



Erebos by Dharma LeFevre

image provided

Artists Reception At ACT Gallery

Arts for ACT Gallery will host an opening reception and meet-the-artists session during Art Walk on Friday, November 2 from 6 to 10 p.m. Bill Kramer will feature mixed media

abstracts in the Main Gallery. Artwork by Lesley Morrow and Dharma LeFevre will hang in the White Gallery. New works by gallery co-op artists will also be shown.

At age 61, Kramer began applying paint to canvas. He had no formal art education past high-school, but worked as a floral, interior and landscape designer, and had experience in retail display. In

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Prizes To Be Awarded At Art Rocks



Explorer Of The Moon by Danielle Branchaud and Cesar Aguilera

images provided

The opening night celebration of Art Rocks will be held at Sidney & Berne Davis Art Center (SBDAC) during Art Walk on Friday, November 2



Carter V by Victor Matos

from 6 to 10 p.m. Experience the art of music in this eclectic collection of inspiring local art.

The juried exhibition, which will feature music, musicians or music events as the subject matter for consideration, will benefit arts programming for SBDAC and

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Dave Brubeck photos by Ken Franckling

Merging Music And Visual Art

The November art opening in Sidney & Berne Davis Art Center's Grand Atrium features the jazzy photography of Ken Franckling during Art Walk on Friday, November 2 beginning at 6 p.m. Jazz in the Key of Light exhibition



New Orleans #1

showcases some of Franckling's most captivating works from throughout his career as a music photographer.

Franckling is a veteran arts writer and freelance photographer specializing in music photography. Since the early 1980s, Franckling has covered the jazz

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Posessed Puppet At Lab Theater

by Di Saggau

Hand to God is an irreverent puppet comedy about a possessed Christian ministry puppet. How's that for a different plot? It's showing now at Laboratory Theater of Florida, and it's a raunchy hoot of a show. Artistic Director Annette Trossbach saw the show three years ago Off Broadway and knew she wanted to bring it to Lab Theater. Due to language and other content, it's for adults only.

Playwright Robert Askins says the play is an expression about honesty. A prologue, prior to six quick scenes in the first act, shows the audience an empty basement of a church somewhere in Texas, where a puppet stage is set up. From out of it pops a sock puppet who talks about the beginning of mankind. He ends his speech saying, "When I have acted badly, in order that I may stay around the campfire, all I have to do is say, the devil made me do it." This puppet is Tyrone, and he takes on a life of his own as the play continues. His appearance also changes dramatically.

Pastor Greg (Ken Johnson) wants the puppet club to put on a performance at the church during Sunday's service.



Jason (Steven Coe) with his puppet Tyrone
photo courtesy repaductionsmedia

Jason (Steven Coe) is responsible for Tyrone, and he skillfully handles all the manipulations necessary to make the puppet seem alive. His mother Margery (Shelley Sanders) is in charge of the puppet show, but she has a lot on her mind, having recently lost her husband.

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Historic Downtown Fort Myers, Then And Now:

Fun Times At Post 38



by Gerri Reaves, PhD

Pictured in the circa-1990 photo is the American Legion Rabe O. Wilkison Post 38 on First Street. It moved to this location in 1947 and remained there for half a century.

The riverfront Mediterranean Revivalist building opened in 1925 as the Elks Lodge #1288 (BPOE).

However, the Great Depression brought bad financial times for the organization, and the city acquired it several years later. It then served as the multi-purpose Town Club Building, the scene of countless club meetings and community events. Even the library and a short-lived college were located there for a time.

When Post 38 took possession, the round of events didn't stop, as Legionnaire Eddie Howell remembers. He joined the post around 1949 after discharge from military service. A specialist in radar and electronics, he was recalled to military service around 1950 after the start of the Korean War, and following that service, moved permanently to Fort Myers in the early 1950s.

The post held events "all the time" in those postwar years, he recalls. They were open to the public and about half of the city attended them.

Of course, Fort Myers was a much smaller town then, but the post was a very active and vital organization in community life.

Many county officials – legendary Lee County Sheriff Snag Thompson, just to name one – were post members.

Women were very active in Legion activities, too, particularly through the Women's Auxiliary.



Opened in 1925 as the Elks Lodge, this U-shaped Mediterranean Revivalist building featured open loggias, large ballrooms, a stone fireplace and a bowling alley. There was also a riverside recreation area and a dock.

photo courtesy Historical State Archives

The three photos that were probably taken in the late 1950s give us a glimpse of legion events during those years.

The bowls held by people lined up at the riverside barbecue shelter suggest that chowder or chili were being served.

Park Pigott and Hoy Black, both major community leaders, were the main organizers of the riverside cook-outs and barbecues, according to Howell.

As for the photo of the dancing couples, Howell thinks it must have been taken either at an initiation or a holiday dance.

Note the odd dress of the man in the foreground – touches of George Washington (wig, military boots and a large striped skirt or cape).

Howell says that legion initiates used to be kept in a caravan "jail" before they were released to walk down First Street in their costumes as part of a parade.

The building featured two ballrooms or auditoriums, both of which could accommodate an orchestra: a downstairs one for most occasions and a larger upstairs one that accommodated several hundred people.

In the photo taken in the bar, a mural of coconut palms on a beach oversees a relaxed social scene.

Post 38 sold the property to be developed as Cypress Club, a high-rise condominium that never materialized. The post moved to Jackson Street.

The much-loved building was condemned and demolished in 2003 following a suspicious fire on the vacant property.

Today, the land is slated for another high-rise condominium. A dock still exists on the property near the site of numerous cook-outs and barbecues.

Walk down First Street to the former site of Post 38's lively events.

Then find out more about the organization's history and contributions to Fort Myers at the following two research centers.

The Southwest Florida Historical Society is an all-



The man in the costume in the foreground was probably attending an initiation or holiday dance

photo courtesy American Legion Post 38

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.

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.

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



People relax in the tropical-themed bar, probably in the late 1950s

photo courtesy American Legion Post 38



People line up at the riverside barbecue area, probably in the late 1950s

photo courtesy American Legion Post 38

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Estates Honored With Preservation Award

Historic preservation is one of the primary purposes of the Caloosahatchee Chapter of the National Society of the Daughters of the American Revolution (DAR). It is also an important part of Edison and Ford Winter Estates' mission. To honor the estate's extensive preservation accomplishments, the Caloosahatchee DAR Chapter recently presented the Board of Trustees with a Historic Preservation Award.

The ceremony took place at the chapter's inaugural season luncheon on October 12 in Fort Myers. At the event, Mike Cosden, executive vice president at Edison Ford, presented a program entitled Mina Edison, Guardian of Genius and talked about the outsized influence Mrs. Edison had on philanthropy, culture and community, both in Fort Myers and beyond.

"Mina Edison was a member of the DAR herself," added Cosden, "so I believe she would be particularly honored that the estate she so treasured has received this prestigious award. I also want to recognize Nancy Achter, member development manager, for her crucial work in preparing documentation for this award application."

The application – which required approval by the National DAR – is 16 pages long including recommendation letters from Fort Myers Mayor Randall P. Henderson, Jr.; John P. Keegan, chair and president of the Charles Edison Fund, plus



Edison guest house

photo provided

newspaper articles and photos.

Adds Mary Lee Mann, current DAR regent, "The City of Fort Myers, all of Southwest Florida and generations to come owe an immeasurable debt of gratitude to the leadership displayed by this volunteer board of trustees in ensuring the preservation of the historic Edison Ford Winter Estates. We cannot thank them enough."

According to Sue Grimes, DAR's Historic Preservation chair during the past decade, the Estates have raised more than \$14 million for a successful project of historic preservation and restoration. The work included restoring nine National Register Historic Site buildings, including

the winter homes of Thomas Edison and Henry Ford, as well as acres of historic gardens to their 1929 appearance. Over the years, the historic landmark has been recognized with many additional national awards for historic preservation.

Today, with nearly 250,000 annual visitors, Edison Ford provides a unique educational experience based on the artifacts, legacy and lives of Thomas Edison and Henry Ford. Edison's wife, Mina Miller Edison, was instrumental in the formation of the Caloosahatchee Chapter of the NSDAR in 1927. The chapter celebrated its 90-year anniversary in 2017.

DAR membership is given to women

over 18 years of age who can prove direct descent from a person who aided in achieving American independence between 1771 and 1783.✱

Bikers For Babies Ride November 4

Thousands of motorcyclists will soon take to the streets of Southwest Florida to give a fighting chance to every baby during Bikers for Babies, one of the largest fundraisers for the March of Dimes. Presented by Associates and Bruce L. Scheiner, Bikers for Babies will include a police escorted ride with live music, celebrations and activities on November 4.

Now in its 18th year, Bikers for Babies plays a critical role in raising funds to support research and medical services relating to fighting for the health of all moms and babies. Each year, riders and non-riders alike unite to raise funds for the nonprofit, to date raising more than \$2 million dollars locally to reduce premature births and give every baby a fighting chance. The fundraising goal this year is set at a record \$150,000. Supporters are encouraged to become a "\$100 Hero" by asking 10 friends for \$10 in honor of the one in 10 babies who are born prematurely.

The ride will begin in Naples at North Collier Regional Park, 15000 Livingston Road, and end at Seminole Casino Hotel, 506 South First Street, in Immokalee.

To register or for more information, visit www.bikersforbabies.org/swflorida.✱

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Cobress

Rock For Equality To Raise Funds November 2

The 2nd annual Rock for Equality fundraiser will feature bands, food trucks and vendors at Point Ybel Brewing Company and Beach Records on Friday, November 2 beginning at 8 p.m. It will benefit Coalition of Immokalee Workers and Love Your Rebellion.

The dual-venue event features 30-minute sets from The Young Dead, Cobress, the Kimberlys, Roxx Revolt,

photo by Jesi Cason Photography

Demigod Duo, Duke Stamina, Bargain Bin Heroes, XNVIX and Kiki Lane.

Point Ybel will be creating a specialty sour beer for the event called Fruits of Labor. Fifty percent of all alcohol sales will be donated to the Coalition of Immokalee Workers and Love Your Rebellion. In addition, Beach Records will donate all the evening's product sales to both organizations. Donations will be accepted at both venues.

The Coalition of Immokalee Workers (CIW) is a worker-based human rights organization internationally recognized for its achievements in the fields of social responsibility, human trafficking,

and gender-based violence at work. Built on a foundation of farmworker community organizing starting in 1993, and reinforced with the creation of a national consumer network since 2000, CIW's work has steadily grown over more than 20 years to encompass three broad and overlapping spheres: the Fair Food Program, Anti-Slavery Campaign and the Campaign for Fair Food. To learn more about the CIW, visit www.ciw-online.org.

Love Your Rebellion's founder

Angela Page and local musician Frankie Colt developed Rock for Equality in 2017. They both saw a need to bring the community together to support marginalized groups. Page and Colt hosted the first Rock for Equality in November 2017 at Howl Fort Myers and Bury Me Brewing. The show raised \$300 for Showing Up for Racial Justice SWFL. To learn more about Love Your Rebellion, visit www.loveyourrebellion.org.✱

Tale Tellers To Celebrate Storytelling

submitted by Marilyn Graham and Mary Lou Williams

The Tamiami Tale Tellers will present Tellabration 2018! at Lakes Regional Library on Saturday, November 17 beginning at 2 p.m. The family program will include about 10 tellers who will perform a variety of stories including folk tales, fractured tales, funny stories and personal stories. It is free and open to the public.

