quilts have a long history with the estates. Henry Ford and his wife, Clara, collected quilts and other historical objects that were created and used by people from all across the United States. The quilts were often made from modest scraps of material, demonstrating the resourcefulness of American women.

The quilt show is included with a self-guided or guided tour of the historic home site and botanic gardens. Tickets may be purchased online or at the ticket counter.

For more information, call 334-7419 or visit www.edisonfordwinterestates.org.

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.simplysimpleworship.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, revtedalhouse@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.

County Sergeant Named Officer Of The Year

At the Rotary Club of Fort Myers South's 5th annual Law & Order Ball on September 15 at Germain Arena, Sergeant Sylvester Smalls of the Lee County Sheriff's Office was honored as Officer of the Year. The ball honored Lee County law enforcement officers.

Sergeant Smalls combined his passion for basketball and kids to produce a showcase for local youth to play for college scouts. He has successfully helped dozens of teens get into college and earn a degree because of it. Many of the teens he has coached over the years have come from devastating situations, but Sergeant Smalls has helped keep them on track.

For his efforts, he also received a custom Mark Loren Designs ring, by honorary Rotarian Mark Loren, a Generation 5 Glock 17 9MM from Shoot Center Cape Coral, Chick-fil-A for one year, a Cigar Cutters gift certificate, a Starbucks stainless steel mug plus coffee, a List Distillery tour and a four-day, three-night get-away to North Carolina retreat Eagles Perch.

Four other local law enforcement officers were named as finalists for the award:

Officer Emelia Lock, Fort Myers Police Department

K-9 Officer Stephen Scrobe, Cape Coral Police Department

Deputy Sheriff Michael Truscott, Lee County Sheriff's Office

Sergeant Domonic Zammitt, Fort Myers Police Department

Among the attendees to the black-tie event were Super Troopers actor Erik Stolhanske; Rosalyn Baldwin, a young girl who is on a mission to hug a cop from every state; and Megan O'Grady, maker of Blue Line Bears for the families of fallen officers.

In addition to honoring local officers, the Law and Order Ball raises funds to support the Fort Myers Rotary South Foundation and the Fund-A-Need Initiative.

For the 2018 Fund-A-Need initiative, Lee County Law Enforcement agencies identified the need for mass casualty kits in all Lee County Schools, Florida Gulf Coast University, Florida SouthWestern State College and Southwest Florida International Airport. A mass casualty kit provides multiple first aid supplies to stop bleeding and treat injuries until emergency assistance arrives.

The following Lee County Law Enforcement agencies are beneficiaries of the Rotary Club of Fort Myers South's fundraising through the Law & Order Ball: Cape Coral Police Department, Florida Gulf Coast University Police, Florida SouthWestern State College Police Department, Fort Myers Police Department, Lee County Sheriff's Office, Lee County Port Authority Police and Sanibel Police Department.

Next year's Law & Order Ball date has been set for September 14, 2019. For more information, visit www.lawandorderball.org or email info@lawandorderball.org.

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, 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, unityoffortmyers.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:

Barn Swallow

by Bob Petcher



A barn swallow (*Hirundo rustica*) is a small, sparrow-sized bird that has a shiny and steely cobalt-blue color on its back, wings and tail to contrast its orange-brown underparts.

The barn swallow can mostly be found in rural areas and is quite adaptable, feeding in open habitats from fields, parks and meadows to marsh lands, fresh water and coastal waters.

The insect-eaters are also adaptable in their foraging abilities as they can feed on different flies and bugs near ground surfaces or hundreds of feet above sea level. When it comes to nesting, they prefer human-made structures, like barns, and build resting spots in eaves, rafters, cross beams or within undersides of bridges, wharfs and other water structures.

In fact, people can benefit from these swallows if they encourage these colorful, insect-eating birds to nest inside their sheds, barns or excess structures by leaving a door open.

At CROW, an adult barn swallow was admitted from Dunbar Middle School in Fort Myers after it was reported to have

struck a window. Upon intake exam, veterinarians found the bird was unable to stand due to hind limb paresis, but was bright and alert on the front end. The patient was propped up for comfort reasons.

"If a patient is unable to stand, it is either propped up in a makeshift nest – made out of a folded towel – so it is resting comfortably, or larger birds are sometimes placed in a sling for a few hours each day to assist with standing," explained Dr. Robin Bast, CROW staff veterinarian.

Further examination showed the patient had intact motor ability of the legs, but the left limb was weaker. Without x-rays, CROW medical officials determined there were no fractures palpated.

"This species of bird is so tiny that it is hard to get adequate detail on radiographs to rule out spinal lesions," said Dr. Bast. "However, based on the bird's clinical signs – it was still able to move its legs but was too weak to stand on them – it can be assumed there was not a complete severance of the spinal cord. The clinical signs were likely related to compression of the spinal cord due to inflammation and swelling from the trauma."

The patient was found to have an increased breathing rate after being handled for a short time. It was given pain medication and placed in an oxygen chamber.

"Several things can cause an increased rate of breathing – bleeding into the



Patient #18-3789 suffered through a neurological condition and was euthanized after its condition declined

photo by Missy Fox

lungs/air sacs secondary to the trauma is most likely in this case," said Dr. Bast. "Other causes include stress – this species can start open-mouth breathing even if handled for brief periods of time – or less likely in this case, infection in the respiratory system."

CROW's treatment plan included neurological checks of the patient's hind limbs and hourly feeds by the rehabilitation staff.

After approximately one week at the clinic, the barn swallow did not show signs of improvement.

"Unfortunately, the bird's neurologic condition declined despite supportive care and, due to its grave prognosis for recovery, it was elected to humanely euthanize the patient," added Dr. Bast.

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

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Our Waters Are Healing



by Capt.
Matt Mitchell

As each week passes our local waters continue to rebound and gradually return to back normal. Clean, clear water is getting easier to find, and all types of sea life can be spotted. Turtles, dolphins and manatees are returning to our waters which is great to see.

The resilience of our waters is amazing with bait and feeding birds scattered almost the complete length of the sound once again.

We still have areas from Lighthouse Point to the north end of Fort Myers Beach and Boca Grande that are experiencing effects of red tide. Generally though, the red tide levels in our region continue to drop. While running offshore 25 miles due west of Redfish Pass this week, we saw lots of baitfish schools starting out in 30 feet of water and did not see a single floating dead fish. This past week, the improvement to our waters is easy to see and is just remarkable.

Rocky Channel in the middle sound can be one of my favorite places to shark fish. During lower phases of the tide, all of the flats around it get really shallow and these sharks drop off into the channel by the hundreds. Most varieties of shark species can be caught while fishing in this area that is basically a big fish highway. I like to set up on the anchor in the deeper, fast-moving water in this natural channel and soak large pieces of fresh cut mullet on a large cut bait circle hook. Pulling on these hard fighting sharks is easy fishing that anyone can do.

While out live bait fishing, it's been a good idea to stay away from the passes, especially Blind Pass and Boca Grande during the incoming tide as it only takes one small area of red tide to push in and all your bait



Jed with a blacktip shark caught this week in Rocky Channel while fishing with Capt. Matt Mitchell

photo provided

is dead. These places have still been experiencing fish kills during the big high incoming tide.

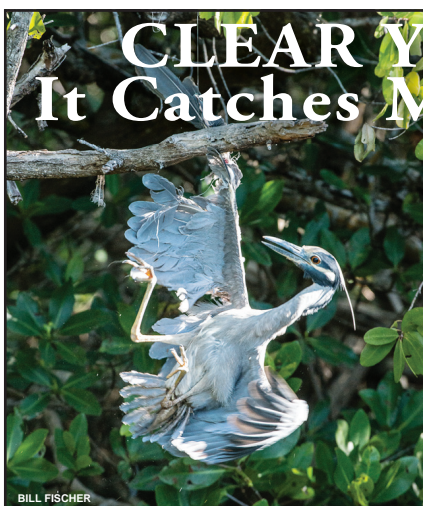
Most of my live bait fishing this week was on the eastern side of the sound.

Our go-to species continues to be large, healthy mangrove snapper. These snapper can be found just about anywhere, but finding some submerged structure can really pay off with larger fish. This past week while fishing a favorite concrete rubble pile in the northern sound, I found another pile of sunken toilets in seven feet of clear water that I must have passed over hundreds of times and never knew it was there. This toilet reef held snapper up to 16 inches. It was lots of fun to catch gag grouper up to 20 inches. After casting free-lined shiners, this place went off with fish exploding on the surface.

Catch-and-release snook fishing has remained very consistent although I have not found any really large groups of fish. When pulling into a favorite mangrove shoreline or oyster bar, you can catch a handful of fish then the bite just stops. Keep your eyes open for schools of redfish while working these same areas. I have heard a few reports of schooling redfish around the tip of Bokeelia and around Captiva Rocks although I'm yet to find them myself.

FWC has decided to keep both snook and redfish closed for harvest until at least May 10 in response to the fish kills caused by red tide. The effected area that's closed runs south from Tampa to Naples. This closure is a good thing for our fishery and ruling on the side of caution after such a massive red tide event can only help. There are plenty of other species in the sound to eat other than the snook and redfish, which are two of our premier species and need some protection.

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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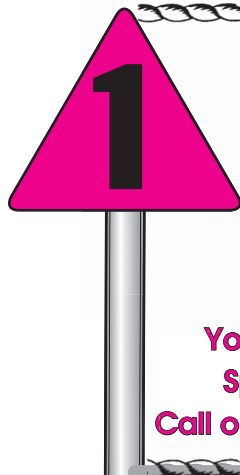
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Dave Doane

Plant Smart

Fourpetal St. John's-Wort

by Gerri Reaves

Fourpetal St. John's-wort (*Hypericum tetrapetalum*) is a short-lived perennial of the mangosteen family. Native to only Florida and Georgia in the U.S., it is one of many St. John's-worts native to the state.

In the wild, it's typically found in moist flatwoods, hammocks, prairies and along ponds.

The common name was given to the flower by early Christians, who deemed it a symbol of St. John the Baptist because it usually blooms around St. John's Day (or Feast of St. John) on June 24.

It forms erect single stems of up to three feet tall or multiple prostrate spreading stems. The latter form makes it useful as a groundcover.

Pairs of blue-green ovate leaves clasp the stems. The color inspires another common name, blueleaf St. John's-wort.

Inexplicably, it's also called heart-leaved St. Peter's-wort.

The four bright yellow petals form an "X" or cross, thus the term tetrapetalum.

Flowers are about an inch across, have many yellow stamens and appear singly at the end of reddish stems.

Underneath the flower are two larger



Native fourpetal St. John's-wort has showy flowers and paired ovate blue-green leaves. The shiny linear leaves in the photo belong to another plant. photo by Gerri Reaves

outer sepals and two smaller inner ones.

Flowers bloom most of the year, spring to late autumn. The seed capsule is inconspicuous.

This species is recommended for wet wildflower gardens.

It prefers full sun to light shade and requires essentially no maintenance if planted in the right spot.

It can grow in nutrient-poor soil but

needs some organic content. It is not salt tolerant.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida*, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Parks And Rec Agency Award

The Lee County Parks & Recreation Department was recognized with Florida Recreation and Park Association's (FRPA) highest award at a recent state conference. This is the county's first time receiving this honor.

FRPA honored the department with the 2018 Agency Excellence Award in the "Super" category – the only municipality to earn the title – in Orlando on August 29. The Lee Board of County Commissioners recognized the department at its September 18 meeting.

Agency Excellence Awards recognize the state's most outstanding recreation agencies for their exemplary commitment in the areas of health, economic development, environmental sustainability and community development. Lee County earned the Super-level distinction for excelling in all four of these areas.

"Lee County is extremely pleased to be honored with this prestigious award by the Florida Recreation and Park Association," said Commissioner Cecil Pendergrass, chair of the Lee Board of County Commissioners. "This amazing recognition is made possible because of our dedicated staff."

Lee County Parks & Recreation operates more than 31,500 acres of parks, preserves, facilities and other sites. The department oversees four recreation centers, 10 community centers, community parks, Conservation 20/20 lands, greenways, the Calusa Blueway

Paddling Trail, four year-round pools, seven boat ramps, sports complexes including the Boston Red Sox and Minnesota Twins spring training facilities, dog-friendly facilities and Gulf of Mexico beach parks.

For more information about Lee County Parks & Recreation, visit www.leeparks.org or call 533-7275.✱

Blue-Green Algae Pilot Ends

Lee County has concluded its blue-green algae collection and will bring to an end its pilot project with contracted vendor AECOM. State and local staff will continue monitoring the Caloosahatchee River and its canals for harmful algal blooms.