Tellabration 2018! will include favorite tellers from previous Tellabration including Marilyn Graham, Lisa Leonhardt, Pamela Minton, Nancy Menaldi-Scanlan, Mary Lou Williams, Donna Wilson and Joel Ying. Howard Silverman will be the emcee.

Storytelling is not reading aloud, but making the story come alive for the listener through verbal imagery, vocal variety and all the tools of the actor's trade.

The Tamiami Tale Tellers hold monthly meetings on the third Thursday of the month at 7 p.m. at the Brookdale Senior Living, 8351 College Parkway, in Fort Myers. The meetings are free and the



Howard Silverman

photo provided

public is welcome.

Tellabration! is an annual event held in communities across the USA and in many other countries around the world. The Tamiami Tale Tellers, an informal group of tale spinners in Lee County who share stories, have been presenting Tellabration for over 25 years in Southwest Florida.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. Call 481-0552 for more information.✱

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Performers Sought For Holiday House

The Fort Myers Women's Community Club is seeking entertainment for Holiday House 2018. Vocalists, dancers and instrumentalists will be invited to perform at Holiday House at the Burroughs Home & Gardens and the Langford-Kingston Home from Friday, December 7 through

Saturday, December 22 from 5 to 9 p.m. in downtown Fort Myers.

Groups of all sizes are welcome. The holiday theme this year is Mistletoe Magic. To tour both homes, the donation fee is \$5 per person.

Burroughs Home & Gardens is located at 2505 First Street in downtown Fort Myers. Langford-Kingston Home is located across the street. For more information, interested parties should email holidayhousefmwcc@gmail.com.✱

DANCE PARTY
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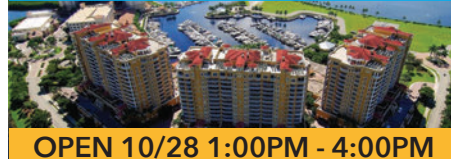
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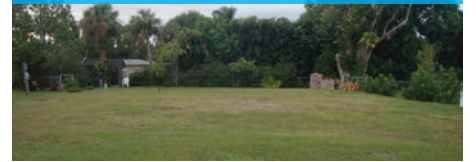
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Fort Myers Art:

Sculptures To Be Moved To City's Other Five Wards



by Tom Hall

This past August, the City of Fort Myers purchased the 23 rust-colored sculptures that line the streets downtown and the east promenade that circles the city's 1.8 acre river basin.

But only seven of them will remain in River District locations. The city's Public Art Committee resolved on October 16 to move one of the pieces to the Edison & Ford Winter Estates and relocate 15 others to sites in the city's other five wards.

The sculptures were design and built by Edgardo Carmona, who studied painting and sculpture but embarked upon a career in constructing steel buildings and designing machines. This formed the basis for working of metals, which is his medium of choice in many of his sculptures, including his designs in downtown Fort Myers.

Over the past several years, City Council has regularly expressed the sentiment that public art should be interspersed throughout Fort Myers' six wards so that all of its citizens can



Sculpture by artist Edgardo Carmona

enjoy and be inspired by its public art collection. For a variety of reasons, the vast majority of the city's 46 public artworks are located downtown. Many (such as *Fire Dance*, *The Great Turtle Chase*, *Uncommon Friends*, the USCT 2nd Regiment Monument and the Buckingham & Paige Army Air Field Memorial) reside in Centennial Park. Since relocating monumental sculptures and permanent installations is expensive and fraught with technological challenges, the idea was to site new commissions in Wards 1, 2, 3, 5 and 6.

But then the Great Recession struck and donations to the city's public art fund dried up as building and development

slowed and then stopped altogether. Thus, acquisition of the Allure/Carmona sculptures represents the first meaningful opportunity for the city's Public Art Committee to place art on sites outside of Ward 4.

The rust-colored sculptures came to the area when condominium developer Eduardo Caballero invited Carmona to bring his installation to Fort Myers for its North American debut in order to promote a two-tower, 292-room condominium project his company, JAXI Builders, is building on Fort Myers' waterfront. Caballero and Carmona were childhood friends in Cartagena, Colombia. When Caballero shared Fort

photo courtesy www.artswfl.com

Myers' history (particularly the role of the Calusa Indians), the artist felt his exhibit – with its focus on people who might otherwise go unnoticed – would fit right in. The fact that he could help his friend promote his new condo development didn't hurt, either.

Carmona uses hydraulic machines, sandblasting and a special method to remove the calamine from the rust and stop the oxidation process. By design, the rust gives each piece a pleasing, colorful patina.

While some of the sculptures have stirred their fair share of controversy, most residents, worker and visitors express fondness for the figures, which represent ordinary people not typically featured in modern-day representational sculptures: a simple-minded fisherman, a woman caught in a rainstorm, two drunks on a park bench, men playing chess, a fruit seller, a knife sharpener and more. They represent "the commonality of real people," Carmona said of his subjects.

The exhibition was originally scheduled to be transported to Spain, when the show ended in March 2016. After several extensions, the city entered into negotiations with Carmona for purchase of the entire exhibition. The purchase was consummated on August 6, 2018 with approval of the contract for sale and purchase by Fort Myers City Council.

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.✧

Center 4 Life

TRASH & Treasures

Saturday,
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9 a.m. - 2 p.m.
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have a little fun treasure
hunting. Hot dogs,
chips and drinks will be sold during
the event. Come join the fun!

Thank you for supporting
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Gala And Fine Art Auction

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

Presented by Bill Smith Appliances and Electronics, the popular auction will benefit Abuse Counseling and Treatment, Inc. (ACT). Tickets are \$175 each and \$1,800 for a reserved table of eight. Guests may purchase tickets by visiting www.artsforact.givesmart.com or calling 939-2553.

This year's event will feature the one-of-a-kind fine art and luxury item auction and live entertainment from The Original Studio 54 Band. During the cocktail hour, guests can bid on silent auction items.

Auctioneer Scott Robertson and emcee Kellie Burns will host the live art and luxury item auction. Prizes include luxury excursions, hotel stays and art donated by local, national and international artists.

For those interested in more information on how to join as a supporter, contact Jennifer Benton at 939-2553 or [email jbenton@actabuse.com](mailto:jbenton@actabuse.com).

Hyatt Regency at Coconut Point is located at 5001 Coconut Drive in Bonita Springs. For more information, visit www.actabuse.com.✧

Wine Tour At Bell Tower Shops November 8

The 11th annual World Wine Tour benefitting Ronald McDonald House Charities of Southwest Florida will take place at the newly renovated Bell Tower Shops on Thursday, November 8 from 6 to 8:30 p.m.

Wine enthusiasts will sip on exquisite domestic and international wines selected by Cru Executive Chef Bob Boye and nibble on "lite bites" from participating Bell Tower Shops restaurants. Strolling to the sounds of DJ Robert McDonald,

guests will receive a keepsake wine glass and a tasting passport that will serve as a guide around the world.

Tickets are \$40 per person in advance and \$50 at the gate. Pre-registered guests enjoy early check-in at 5 p.m. VIP tickets are available for \$150 each or \$250 per couple and include entrance to the event, plus a tasting certificate to a delectable four-course pairings dinner, presented by Boye to use at your leisure. Reservations are required for this special VIP tasting. Certificates will be given at the event with contact information to book your tasting for a later date.

Bell Tower Shops is located at 13499 South Cleveland Avenue in Fort Myers. For more information and tickets, visit www.rmhcswfl.org/events.✧

Chorale Offers Free Concerts

The Symphonic Chorale will offer two free admission performances, one at Faith Presbyterian Church on Friday, November 2 at 7 p.m. and the second at the Sanibel Community Church on Sunday, November 4 at 4 p.m. Symphonic Chorale Artistic Director Dr. Trent Brown will conduct.

Taking inspiration from British composer Gerald Finzi's choral piece *My Spirit Sang All Day*, which will open the concert, Dr. Brown weaves together traditional and contemporary choral music to create a uniquely entertaining and emotional experience that will delight and amaze audiences.

"This concert features music that explores how talented composers pay tribute to the creative and complex human spirit through song... from praising God, to the stage, to soaring melodies and dance, to love, and to joy," said Dr. Brown.

As a gift to the community, admission to chorale-produced concerts is free. Tickets may be printed on the chorales website at www.symphonicchorale.org

The chorale is seeking businesses and individuals in the community who would like to support the free concerts during the 2018-19 season with a Challenge Match Sponsorship to match free-will donations at these concerts.

As is the chorale's tradition at its November concerts, veterans will be recognized, and a collection of hotel-size toiletries (shampoos, toothpaste, etc.)

in the lobbies at these concerts will be distributed to veterans in need in Southwest Florida.

For more information, visit www.symphonicchorale.org, email contact@symphonicchorale.org or call 560-5695.✱

Art League To Hold Events

The Art League of Fort Myers (ALFM) will host free events during Art Walk on Friday, November 2 from 6 to 9 p.m.

The inaugural ALFM Community Art Montage will be held in the gallery. Help paint, draw and apply whatever to the league's mixed media canvas. Each person adds a little of what art means to them. The final piece will be displayed in various locations around Fort Myers.

There will be also a three-show reception for Holiday Arts, Student Art Exhibit and Featured Artist Barbara Gage Mulford.

The annual ALFM Sidewalk Sale will be held from 11 a.m. to 8 p.m. on November 2 and 11 a.m. to 4 p.m. on Saturday, November 3. There will be lots of bargains on art supplies, equipment, and bargain artwork.

Come learn about and sign up for classes in watercolor, acrylic, oil, mixed media, stained glass, children's painting classes, plus workshops in paint pouring, resin, mat cutting, photography and more.

The Art League of Fort Myers is located at 1451 Monroe Street in downtown Fort Myers. For more information, visit www.artleagueoffortmyers.org/events.✱



An Apple a Day by Kathy Durdin
Images provided

Beach Art Group To Host Nationally Recognized Artists

Those with an interest in learning more about making art will have the unique opportunity of learning from three nationally known artists at Fort Myers Beach Art Association (FMBAA) this season. The group will host the award-winning artists for four days.

From November 12 to 15, watercolor artist Kathy Durdin will be teaching her techniques with color to students with some experience in the medium.

From January 14 to 17, Sally Cooper will be teaching creative abstract using mixed media techniques to stretch the bounds of creativity. The class is for intermediate to advanced painters.

From February 11 to 14, Sharon G. Tarr will share her skill of oil painting



Mixed Media by Sally Cooper

with Fundamentals Made Clear and Easy. Beginners to Intermediate painters will learn the skills and gain the knowledge needed to paint with this timeless medium. Sharon specializes in giving students personal attention and feedback.

FMBAA winter gallery hours are Monday through Saturday from 10 a.m. to 3 p.m.

FMBAA is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, visit www.fortmyersbeachart.com.✱

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Along The River

Wicked Walk, a celebration of the arts in Lee County, the achievements of student artists and the unique heritage belonging to Southwest Florida with a spooky twist, will be held at the **Sidney & Berne Davis Art Center** this Friday, October 26 from 6 to 10 p.m.

This one-of-a-kind interactive theatrical experience, which supports Lee County schools and arts education, involves choosing a time via the ticket link for a guided theatrical tour of Fort Myers history throughout the center. Lee County teachers have helped their classes create art pieces, installations, skits, musical performances, and more to conjure the ghosts of Fort Myers' past.

Cost is \$5 for children and \$10 for adults.

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

Babcock Ranch is hosting the **Trick or Trot 5K race** this Saturday, October 27 at 8 a.m.

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

Registration begins race day at 7 a.m. The James E. Hendry Chapter of the American Hibiscus Society will be holding a **hybrid hibiscus plant sale** this Saturday, October 27 from 2 to 4 p.m. (or until they are all sold) at **The**



Children participating in a previous spaghetti-eating contest during Italian Fest at the Alliance for the Arts
photo courtesy www.artinlee.org

Salvation Army, located at 10291 McGregor Boulevard in Fort Myers.

More than 800 hybrid hibiscus will be for sale; small plants for \$15 and large plants for \$25. There will be special pricing for members, and those who join the chapter on the day of the sale will receive discounted prices. Admission and parking are free.

The James E. Hendry Chapter meets on the second Tuesday of each month at 1:30 p.m. at Berne Davis Gardens, located at 2166 Virginia Avenue in Fort Myers. Visit www.hendrychapterhibiscus.com or call 848-7090 for more

information.

The **Sidney & Berne Davis Art Center** and the Foundation for Lee County Public Schools present the **Ghoul Gala**, an entertaining dinner experience that supports arts education in Lee County public schools, this Saturday, October 27. Cocktail hour begins at 6 p.m. while dinner will be served at 7 p.m.

The evening includes student performances, dinner and an auction. Lee County teachers have helped their classes create art pieces, installations, skits, musical performances and more.

Cost for the dinner experience is \$125 per person or \$1,000 per table.

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

Celebrate the first 10 years of The Laboratory Theater of Florida with a **Masquerade Party** at **The Marina at Edison Ford** this Saturday, October 27 at 6:30 p.m. Participate in a costume contest to be judged at 8 p.m., bid on

live and silent auction items, and dance the night away.

There will be passed hors d'oeuvres, limited free drink tickets and a cash bar available. Tickets are available to purchase on www.brownpapertickets.com or by calling the box office at 218-0481.

The Marina at Edison Ford is located at 2360 West First Street in Fort Myers. For more information, visit www.laboratorytheaterflorida.com or drop by 1634 Woodford Avenue in downtown Fort Myers.

The **Alliance for the Arts** will present **The Comediannettes** this Saturday, October 27 at 8 p.m. in the theatre. The side-splitting standup comedy features funny and fierce female comedians from all over Florida. The lineup features Mariannette LaPuppet, Amy Block Hunter, Shana Manuel, Jillian Chiappone and Aniria Medrano Turney.

General seating tickets are \$15 for Alliance members and \$20 for non-members.

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

The **Alliance for the Arts** will hold **Italian Fest** this Sunday, October 28 from 11 a.m. to 5 p.m. The festival, which is free (donations accepted) and open to the public, will offer entertainment, raffles, games for the kids and adults and, of course, plenty of food and drink. Some of the finest Italian food establishments from across Southwest Florida will take part, serving up authentic culinary delights throughout the day.

The spaghetti-eating contest will be back for both children and adults. Always one of the highlights of the Italian Fest, dozens of participants will dive into this messy but delicious event on the main stage.

For more information on the Rotary Club of Fort Myers Italian Fest, email office@rotary-fortmyers.org or call 332-8158.*

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Calendar Contest Winners Named

Lee Health Arts in Healthcare program is pleased to announce the winners of the annual Art by the DisABled Calendar Contest for 2019. Over 40 works were entered and placed on public display in the atrium of HealthPark Medical Center on Wednesday, October 3. A local panel of five judges chose five winners from the entries.

Joleen Forgie won top prize for her piece entitled *Heron – Selfie*. She is a disabled artist from North Fort Myers, and her art will be featured on the cover of the 2019 Arts in Healthcare – Lee Health calendar that will be on permanent display on the fifth floor of The Rehabilitation Hospital at Lee Memorial Hospital.

Second place went to Gwenn Kranz of Fort Myers for her painting

entitled *Bubblegum Fish*. Third place was awarded to Carol Murphy of the Lighthouse Center of SW Florida for her work entitled *Rise and Shine*.

A People's Choice award was also presented to Katie Wolack of Special Populations in Cape Coral for her piece *Abstract Horse*.

An Honorable Mention Award also went to Maria deLeon, an Arts in Healthcare volunteer and disabled artist in Fort Myers, for her work *Vanishing History*.

All winning works by the disabled artists in the calendar contest will be featured in the HealthPark Art by the disABled Gallery near the atrium through the holiday season. All works are for sale. A portion of the sales goes to the artist and a percentage also goes to the Arts in Healthcare program within Lee Health.

If you are interested in purchasing any of the artwork, contact Doug MacGregor, Lee Health-Arts in Healthcare program coordinator, at 343-2633.*



Awadagin Pratt

photos provided

Symphony Opens Season With Rhapsody In Two

The Southwest Florida Symphony, Lee County's only professional orchestra and the fourth oldest in the state of Florida, opens its 58th season at Barbara B. Mann Performing Arts Hall at FSW with Masterworks I: Rhapsody in Two on Saturday, November 10 at 7:30 p.m. Maestro Nir Kabaretti's highly popular pre-concert lecture takes place at 6:30 p.m. These lectures are offered in order to better educate audiences about the pieces being performed and often feature a guest artist question-and-answer session and demonstrations.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Tickets are between \$25 and \$105 per person and may be purchased online at www.swflso.org, by visiting the Southwest Florida Symphony Box



Nir Kabaretti

Office located at 8290 College Parkway suite 103 in Fort Myers, by calling the Symphony Box Office at 418-1500 or at the door, one and a half hours prior to the concert.

Masterworks I: Rhapsody in Two is conducted by Maestro Kabaretti and features special guest artist, multi-award-winning pianist Awadagin Pratt. During this unique performance, the Symphony will perform two musically contrasting rhapsodies – George Gershwin's metropolitan-esque *Rhapsody in Blue*, and Ernst Dohnányi's quintessentially folk *American Rhapsody*. The performance also features another piece by an American composer, William Schuman's *Symphony No. 3*.

The Southwest Florida Symphony will hold a food drive in support of the Harry Chapin Food Bank. The Symphony asks patrons attending this concert to bring non-perishable food items for Thanksgiving distribution to families in Lee County.

For more information, visit www.swflso.org or call 418-1500.✱

Campaign Food Drive Kicks Off

Pushing the Envelope, Inc. (PTE) has launched its 8th annual CAN IT! Campaign food drive. The Fort Myers-based marketing communication firm has teamed up with Community Cooperative (CCI) once again to help relieve hunger in Southwest Florida. With the holiday season right around the corner, PTE's goal is to collect 2,000 food items to help feed local families in need this Thanksgiving.

Donations for the CAN IT! Campaign, including canned food and other non-perishable food items, will be accepted through Thursday, November 15 at these participating locations:

Fort Myers:
Pushing the Envelope, Inc., 9111 West College Pointe Drive suite 110
Around the Clock Fitness, 1755 Boy Scout Drive #4; 9375 Ben C Pratt/Six Mile Cypress Parkway unit #120; 16970 Alico Mission Way
Markham Norton Mosteller Wright & Company, 8961 Conference Drive
McGriff Insurance Services, 13515 Bell

Tower Drive #101
Lee County Elections Offices, 2480 Thompson Street, 3rd floor, Fort Myers; 13180 South Cleveland Avenue
Gulf Coast Humane Society, 2010 Arcadia Street
Safe Harbor Community Church, 12960 Plantation Road
Cape Coral:
Around the Clock Fitness, 1140 Ceitus Terrance suite #8
Lee County Elections Offices, 1039 SE 9th Avenue
Rusty's Raw Bar & Grill, 4631 SE 10th Place
Vogue Hair and Nail Salon, 1219 Cape Coral Parkway East
Estero/Bonita Springs:
Salon Adrian - Gulf Coast Town Center, 9908 Gulf Coast Main Street #145C
Lee County Elections Offices, 25987 South Tamiami Trail #105
For CCI's wish list, visit www.communitycooperative.com or www.getpushing.com or www.can-it.com.

PTE is always accepting local businesses to serve as drop-off locations for the food drive, too. To get involved as a drop-off location or to donate, contact Hannah at 221-2858 or hannah@getpushing.com.✱

Swinging Jazz Standards From Danny Sinoff Trio

On Thursday, November 8, the Danny Sinoff Trio will perform swinging standards and contemporary jazz favorites during the Noteworthy Showcase at the Sidney & Berne Davis Art Center. Doors open at 7:30 p.m., while the music begins at 8 p.m.

The Danny Sinoff Trio features Danny Sinoff on piano and vocals, bass player Scott Smith and drummer Patricia Dean. Together, these performers create the ambiance of a jazz club. With Sinoff's crooner voice, Smith's high energy bass playing and Dean's dynamic drumming, the trio are sure to enrapture any jazz music lover. Visit www.dannysinoffmusic.com to learn more about the trio.

Jazz photographer, critic and author Ken Franckling has said, "Sinoff is always a treat. His Sinatra-like vocals dig mightily into the Great American Songbook, particularly Sinatra covers. While he is a fine singer and has a strong following in that regard, I find his piano solos even more enjoyable as he takes familiar



Danny Sinoff

photo provided

material to unexpected places."

Tickets are \$5.

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

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Reema Bhatia

photo provided

Series To Feature STEM Presentation

In recognition of National STEM Day, Florida SouthWestern (FSW) State College is hosting a STEM Panel presentation as part of its Critical Thinking Lecture Series. The program will be held in Building AA-177 at the FSW Thomas Edison Campus on Thursday, November 8 at 12:30 p.m.

The STEM Panel will feature three Southwest Florida women – Reema Bhatia, Pricilla Doyle and Kelly Sloan – who have built their careers in STEM fields.

Bhatia is the founder and managing



Pricilla Doyle

photo provided

partner of Stickboy Creative, co-founder and managing partner of Vectra Digital, and former CTO of Jet's Pizza. She specializes in Blockchain, AI, digital transformation and emergent technology convergence, and she consults companies on transitioning to technology with a focus on artificial intelligence, big data and machine learning.

Doyle is a forensic death investigator with the District 21 Medical Examiner's Office. She serves as an adjunct instructor in the School of Business and Technology at FSW. She is a board certified fellow with the American Board of Medicolegal Death Investigators and a member of professional organizations including the American Academy of Forensic Science and the



Kelly Sloan

photo by Jeff Lysiak

Florida Association of Medical Examiners.

Sloan is coordinator of the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program. After receiving her bachelor's degree from Virginia Tech in biology, she worked as a research technician in a Virginia Tech lab, investigating how animals use the magnetic field to orient and navigate. Her strong interest in international conservation took her to South Africa to study baboons at Wildcliff Nature Reserve and then to Costa Rica to volunteer with a sea turtle nesting program.

Free and open to the public, the Critical Thinking Lecture Series features college and community leaders who discuss how they use critical thinking skills in their

profession or focus on critical topics from their area of career or academic interest. Presentations take place weekly, and the fall series runs September through November. The full schedule can be viewed at www.fsw.edu/ctls. Presentations can be viewed live on the Thomas Edison Campus or digitally at all other FSW locations.

For more information, contact Whitney Rhyne, director of strategic initiatives, at 433-6943 or whitney.rhyne@fsw.edu.✱

VIP Tickets For Shopping Benefit

VIP tickets are selling fast for Shop for Success, Dress for Success SW Florida's eagerly awaited annual signature shopping event. The free shopping extravaganza will be held at 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 are \$50 each and general admission is free after 5 p.m.

One hundred percent of the proceeds will benefit Dress for Success SW Florida.

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

Crowne Plaza Fort Myers is located in Bell Tower Shops at 13051 Bell Tower in Fort Myers. To purchase tickets, call 689-4992 or visit www.shopforsuccess2018.eventbrite.com. To volunteer, visit www/signup.com/go/cwstvk.✱

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.