County staff and the Florida Department of Environmental Protection (DEP) also will continue to explore other types of cleanup technology. A demonstration project at no cost to the county by a company called Solitude Lake Management, which uses nano-bubble technology, is anticipated to begin this week.

The total amount of slurry AECOM collected to date is 402,500 gallons from 23 sites, with another 15,000 gallons anticipated to be collected Friday. Since early August, DEP has provided over \$2 million in funding to Lee County to support efforts to battle blue-green algae. Although the collection of algae will conclude, AECOM will process what it has collected.

The pilot program was designed to offer temporary relief to some North Fort Myers and Cape Coral businesses and homeowners along heavily impacted canals, primarily those with large, thick mats of algae and odor.

Staff members regularly conduct aerial and on-land surveys; the last two aerial surveys show the matted algal blooms in canals are dissipating. Given the cost to collect and process algae, it is only feasible to clean up the most affected canals, which has been accomplished at this time.

Factors for the decrease in blue-green algae can include shorter daylight hours, cooler water temperatures, higher salinity levels in canals and reduction in nutrients.

Although the pilot program is ending, if conditions change and worsen, county staff will collaborate with DEP to determine options.✱

Author Friday

The Friends of Lakes Regional Library will host author Lyn Millner on Friday, October 12 at 1 p.m. at the library.

Millner's stories have been broadcast on NPR's *Morning Edition* and on American Public Media's *Marketplace*.

Her latest work *The Allure of Immortality* tells the story of Cyrus Teed and his followers, the Koreshans, who settled in Fort Myers to build a utopia inside a hollow earth.

The program is free and open to all. No registration is required.

Lakes Regional Library is located at 15290 Bass Road.✱

Trap Fisheries Update

At its September meeting, the Florida Fish and Wildlife Conservation Commission (FWC) approved several changes to recreational and commercial trap fisheries rules as part of a long-term project to evaluate and improve the management of Florida's trap fisheries.

Approved changes include:

Creating mandatory, no-cost annual recreational blue crab and stone crab trap registrations for trap fishers age 16 and older, and requiring FWC-designated trap identification numbers to be placed on recreational traps (trap registration and marking requirements for recreational stone crab effective October 1, 2019, and similar blue crab requirements effective January 1, 2020).

Requiring commercial stone crab fishers to maintain an active saltwater products license, restricted species endorsement and stone crab endorsement to retain their stone crab trap allotment (effective July 1, 2019).

Starting the commercial spiny lobster trap soak period each year on the Saturday following the recreational mini-season (effective November 1, 2018).

Increasing the time allowed for commercial lobster fishers to remove spiny lobster traps from the water after the season ends from five days to 10 days (effective November 1, 2018).

Changes will be implemented to the spiny lobster trap soak period and trap removal period in federal waters beginning with the 2019-20 season.✱

Lakes Park Farmers Market Open For Season

The weekly Farmers Market at Lakes Regional Park has opened for season. The market began October 3 and runs 9 a.m. to 1 p.m. every Wednesday through April 2019.

The Lakes Park Enrichment Foundation, in conjunction with Local Roots, LLC, hosts the Farmers Market, which features growers, producers and suppliers of fresh fruits, vegetables, organics, seafood, meats, cheeses, prepared foods, flowers and more. There are breakfast and lunch items to choose from while enjoying the park and browsing the market. Parking is free for market shoppers.

Other area markets at Lee County Parks & Recreation sites that are set to open this winter include:

The Boca Grande Farm & Fish Market, 305 Wheeler Road, on Boca Grande, will be open 9 a.m. to 1 p.m. every Friday starting December 23.

The Fenway South Farm & Flea Market located at JetBlue Park, 11500 Fenway South Drive, in Fort Myers, will be open 9 a.m. to 1 p.m. every Monday starting January 8, 2019.

Lakes Regional Park is located at 7300 Gladiolus Drive in Fort Myers. For more information, call 533-7575, visit www.leeparks.org or www.buylocallee.com.✱



Sarah Hadeka

photos provided

Dueling Pianos Kicks Off October Noteworthy Series

Spend October's Music Walk singing along to all your favorite piano tunes during Dueling Pianos at the Sidney & Berne Davis Art Center on Friday, October 19. Doors open at 7:30 p.m., while music begins at 8 p.m.

Dueling Pianos is the first concert of the Noteworthy Series, which showcases some of the best performers in Southwest Florida. David Rode, 2018 Summer Singer-Songwriter Competition finalist, battles Sarah Hadeka, 2017 Summer Singer-Songwriter Competition Finalist.

The interactive music experience will involve audience members picking the setlist. Each pianist will take written audience suggestions for the next song in their setlist. However, it's up to the



David Rode

piano players what songs will be featured. Audience members are encouraged to sing along to some of the greatest piano hits of all time by musicians like Billy Joel, Elton John and Queen.

Dueling Pianos will feature two grand pianos placed back to back in the center of SBDAC's Grand Atrium with an audience seated in the round. Since there's no stage, attendees can approach the pianos, suggest a song and give their favorite player a tip to make sure your song gets played.

Cost is \$5 to attend.

Additional concerts in the Noteworthy Series include Swinging Standards with the Danny Sinoff Trio on Thursday, November 8 and Songwriter Stories with Dee Goodson and Kyle Anne Duggan on Friday, March 22.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. Call 333-1933 or visit www.sbdac.com.✱

Explore History Of Calusa On Boat Tour To Mound Key

A long time ago on Mound Key there was a residence fit for a king.

For years, researchers have asserted that Mound Key was the capital of the Calusa. New evidence discovered by Victor Thompson and his colleagues at the University of Georgia made that case even stronger with a report published in the *Journal of Anthropological Archaeology* in June. They found what they and their academic peers believe to be artifacts of the Calusa king's house on top of the highest mound on Mound Key.

Officials at the Mound House are again sponsoring trips to that king's island. Visitors can travel by boat to see both museum artifacts on the Mound House property as well as the archaeological sites on Mound Key itself.

Mound Key boat tours are scheduled on Saturday, October 6, Wednesday, October 24; Saturday, November 3 and Tuesday, November 20. Tours leave Fish-Tale Marina on the 40-foot Estero Bay Express at 10:30 a.m. After stops at Mound House and Mound Key, passengers return at 1:45 p.m.

Along the way, guests will learn about the rich history of the Calusa, the "shell people" who lived in this area 2,000 years ago. They'll likely also see an assortment of wildlife on Estero Bay including dolphins, manatees and birds. The hike on Mound Key includes some rough terrain.

Cost for the boat trip is \$55 per person. Reservations are required. Call 765-0865.

The Mound House is located at 451 Connecticut Boulevard on Fort Myers Beach. For more information, go to www.moundhouse.org.✱



Boat trips to Mound Key include hikes on the natural terrain, which continues to yield clues about the Calusa. photo provided

From page 1

Film Festival

1960, this true crime documentary follows the story of secret agent Zvi Aharoni as he searched for a mysterious man named Ricardo Klement. What he discovered in the remote outskirts of Buenos Aires would send shockwaves around the world.

Mama – Narrative; 10 minutes; by Mert Canatan, Valencia, Spain. Life can change in a blink of an eye, a thin line separates heaven from hell. You may never know when you have to leave your safe zone until you get the hit and everything that used to be there, is gone in the next minute. This is the story of a Syrian refugee girl who crossed that thin line and saw her entire life altered forever.

Little Fiel – Documentary; 17 minutes; by Irina Patkanian, New York, New York. When the Civil War in Mozambique began in 1975, Fiel dos Santos was 3 years old. He had a large family of five siblings and numerous cousins. Toward the end of the war, Fiel found himself living alone in a dilapidated house with no electricity or water at the age of 14. To overcome depression and madness, he started drawing on the walls of the house. Today, Fiel is a renowned sculptor and visual artist. He is one of four artists from Mozambique who created *Tree of Life*, a sculpture commissioned and then installed

in the British Museum in 2005. Fiel dos Santos is the only member of his family who hasn't shot a gun. His life's work is to destroy guns and turn them into art.

Ginevra – Animation; 4 minutes; by Tess Martin, Rotterdam, The Netherlands. Based on Percy Shelley's poem *The Dirge*, *Ginevra* depicts the aftermath of the murder of a young woman. As her distraught mother looks on, she learns that life after death involves a transition she never could have imagined.

Analog Orange – Experimental; 3 minutes; by John Hawk, Agua Dulce, California. Lyrical video abstraction created utilizing antique video synthesizers, referencing art forms from Buddhist, Islamic, Native American and 20th century modernist traditions. The process of working with these real-time video synthesizers is intuitive and very similar to improvising on a musical instrument. This all makes for a workflow that constantly produces the unexpected and, in so doing, becomes a real joy.

Dandelion – Animation; 3 minutes; by Lisa Talentino, Torino, Italy. The double time Bourrée dance is full of romantic meaning. Dancers come close, reaching towards each other, then they turn away, find and avoid each other, without ever touching. The dandelion flower is a spring oracle. The legend says that lovers give their wishes to the flower and then blow them away to make them come

true. *Dandelion* is an antique dance and courting ritual – a dandelion flower to blow desires.

Lady Eva – Documentary; 11 minutes; by Hinailemoana Wong-Kalu, Honolulu, Hawaii. In the Kingdom of Tonga, the last remaining monarchy in the Pacific, traditional culture clashes with modern religious zealotry. On the eve of the biggest day in her life, a young transgender beauty contestant is given an ultimatum by her Mormon family. They tell her, "If you choose to participate in that pageant, you can pack your bags and get out of this house." Fiercely determined, Lady Eva takes off on a journey to become her true self – with a little inspiration from Tina Turner along the way.

Lion in a Box – Documentary; 4 minutes; by Melanie Brown, Los Angeles, California. This first-person documentary recounts one woman's military training and the battles she endured to achieve her goals. Created in a short film class for veterans, Brown uses voice-over, photomontage and animation to tell her story. *Lion in a Box* shines a light on the traditional definitions of sacrifice and combat.

Red Lopez – Narrative; 15 minutes; by Stephen Frandsen and Hadleigh Arnst, Brooklyn, New York. *Red Lopez* is a narrative short about a Mexican-American outlaw who sparked one of the greatest manhunts the West has ever seen. Based

on the real-life story of Rafael "Red" Lopez, the film takes the viewer back to 1913, and another immigrant, Julius Sorenson, who emigrated from Denmark. Sorenson, one of the deputies involved in the manhunt, is given the chance to prove himself in his adopted country as he pursues his nemesis.

Insecta – Experimental; 5 minutes; by Ramey Newell, Vancouver, British Columbia, Canada. *Insecta* questions humans' relationship with the natural world through the dual lenses of scientific inquiry and the aesthetics of documentary filmmaking. Utilizing archival video and narration in conjunction with original laboratory photography and rhythmic insect sound compositions, the film constructs an increasingly unsettling portrait of human callousness toward non-human animals in our compulsive quests for knowledge and domination of the natural world.

Sans Chlorophyll – Animation; 3 minutes; by Phil Davis, Baltimore, Maryland. A short experimental film created using hundreds of scanned and photographed leaves animated and choreographed in time to an original banjo score by the filmmaker.

For more information, contact Dr. Chase at Wendy.Chase@fsw.edu or 489-9470, or visit www.blackmariafilmfestival.org.✱



Jaimie Miller

photo provided

Marketing Firm Promotion

CONRIC PR & Marketing has promoted Jaimie Miller, APR to vice president of marketing, recognizing her commitment to the continued success of CONRIC and its clients. In her new role, Miller will take on leadership responsibilities and continue to work directly with the CONRIC team to develop, implement, manage and expand the firm's marketing footprint with regional and national clients.

Miller has helped the award-winning firm serve clients with dedication and attention to detail since joining the team. She has focused on public relations and marketing strategy, project management, client relationship management, business development and branding for the firm's diverse client base.

"As we continue to grow our reach to serve more nationally recognized companies, it's with great pleasure that we promote key individuals within our agency, such as Jaimie Miller," said Connie Ramos-Williams, founder and chief marketing officer of CONRIC PR & Marketing. "Jaimie truly leads by example, understands the value of our company culture and maintains a loyal commitment to the success of our clients."

The Minnesota native has cultivated a spirit of creativity, outreach and collaboration between members of the firm, clients and the Southwest Florida community. An accredited public relations professional certified by the Universal Accreditation Board, Miller has the tools and skillset to help deliver measurable results.

"I believe great marketing creates an experience for people. It should engage all senses and evoke emotion," Miller said. "I'm proud to be part of a team that believes in this philosophy, and my goal is to continue raising that bar every day."