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress View Drive, lambogodchurch.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. jtsfwf.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.✱

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DJ/Dance Party 10pm-2am

Shell Point Holiday Bazaar Open To Public



Shell Point resident Beverly Shubel showcases her work at last year's Artists and Artisans Holiday Bazaar photos provided

Shell Point Retirement Community invites the public to join its 13th annual Artists and Artisans Holiday Bazaar at The Village Church on The Island at Shell Point on Friday, November 2 and Saturday, November 3 from 9 a.m. to 2 p.m. each day.

Hosted by creative Shell Point residents, the annual event will feature one-of-a-kind items created or enhanced by more than 60 talented Shell Point residents. The Artists and Artisans Holiday Bazaar provides guests with an array of unique, hand-designed items



Shell Point resident Linda Gardell sold pottery and artwork at the 2017 event.

and novelty gifts in time for the holiday season, including specialty Christmas décor, Christmas novelties, stylish totes, jewelry, intricate wood sculptures, three-dimensional paper crafts, homemade tasty goodies, children's clothing, stained glass, books, scarves and more. "Shell Point residents put an incredible amount of effort, originality and care into the creation of quality products to be sold at our annual event,"

said Karen Hubbard, Shell Point resident and chairperson of the craft show. "Spread holiday cheer by purchasing these one-of-a-kind treasures for someone special." Admission is free and open to the public. Crafts may be purchased by cash or check only. After shopping, guests can enjoy a meal at one of Shell Point's on-site public restaurants. For more information, visit www.shellpoint.org.

Military To Have Appreciation Day

Veterans and current members of the military and their spouses will have the opportunity to meet with more than 35 employers at the 7th annual Military Appreciation Day at First Christian Church on Saturday, November 3 from 8 a.m. to noon. "This day is about acknowledging what our veterans have done for us," says Kim Gaide, manager of Lee Helath's Military Support Program Manager. "It's our turn to take care of them, and to make sure they have what they need." A continental breakfast will be provided, as well as daycare services. Attendees will receive health screenings and assistance with VA benefits. Dental exams on site may be scheduled by calling 561-1949 for an appointment.

University and colleges will be on site to discuss educational opportunities. For the third year, CareerSource Southwest Florida is bringing Paychecks for Patriots, a special hiring fair that matches military and veteran candidates with current open positions. Businesses and organizations participating in this event include: Lee Health Military Support Program, First Christian Church, American Red Cross, Victor Paul Tuchman Post 400 Jewish War Veteran, Mission United and Heart & Soul Healing Arts and Massage Therapy. The Lee Health Military Support Program began fundraising in 2003 and has won several awards in its endeavor to support the military. Much help is needed, as the volunteer-based program sends monthly care packages to deployed troops. First Christian Church is located at 2061 McGregor Boulevard in Fort

Myers. For more information about the event, email militarysupport@leehealth.org.

Bonsai Show Next Weekend

The Bonsai Society of Southwest Florida, Inc. will hold its annual Bonsai Show at the Berne Davis Botanical Garden on Saturday and Sunday, November 3 and 4 from 9 a.m. to 5 p.m. Admission is free, and free parking is available on Larchmont Street, just east of the Edison Home Garden Shop. According to Bonsai Society President Sam Wollard, the exhibit will "contain 50 or so of the finest bonsai in Florida." Demonstrations and workshops will be conducted, and trees and materials will be available for sale

throughout the show. Bonsai is the cultivation and development of small, artistic trees in pots. It originated in China many centuries ago and thereafter spread to Japan and other Southeast Asian countries. Interest in bonsai arose quickly in the United States following World War II, and has now spread around the world. The Bonsai Society of Southwest Florida, Inc. is a nonprofit corporation that holds meetings on the third Saturday of each month at the Berne Davis Garden Center to present programs, workshops and training sessions on bonsai techniques. The public is invited to attend all society meetings and to bring their trees for help and advice. The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information, visit www.bonsaiswfl.org.

Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

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CROW Case Of The Week:

Ruddy Turnstone

by Bob Petcher



The ruddy turnstone (*Arenaria interpres*) is a short and stocky shorebird that has only one other relative tied to its surname, the black turnstone. Turnstones are so named due to their

ability to overturn stones and similar items when searching for invertebrate prey.

Ruddy turnstones are known to be opportunistic when it comes to feeding, especially during non-breeding season. They are scavengers and will pick at many food items, even human corpses. Mostly, these waders will strut along the shoreline using their stocky bills and ingenuity to flip over stones and other beach debris in search for insects and small crustaceans.

Ruddy turnstones are known to be long-distant migrants and need to feed heavily before their journeys to breeding grounds as far south as South America or Australia. These strong fliers average between 27 to 47 miles per hour to shorten their distances when over bodies of water.

At CROW, a non-breeding, adult ruddy turnstone was admitted to the

clinic from South Seas Island Resort on Captiva. The patient was suspected to be affected by brevetoxicosis, commonly known as red tide poisoning. The small bird's intake exam revealed that it had hind limb paresis and no blink reflex.

"Although hind limb paresis can also occur due to spinal trauma, in this bird's case, it had no evidence of trauma on its physical exam. It had other neurological deficits – lack of blink/palpebral reflex – which made us suspicious of red tide poisoning, which is a result of a neurotoxin affecting the central and peripheral nervous system," said Dr. Robin Bast, CROW staff veterinarian. "Brevetoxin is a neurotoxin, and it can inhibit the nerves that control the ability to blink the eyelids closed. Usually, this is temporary and resolves with treatment. Birds that cannot blink their eyes may develop secondary corneal ulcers, or abrasions on the surface of the eye, since it is not protected."

The intake exam also disclosed poor cloacal tone that caused staining of its surrounding feathers.

"The brevetoxin also can inhibit the nerves that affect muscle tone, even the ones around the cloaca resulting in weakness," explained Dr. Bast. "When this sphincter is weak, the bird will 'leak' urates and feces onto the feathers around it, and oftentimes this results in discoloration of those feathers if the bird is unable to stand."

The patient's eyes were checked for ulcers using a fluorescein stain. It was given fluids and artificial tears and



Patient #18-4047 died from the effects of red tide poisoning shortly after admittance to CROW

photo by Brian Bohlman

a treatment plan, including a feeding schedule and daily neurological checks, was determined by the veterinarians.

"This is a diagnostic tool where a topical eye drop is used. The stain sticks to areas of the eye where the cornea has been abraded or ulcerated," said Dr. Bast. "If a superficial ulcer is found, then topical antibiotics are used to treat that as well as artificial tears to provide protection to the surface of the eye until the blink reflex has returned."

The ruddy turnstone had a relatively short stay at CROW and, sadly,

succumbed to the effects of brevetoxicosis.

"Unfortunately, this patient did not survive red tide poisoning and passed away shortly after being admitted to the hospital," said 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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Leavenworth's tickseed is one of many tickseeds designated as Florida's official state wildflower. It blooms all year and is easy to grow and maintain. photo by Gerri Reaves

Plant Smart

Leavenworth's Tickseed

by Gerri Reaves

Leavenworth's tickseed (*Coreopsis leavenworthii*) is one of 11 native tickseeds of the genus *Coreopsis*, all of which are designated as Florida's official wildflower.

The species' bright yellow color and cheerful appearance seem appropriate for a flower representing the Sunshine State.

The flowers are daisy-like, as do many members of the aster family, and are borne on very slender smooth upright stalks.

The lance-shaped opposite leaves measure one to eight inches and grow smaller at the tops of the stems.

Measuring about an inch across, they have yellow three-toothed petals, or ray flowers, which surround the brown or

purplish center, or disk flowers. They bloom year-round, reaching up to three feet tall.

This short-lived perennial is found throughout the state in moist pinelands, prairies, undeveloped fields, along roadsides and in ditches.

It's perfect for a rock garden, wildflower, or natural garden, since it's a nectar plant for butterflies and also feeds honeybees, native bees and wasps.

Give it a spot in full sun for maximum flowering. It prefers a moist but well-drained spot.

It will grow in nutrient-poor soil but needs some organic content to do well. It is highly drought tolerant but has low salt tolerance.

Once you establish this plant, it will easily self-sow in the moister areas of the yard.

Coreopsis means tick-like and refers to the oval seed's resemblance to ticks or bed bugs. Two spines on the seeds enable them to hitch a ride on clothing or animal fur.

Sources: *Betrock's Florida Plant Guide* by Edward F. Gilman, *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida*, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, www.edis.ifas.ufl.edu, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Mound House Upcoming Events

Three events will be offered at the Mound House this upcoming week.

On Tuesday, October 30 at 8 a.m., explore the winding mangrove creeks and hidden backwaters of Estero Bay as only a kayaker can during Mangroves by Kayak Tour. This unique tour is guided by Dexter Norris, biologist, naturalist and Mound House environmental educator. Search for birds, fish, manatees and dolphins as you paddle through the Estero and Hell Peckney bays in a tandem kayak. Mound House kayak tours are conducted in accordance with Florida Society for Ethical Ecotourism guidelines. All paddling equipment provided. For ages 12 and older. Weather permitting. Cost is \$45 per person. Private group tours available. Reservations required by calling 765-0865. Maximum of 12 paddlers per tour.

On Wednesday, October 31, half price admission will be offered to those who wear a costume to the Mound House. Hours are from 9 a.m. to 4 p.m.

Birds, Bees and Butterflies is an event that will be offered on October 31 at 10 a.m. Come see what is in bloom and growing in the gardens at Mound House and learn the latest information on how the staff is making the gardens a great place for local wildlife. Great for families and adults. Cost is \$5.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, call 765-0865 or visit www.moundhouse.org.✱

Berne Davis Garden Now Open To Public

The Berne Davis Botanical Garden is open for free Tuesday morning garden walks from 10 a.m. to 1 p.m. until the end of May.

The botanical garden is a project of the Fort Myers-Lee County Garden Council. It is staffed by Garden Council volunteers who will provide tours of the garden. Those viewing the garden may also just walk the path and enjoy the gardens.

In order to obtain the "botanical garden" classification, it must be open to the public on a regular basis, have a listing of plants planted, have plant signing in the garden and have an educational mission. Admission and parking are both free;

handicap parking is on Virginia Avenue; regular parking is on Larchmont Avenue, off of McGregor Avenue.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information about the council, contact the president, Bernadette Hamera at 233-1166 or bhamera@outlook.com.✱

Water Treatment Plant Ribbon Cutting

The public is invited to attend an official ribbon-cutting ceremony and tours at the Green Meadows Water Treatment Plant on Monday, October 29 at 10 a.m. The Lee Board of County Commissioners' \$75.4 million state-of-the-art facility is located at 16003 Airport Haul Road in Fort Myers.

The new plant increases treatment capacity of the adjacent, former plant from 9 million gallons per day to 14 million gallons per day of potable drinking water. It provides water to Lee County Utilities customers in service areas such as south Lee County neighborhoods and Gateway, Florida Gulf Coast University, Southwest Florida International Airport, Iona-McGregor and Fort Myers Beach.

"This new water treatment plant uses modern technology and reduces the use of energy and chemicals, driving new efficiencies in water treatment while maintaining the same high-quality water to residents," said Commissioner Cecil Pendergrass, board chairman and District 2 representative. "It also increases service capacity to more Lee County residents and businesses both now and in the future."

Due to the remote location of the plant, attendees are asked to allow for ample travel time. Lee County Utilities staff will lead a guided tour immediately following the ceremony, which is anticipated to last less than a half hour. Tours run about 30 minutes.✱

Morning Walk At Lakes Park

Take a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, November 3 at 8 a.m.

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

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

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

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, call 533-7580 or 533-7576.✱

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JOHNNY JENSEN

Excellent Water Conditions Once Again



by Capt. Matt Mitchell

The first white pelicans of fall just began to show up this week. I was pretty surprised to see a few hundred hanging out on Hemp Key, as warm as our weather has been.

These true snow birds are the first sign that it's cold up north and that our winter is coming soon. Conditions on the water these past few weeks have been amazing. We have some of the cleanest clear water I have seen since last winter, and there is life everywhere. Out by the beaches, huge schools of feeding migratory fish along with the birds are feeding hard on the bait schools as they slowly move south. The whole food change of fall has kicked into high gear in all of our waterways.

Most of my week was spent catching snook and mangrove snapper in the sound. We did manage a few redfish but, most days, we just enjoyed catching and releasing lots of snook of all sizes. Areas on the inside of the passes and most mangrove shorelines with good tide movement had lots of snook. Mangrove shorelines inside the passes held lots of fish and were a good choice to find moving water and active fish. As the

tide got higher, I would cross the sound and fish the eastern side working small mangrove islands and oyster bars. Most trips this week, we averaged between 20 to 30 snook a trip with a few real giants in the mix.

Carrying a few rods rigged with bucktails or small silver spoons was a good idea. We found feeding ladyfish, jacks and mackerel on a daily occurrence. The St. James hump between St James and Tarpon Bay has been alive with feeding fish and birds most days this week along with the deeper flats south west of Demere Key. Running and gunning these feeding fish is always fast-paced, and it was great on a trip I had with kids this week. Casting through these feeding fish was nonstop action while watching these fish crash baits on the surface.

Out along the beaches, I'm getting more and more reports that our fall tarpon fishing is getting started up. These tarpon are most often mixed in with the baitfish and ladyfish schools. Windy days will put a cramp in this for a few days, but when conditions are right, this is some of the best tarpon fishing of the year. Live pinfish fished under a float and cast around the rolling fish is the bait of choice. Throwing purple demon-colored plastic baits is a good option too. It's not unusual to run into sharks, bonita or even king mackerel, so bring a variety of tackle and be prepared to take advantage of what the day gives you.

The recovery of our waters has been simply amazing after experiencing the water quality issues of the past few months. Grass flats look healthier than I have seen them in years and, with the amount of fish we are catching everyday,



Kevin Murray with a slot-sized snook caught and released this week

photo provided

it seems like we never had any issues. Clients have been a little apprehensive when calling to book a fishing trip, after all they have seen and read about our water. But once out, they can't believe the excellent conditions they see. As business is now picking up, it just feels good to be seeing the same annual clients that I have the pleasure of taking fishing

year after year.

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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Kenny Neal

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Blues And Jazz Festival Returns Next Sunday

The 3rd annual Sanibel Blues & Jazz Festival, a fundraiser created by the Sanibel-Captiva Optimist Club, returns to Bailey's Backyard on Sunday, November 4 from noon to 7 p.m. The all-day concert will feature four world-class musical acts – including award-winning blues guitarist Kenny Neal, acclaimed axeman JP Soars, award-winning Florida-based blues band The Marty Stokes



JP Soars

Band, island musician Johnny Jensen and the talented FGCU Jazz Ensemble – plus cuisine provided by island-based restaurants, and an assortment of beers, wines and soft drinks.

Festival attendees will hear outstanding live blues and jazz music including (in order of performance):

FGCU Jazz Ensemble – The Florida Gulf Coast University Jazz Ensemble is gradually becoming one of the top collegiate ensembles and has been featured at the Landings Music Festival and the Sanibel Blues & Jazz Festival. The ensemble performs a variety of styles pertaining to the jazz idioms. The



Marty Stokes

ensemble is a small chamber group composed of the top players in the school and performs for various campus events, including the Celebration of Excellence Ceremony.

Johnny Jensen – The 15-year-old, award-winning blues enthusiast who resides on Captiva, Jensen has been honored to play alongside many blues legends, including Bryan Lee, Matt Schofield and Rock and Roll Hall of Fame inductee Elvin Bishop, among others. He has also played at many famous venues across the country such as Douglas Corner Cafe in Nashville, Tennessee, The Red Room at the Berklee College



Johnny Jensen

of Music in Boston, Massachusetts, The Barrel Room in Fort Myers and the 2017 Sanibel Blues & Jazz Festival. Some of his most recent accomplishments include releasing his first all-original EP on iTunes and Spotify, and being selected by the Southwest Florida Blues Society to represent them in Memphis at the 2019 International Blues Challenge.

Marty Stokes Band – Back again to the Sanibel Blues & Jazz Festival, and performing in clubs and festivals around Florida, this band won the IBC (International Blues Competition) trip to Memphis held in 2017, and is also a

continued on page 29

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Judges, from left, Chelle Koster Walton, Holly D. Smith and Monica Scroggin

photos provided

'Ding' Darling Days Photo Contest Winners

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its annual "Ding" Darling Days Amateur Nature Photography Contest on October 13 at a Conservation Art Day presentation in the Refuge Visitor & Education Center, part of the weeklong "Ding" Darling Days celebration on Sanibel.

Earlier, on September 28, judges had selected three winners and 11 honorable mentions out of 121 entries from 20 states, the Netherlands and Switzerland. All photograph entries were shot at the JN "Ding" Darling National Wildlife Refuge complex.

First place went to Frank Brinker of Oberageri, Switzerland for his great blue heron portrait titled *Shakin'*. Contest judge Holly D. Smith, City of Sanibel councilwoman, remarked on its stunning depth-of-field and unique capture. "I love its personality, pure and simple," she said of the bird's disheveled appearance, looking as though it just shook water from its feathers.

John Hoyt from Lewes, Delaware took second place with a black-and-white close-up of a female anhinga. "It's so strikingly artistic with dramatic lighting and great detail," said judge Chelle Koster Walton, a Sanibel photojournalist.

In third place was Cheri Hollis from Sanibel with a blue-winged teal shot titled *True Blue*. "She actually got all the fine details of the duck, even the color under its wing, and the ripples in the water," said Refuge Ranger Monica Scroggin, the third judge.

"We always choose three judges for the contest," said Terry Baldwin, who coordinates the contest along with DDWS Development Officer Sierra Hoisington. "A refuge staff member, a professional photographer and a member of the Sanibel community."

The three winners received cash awards from DDWS at the presentation on Saturday – \$250 for first place, \$150 for second and \$100 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the

contest entry fee.

The winning photographs and honorable mention award entries will be on display in the Refuge Education Center throughout the year.

To view the other top-ranking entries, visit dingdarlingsociety.org/articles/photo-contests.

Honorable Mentions (in alphabetical order):

Ronald Clark, Milburn, New Jersey – *Who Is in Charge Here?*;

Rebecca Clemens, Sanibel – *Morning Hunt*;

Heidi Dirkse, Wolverine, Michigan – *Shades of Green*;

Bill Fischer, Sanibel – *Mangrove Cuckoo Resting on Branch*;

Christie Hammond, Nashville, Tennessee – *Early Morning Reflections*;

Valerie Heldt, Cape Coral – *Fungus Among Us*;

Kent Jager, Sanibel – *Illuminated Gator*;

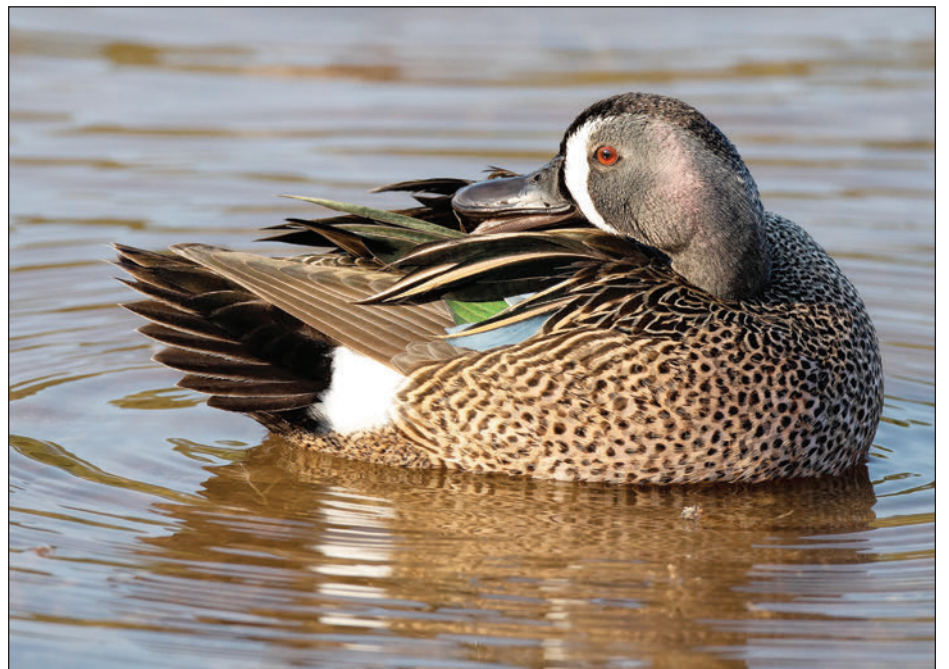
James Lotstein, Canton, Connecticut – *Look at Me*;

Barry Nagle, South Barrington, Illinois – *Tug o' War*;

Linda Normoyle, Fort Myers – *Baby Tri-colored Heron*;

Anthony Pietraniello, Merrick, New York – *The Dance*.

"Ding" Darling Days 2018 sponsors included: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: Wayne and Linda Boyd, Jim and Patty Sprankle; Great Blue Heron Sponsors: Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands, *Island Sun*, Sanibel Captiva Beach Resorts, Sanibel Captiva Rotary Club, Sanibel Moorings, *Sunny Day Guide*; Reddish Egret Sponsors: Sarah Ashton – realtor, RE/MAX of the Islands, Casa Ybel Resort, Chicago Midwest Claims, Inc., Jerry Edelman and Maryanne Daly, The Gresham Family, Jensen's on the Gulf and Marina & Cottages, Tiffani Kaliko and John Silvia, Mitchell's Sand Castles, Palm Printing, Sanibel-Captiva Kiwanis Club, George and Wendy Schnapp, Winston and Barbara Spurgeon; Snowy Egret Sponsors: Ambu Yoga, Anisa Stewart Jewelry, Colony Inn, Bob and Kemba DeGroot, John and Anette Gritti, Dave Horton, Island Therapy Center, Just Water, Panther Printing, Jim and Anne Scott, *Santiva Chronicle*, Nancy Tome.*

First place: *Shakin'* by Frank BrinkerSecond place: *Female Anhinga* by John HoytThird place: *True Blue* by Cheri Hollis

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Date Glazed Snake River Pork Belly, Chinese Banana Mustard, Cashews

1st Course:

Smoked Skuna Bay Salmon, Everything Spice, Red Onion Yogurt,
Tito's and Tonic pickled Cucumbers, Buckwheat Nest.