Miller graduated from Florida Gulf Coast University with a bachelor's degree in communications and a focus in public relations. She previously worked as the marketing director for *Gulfshore Life* magazine and in the same capacity for Riverchase Dermatology. She serves as the vice president of membership for the Florida Public Relations Association and volunteers in the United Way ReadingPals Program.

Miller often speaks at community events, like the Goodwill SWFL MicroEnterprise Program, to share her marketing expertise with local business owners and inspire them to success. She will participate in the 2018 Walk to End Alzheimer's in November at North Collier Regional Park to raise awareness and funds for Alzheimer's care, support and research.✱

Outsourcing Company To Hold Hiring Event

Alta Resources Corp. plans to hire more than 400 year-round, full- and part-time employees in Fort Myers by November 2018. To help fill these positions, the Wisconsin-based, customer-management, business-process outsourcing company is holding a hiring event at its Fort Myers campus on Friday, October 5 and Saturday, October 6.

At the event, Alta Resources hiring professionals will be available from 8 a.m. to 8 p.m. each day for immediate, one-on-one interviews, as well as to answer questions and provide information about the company. If unable to attend the hiring event, interested candidates should apply online at www.joinalta.com.

"When we opened our Fort Myers location in 2013, it essentially served as our health insurance hub," said Paul Makurat, Alta Resources Fort Myers managing director. "Five years later, Alta has experienced incredible growth. In addition to servicing our premier national health insurer client, we entered the automotive world last year by partnering with Fiat Chrysler Automobiles – the

parent company for Jeep, Chrysler, Dodge and Ram. This year, we are expanding our workforce once again as we launch our newest client, adidas AG. We'll be providing service for their Reebok brand here at our Fort Myers location.

"Along with Reebok, we're also expanding services for our existing clients. It's an exciting time at Alta. Our people are doing an excellent job, so our clients want us to do more. In order to do more, we need to hire more people."

In addition to customer service reps, Alta Resources is also looking to hire licensed healthcare sales agents. Training and licensing will be provided by Alta for the sales positions. These year-round, full- and part-time positions have competitive wages and offer flexible schedules once the paid training is complete.

"What we sought in past hiring events still holds true – we are looking for people with customer-focused personalities, who communicate well and enjoy helping people. People with those traits are our most successful employees, both in sales and in customer service," said Makurat. "And that's what we'll be looking for at our October hiring event."

Alta Resources Fort Myers is located at 12451 Gateway Boulevard. To learn more, visit www.altaresources.com or email hr@altaresources.com.✱

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Book Review

The Secret Of Keystone City

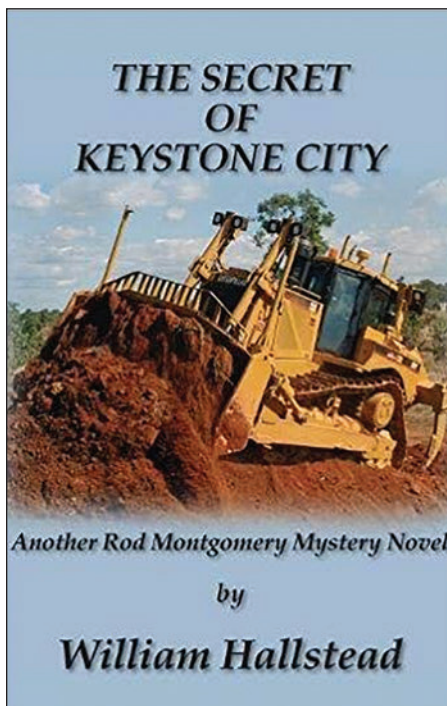


by Di Saggau

Sanibel author William Hallstead has written many novels and his latest, *The Secret of Keystone City*, again features his memorable character, Rod Montgomery.

The book begins with a punch. Gary Samuels, a Vietnam veteran is working for the construction company in charge of building the new city of Keystone in Northeastern Pennsylvania. When he climbs into the Caterpillar D-8 to tear down some cottages, everything locks down, and he is thrown into the lake, still inside the cab. He drowns and this is only one of the deaths that end up having Rod Montgomery hired as a private detective, for Sturdevant Construction.

Using an assumed name, Rod poses as an historian for the project, hoping to track down who is sabotaging the building of Keystone City. There are lots of interesting characters including Ivan Sikorski, who refuses to sell his place. His home has been in the family for years and, when Rod pays him a visit, he's surprised to find it's an



historical stunner of a building. In fact, Ivan plans to have it designated as an historical site so he won't have to move. He's soon scratched from the list of suspects.

Soon, other sinister events take place, including the kidnapping of Max Sturdervant, head of the construction company, who ends up in a cellar. When he realizes it's stocked with two gallons of water, two loaves of bread and jars of peanut butter and jelly, he fears he'll be there for some time. The

criminals are becoming more dangerous and more desperate. Rod has his work cut out for him.

It doesn't take long for him to figure out who wants the project shelved, but "why" takes a little longer. Hallstead knows what he's writing about. He said, "I had a close look into new city construction during several years as a highway designer for the Baltimore engineering firm building the new city of Columbia, Maryland." However he

said, "the novel's sabotage campaign is fictional."

The Secret of Keystone City is a fascinating tale of questionable car crashes, unexplained construction accidents and deaths. The more pressure the perpetrators' experience, the more sinister their crimes. Rod Montgomery is the one to solve the case and make sure the bad guys get their just reward. He'll entertain and amuse you along the way.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My only child started kindergarten in August. I'm feeling less connected and involved to her new school than I was to her daycare. What do you suggest that I do so I can be more involved in her school?

Martina M, Fort Myers Beach

Martina,

Parent involvement with both your child and the school is one of the most important things you can do to help your child be successful. Sometimes it is difficult to make that connection with the school given a busy work schedule or if your own school experience was not a good one. However this is an extremely important relationship that is worth developing.

According to research reported by the National Association of School Psychologists, when families are involved in education, there are very positive benefits for students, teachers and families. Students display better attitudes toward school and learning, higher achievement and test scores, improved behavior, increased homework completion, greater participation in academic activities and improved school attendance.

At home, parents can make sure that they:

Monitor homework completion – talk with your children about their assignments, understand what they are studying and review their progress

Participate in leisure reading with your children at all ages – it's fun to read the same books as your children and then

discuss them

Communicate often with your children about academic and behavioral expectations, give them constructive praise and support

Here are a few ways for parents to be active at school:

Participate at school as volunteers and committee members

Participate in school functions, athletics and other extracurricular activities

Regular communication with the teacher(s) about your child's progress

Participation in adult educational opportunities offered by the school

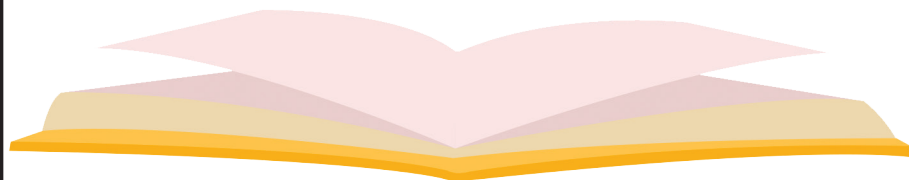
Active involvement in school decisions as presented by the school or board of education

Many teachers have special activities designed for parent volunteers. Make sure to ask your child's teachers what would be helpful. Very often the school's parent association will have projects and committees where you can volunteer. While it may be easier to join a parent group or volunteer when your child is in elementary school, it is equally important to stay involved while your child is in high school. Volunteering with other parents during the high school years can help parents stay connected to each other in an informal parent network, which is always helpful.

These are just a few suggestions on how to become and stay involved in your child's educational journey. There are many more ways to be involved; the key factor is that you are involved.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

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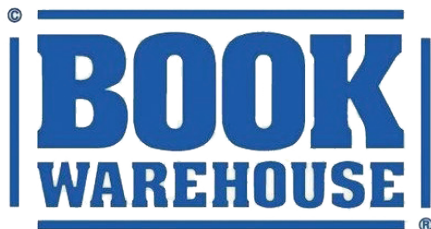
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From page 1

Killer Comedy

original vows have blown out the window. They are content to watch *Jeopardy* until the lecherous Margaret, with her outlandish hats and phony accent, arrives at Riddle Key. Bob begins to wander, and Lucy concocts a clever plan to get even.

In the final scene, *Match Wits with Minka Lupino*, Shelley Sanders is the title character. She doesn't live at Riddle Key, she works there. Her boss is the evil Mr. Fenn, who runs the place and is always trying to get some dying senior to sign a five-year lease. Minka deals harshly with anyone she thinks is exploiting the elderly residents. When her favorite mystery

writer moves in, she is delighted and when she finally meets him, the aging novelist suggests a plot twist to save the day.

All the actors use different voices in the monologues as they portray the various people involved in their particular caper. There are jokes about Viagra, ex-lax, beta blockers and golf carts. It's a clever entertaining play with well-established characters who tell their stories well. Each monologue ends with a catchy punchline. The opening night crowd thoroughly enjoyed the show. It's directed by June Koc.

Murderers runs through October 7 at Theatre Conspiracy, located at the Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787 or visit www.artinlee.org/theatre.✱

Fort Myers Family Law Lawyer Of The Year

Henderson, Franklin, Starnes & Holt, PA Attorney Beth Vogelsang has been named Best Lawyers in America's 2019 Family Law Lawyer of the Year in Fort Myers. Only one lawyer in each specialty in each community is so honored. She was also named Family Law Lawyer of the Year in Fort Myers in 2015 and 2017.

Vogelsang is chair of Henderson Franklin's family law department and a former member of the firm's executive committee. She has more than 30 years of experience practicing law, and has been board certified as a marital and family law specialist since 1992. Vogelsang handles divorce matters of all sizes and also represents clients needing prenuptial and postnuptial agreements.

Vogelsang has received much recognition for her work in the divorce and family law field. She has been honored by *Florida Super Lawyers* magazine (2012 to 2018) and named one of the Top 50 Women Attorneys in the state. Vogelsang has also been recognized by Best Lawyers in America every year since 2013. She also holds the



Beth Vogelsang

photo provided

highest AV rating by Martindale-Hubbell.

Vogelsang received her bachelor of arts degree from Pepperdine University (cum laude, 1982) and her Juris Doctor degree from the University of Miami School of Law (magna cum laude, 1985).

For more information on Vogelsang or Henderson Franklin, visit www.henlaw.com.✪

Seminar Speakers To Discuss Local Water Crisis

An upcoming seminar will show business leaders how to shepherd their companies through difficult times and tough choices. The Above Board Chamber of Florida will address the Southwest Florida water crisis at a luncheon meeting at the Crowne Plaza Fort Myers on Thursday, October 11 from 11:30 a.m. to 1 p.m.

Chad Gillis, environmental reporter for The News-Press Media Group, will serve as master of ceremonies for the Fort Myers meeting on the impact of the water crisis on business. He'll lead a panel of the following experts who'll explore solutions and give support.

They are:

Calusa Waterkeeper John Cassani; Suzanne Specht, assistant director and full-time certified business consultant for the Florida Small Business Development Center at Florida Gulf Coast University;

Capt. Chris Whitman, program director of Captains for Clean Water;

Rae Ann Wessel, limnologist, marine scientist and natural resource policy director for the Sanibel-Captiva Conservation Foundation.

Cost is \$32 for members and \$38 for non-members.

The meeting is sponsored by Hilton Naples, the Florida Small Business Development Center at Florida Gulf Coast University and Tri-Town Construction.

The Crowne Plaza Fort Myers is located at 13501 Bell Tower Drive. For more information or to register for the meetings, visit www.aboveboardchamber.com or call 910-7426.✪

Marketing Firm Owner Named To Leader List

Tina McCain Matte, owner of Gravina, Smith, Matte & Arnold Marketing and Public Relations, was selected by *Florida Trend* magazine for its inaugural list of the Top 500 Most Influential Business Leaders in Florida.

Florida Trend's stand-alone Top 500 publication, released in September, identifies business executives and community leaders statewide in categories including professional services, the listing in which Matte was featured. She is one of only four Lee County executives named in the publication.

Matte joined Gravina, Smith, Matte & Arnold in 1999, became a partner in 2001, and assumed full ownership in 2016. She oversees the firm's eight full-time staff members and numerous contract professionals who provide strategic communications, public relations and marketing services to clients throughout Southwest Florida, the state and the U.S. The firm is celebrating its 35th year of operations.

A journalism graduate of the University of South Florida's mass communications program, Matte is a graduate of Leadership Florida and Leadership Lee County. She was twice appointed by Gov. Jeb Bush to the



Tina Matte

photo provided

Supreme Court Judicial Nominating Commission and served as its chair in 2006-07. Matte has been recognized as one of the 50 Most Powerful Businesspeople on the Gulf Coast by *Gulf Coast Business Review* (now *Business Observer*) and one of the Most Influential Women in Southwest Florida by *Gulfshore Business* magazine.

For more information about Gravina, Smith, Matte & Arnold Marketing and Public Relations, visit www.GSMA.pro or call 275-5758.✪

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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*



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Financial Focus

Time To Put Excess Cash To Work?



by Jennifer Basey

You'll always want to base your investment decisions on your own needs and goals. But there may be times when you might consider adjusting your portfolio because of risks and

opportunities. Now may be one of those times.

Here's some background: In recent months, the Federal Reserve has raised short-term interest rates several times, and given its generally favorable outlook on the economy, it has indicated it may continue bumping up interest rates gradually over the next year or so. The Fed doesn't control long-term interest rates, but these rates often follow the lead of short-term movements. However, longer-term rates haven't yet risen as much as shorter-term ones, which means the difference between short- and long-term rates is relatively small, historically speaking.

This doesn't mean you should make drastic changes to your portfolio. You still need to stick with the asset allocation that's suitable for your situation, which typically involves owning a certain percentage of growth-oriented vehicles, such as stocks, and a certain percentage of fixed-income securities, such as bonds. However, if you do have space in the fixed-income part of your portfolio, you may find the higher interest rates offered by short-term bonds and certificates of deposit (CDs) to be attractive. To take advantage of this opportunity, though, you will need to have the cash available to invest.

Some people hold too much in cash, waiting for interest rates to rise, or as

protection against the risk of a market decline. But holding excess cash involves its own risk – the risk of not investing. So, if you have your cash needs covered, you may want to consider investing any excess cash.

To determine if you are holding excess cash, you'll need to review your entire cash situation. For example, do you have enough cash, or cash equivalents, to create an emergency fund of three to six months' worth of living expenses? This fund can be vital in helping you pay for things like a major car repair or an unexpected medical bill without dipping in to your long-term investments. And, of course, you need enough liquidity to provide for your lifestyle, including your regular spending needs – your mortgage, utilities, groceries and so on. Also, you may want to set aside enough cash for a goal you want to reach in the next year or so, such as a vacation.

But if you have taken care of all these needs and you still have excess cash, you may want to consider putting this cash to work, possibly by investing in short-term fixed-income vehicles now being issued at higher interest rates.

And keep in mind that regardless of where interest rates are going, bonds and other fixed-income investments can offer some key benefits to investors. In addition to providing a source of regular income, these types of investments can help reduce the effects of volatility on your portfolio. While bonds can, and will, fluctuate in value, they typically can provide more stability to your portfolio and tend to behave differently than stocks over time.

After years of historical lows, shorter-term rates now have risen to levels that are more attractive to investors. Take the time to review your situation, perhaps with the help of a financial professional, to determine if taking advantage of these rates may be appropriate 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.✱

Women's Legacy Fund To Hold Fall Breakfast

The Women's Legacy Fund (WLF) of the Southwest Florida Community Foundation will hold its fall breakfast for contributors and friends on Thursday, October 18 from 8:30 to 10 a.m.

The event is being hosted by the I Will Mentorship Foundation and will be held at 3903 Dr. Martin Luther King, Jr. Boulevard in Fort Myers. Cost is \$20 per person. Prima Donors are complimentary.

In addition to breakfast, the event will include facility tours, a program and interviews with students from I Will Mentorship, a foundation that empowers youth to make positive life choices through Science, Technology, Engineering, Agriculture and Math (STEAM)-based learning and evidence-based mentoring programs focused on increasing academic achievement, strengthening community and providing exposure to opportunities to improve socioeconomic mobility.

The WLF will also present their 2018

grant check to the Career Pipeline for Women in Health Care program, a program focused on enrolling women in underserved and underemployed communities in health science education programs at the two Lee County technical colleges, Fort Myers Technical College and Cape Coral Technical College. This inaugural year for the fund's first three-year grant and partnership is the largest grant to date at \$30,000.

Contributors to the WLF give a minimum of \$250 each year (\$100 for women younger than age 25). The first half of contributions is pooled for the purpose of immediate annual grants, while the second half is pooled into the WLF's endowment fund which provides additional grants to be made both now and in years to come. Prima Donors are local women who have contributed \$10,000 or more to the WLF endowment and are committed to making an impact in their community through charitable giving.

To attend, the fall breakfast, RSVP by October 10 and purchase tickets, visit www.floridacommunity.com and click on the Quick Link on the home page, or contact Sydney Roberts at 274-5900 or sroberts@floridacommunity.com✱

Superior Interiors

Upgrade Your Outdoor Living



by Trinette Nelson

With fall season upon us, there's a good chance you're back to taking full advantage of your lanai, patio and backyard spaces. But are you satisfied with the look and

feel of your areas for outdoor living? Step outside and look around. When was the last time you upgraded the furniture, lighting and decor? Just because this space is outdoors doesn't mean you shouldn't treat it like every other room in your home. It deserves the same attention to design and decor.

Sometimes, all it takes is a solid theme to encourage the rest of the ideas that come with upgrading your outdoor space. Something lively and refreshing can wake up the living area. Adding a modern, contemporary accent can help you achieve that fresh vibe, or perhaps instead, a more traditional, natural look made up of wooden decorations, furniture and accent pieces. Think about your desired theme before you start making any adjustments.

If you can't remember the last time you bought new patio furniture, now's an excellent time to treat yourself. A new table, bench or set of chairs can transform the space seamlessly and

encourage you to spend even more of your time outside in the future.

Want to make your patio cozy and inviting? An open wood or natural gas fire pit can help you achieve that comforting, sophisticated atmosphere that you can find outside of a bar or restaurant. Place a few benches and chairs with cushions nearby and turn your backyard into the go-to space for an evening get-together.

Much like how the fire pit adds a natural element to the patio, a nearby garden can set a lovely tone during the daytime as you sit outside and enjoy the fresh air. Plant fresh, blooming flowers and shrubbery or make the garden more functional and efficient by planting vegetables and herbs. There's nothing like having your own personal organic grocery store just steps away from your patio.

If you plan to spend a good amount of time on your patio after the sun sets, you may want to consider upgrading the outdoor lighting. One fixture simply isn't going to cut it, especially if you're going to have guests over more often. Consider a string of decorative lights paired with hanging lanterns that flow around the patio. You can also make a path from the lanai to the backyard patio using string lights or modern fixtures that sit on the ground.

Whether you're throwing an outdoor party soon or you want to enhance the space for your own enjoyment, these simple upgrades can transform your outdoor living areas with ease.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.✱

HUD Gives High Marks To Local Housing Authority

The U.S. Department of Housing and Urban Development (HUD) has designated the Housing Authority of the City of Fort Myers (HACFM) a high performer in the Public Housing Assessment System (PHAS) report for 2018.

HUD's Real Estate Assessment Center (REAC) effectively and fairly measures the performance of a public housing agency using the PHAS. As the centralized system of REAC, the Integrated Assessment Subsystem electronically collects individual subsystem scores, produces a composite PHAS score and communicates the results that represent a PHA's management performance.

"We are proud to once again be named a high performer by HUD," said Sherri Campanale, interim executive director/deputy executive director for HACFM. "We continue to excel because of the unwavering support and leadership of our board of commissioners and the commitment of our employees to this agency every day."

The PHAS scored the HACFM 90 points out of a possible 100. PHAS indicators used for the scoring included

physical, financial, management and resident reviews as well as financial sub-indicators including current ratio, months expendable funds balance, tenant receivable outstanding, occupancy loss, net income and expense management.

In 2015, HACFM was also named Outstanding Agency of the Year by the Florida Association of Housing and Redevelopment Officials (FAHRO).

The Housing Authority of the City of Fort Myers serves more than 3,500 families as a catalyst for increasing access to safe, stable and sustainable housing and to help develop, preserve and revitalize communities through affordable rental housing. The agency is dedicated to empowering families with the means to become as self-sufficient as possible through its Family Self-Sufficiency (FSS) and HOPE VI Community Supportive Services (CSS) programs, encouraging and facilitating movement toward financial independence beyond the need for HACFM services. The HACFM also aims to instill pride and a desire for an enhanced quality of life for families and serves the greater Fort Myers community in a manner that demonstrates professional courtesy, respect and caring, while recognizing the needs and limitations of the mentally and physically disabled, aged and infirmed.

For more information, call 344-3220 or visit www.hacfm.org.✱

Business Program On Death And Funeral Business

Advancing business leaders will have an opportunity to learn about death and the funeral business during the Greater Fort Myers Chamber of Commerce's Leadership NEXT program at Harvey-Englehardt Funeral & Cremation Services on Tuesday, October 9 at 5 p.m.

Harvey-Englehardt managing partner Tim Hauck and funeral director Rachel Schadt will give attendees a tour of the Fort Myers facility, including the chapels, arrangement rooms, display rooms, crematory and preparation areas for embalming. After the tour, Pricilla Doyle, a forensic investigator at the District 21 Medical Examiner's Office, will offer a presentation and discussion about her line of work.

Following the formal discussions, attendees will enjoy networking opportunities, appetizers and refreshments at Harvey-Englehardt's on-site banquet facility. Blake Hampton



Pricilla Doyle photos provided

of Hampton Law, which specializes in elder law, estate and special needs planning, is sponsoring the October program.

Leadership NEXT is a group of advancing professionals who represent a variety of businesses and industries



Timothy Hauck

throughout Southwest Florida. Leadership NEXT is free to attend for members of the Greater Fort Myers Chamber of Commerce and \$10 for future members. Attendees are encouraged to register in advance at www.fortmyers.org and to follow



Rachel Schadt

Leadership NEXT on Facebook to learn more.

Harvey-Englehardt Funeral & Cremation Services is located at 1600 Colonial Boulevard in Fort Myers.*

Wellness Director Joins Florida Leadership Group

Lee Health System Director of Health & Wellness Christin Collins will join Florida's best and brightest leaders as part of this year's Leadership Florida program. Leadership Florida is a statewide organization dedicated to connecting leaders from across the state to challenge, prepare and inspire them to build a better Florida.

The program, now in its 37th year, seeks to activate, educate and engage leaders through top-level programming and development.

Collins is responsible for developing and leading several of the health system's community lifestyle initiatives. She was named *The News-Press* Person of the Year in 2017 and serves in leadership roles for several community organizations including PACE Center for Girls and The Greater Fort Myers Chamber of Commerce.

"I'm so honored to have been selected to join this prestigious group of leaders from across the state," Collins said. "The opportunity to participate in programs that educate, inspire and engage Florida leaders means a lot to me and I'm excited to start this journey."



Christin Collins photo provided

New class members participate in Leadership Florida's distinguished master sessions, which provide a comprehensive look at critical Florida issues, the opportunity to refine their leadership skills. Participants also take part in an eight-month learning experience in various locations across Florida -- including West Palm Beach, River Ranch, Tampa, Tallahassee, Miami, Daytona, Howie-in-the-Hills and Orlando.*

Financier Joins Builders Care Board

Lee BIA Builders Care, the nonprofit charitable arm of the Lee Building Industry Association (BIA), has appointed Steve Krystyniak to its board of directors.

Krystyniak is a commercial lender with Preferred Community Bank, which merged with Achieva Credit Union on September 30. He's responsible for creating and sustaining relationships with commercial banking customers and providing commercial loans, deposit solutions and business banking services. Krystyniak previously worked as a vice president with Bank of America, Fifth Third Bank and First National Bank of the Gulf Coast, and was a market president for Ameribank and unit vice president for Republic Security Bank. He earned a bachelor's degree from Springfield College in Massachusetts.

"Our board of directors is comprised of individuals with significant experience in the construction, real estate, marketing and development industries, so Steve's expertise in banking and fiscal management certainly will bring a much-needed financial element to our



Steve Krystyniak photo provided

board's discussions," said Becky Swift, executive director of Lee BIA Builders Care.

Board members help steer the direction of Lee BIA Builders Care, which provides emergency home repairs and construction services to elderly, disabled and economically disadvantaged people who are unable to obtain home repairs through traditional means.*

Begin A Career As A Machinist

CareerSource Southwest Florida, Immokalee Center, Immokalee Technical College (iTech) and Arthrex -- all FutureMakers Coalition partners -- are teaming up to hold an

informational event for prospective students to learn about careers in machining technologies.