CHEF ED SURA

Passed Hors d'oeuvres:

Cauliflower, Gruyere Truffle

2nd Course:

Miso Sweet Corn Custard, Edamame, Smoked Peanuts, Shiso



CHEF PAUL VIRANT

Passed Hors d'oeuvres:

Chicken Sausage Beignets, fermented Cherry Bomb Aioli

3rd Course:

Pompano En Papillote, Spinach, Black Truffle, Celery Root Remoulade

CHEF ANDREW ZIMMERMAN

Passed Hors d'oeuvres:

Pork and Shrimp Shu Mai, Smoked Trout Roe, Sweet Soy

4th Course:

Creekstone Farms New York Strip, Wagyu Beef Cheek
Pastrami Hash, Fondant Potatoes, Green Peppercorn Sauce



CHEF MELISSA AKIN

Passed Hors d'oeuvres:

Roasted Corn Blini, Avocado Crème Fraiche, Local Caviar

5th Course:

Duck Confit Ravioli, Smoked Duck Breast, Foie Gras Ganache,
Coffee Sand, Pomegranate-Cranberry Syrup



PASTRY CHEF LEV DALKE

6th Course:

Biko Cake, Corn whipped Panna Cotta, Sesame Nougatine, Puffed Rice, Kabuso Sauce



CHEF PAT SHEERIN

City Mouse, Ace Hotel Chicago
Chef / Managing Partner Trencherman, Chicago
Executive Chef, Signature Room, Chicago
French Culinary Institute Degree, New York
Bachelor of Arts Michigan State University



CHEF ANDREW ZIMMERMAN

Sepia and Proxi Restaurants, Chicago
5 Time James Beard Foundation
Best Chef Nominee
French Culinary Institute Degree, New York
(1st in Class)
Iron Chef American Winner, Battle Cream Cheese
Michelin Star holder at Sepia since 2011



CHEF ED SURA

Chef de Cuisine, Uchiko, Austin
2016 Semi-finalist James Beard
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Vie (Western Springs, IL), Vistro, (Hinsdale, IL),
8 Time James Beard Foundation Nominee
(Best Chef, Great Lakes, 2008 - 2016)
Culinary Institute America, Hyde Park, New York
Jean Banchet Award for Culinary Excellence
as Top Celebrity Chef 2007
Michelin Star holder at Vie 2011



CHEF MELISSA AKIN

Executive Chef, IL Cielo
Host Pastry Chef James Beard Foundation 2017
Chef, Wild Dunes, Charleston
Associates Degree, NECI 1998



PASTRY CHEF LEV DALKE

Graduated French Pastry School,
Kennedy King College, Chicago 2012
Levy Restaurants, Mizzou, MO
Nourish Café & Market, MO
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Book Review

Warlight

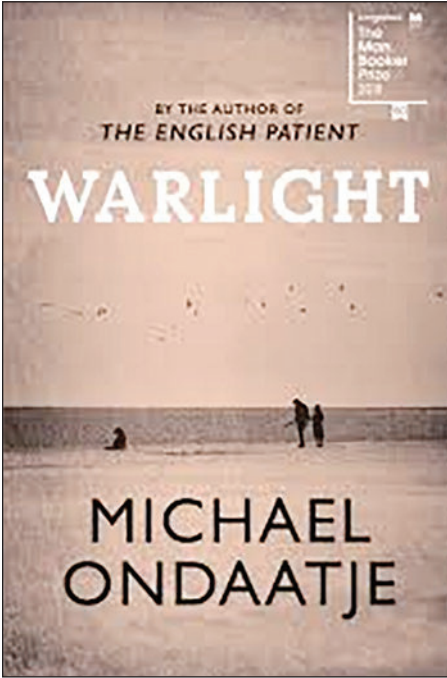


by Di Saggau

I'm sure many of you have read *The English Patient* by Michael Ondaatje. Now you can enjoy his latest, *Warlight*, a vivid, thrilling novel of adventure and love, intrigue and desire, from a brilliant

author. *Warlight* is narrated by 28-year-old Nathaniel as he reflects on a strange and adventure-filled adolescence. It opens in 1945, and London is still reeling from the Blitz and years of war. Fourteen-year-old Nathaniel and his older sister Rachel, have been seemingly abandoned by their parents and left in the care of a mysterious figure they call The Moth.

The first sentence in the book explains the situation this way: "In 1945 our parents went away and left us in the care of two men who may have been criminals." Both siblings grow more convinced and less concerned as they get to know The Moth's eccentric crew of friends: men and women with a shared history, all of whom seem determined how to protect and educate Rachel and Nathaniel, in rather unusual ways. A man called The Darter, plays a pivotal role in their lives. We soon learn that it is their mother Rose, who is the reason for the parent's flight from



Britain, and that she's a woman with a captivating double life. Reflecting back on when their parents left, Nathaniel says, "So we began a new life. I did not quite believe it then. And I am still uncertain whether the period that followed disfigured or energized my life." Neither Rachel nor Nathaniel know whether some characters are really what and who they claim to be. Nor do they know how they should feel when their mother returns without their father after months of silence, explaining nothing,

excusing nothing. There are many memorable scenes including Nathaniel at night with The Darter on the Thames; and Nathaniel and his girlfriend Agnes in a grand west London house, making love as greyhounds run around them. "We order our lives with barely held stories. As if we have been lost in a confusing

landscape, gathering what was invisible and unspoken," Nathaniel says near the end of the book. Reading what Nathaniel uncovers over the years, all he didn't know or understand during that time, is a journey through reality, recollection and imagination. It's what draws the reader into *Warlight*, a magnificent novel, rich and beautiful.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 9-year-old daughter has always done well in math, but now she's getting word problems and she's struggling. I'm kind of surprised about

this, and I want to know how to help her. Erin B, Fort Myers

Erin,

Word problems are tricky and involve a lot more than just solving calculations. Some kids who are good at memorizing math facts may not understand the phrases and concepts used in math. To get the right answer, your child has to be able to read the words, figure out which mathematical operations to use and then perform the calculations correctly. A breakdown in any of these areas can lead to difficulty with word problems.

A good first step is to figure out if your child is struggling specifically with word problems or if she's truly struggling with reading in general. Here's an easy way to figure out whether she has difficulty with reading in general. If she can get the correct answers when you read word problems to her but not when she reads them on her own, she's probably having trouble with reading and not the math functions.

Another problem that many children have is understanding the phrases in word problems that cue students in to what they need to do with numbers. Kids have to translate these phrases into what teachers refer to as "a number sentence." Here's an example of a word problem and the number sentence your child needs to come up with to solve it. Word problem: "Sam has 10 pencils. She spends one hour

at the store and buys five more pencils. How many pencils does Sam have in all?" Number sentence: "10 + 5 = ____."

Some kids can picture a number sentence like this one in their heads. Other kids need to write it down. Either way, there's a lot your child must think about before getting to the point where she can calculate that the answer is 15.

To translate a word problem into a number sentence, your child must understand the language and concepts of math. She has to recognize that being asked, "How many pencils in all?" means she needs to add together the two groups of pencils. This is one reason why a child who can easily calculate 10 + 5 = 15 might struggle with a word problem that asks her to solve the same calculation.

You can help your child by asking the teacher to help you make flash/index cards with the math vocabulary and phrases that are commonly used in word problems. For example, one index card might show "in all" next to the "+" sign. Another card might show "all together" next to the "+" sign. Ask your child to learn the vocabulary and then encourage her to get into the habit of matching an index card to a phrase in each word problem. It's a great way to help your child learn which phrases are associated with which mathematical operations.

Two other suggestions include using blank sheets of paper to cover up the rest of the page so your child focuses on that single word problem, and having your child read the word problem aloud for increased comprehension.

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.✧

From page 1

Lab Theater

Timothy (TJ Albertson) is a neighborhood troublemaker whose mother attends AAA meetings at the church. He makes several passes at Margery and eventually the two engage in rather violent sex. The worst of it offstage, thankfully. It's also obvious that the pastor has romantic feelings for Margery. Jessica (Sofia Weymouth) is another puppeteer and, in one scene, her female puppet gets sexually involved with Tyrone in a highly vocal and athletic manner. I commend the puppeteers for keeping a straight face during this scene.

As Tyrone gets more bold and announces that he is Satan, more secrets are revealed about the characters. Tyrone bites off part of Timothy's ear. Jason tries

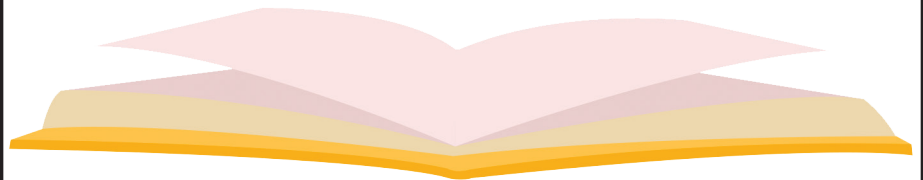
to rid himself of Tyrone by smashing his hand, which results in a bloody mess. During the epilogue that follows the four scenes in act two, Tyrone emerges one last time without Jason's help. Let's just say that Tyrone gets the last word.

Hand to God may not be for everyone, but for those who have an adventurous sense of humor and enjoy seeing an extremely unique play, they will definitely be up for this one. I'm glad I saw it, and I applaud all the actors, director Nykkie Rizley and, especially, Annette Trossbach for bringing it our way.

Hand to God plays through November 4, at Laboratory Theater of Florida, 1634 Woodford Avenue in downtown Fort Myers. Tickets are available at www.laboratorytheaterflorida.com or by calling 218-0481.✧

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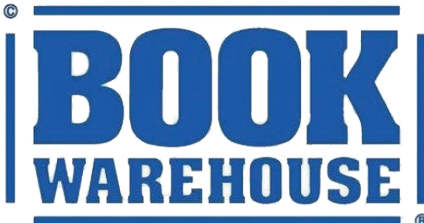
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Kindergarten Pre-Registration Program Begins

For the first time, students who will start kindergarten in August 2019 can pre-register with the School District of Lee County. Pre-registration will allow parents to avoid the lengthy wait times often experienced during the traditional student enrollment period.

"We are excited to have the opportunity to provide parents the needed support for a smooth transition to the school house," said Executive Director of Student Enrollment Soretta Ralph. "We welcome the Class of 2032 and can't wait to meet our new students."

The pre-registration period opened Monday, October 22 and runs through Friday, November 30. Students entering kindergarten in August must be five years old on or before September 1, 2019.

The documents required to pre-register include:

Physical exam (dated within the last year)

Florida Certificate of Immunization

Proof of address
Original birth certificate
Social Security card (if available)
Custody documents (if applicable)

Once pre-registered, a student number will be assigned. Parents are then advised to tour the elementary schools in their zone. A pre-printed application will be mailed in January allowing parents to go online and rank their schools in order of preference for student enrollment. The first application period will be from January 14, 2019 to March 1, 2019.

"Student enrollment has one essential goal – enrolling students to succeed," Ralph said. "We look forward to helping next year's kindergarten class reach their highest personal potential."

Pre-registrations can be taken at any of the following three student enrollment offices from 9 a.m. to 4 p.m. Monday through Friday:

2855 Colonial Boulevard, Fort Myers;

360 Santa Barbara Boulevard, Cape Coral;

1262 Wings Way, Suite 207 Lehigh Acres.

For more information or questions, email studentenrollment@leeschools.net.

ACT Test Results For Lee County Graduates

Just released results of the 2017-18 American College Test (ACT) show excellent improvement in all subject areas for recent graduates from the School District of Lee County.

This past year, 3,150 graduating seniors set their sights on college by taking the ACT exam. The composite score average of 19.6 increased by 0.3 points from last year compared to a 0.1 increase for the State of Florida and a decrease of 0.2 across the nation.

"The increase in overall ACT

performance, especially in science, indicates that students have a better understanding of content knowledge and are able to apply their learning on assessments such as the ACT and SAT," said Chief Academic Officer Dr. Wanda Creel. "We believe the ACT benefits students by helping to guide them as they decide what areas of interest to devote their futures to whether it be post-secondary studies or entry into the workforce."