There will be two sessions held on October 10. The first from 9 a.m. to noon and the second from 5:30 to 8 p.m. Both will be held at CareerSource Southwest Florida, Immokalee Center located at 750 South 5th Street in Immokalee.

Anyone interested in getting a start with a career in machining technologies is encouraged to attend. The goal is to find interested students and help them get their tuition and related fees paid for so that they are ready for a new career in just one year. The Center for Manufacturing Excellence blends career subject knowledge and hands-on technical training to master the

occupational competencies needed to be successful in the workforce.

The FutureMakers Coalition's goal is to transform the workforce by increasing the number of Southwest Florida residents with degrees, certificates and other high-quality credentials by the year 2025.*

It Was A Historic Last Weekend To The 2018 Baseball Season



by Ed Frank

The fascination with baseball history is what makes the game so great. And nothing could have been more historic than last weekend's final weekend of the regular season.

When the Chicago Cubs, the Milwaukee Brewers, the Los Angeles Dodgers and the Colorado Rockies all won on Sunday, it set the stage for a pair of tiebreaker games the next day to determine the National League Central and National League West division champions.

That is the first time in baseball history that two division titles were decided on the same day by playing Games 163.

You no doubt know by now that Milwaukee and Los Angeles won the tiebreakers and division crowns on Monday, and Chicago and Colorado faced each other the next day in a wildcard matchup.

You could have won a whole bunch of money betting on Milwaukee to win the NL Central at season's start. The Brew Crew in recent years faded from contention near the end of the regular seasons. But not this year.

Milwaukee was five games back of the Cubs on September 1. On October 1, they won the division title. They won 28 of their final 38 games and, during that stretch, won 10 of 11 and eight in a row.

It's the first time since 2011 that Milwaukee made it to the playoffs.

And there's a little bit of history in the Dodgers winning the NL West for the sixth year in a row. Since divisional play began, only two other teams, the Atlanta Braves and the New York Yankees, have won six division championships in a row.

Note that the Braves and Yankees won World Series Championships during those runs.

It was the late great Chicago Cubs' Ernie Banks who coined the slogan, "Let's Play

Two," referring to a baseball double-header.

They played two on Monday to decide two division championships. Ernie would have liked that.

Emotional Farewell For Joe Mauer – Or Is It?

In what many believe was his final game, Minnesota Twins fans gave Joe Mauer an emotional farewell last Sunday at Target Field.

One of the all-time greats in Twins history, Mauer played his entire 15-year Major League career for the Twins during which he was a six-time All Star, won three batting titles, was the American League Most Valuable Player in 2009, and had more than 2,000 hits and 1,000 runs scored.

If it was his final game last Sunday, he went out in Mauer style, crushing a double in the seventh inning and then donned his old catching equipment for one pitch in the ninth inning.

Mauer was the Twins first overall selection in the 2001 Major League Draft. A three-sport high school star, he turned down a scholarship to Florida State University to sign with the Twins as an 18-year-old.

In 2010, he signed an eight-year, \$184-million contract, which today is still the highest for a catcher in baseball history.

But after a series of concussions suffered as a catcher, the Twins moved Mauer to first base in 2013 for the remainder of his career.

If this was his final year, it sure was a respectable season as he hit .282 in 127 games played.

Just 35 years old, he may still have something "left in the tank," for another season or two. However, should he retire from active play, don't be surprised if he takes another job in the Twins organization.

Joe Mauer was truly a credit to baseball and the Minnesota Twins.

Molitor Out As Twins Manager

Minnesota Twins Manager Paul Molitor was fired Tuesday, ending his four-year run as skipper. He had a year remaining on his contract. He was offered a job in the Twins organization should he want to remain with the club.

His record as manager was 305-343 (.471) in those four seasons with one post-season appearance, that being a wildcard slot last year.✱



Sign up for the fall Adult Kickball season by October 15

photo provided

Adult Kickball Signups Extend To October 15

Many of us remember kickball as a game played in elementary school, but that's no longer the case. Lee County has an adult kickball recreation league called ikickballz and fall season signups are being extended until Friday, October 15.

After running a pilot summer season, the coed league grew to 265 players, ranging in ages from 18 to 82 years old. With such high demand in the area, ikickballz has expanded from Fort Myers and Cape Coral to Estero this fall.

Cost is \$75 per person and covers seven weeks of games, playoffs, shirts, field costs, awards and officials. Use the code "TENOFF" to save \$10 off your registration fee at www.ikickballz.com. "It's all about having fun and

camaraderie, not competition," stated Ryan Caviness, owner of ikickballz. "But our players also want to give back to our local community."

The league recently ran, Kickin for Clean Water, a kickball tournament which successfully raised funds and

awareness to help protect and save our local estuaries and fisheries. Rusty's Raw,Bar & Grill sponsors postgame and playoff events giving food and drink discounts to all players.

For more information or to register, visit ikickballz.com.✱

SPORTS QUIZ

1. Between 2015-18, the All-Star Game Most Valuable Player also hit a home run in the game. Name two of the four MVPs.
2. Name the last Dodgers pitcher before Alex Wood in 2017 to win his first 10 decisions in a season.
3. Pittsburgh's Chris Boswell set an NFL record in 2017 for most field goals in a playoff game. How many was it?
4. Who was the first men's basketball player in University of Michigan history to have more than 1,000 points, 500 rebounds and 400 assists during his career?
5. Tampa Bay's Nikita Kucherov set a franchise record for points (10) in a playoff series in 2018. How many of those points were goals, and how many were assists?
6. Who was the last NASCAR Cup driver to win three consecutive road races?
7. In 1998, Jana Novotna became the oldest first-time winner of the Wimbledon women's singles title in the Open Era. How old was she?

ANSWERS

1. Mike Trout, Eric Hosmer, Robinson Cano and Alex Bregman. 2. Don Newcombe, in 1955. 3. Six. 4. Derrick Walton Jr. (2013-17). 5. Five goals, five assists. 6. Tony Stewart (2004-05). 7. She was 29.

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Captiva Triathlon Raises \$45,000 For Food Pantry

Despite challenges with red tide concerns and canceling the swim portion of the annual race, the Galloway Captiva Triathlon for charity was a huge success at South Seas Island Resort on Captiva. It involved competition, sportsmanship and giving back to the community. This year's event brought in over 650 competitors from throughout the state of Florida and from 15 different states nationwide. In total, over \$45,000 was raised to support the School Mobile Food Pantry program at Community Cooperative, whose mission is to end hunger and homelessness in Lee County.

"The success of this event is due to the outstanding coordinated efforts of the event planning team of Ken and Kate Gooderham and Angie Ferguson



Participants of the 2018 Galloway Captiva Triathlon

photo provided

as well as our volunteers, sponsors and, of course, the race participants," said Tracey Galloway, CEO of Community Cooperative. "Every year this event outpaces our expectations, and we couldn't be more pleased with this year's results, and we are already excited for next

year's race."

"Having a great charity to support helps people get and stay involved – and getting to see that support help the community really inspires us and our athletes," said Ken Gooderham of Gooderham & Associates and Southwest

Florida Events.

More than 500 adults and 150 children competed in the biking and running portions of the triathlon, with some 70 volunteers working the two-day event, handing out 100 trophies and plaques to both winners and sponsors.*



Alumni board members and Team TAKA, last year's first place winners

photo provided

Alumni Fishing Tournament

The Panther Baseball Alumni Club is hosting its 7th annual fishing tournament on Saturday, October 6 with a catch, photo and release format. Due to the environmental issues experienced in Southwest Florida, fish will not be weighed-in at the dock, but will be photographed and released where they are caught.

The non-profit organization that raises funds to support the Cypress Lake High School baseball team had a very successful event last year. The alumni club's support is intricate to the baseball club's operations – paying for equipment, purchasing supplies and, most importantly, awarding scholarships to student athletes that exemplify leadership within their community. A portion of the events proceeds will be donated to Captains for Clean Water, whose mission is to advance education, awareness and scientifically supported solutions to restore and protect marine ecosystems for future generations.

The Captain's Meeting and Awards Dinner will be held at Salty Sam's Marina and Parrot Key Caribbean Grill. The mandatory captain's meeting begins on Friday, October 5 at 6 p.m. and is followed by the tournament's honor start at 7 a.m. Saturday, October 6. Photos, as outlined at the captains meeting, must be received by the 4 p.m. closing time. The tournament is followed by dinner, raffles, auctions and awards ceremony. Friends and family are welcome to join the fun.

Over \$5,000 in cash and prizes will be

awarded, along with great deals on raffles and auction items. There is even going to be a fishing boat raffled off to one lucky winner. If a minimum of 300 tickets are not sold, the raffle will be a 50/50.

"This was such a great event last year, everyone had a lot of fun, and we raised much needed funds for this worthy cause", said Justin Lee, vice president of the Panther Baseball Alumni Club. "We are urging all our local fishermen and women to join us for this fun event on October 6."

Salty Sam's Marina is located at 2500 Main Street on San Carlos Island. For complete details and to register for the tournament, visit www.pantherbaseballalumni.org.*

Power Squadron Classes Offered

America's Boating Club and the San Carlos Bay Sail & Power Squadron, a boating organization that serves South Fort Myers, Fort Myers Beach, Bonita Springs and Estero, will be offering America's Boating Course as a two-part class at the San Carlos Bay Sail & Power Squadron classroom beginning Saturday, October 13 from 8:15 a.m. to 12:30 p.m. The second session will be held on Saturday, October 20 at the same time period.

Topics covered include hull design, docking, anchoring, handling boating emergencies, reading channel markers and many other topics to make each boating experience safer and more enjoyable. Successful completion of this

course entitles the boater to six months free membership in the United States Power Squadrons with the purchase of a 12-month membership. In addition, students who join the squadron will also be eligible for a free three-hour On The Water training session.

Cost is \$60 with a \$30 cost for a second person sharing the instruction materials. The cost includes lunch after the second Saturday class.

This course is recognized by the National Association of State Boating Law Administrators. The State of Florida

recently passed legislation requiring anyone born after January 1, 1988 to have passed a safe boating course and obtain a Boating Safety Education ID card which is valid for life, in order to operate a boat with more than 10 HP. Each student will receive a card/certificate from the Florida Fish and Wildlife Commission upon completion of the class.

The San Carlos Bay Sail & Power Squadron is located at 16048 San Carlos Boulevard. Students can register online at www.scbps.com or call the squadron office at 466-4040 and leave a message.*

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Highlights From The 2018 Island Hopper Songwriter Fest



Badger & Rose at Doc Ford's Rum Bar & Grille on Captiva
photos by Bob Petcher



Jeffery East and Chris Heine at Matanzas on the Bay on Fort Myers Beach



Phil O'Donnell and Chris Barron at Keylime Bistro on Captiva



Steve Dean and Megan Linville at Pierside Gill and Famous Blowfish Bar on Fort Myers Beach



Sheena Brook and LaLa Deaton at Nervous Nellie's on Fort Myers Beach



LOCASH at Pinchers at The Marina at Edison Ford in downtown Fort Myers

photo courtesy fortmyers-sanibel.com



Ayla Lynn at Hotel Indigo in downtown Fort Myers
photo courtesy fortmyers-sanibel.com



Purchase a rubber duckie to support breast cancer

photo provided

Cancer Center Bucks For Ducks Fundraiser

The Bucks for Ducks fundraiser lets you honor your breast cancer hero while helping save lives. Your donation supports Lee Health's Breast Health Centers' mammography fund to assist less fortunate patients with breast cancer detection. For the past seven years in October, the ducks have transformed the reflection pond at the Regional Cancer Center into a bright, cheerful symbol of hope during Breast Cancer Awareness Month.

Each Bucks for Ducks donor is given their own pink rubber duckie to adorn with a personal message or to name in honor of a loved one. The rubber duckies are \$3 each or two for \$5. The ducks are available at the following donation sites:

Regional Cancer Center, 8931

Colonial Center Drive, Suite 200, Fort Myers

Outpatient Center at the Sanctuary Breast Center, 8960 Colonial Center Drive, Fort Myers

Outpatient Center at HealthPark Commons Breast Center, 16281 Bass Road, Suite 204, Fort Myers

Outpatient Center at Surfside, 2441 Surfside Blvd., Cape Coral

As the ducks are purchased, they are placed in the reflection pond at the Regional Cancer Center. The flock will gather throughout October in recognition of Breast Cancer Awareness Month. The Breast Health Center staff is more than happy to place a duck in the reflection pond for donors who are unable to come to one of the donation sites.

A memorial and blessing of the ducks will take place at 12:30 p.m. on October 30. Anyone is welcome to attend.

For more information, or to make a donation, contact Diana Hammock at 343-9452.✱

Free Program For Dementia Caregivers

Caring for a loved one with dementia is challenging and often exhausting. These caregivers often need someone to take care of them. Lee Health's Healthy Life Center in Estero is providing that support through free classes designed to help those who care for people living with dementia become better caregivers. Over the course of the next year, there will be 21 courses taking caregivers through every step in the process of diagnosing and living with dementia. Some of the courses, developed in collaboration with the Alzheimer's Association - Florida Gulf Coast Chapter, will also focus on the caregiver themselves to help them cope with the stress, and sometimes guilt, of being a caregiver.

The next two courses will be held from 10 to 11:30 a.m. at Healthy Life Center - Coconut Point at 23190 Fashion Drive suite 105 in Estero. Getting the

Diagnosis will be held on Monday, October 22. Diagnosed - Now What? Dementia Conversations will be held on Monday, November 5. When Lee Health-Coconut Point opens in December, the courses will move to the new location.

"The Dementia Caregiver College is designed to enhance the lives of dementia patients and their caregivers. Dementia patients rely on their caregivers for all of their basic needs, and our planned curriculum will provide caregivers with the necessary tools and education to provide effective and compassionate care. It is often easy to overlook the mental stress caregivers experience, and these courses also double as a support group, allowing them to share their experiences and bond with others who understand the difficulties of caring for a friend or loved one as their capacities diminish," said Carrie Bloemers, MS, RDN; manager of Lee Health Healthy Life Center.

To RSVP for the Dementia Caregiver College, call 495-4475. To learn more about the Healthy Life Center and the classes offered, visit www.leehealth.org/facilities/healthy-life-center.asp.✱

Officials Installed For Lee Health Auxiliaries



Lee Health Auxiliaries new leaders include, from left, Jeri Grimes, director, Cape Coral Hospital Auxiliary and Volunteer Resources; Gary Gold, president, Gulf Coast Medical Center Auxiliary; Carol Anderson, president, Cape Coral Hospital Auxiliary; and Sandy Heise, president, Lee Memorial Auxiliary

photo provided

The Lee Health Auxiliaries, including Cape Coral Hospital Auxiliary, Gulf Coast Medical Center Auxiliary and Lee Memorial Auxiliary (which includes HealthPark Medical Center, Golisano Children's Hospital of Southwest Florida and Lee Memorial Hospital) recently installed their new board of directors and officers for 2018-19. Lee Health President and CEO Larry Antonucci, MD, MBA, swore in the new leaders at a breakfast held at Lexington Country Club in Fort Myers.

Many auxiliary members, Lee Health Board of Directors, Lee Health Foundation leaders and Lee Health senior leaders were in attendance to share their appreciation. In addition to installing the new leadership, retiring officers were recognized and honored for their service. Auxilians also celebrated their fundraising efforts during the past year.

During the 2017-18 business year, the three Lee Health auxiliaries donated nearly \$1.1 million for scholarships, projects, programs, equipment and technology to benefit Lee Health patients, families, employees and the Southwest Florida community. Each of the three Lee Health auxiliaries also donated \$25,000 each to the United Way 211 Employee Assistance Program for Lee Health employees.

The auxilian leaders installed for the

2018-19 year include:

Cape Coral Hospital Auxiliary - President: Carol Anderson; President-Elect: Sue Twining; Vice President-Membership: Lynne Benson; Vice President-Fundraising: Jocelyne Pickel; Recording Secretary: Arlene Tompkins; Treasurer: Jack Hess; and Assistant Treasurer: Ginny Cappucci. Board Members: Charlene Anderson, Rita Hotchkiss, Linda Johnston, Carol Jurkowski, Pat Pye and Mary Pat Roleke.

Gulf Coast Medical Center Auxiliary - President: Gary Gold; President-Elect: Mary Ann George; Vice President: Ned Bolton; Treasurer: Mary Callaway; and Secretary: Kathleen Capobianco. Board Members: Joan Cory, Chip Dykstra, Ron Hohenbrink, Park Jackson, Vivian Landis, George Landon, John MacKenzie, Louise McDonald, Bob Miller and Jean Moran.

Lee Memorial Auxiliary -President: Sandy Heise; Vice President-Fundraising: Jean Perkins; Vice President-Lee Memorial Hospital: Karen Endersbee; Vice President-HealthPark Medical Center: Ketki Shah; Vice President-Golisano Children's Hospital of Southwest Florida: Bob Lotz; Treasurer: Ron Currie; and Secretary: Jim Andrews. Board Members: Susan Alexander, Dan Gillenwater, Cathy Miller, Mary Jane Rockas, Tommie Schott.✱

Republican Women Meeting

Joe Mazurkiewicz will address the pros and cons of all the constitutional amendments that will be on the November election ballot during the Fort Myers Republican Women's luncheon at The Helm Club, The Landings on Tuesday, October 16. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program. A question-and-answer session

will be held following Mazurkiewicz's presentation.

Cost for the luncheon and speaker presentation, which is open to the public, is \$20. Reservations are required by Thursday, October 11, and may be made by contacting Tina Laurie at 489-4701. Attendees may write their checks to the Republican candidate of their choice who has an election in November, and the club will pay for the luncheon.

The Landings Yacht Golf & Tennis Club is located at 4420 Flagship Drive in Fort Myers. For more information, contact Tina Laurie at 489-4701.✱

dearRPharmacist

The Connection Between Stevia And Ragweed



by Suzy Cohen, RPh

Dear Readers: It's hardly a secret that many foods today have non-sugar sweeteners added to them. As far as natural sweeteners go, stevia is the king. It's in a bazillion food products,

many of which are aimed at people with diabetes or obesity. Powdered supplements and lozenges often contain stevia, it's everywhere.

Stevia is a plant-derived herb, so obviously there could be allergies. Maybe your throat itches or seizes up when sipping a stevia-sweetened drink or when you chew on sugar-free gum. Maybe you sneeze or your lips itch. Perhaps it's a coughing fit or hives and a rash. It's all because of a very common allergen: ragweed.

Are you allergic to ragweed? If you are, then you are also susceptible to sensitivities from stevia consumption. Before I discuss allergic symptoms, I'd like to share the extraordinary medical benefits that stevia offers in case you're not allergic to it. Most people are not. Stevia helps with:

- Diabetes
- Hypertension
- Kidney disease
- Pain and inflammation
- Infections
- Diarrhea

Stevia is 200 times sweeter than table sugar, contains almost no calories, and won't adversely affect your blood sugar when consumed. That's why it's an incredible herb for sweetening foods when you're on a diet, or if you are just health conscious.

But the problem is the family tree. Stevia was born into the Asteraceae family, or "Aster" which essentially means that stevia is genetically kin to marigolds, daises, chrysanthemums, dandelion, lettuce, safflower, sunflower, artemisia (wormwood), artichokes, endive and, most importantly, ragweed. This is a botanical family that allergen-prone individuals need to stay away from.

In fact, there's an estimated 23 million Americans who suffer from ragweed-triggered hay fever. Not all of those people are sensitive to stevia, or the other plants in the Aster family, but some of you are and may not have realized it until just now.

Pollen from the ragweed and pollen from the stevia plant contain very similar proteins as part of their genetic make-up. This means that there's cross-reactivity between them. Once the stevia protein passes through your gut and gets absorbed by your bloodstream, it might get mistaken by your immune system and shot down. Your body might mistake it for the ragweed protein (because they're so structurally similar) and then you're faced with miserable allergic symptoms.

I have written a longer version of this article that features other natural sweeteners, as well as advice to help determine if you're truly allergic. Visit www.suzycohen.com and sign up for my free newsletter so I can email you this article along with precautions. In the meantime, keep track of symptoms that are suggestive of ragweed cross-reactivity such as throat, lip and mouth itching and swelling, hives, dizziness, coughing fits, temporary shortness of breath, or throat pain. If you feel like you're sensitive, I recommend cutting out stevia from your diet until you get some answers and visiting a board-certified immunologist for testing.

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.✧

Doctor and Dietician

Dietary Iron



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

Do you have difficulty getting enough iron in your diets? Women of child-bearing age, vegetarians and those who eat less red meat may struggle to get sufficient dietary iron. Iron is the most common nutritional deficiency in the U.S. It's important for your body, because iron is a component of hemoglobin, the substance in red blood cells that carries oxygen to your tissues.

Your body does not make iron. It is an essential nutrient that you must get from food. A shortage of iron can occur when you consume too little iron over an extended amount of time. A deficiency of iron can cause anemia, which may make you feel fatigued. Iron deficiency anemia is the most common

type of anemia. With insufficient iron in your blood stream, the rest of your body can't get the amount of oxygen it needs. In addition to poor iron intake, there are also medical conditions that can lead to iron deficiency anemia, such as stomach ulcers. The regular use of pain relievers, like aspirin, can also cause internal bleeding that can lead to iron deficiency.

Luckily, there are plenty of good food choices that can help you meet your daily iron needs. Foods such as meat, eggs and leafy green vegetables are high in iron. Other foods high in iron include legumes, pumpkin and squash seeds, raisins, seafood, organ meats and quinoa (a versatile, gluten-free grain). Additionally, vitamin C helps your body to absorb iron, so including it in your diet is important, especially if you don't eat much meat.

Any underlying condition, whether too much or too little iron in the blood, needs to be treated. But when deficiency is due to inadequate dietary intake, consumption of diets higher in iron and vitamin C can help prevent it.

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:

The Juggling Act



by Kay Casperson

How many of you feel like you are constantly juggling several balls in the air at one time on a daily basis? Do you ever drop some and have to stop to pick them up and start over, time and time

again? Let me just start with the fact that you are not alone, because life is definitely a juggling act. Taking care of kids, career, health, wellness, fitness, family, spouses, significant others and squeezing in the occasional time for yourself can be a test, to say the least. Unfortunately, we tend to lose the last part of that juggle, which is usually the time for yourself. You might already know by now that the first and most vital part of your act is your *me time*, and if neglected, can lead to dropping many balls over and over again. Making yourself a priority in the juggle of life will give you the much-needed talent and strength to keep all the balls in the air with flawless effort which, however, does not come without practice and consistency.

I have found over the years that the more clear my vision of having a beautiful life is, the more balls get placed in my act. It does become even more challenging, but somehow we are never given more than we can really handle and, it just may take more concentration and effort to keep them all flying together and in sync. I know there are times when you wonder how you

can possibly juggle all of this and stay sane. This is the perfect time to step back and take a good look at which ball needs to be let go of, or moved to a different position. Being organized is crucial, as well as not being afraid to ask for help when the juggle gets too tough. There are people you should be able to lean on every once in a while to help you through some of the juggling acts but if you take that time to analyze the importance of each ball and where they should be placed in the act, you will take on only what you are ready for and can handle.

What a fantastic feeling it is when we get all those balls flying in the air seamlessly and without much effort. This is when you know you have accomplished the act, at least for today, and can continue your journey to having your most balanced and beautiful life.

My favorite affirmations for the juggling act are:

"I am making myself a priority in balancing my day-to-day responsibilities." Don't forget to focus on your own health and wellness to stay strong and happy.

"I keep my day planned out, organized and free of stress." Writing things down and checking them off your list will keep you moving in the right direction.

"I am thankful for my blessings and I know that I can handle all that comes my way." Having a positive, grateful mindset will make all the difference in the world.

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.✧

From page 1

Downtown Fun

performances from 6 to 10 p.m. There will be music by a string trio from 6 to 8 p.m. Experience a traditional Polynesian dance at 6:20 p.m. and a performance from Gulfshore Ballet at 6:40 p.m. Afterwards, City of Fort Myers officials and River District partners will offer some interesting information about downtown's past and future. A fire spinning performance by Fiero will complement the evening's music from Strange Arrangement, starting at 8 p.m.

Dark Art celebrates the weird, quirky and macabre with performances and interactive entertainment from Wicked Apple Art (demonstrating a live body paint session on the main stage), while local artists like Dharma LeFevre paint live around the main gallery. There will also be tarot readings by Shelby Elmore throughout the night, plus an interactive

escape room puzzle from Brainstorm Bonita. At 9 p.m., Pixel Winters and Company perform a dark, strange burlesque revue featuring some favorite local performers, like Kitty Purrl and Freckles Galore.