The ACT test is optional for students and is an assessment that many colleges and universities take into account during their admission process. Yearly reporting focuses on graduating seniors and any ACT participation they had during their high school years.

From page 1

Merging Music

scene throughout the Northeast with occasional journeys to other regions in pursuit of essential musical moments. Franckling is now immersing himself in the Southwest Florida jazz scene.

He published *Jazz in the Key of Light (Eighty of our Finest Jazz Musicians Speak for Themselves)* in August 2014. Now, the works from his book will grace the Sidney & Berne Davis Art Center's Grand Atrium gallery walls.

"Ken has leveraged his backstage pass to bring jazz fans closer to the music's human source," said Al Basile, poet, songwriter and jazz and blues cornetist, about Franckling's photography book. "*Jazz In The Key of Light's* (...) images (are) a powerful complement to the music." Within this show, see captivating shots of legends

like Dave Brubeck, Miles Davis, Dizzy Gillespie and Sarah Vaughan to a variety of today's rising stars.

Franckling was a 1987 winner of the ASCAP Deems Taylor Award for excellence in music journalism, essentially for an extended (4,000 word-plus) 60th birthday UPI LifeSize profile on Miles Davis. On the photo side, Franckling's *Jazz in the Key of Light* stock includes images of more than 2,000 musicians. Many of Franckling's images have been published in jazz books, and some are in public and many private collections. In June 2003, Franckling received the Jazz Journalist Association's Lona-Foote-Bob Parent Award as Jazz Photographer of the Year.

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

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From left, Boo Ball co-chairs Christin and David Collins and Debbie and Bill Toler
photos courtesy Red Door Photography

Boo Ball Gala Raises \$174,000 For PACE Center

The spooky speakeasy-themed Boo Ball, an elegant costumed fundraising gala, raised \$174,000 to enhance vital academic and social programs at PACE Center for Girls, Lee County. More than 260 guests donned costumes from the Roaring '20s and bygone eras and sipped prohibition-inspired cocktails in the sweeping verandah at the historic Burroughs Home & Gardens in Fort Myers at the sold-out event on October 6.

Proceeds from Boo Ball benefit PACE's programs and services, which assist girls ages 11 to 18 who have multiple risk factors impacting their academic achievement, including family income, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member and physical, emotional or sexual abuse.✱



Gail Markham and Doug Meuer



From left Susan and Mark Blust with Allyson Ross



Sandy Stilwell-Youngquist and Tim Youngquist



From left, Meghan Collins, Melissa Vogt, Colleen Fitzgerald and Melissa Coffa



From left, Stacey Herring, Kellie Burns, Sharon DeLaura and Sonya Sawyer



From left, Stefanie Ink-Edwards, Jenn Pavich, Sonya Sawyer, Amy Sanford, Melissa Coffa, Christin Collins and Tracy Siekmann



From left, Gerry Teeven and Judy Cutler-Teeven with Kathy and Jeff Basik

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Marketing Firm Rehires Senior Graphic Designer

Priority Marketing has rehired Phil Barrera as senior graphic designer, bringing back the skilled artist to create innovative digital and print designs for a diverse array of clients.

Barrera was Priority Marketing’s art director and art department manager from 2005 to 2015, leading the visuals team as it evolved into a fully digital, results-oriented operation. Now as a senior graphic designer, Barrera will take a lead role in bringing clients’ visions to life through the use of vivid imagery and crisp, compelling visual concepts.

In addition to his previous role with Priority Marketing, Barrera has experience as a graphic designer and art director with nonprofit organizations, graphic design firms, advertising agencies, major publishers and printing companies. He also has worked at an art school.

Barrera has served in the U.S. Air



Phil Barrera photo provided
Force as an electronic intelligence operations specialist. He has a bachelor’s degree in psychology from Biola University.*

Financial Focus

Is Your Digital Estate In Order?



by Jennifer Basey
If you spend a lot of time on the Internet, you’re not just shopping or being entertained, or following the news or participating in an online community. You’re probably also dealing with

accounts and information that eventually can become part of your digital “estate.” And if this estate isn’t properly looked after, it can lead to confusion and conflict among your survivors, as well as an opportunity for hackers to try to get at whatever resources they can touch.

If you haven’t stopped to think about it, you might be surprised at the number of assets that could become part of your digital estate. You may have financial accounts (banking, brokerage and bill-paying); virtual property accounts (air miles, “points” for hotel bookings); business accounts (eBay, Amazon, Etsy); e-mail accounts (Gmail, Outlook, Yahoo); social networking accounts (Facebook, Twitter, Instagram); online storage accounts (Google Drive, iCloud, Dropbox); and application accounts (Netflix, Kindle, Apple).

Given all these areas, how can you protect and preserve your digital estate? Here are a few suggestions:

Create a detailed inventory of digital assets – Following the categories listed above, draw up a list of all your digital assets.

Document your wishes for how you want your digital assets managed – If you don’t specify how you want your digital assets managed upon your death or incapacitation, you might be opening the

door to lengthy legal battles over access to these assets. In a worst-case scenario, your heirs and beneficiaries might never get the assets you had intended for them.

Name a digital executor in your last will and testament – A digital executor can accomplish a variety of tasks related to your digital estate, such as transferring online assets to your heirs; closing accounts you don’t want transferred; managing personal materials by archiving or deleting files, photographs, videos and other content you have created; and, finally, informing online communities of your passing. When choosing a digital executor, you’ll want someone you can trust, of course, but you’ll also want to make sure that person is skilled enough in technology to search your computer properly and navigate the internet and multiple websites. Not all states recognize a digital executor, so you may want to consult with a legal professional to learn about the laws governing digital estate planning in your state. Also, even if you have a digital executor, online platforms enforce their own rules about who can or can’t access a deceased person’s accounts. If you are concerned about this, you may want to contact the customer service areas from these types of providers – Google, PayPal, Facebook, etc. – to learn their policies.

Review your plans – Review your digital estate plans on a regular basis, just as you do with your physical/tangible estate plans. The digital world is a fast-moving one, so you’ll need to stay current with changes.

In some ways, managing a digital estate can be more challenging than dealing with a physical estate. But by following the above suggestions, you can help reduce any “cyber-angst” your loved ones may feel when it’s time to deal with the digital presence you’ve left behind.

*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.**

Republican Women To Meet

The Lee Republican Women Federated will hold its November lunch meeting at Pinchers – The Marina at Edison Ford on Monday, November 12, beginning with a 11:15 a.m. social with the lunch and program to follow.

Guest speaker will be Lee County Sheriff Carmine Marceno, who was appointed Lee County’s 13th sheriff by Governor Rick Scott on September 25, 2018. He former county lieutenant had a distinguished law enforcement career in Suffolk County, New York, and the Collier County Sheriff’s Office.

In March 2017, Sheriff Marceno graduated from the FBI National Academy Session 267 and is on track to graduate with a bachelor’s degree in criminal justice. He is a member of the South American Theft Group Intelligence Network, which focuses on transnational criminal networks operating in South Florida and elsewhere. He also volunteers as a board member for Pickup the Ball, a local group dedicated to reaching young people at risk through sports.

Cost for the luncheon is \$22. The



Carmine Marceno photo provided
public is welcome.
Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers. For more information or to RSVP, visit www.leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@hotmail.com before November 8 at noon.*

Superior Interiors

Welcome To Our Home



by Linda Coin
Each one of our clients expresses their own individual taste and style preferences. Ask them about color, and there are those who like bright happy hues while others

desire a more subdued neutral or monochromatic palette. As far as comfort level, they will let you know if formality best suits their lifestyle, or the way they like to live is more casual. Today, the trend is individuality... whatever spells living well to a client.

However, as a group, clients face universal challenges and goals. Every client desires feeling at ease when she or he entertains family and friends, and taking pride in the way a home looks is extremely important. Nobody’s

house comes without a challenge or two that needs to be addressed. It’s surprising how long many people wait before converting the room that guests first see when they enter a house into attractive, functional, inviting space.

Enhancing the foyer or creating an inviting entry can be easily accomplished with minimal investment. It’s important that the foyer sets the tone for the home’s décor. Highlight a color present in the public rooms and add a few functional furniture pieces, rug and accessories to finish off the space.

If the entry into your home is directly into the living area, concentrate on making an inviting first impression there. A well-designed living or great room begins with a furniture plan with distinct conversation areas. These cozy arrangements draw your guests in with a “sit a while” attitude. Layers of interest with the addition of color, texture and form from paint, fabrics and furniture will complete the space. Also take into consideration adjacent rooms that are visible from the entry door and address the flow similarly.

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

From page 1

Art Rocks

Love Your Rebellion, which will choose two winners.

During the event, attendees can vote for their favorite artwork for People’s Choice. Winners will receive up to \$400 in prizes from Millennial Brewing Company, Carbon Press, Bullig Coffee

and Bites, Joe’s Record Exchange, a gift card to Michael’s sponsored by Atwood Law Firm and more.

There will be a \$1 donation entry and \$2 per People’s Choice vote. The exhibit closes November 19.

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

Life Insurance

Annuity Glossary

J. Brendan Ryan,
CLU, ChFC, MSFS

I am a big believer in “immediate” or “income” annuities. But before we discuss them here, let me lay out a sort of glossary so that we are all on the same page. In all cases,

these refer to contracts issued by life insurance companies – only such insurers are allowed to offer the guarantees that annuities carry.

A qualified annuity is one designed to receive before-tax funds from qualified retirement plans.

A nonqualified annuity is designed to receive after-tax dollars.

A deferred annuity is one that receives dollars that the owner does not need to use at present. The money is held in the contract until withdrawn. Any gain in the value of that money is not currently taxed but will be taxed as ordinary income when withdrawn. Since neither the funds going into a qualified annuity nor the growth credited to it have been taxed until withdrawal, every dollar that comes out is taxed as ordinary income. Since nonqualified annuities receive after-tax dollars, only the untaxed gain is taxed upon withdrawal.

An immediate annuity does not defer a payout but begins to pay its regular amount annually, semiannually, quarterly or monthly at the election of the owner.

A fixed annuity is one that carries no market risk. Rather, the funds are held in the insurer’s general account; and the insurer guarantees that no money will be lost. The insurer guarantees to pay interest, the amount of which for each annuity will vary with many factors.

A variable annuity puts a client’s money in one or more “subaccounts” of the client’s choosing. These are diversified portfolios of securities. The value of a client’s account fluctuates with the composite performance of the securities in the selected subaccounts. The insurer does not guarantee the safety of

the principal or a return on the money.

An immediate “income” annuity can be funded with:

Dollars built up in the deferred phase of that annuity;

A lump sum paid by the annuity owner including rollovers from a life-insurance policy or another annuity;

After-tax dollars from whatever source, such as a certificate of deposit or savings account; or

Before-tax dollars accumulated in a qualified retirement plan.

What is truly unique about this kind of annuity is that it provides income that you cannot outlive (a single-life annuity). Or, if you prefer, it will guarantee an income payable as long as you and another person live (a joint annuity).

Without such a lifetime guarantee, all one can do during retirement is withdraw money little by little and hope that they will not outlive their money. No one knows how long they will live. So, the non-annuity owner will, in all likelihood, have one of two outcomes. Either he or she will take out too much from time to time and deplete the asset before death, thus outliving their income, or they will take out so little, for fear of running out of money, that they cannot enjoy the full benefit of the money they worked so hard to accumulate.

With a fixed immediate annuity, the insurer considers your age, sex and amount of money being applied, and determines how much level amount it can pay annually, semiannually, quarterly or monthly, as the owner chooses, guaranteed for the one or two lifetimes.