The 10 Years of Art Walk exhibition pays tribute to the artists, businesses and galleries that helped create one of downtown's favorite monthly events. The exhibition features Claudia Goode and Annette Brown, Jamie Kuser and Kathy Kuser, Andy Howl, Jeff and Dale Ocasio, Christina Jarmolinski, David Acevedo, David and Lily Hackett, Brooke Anderson and Suzanne Brown, Marc Harris, Ollie Gentry, Terry Tinchler, and Stephen Blancett.

Stick around for the after party from 10 p.m. to midnight, featuring a jazz trio, hors d'oeuvres and cocktails.

The Sidney & Berne Davis Art Center is located at 2301 First Street. For more information, visit www.sbdac.com or call 333-1933.✧

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Chance And Bambi



Chance ID# A754294

Bambi ID# A754692

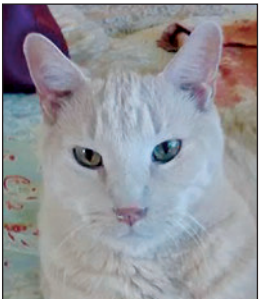
Hello, my nme is Chance. I am a 2-year-old male American bulldog mix who is a fun-loving guy that thinks everything is meant for play, especially you. Anything you do, I will want to do with you. I will definitely keep you on your toes, and life will be exciting and the fun is guaranteed. I am currently going through my Canine Good Citizen training with our fabulous volunteers. My new family can continue the training with our certified trainer at her facility in North Fort Myers so that I can receive my Canine Good Citizenship. My adoption fee is \$30.

Hi, I'm Bambi. I am a 2-year-old female domestic shorthair who's got the whole package - smart, fuzzy, four legs, love to learn and live to please. Keep me entertained, and I'll be yours forever. I get along well with other cats and love people too. My adoption fee is \$10.

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

Haven on Earth Animal League

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 havononearthanimalleague@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 havononearthanimalleague@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 havononearthanimalleague@yahoo.com.*

PAWS Of Sanibel

Matilda And Sasha



Matilda

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. 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.

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.*

Find Your Fido

Lee County Domestic Animal Services will be joining the American Society for the Prevention of Cruelty to Animals (ASPCA) with the #FindYourFido initiative for the second consecutive year. The campaign's goal is to raise awareness of homeless animals and to help find safe, loving homes for dogs in the community. To encourage local supporters to #FindYourFido, Animal Services will reduce its adoption fees for dogs to \$30 through October 31.

The ASPCA #FindYourFido campaign is designed to expand the digital exposure for animals nationwide and raise awareness regarding the benefits of adopting a pet. During the month of October, "Fido," a cardboard cutout ambassador for adoptable dogs, will be in the lobby of Animal Services to illustrate how easy it is to picture a shelter pet in someone's daily life and encourage animal adoption.

The adoption center is open 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. For more information visit www.leelostpets.com.*



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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

DRUNK IN THE KITCHEN

- ACROSS
1 Deceive
8 Scarce supply
14 Champaign's twin city
20 Composer Vivaldi
21 Concert bonus
22 "La Cage aux —"
23 What Swiss steak may be braised in
25 Circular window
26 Personal identity
27 High-arcng shots
28 "Gotcha!"
30 To be, in Bordeaux
31 Expanded
35 Ballpark snack with lots of toppings
39 Amtrak stop
40 Care for
41 Make sad
42 Title for Tuck
44 Big bird that doesn't fly
47 Honeybunch
48 They may be sprinkled on sauteed spinach
- 55 Partner of Porgy
56 Southern French city
57 Yuletide
58 Quits
61 Arab prince
62 Mine metal
64 Genie's gift
66 Actor Cariou
67 Actor Jacobi
70 Popular cookout side
73 Armour product in a can
76 With 96-Down, "Hang on a minute!"
77 "I'm impressed!"
78 Jane of fiction
80 Suffix with pagan
81 Final words from Caesar
82 Superstars
84 Two-masted craft
86 Exhorting individual
87 Abnormally deep sleep
90 Movie theater tubful
94 Staves off
97 Colo.-to-Ga. direction
- 98 Thrashes
99 Old World elk
101 "Tis a shame"
104 Midday snoozes
109 Specialty of Popeyes
112 Cause of heartache
113 Elvis' middle name
114 Go — spree
115 Indian tourist city
117 Ride ordered by app
118 Like some census data
121 Rollmop's main ingredient
126 Big name in online brokerages
127 Alternative to PJs
128 Oozing stuff
129 Teeterboard
130 PC-linking protocol
131 Head locks
- DOWN
1 Catholic services
2 Bent (on)
3 — Artois (beer)
4 Unlike the Atkins diet
5 Ending for phenyl
6 Assistance
7 "i" or "j" top
8 Floor model
9 Empower
10 Follows, as advice
11 Aussie hopper
12 Tire feature
13 Pronoun for both genders
14 Aliens' craft
15 Fabled bird
16 Maryland crustaceans
17 Mentally alert
18 Woody Allen film subject
19 Sizes up
24 Prehistoric
29 Total up
32 Schisms
33 '90s veep
34 "Idylls of the King" lady
36 Yemeni city
37 Homer's TV neighbor
38 LummoX
40 Sextet half
43 Sleeping woe
45 Lotsa
46 4x4, briefly
- 48 Judo-like exercise fad
49 Financial guru Suze
50 Comparable
51 Sahara-like
52 Info-packed
53 Lilly of drugs
54 Sea dogs
59 Look as if
60 Termination
62 Certain reed
63 Program for getting clean
65 Lance
67 Turn loose
68 Western film
69 Do a 180
71 Palme —
72 Finches' homes
74 Wavy mark in Spanish
75 Bygone Ford make, briefly
79 Reuben bread
82 Fragrant white flowers
83 Natl. voting day
85 Spun traps
86 Agitate
87 Subway charges, e.g.
- 88 Judge too highly
89 So-so
91 Ship wood
92 UTEP part
93 Big elevator innovator
95 Nugent with a guitar
96 See 76-Across
100 Pi-sigma link
102 Enter via the cracks
103 "Life of Pi" director
105 Drinks loudly
106 Memoirist Wolff
107 Redress
108 Durable coat fabrics
110 Data for a database
111 Michael of "Alfie"
112 Sonny
116 Be still
119 Mouth rinse bottle abbr.
120 Writer Wallace
122 Cato's 450
123 33rd pres.
124 Eternally, to poets
125 Singer Des'—

	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19	
20								21							22						
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109								110	111					112							
113							114						115		116						
118				119	120			121		122					123	124	125				
126								127							128						
129								130							131						

King Crossword

- ACROSS
1 Eastern bigwig (Var.)
5 One-on-one battle
9 Scoundrel
12 Rice-A- —
13 Paquin or Paris
14 Raw rock
15 Over
17 Pen point
18 Vagrant
19 Ticket
21 Aspect
24 Idea that spreads on the Web
25 48-Across' counterparts
26 Room-to-room access-
30 Convent dweller
31 Great praise
32 Old card game
33 Wine pourer
35 Existed, Biblically
36 Do as you're told
37 Expos
38 Cease-fire
40 Noble title
42 Melody
43 Ecclesiastical compact
48 See 25-Across
- 49 Soon, in verse
50 "Do — others ..."
51 Shelter
52 Sit for a photo
53 Unaltered
- 10 Operatic solo
11 Credit card user's prob-
lem
16 Parcel of land
20 Coal diggers' org.
21 Ward (off)
22 Chills and fever
23 Open area at a terminal
24 Othello, for one
26 Responsibility
27 Praise in verse
28 Days gone by
29 Drunkards
- 31 Patella
34 Jimmy Kimmel's net-
work
35 Tusked mam-
mal
37 Buddy
38 Party-game pin-on
39 Go by train
40 Son of Seth
41 Pimples
44 Yoko of music
45 "CSI" evi-
dence
46 \$ dispenser
47 Pirouette pivot
- DOWN
1 Joan of —
2 Cattle call?
3 Hostel
4 Wealth
5 Paint ama-
teurishly
6 Ruin
7 Compass pt.
8 Firetruck gear
9 Skin-tone
cosmetic

MAGIC MAZE ● TOP SILVER-PRODUCING COUNTRIES

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

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

- Argentina
Australia
Bolivia
Canada
- Chile
China
Guatemala
India
- Kazakhstan
Peru
Poland
Russia
- Sweden
Turkey
U.S.A.



"I have two very good reasons for not taking you on the roller coaster —
_____!"
answer on page 31

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!

Hidden
CRETES

Wild
LA FER

Rant
READIT

Origin
CUREOS

TODAY'S WORD

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

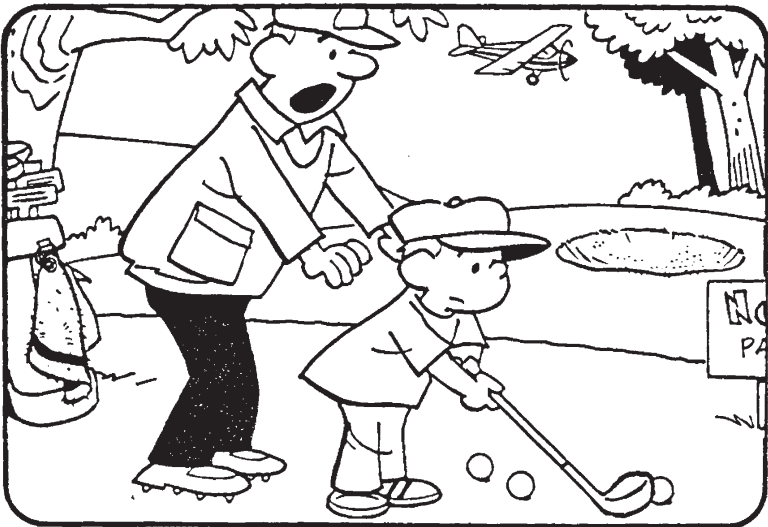
SUDOKU

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

answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Towel is missing. 2. Pocket is missing. 3. Arm is moved. 4. Airplane is missing. 5. Sand trap is missing. 6. Club head is different.



Sweet Corn and Jack Cheese Quesadilla

- 2 ears fresh sweet corn, kernels cut off the cob
- 1 cup cooked black beans, drained and rinsed
- 1 cup bell peppers (assorted colors), diced small
- 8 soft corn tortillas (6 inch)
- 2 cups jack cheese, shredded
- ¼ cup fresh cilantro, chopped
- 1 teaspoon cumin
- Sea salt and fresh ground pepper to taste

Vegetable oil for cooking
Preheat a medium-sized sauté pan over medium heat. Add 1 teaspoon of vegetable oil to the preheated pan. Add the corn kernels and diced peppers to the pan, and lightly season to taste with salt and pepper.
Cook the corn mixture until the peppers and corn start to get slightly golden brown. Add the black beans and cumin to the corn mixture, stir ingredients



Sweet Corn and Jack Cheese Quesadilla

to combine, and remove from heat.
Place the corn mixture into a bowl. Let cool to room temperature or in a refrigerator until next step.
To assemble quesadilla, lay out four tortillas on a flat, clean surface. Evenly distribute ¼ cup of the shredded cheese on each tortilla.
Next, evenly distribute the corn

mixture on top of the cheese, and add even amounts of the fresh cilantro. Add the last ¼ cup of cheese on top of the cilantro, and top each one with a tortilla. Lightly press each stuffed tortilla to make it flat.
Preheat a medium-sized sauté pan over medium heat. Add 1 teaspoon of vegetable oil to the preheated pan. Cook

each quesadilla for 2 to 4 minutes on each side or until golden brown and the cheese has melted. Remove the cooked quesadilla from the pan and repeat cooking process.
Hold cooked quesadillas in a 300-degree oven until all are cooked. Slice the quesadillas like a pie and serve warm with fresh salsa and guacamole.*

photo courtesy Fresh From Florida

PROFESSIONAL DIRECTORY

FINANCIAL SERVICES

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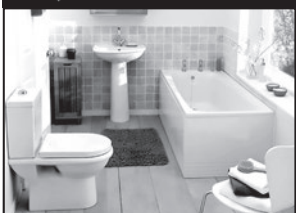
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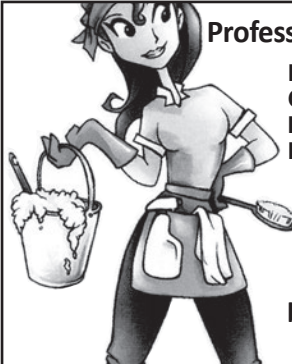
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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS




Harry Chapin Food Bank
OF SOUTHWEST FLORIDA




FRIDAY
Sunny
High: 88 Low: 79




SATURDAY
Sunny
High: 91 Low: 81




SUNDAY
Sunny
High: 87 Low: 78




MONDAY
Partly Cloudy
High: 88 Low: 79



TUESDAY
Mostly Sunny
High: 90 Low: 77



WEDNESDAY
Sunny
High: 87 Low: 78



THURSDAY
Mostly Cloudy
High: 89 Low: 76

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	12:05 am	4:02 am	10:30 am	5:29 pm	Fri	9:35 am	4:04 am	11:33 pm	5:31 pm	Fri	9:56 am	3:50 am	11:41 pm	5:12 pm	Fri	2:15 am	7:18 am	12:40 pm	8:45 pm
Sat	12:28 am	5:08 am	11:40 am	6:12 pm	Sat	10:45 am	5:10 am	11:55 pm	6:14 pm	Sat	11:41 am	5:15 am	None	6:13 pm	Sat	2:38 am	8:24 am	1:50 pm	9:28 pm
Sun	12:50 am	6:02 am	12:40 pm	6:48 pm	Sun	11:45 am	6:04 am	None	6:50 pm	Sun	12:27 am	6:25 am	12:48 pm	7:04 pm	Sun	3:00 am	9:18 am	2:50 pm	10:04 pm
Mon	1:10 am	6:50 am	1:33 pm	7:19 pm	Mon	12:15 am	6:52 am	12:38 pm	7:21 pm	Mon	1:02 am	7:21 am	1:39 pm	7:49 pm	Mon	3:20 am	10:06 am	3:43 pm	10:35 pm
Tue	1:30 am	7:35 am	2:22 pm	7:45 pm	Tue	12:35 am	7:37 am	1:27 pm	7:47 pm	Tue	1:34 am	8:10 am	2:27 pm	8:30 pm	Tue	3:40 am	10:51 am	4:32 pm	11:01 pm
Wed	1:51 am	8:18 am	3:11 pm	8:09 pm	Wed	12:56 am	8:20 am	2:16 pm	8:11 pm	Wed	2:05 am	8:55 am	3:16 pm	9:08 pm	Wed	4:01 am	11:34 am	5:21 pm	11:25 pm
Thu	2:14 am	9:01 am	4:00 pm	8:32 pm	Thu	1:19 am	9:03 am	3:05 pm	8:34 pm	Thu	2:37 am	9:38 am	4:02 pm	9:44 pm	Thu	4:24 am	12:17 pm	6:10 pm	11:48 pm

PUZZLE ANSWERS

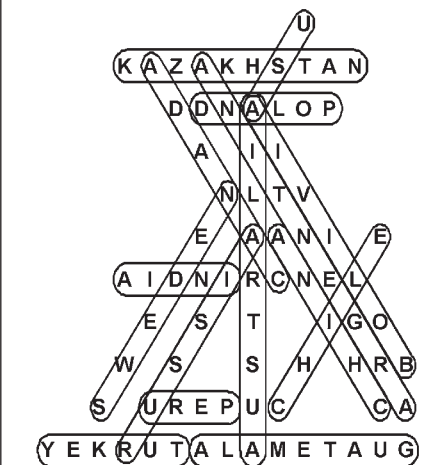
SUPER CROSSWORD

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

KING CROSSWORD

A	M	I	R			D	U	E	L			C	A	D
R	O	N	I			A	N	N	A			O	R	E
C	O	N	C	L	U	D	E	D				N	I	B
			H	O	B	O			D	U	C	A	T	
F	A	C	E	T			M	E	M	E				
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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★
FOR WEEK OF OCTOBER 8, 2018

Aries (March 21 to April 19) Your Aries charm helps persuade others to listen to your proposal. But it's still a long way from acceptance, unless you can stand up to the tough questions that are set to follow.

Taurus (April 20 to May 20) Plan to share a weekend getaway from all the pressures of your hectic workaday world with a very special someone. You could be pleasantly surprised at what develops.

Gemini (May 21 to June 20) Your keen insight once again helps you handle a challenging situation with a clearer perception of what it's really all about. What you learn helps you make a difficult decision.

Cancer (June 21 to July 22) If you want to steer clear of getting involved in a new family dispute, say so. Your stand might cause hurt feelings for some, but overall, you'll be respected for your honesty.

Leo (July 23 to August 22) Expect recognition for your efforts in getting a project into operation. Besides the more practical rewards, your Lion's heart will be warmed by the admiration of your colleagues.

Virgo (August 23 to September 22) Set aside time to rid yourself of clutter that might well be drawing down your creative energies. Consider asking someone to help you decide what stays and what goes.

Libra (September 23 to October 22) A colleague could make a request that might place you in an awkward position with co-workers. Best advice: Share your concerns

with an associate you can trust.

Scorpio (October 23 to November 21) Your energy levels are way up, allowing you to take on the added challenge of a task you've been hoping to secure. Expect this move to lead to an important opportunity.

Sagittarius (November 22 to December 21) Your continuing sense of confidence in what you've set out to do gives encouragement to others. Expect to see more people asking to add their efforts to yours.

Capricorn (December 22 to January 19) You might think it would be best to reject a suggestion that others insist would be unworkable. But you might be surprised by what you find if you give it a chance.

Aquarius (January 20 to February 18) Changing a decision might disappoint some people, but the important thing is that you be honest with yourself. Don't go ahead with anything you have doubts about.

Pisces (February 19 to March 20) There could be some fallout from an emotional confrontation that you really should deal with before moving on. Best to start fresh with a clean, clear slate.

Born This Week: Your honesty not only helps you make decisions for yourself, but also helps others find the right choices for themselves.

STRANGE BUT TRUE

- It was Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: "A free society is a place where it's safe to be unpopular."
- Statistics show that for every 71,000

skydiving jumps made, there is only one fatality. That might not seem surprising until you put it in context: You have a one in 20,000 chance of dying from a regular fall right here on solid ground.

- AA Milne, the British author best known for his children's books about Winnie the Pooh, had a teacher and mentor you might not expect: HG Wells, one of the acknowledged fathers of science fiction and author of such novels as *The War of the Worlds*, *The Invisible Man* and *The Island of Dr. Moreau*.
- Here's a smart idea: Some fitness centers are now using the energy clients expend on its exercise bikes to help power the building's lighting.
- Arctic biologists say that polar bears can go weeks without eating – which is certainly handy in an environment where food isn't always easy to get. Evidently, if a polar bear goes a week to 10 days without eating, its metabolism will slow down and the animal will live off its fat reserves until it finds its next meal.
- According to not one, but two studies conducted on the subject, those who have a ring finger that is longer than their index finger tend to be better athletes.
- If you drive a white automobile, you have a lot of company. There are more white cars in the United States than any other color.

THOUGHT FOR THE DAY

"The significant problems we face cannot be solved at the same level of thinking we were at when we created them." – Albert Einstein

TRIVIA TEST

- General Knowledge:** Who was the first African-American woman to be crowned Miss America?
- Science:** What temperature does water boil in Celsius?
- Animal Kingdom:** What is a group of ladybugs called?
- Medical:** What type of blood does a universal donor have?
- Geography:** What is the capital of Armenia?
- History:** When did the Spanish Civil War end?
- Television:** How does the title to this 1990s drama series end: *Beverly Hills, ...?*
- Games:** How many dots are on a standard, six-sided die?
- Movies:** What was the name of the father lion in *The Lion King*?
- Money:** What is the basic currency of Iceland?

TRIVIA ANSWERS

1. Vanessa Williams 2. 100 C 3. A 4. O negative 5. Yerevan 6. 1939 7. 90210 8. 21 9. Mufasa 10. Krona

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

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7/13 ★ TFN

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10/5 ★ 10/12

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9/28 ★ 10/19

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ANNUAL RENTAL

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8/17 ★ TFN

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10/5 ★ 10/12

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8/31 ★ 10/5

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9/28 ★ 10/5

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9/14 ★ 10/5

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10/5 ★ 10/5

Habitat For Humanity Earns 4-Star Rating

Habitat for Humanity of Lee and Hendry Counties strong financial health and commitment to accountability and transparency have earned it a 4-star rating, the highest possible, from Charity Navigator, America’s largest independent charity evaluator. This is the sixth consecutive year that Habitat has earned this top distinction.

Since 2002, using objective analysis, Charity Navigator has awarded only the most fiscally responsible organizations a 4-star rating. In 2011, Charity Navigator added 17 metrics, focused on governance and ethical practices as well as measures of openness, to its ratings methodology. These accountability and transparency metrics, which account for 50 percent of a charity’s overall rating, reveal which charities operate in accordance with industry best practices and whether they are open with their donors and stakeholders. On June 1, 2016, Charity Navigator upgraded its methodology for rating each charity’s financial health with CN 2.1. These enhancements further substantiates the financial health of Charity Navigator’s four-star charities.

“Habitat for Humanity of Lee and Hendry Counties’ exceptional 4-star rating sets it apart from its peers and demonstrates its trustworthiness to the public,” said Michael Thatcher, president and CEO of Charity Navigator. “Only a quarter of charities rated by Charity Navigator receive the distinction of our 4-star rating. This adds Habitat Lee and Hendry to a preeminent group of charities working to overcome our

world’s most pressing challenges. Based on its 4-star rating, people can trust that their donations are going to a financially responsible and ethical charity when they decide to support Habitat Lee and Hendry.”

“It’s important our donors trust we’re using their donations wisely to accomplish the building of decent and stable homes for families in need of affordable housing in Lee and Hendry Counties,” said Kitty Green, Habitat president and CEO. “Our 4-star Charity Navigator rating demonstrates to our supporters our good governance and financial accountability.”

Habitat Lee and Hendry’s rating and other information about charitable giving are available free of charge on www.charitynavigator.org. More-detailed information about Habitat Lee and

Hendry’s rating is available to Charity Navigator site visitors who become registered users, another free service.✱

Babcock Ranch Trick Or Trot 5K

Babcock Ranch, Southwest Florida’s unique eco-centric, solar-powered town just northeast of Fort Myers on Babcock Ranch Road/State Road 31, is hosting the Trick or Trot 5K race on Saturday, October 27 at 8 a.m.

Registration begins race day at 7 a.m. The scenic, flat 5K course leads runners through Sunset Park and finishes in Founder’s Square, next to Lake Babcock. Food and drinks will be available at the finish line. A 9:30 a.m. awards ceremony

will recognize the overall winner, masters, senior masters, senior grandmasters and three deep in each five-year increment age group.

To register online before race day, visit www.babcockranch.com/events. Race registration forms are also available at Babcock Ranch and The Run Shoppe’s two locations: 6900 Daniels Parkway in Fort Myers and 1407 Cape Coral Parkway E in Cape Coral.

Packet pick up will take place at The Run Shoppe in Fort Myers on Friday, October 26 from 10 a.m. to 5 p.m. Race day packet pick-up will also be available at Babcock Ranch.

For more information, visit the Discovery Center at 42850 Crescent Loop in Babcock Ranch, call 877-709-6620, or visit www.babcockranch.com.✱



SCRAMBLERS

- 1. Secret; 2. Feral;
- 3. Tirade; 4. Source

Today's Word
COLD FEET

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Frowes Subd	Captiva	1945	6,306	\$5,095,000	\$3,250,000	139
Frowes Subd	Captiva	1945	1,985	\$3,395,000	\$3,250,000	187
Barefoot Bay	Bonita Springs	2003	5,613	\$2,595,000	\$2,305,000	1,339
Frowes Subd	Captiva	1983	3,485	\$1,895,000	\$3,250,000	187
Cape Coral	Cape Coral	1994	2,941	\$864,900	\$845,128	69
Monteverdi	Fort Myers	2016	3,157	\$799,900	\$799,000	26
Cape Coral	Cape Coral	1998	2,254	\$725,000	\$580,000	60
St Andrews	Fort Myers	1996	2,632	\$689,000	\$620,000	0
Cape Coral	Cape Coral	2016	2,245	\$680,000	\$665,000	12
Highland Park East	Fort Myers Beach	2018	1,300	\$669,000	\$669,000	9

TERRA NOSTRA

ITALIAN RISTORANTE

EST. 2008

Steaks • Seafood • Pastas • Italian Classics • International Wine List!



Sunday to Wednesday
Early Dining from 4-6pm

Pasta for Two \$39

1 Appetizer to Share, 2 Pasta Selections

1 Dessert to Share
(limited selection)



Every Thursdays
Wine Bottles from Italy
are 1/2 Off

(limited selection)

Purchase of Two Entrées Required

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MONDAY - FRIDAY 11:30AM To 6PM



SMALL PLATES ALL \$9



HOUSE WINE & DOMESTIC BEER \$4

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