With a variable immediate annuity, the insurer guarantees that a certain number of “units” will be paid at each interval for the one or two lifetimes. The value of the unit will vary with the composite value of the securities held in the subaccounts that the owner selected. So, the amount of each periodic payment changes accordingly.

Social Security payments are a type of fixed immediate annuity that we are all familiar with. If that source will not provide enough income to cover a retiree’s regular, ongoing costs from month to month, an immediate annuity may be part of the solution.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.✴

Florida Residency And Estate Planning Session

New seasonal residents and visitors considering Florida residency will have an opportunity to learn about state-specific laws surrounding estate, trust, durable power of attorney, health care surrogate and living wills at The Community House on Wednesday, November 7 from 2 to 4 p.m.

Florida Bar Board Certified Wills, Trusts and Estates Attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, will provide important insights regarding Florida estate law

during the free Florida Residency and Estate Planning Workshop. Hersch and Hill will discuss effective estate planning techniques that expand upon the many benefits available to Florida residents. Topics of discussion include:

Are wills and trusts established out of state valid, once you move to Florida?

Can taxes be reduced by declaring Florida residency?

Why does a Durable Power of Attorney need to be updated?

How can I best keep legal documents up-to-date?

How a revocable trust may not avoid probate.

The Community House is located at 2173 Periwinkle Way on Sanibel. To reserve a seat at the workshop, sign up at www.sbshlaw.com/workshops or call 334-1141.✴

New Executive Director For Charities Group

SWFL Children’s Charities, Inc. is pleased to announce the appointment of Heidi Taulman as its new executive director.

As the second largest donor to Golisano Children’s Hospital, SWFL Children’s Charities, Inc. supports local organizations committed to pediatric health care and education, with a new focus on mental and behavioral health. Taulman brings more than 10 years of experience in organizational management, marketing, community relations, communications and development, and will be instrumental in steering the nonprofit’s mental and behavioral health initiative and its annual signature fundraising event, the Southwest Florida Wine & Food Fest.

“Heidi brings a wealth of knowledge from her years in the nonprofit and mental health industries, and we know that her experience and innovative approach will be of great value to SWFL Children’s Charities, Inc. and our efforts to serve local nonprofits,” said Sandy Stilwell-Youngquist, president of the board of directors for SWFL Children’s Charities, Inc. “We are thrilled to leverage Heidi’s expertise and passion as our organization transitions its focus to mental and behavioral health, working together to shine a brighter light on



Heidi Taulman photo provided

mental illness and the growing demand for mental health services in our region.”

Prior to joining SWFL Children’s Charities, Inc., Taulman served in various capacities for Cape Coral Plumbing, Lee County Port Authority, Lee BIA Builders Care, Lee Building Industry Association and Lee Mental Health Center, Inc. She holds a bachelor of science in general communications from Florida State University and is accredited in public relations.

To learn more about SWFL Children’s Charities, Inc., visit www.swflwinefest.org.✴



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Will Power

Understanding Your Estate Plan



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

From time to time, prospective clients tell me that they don't completely understand their estate plan. I empathize since wills, trusts and durable powers of attorney can be confusing. What may appear as straightforward terms take on entirely different meanings under the law. Moreover, each state's laws are different, so when you migrate from another state to become a Florida resident, unintended consequences might arise in your plan if you don't update it to Florida law.

Let's talk about income, for example. Suppose that Mike has an annuity that pays out income over the course of 20 years, but he dies in year five. The annuity pays to a marital trust for his wife, Betty, and, upon her death, the trust is distributed to his sons from a prior marriage, Stan and Larry.

Assume that, at Mike's death, the annuity has a basis of \$100,000 and the current value is \$400,000. So for every distribution, 75 percent of it is taxable. So, over 15 years, each year's annuity payment approximates \$30,000, of which \$22,500 is taxable as income.

Under Florida law, however, most of the \$30,000 annuity distribution is not "income" to the marital trust, rather it is "principal" or corpus. This same law is true in many other states, by the way.

What does it mean when the annuity distribution is mostly principle under trust law rather than income? Unless the marital trust authorizes the distribution of principal to Betty following Mike's death, most of the annuity distribution will remain in the marital trust share undistributed until Betty's death.

Worse, since under federal income tax law \$22,500 of the annuity distribution is

taxable, the trust will pay the income tax. Note what's happening here. State law calls the annuity distribution "principle" but federal tax law deems that same distribution to be taxable income.

When the taxable income is not distributed from the trust to a beneficiary, it is accumulated inside of the trust. Accumulated income is taxed at a very high rate, as federal tax laws compress the marginal tax rate schedules applicable to irrevocable trusts. Mike's trust became irrevocable at his death.

In other words, the marital trust, despite the modest amount of taxable income, will likely incur the current highest marginal tax rate, which is equivalent to 37 percent.

This is not very easy for the layman to understand. It's not that the average client isn't smart enough; it's just that when you are dealing in trust and tax law, what may appear simple often isn't. This is one reason why so many individuals who attempt to construct their own estate plans through web-based programs get themselves into trouble. To create the best estate plan, one must not only understand the complex income and trust tax laws, but also how the various types of assets that are unique to one's own situation affect the plan's outcome.

I'm holding a unique interactive workshop on Wednesday, November 7 at 2 p.m. at The Community House on Sanibel. I'm trying something new in that I'm asking the attendees to bring their current estate planning documents with them. I'll explain the major elements of a revocable trust, and my law partner and associates will roam the audience and help attendees find the provisions that we're discussing, answering any questions about their application.

We'll review the differences between wills and trusts, common trustee issues that every trust should address, and provisions governing the disability of the grantor, and what happens, for example, if you can't act as the trustee of your own trust because you lost your mental acuity. We'll also review administrative, tax and distribution provisions.

If you're interested in attending, you can RSVP through our website at www.estateplanu.org or by calling 322-3831.

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Leaders Program Tabs Symphony Director

Amy Ginsburg, executive director of the Southwest Florida Symphony, is one of only 12 orchestra professionals participating in the League of American Orchestras' Emerging Leaders Program, the field's prime source for identifying and cultivating the leadership potential of talented orchestra professionals.

The 2018-19 cohort – the most diverse in the history of the program – is comprised of orchestra executive directors, a conductor, a professional orchestral musician and managers in a cross-section of orchestra departments, including education and community engagement, development, marketing, operations, programming and sales. Most have between 10 and 15 years of experience.

Along with its previous iteration, the Orchestra Management Fellowship Program, the Emerging Leaders Program has advanced the development of more than 190 alumni – now executive directors and senior executives of orchestras.

Tom Uhler, chairman of the Southwest Florida Symphony Board, said, "I do not believe that leaders are born; they are made. Amy Ginsburg has 'the right stuff' to be a superb leader in the field of orchestral management. She is constantly seeking a better way of doing things, even if there is risk involved. Amy is always 'on', working long hours and promoting the Southwest Florida Symphony Orchestra wherever she goes."

"For 75 years, the League of American Orchestras has been charged by the field to develop strategic thinkers and innovators," said League President and CEO Jesse Rosen. "These 12 emerging Leaders Program participants are stewards of our field's future and will be equipped



Amy Ginsburg photo provided with the knowledge they need to lead now and throughout their careers."

Program participants were selected through a competitive application process; the league sought individuals who bring the imagination, drive, vision, and commitment to grow as leaders in their own orchestras and serve as champions for the field. Applicants were chosen based on their leadership experience and growth potential; adaptive capabilities and collaborative skills; diversity in experience and perspectives; passion for and commitment to orchestras; and potential to shape and influence the orchestra field as it evolves to meet changing audiences.

Program participants will take part in both in-person and virtual seminars and have the opportunity to learn from top leaders from both inside and outside the orchestra field. Over the course of 10 months, which began on October 20 with a three-day meeting in New York City, the cohort will engage in one-on-one coaching, mentoring by field leaders,

in-depth seminars led by leadership experts, visits with executives and institutions from outside the orchestra field for broader learning, and the opportunity to develop and launch a capstone project at the league's National Conference in Nashville from June 3 to 5, 2019 to address a key leadership issue affecting the field.

The 2018-19 Emerging Leaders Program participants are:

- Angela Carter, development director/clarinetist, Tulsa Symphony
- Vanessa Gardner, executive director, East Texas Symphony Orchestra
- Amy Ginsburg, executive director, Southwest Florida Symphony
- Kellen Gray, assistant conductor, Charleston Symphony
- Alexandra Llamas, director of

marketing, San Francisco Symphony

Ahmad Mayes, director of education and community engagement, Cincinnati Symphony Orchestra

Anthony Morris, orchestra manager and development/programmatic associate, InterSchool Orchestras of New York

Anwar Nasir, assistant director, sales and customer engagement, Los Angeles Philharmonic Association

Elizabeth Shribman, associate director of executive operations, San Francisco Symphony

Maribeth Stahl, senior director of development, Nashville Symphony

Steve Wenig, vice president and general manager, Oregon Symphony

Rachel Zeithamel, director of education and community engagement, Toledo Symphony.✧

From page 1

Artists Reception

younger years, Kramer taught art to low socioeconomic status children. His life philosophy is based on recognizing the universal energy around us and paying it forward. His abstract style is a direct representation of this philosophy.

LeFevre is a fine artist based out of Southwest Florida that pulls her inspiration from dreamlike and fantastical mythologies. Eight years ago, she taught herself to paint, after a 25-year hiatus from fine art, to fill her life back up with art and color. Mythology is an important part of not only LeFevre herself, but for her canvas. She uses these ancient women to tell stories and bring light to lessons that have been circular throughout history. Each piece is a story of not only women, but how women have touched and brought awareness through these tales.

Morrow is an artist whose paintings are bold, raw and sensitive to the eye. She expresses the feminine experience,

the mystique through contemporary portraiture that has included both celebrity and iconic women. She captures not only the strength she sees in these women but also the chaos behind the façade. Through the body of her work, you can see a roadmap, almost a narrative, of the pieces of her psyche in such a way as to find her own core strength. As a child, Morrow was influenced by her professional illustrator parents. She then focused on photography and attended The School of Visual Arts in New York City and City College of San Francisco, California.

Arts for ACT is a nonprofit gallery owned and operated by Abuse Counseling and Treatment, Inc., which provides shelter and support services for victims of domestic violence, sexual assault and human trafficking. A percentage of proceeds go to ACT shelters.

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



Daniel Wallace

photos provided

FSW Offers *Star Wars* Readings

Are you a Jedi Master, or does the lure of the Dark Side call to you? Show off your *Star Wars* side during *Star Wars* Reads at the Florida SouthWestern State College Thomas Edison Campus on Friday, November 2 from 10 a.m. to 2 p.m. The event is free and open to the public of all ages.

Acclaimed *Star Wars* authors Justina Ireland and Daniel Wallace of the Disney author group will hold a book signing in the FSW Bookstore located in Taeni



Justina Ireland

Hall, Building S from 10:30 to 11:30 a.m. and again at 1:45 p.m.

From 11:30 a.m. to 2 p.m. in Building U, the public can participate in *Star Wars*-themed activity stations. Build your own droid or ship. Use "the Force" to control R2D2 and BB8. Assemble your very own lightsaber and perfect your lightsaber sound effect skills. Win prizes in a *Star Wars* trivia scavenger hunt along Kessel Run, and be on the lookout for actors from the 501st Legion.

Cosplay costumes are encouraged, and a contest for the best costume will be held at noon. A prize for the best

Lando Calrissian costume will also be awarded.

Ireland is the author of *Lando's Luck*, *Vengeance Bound*, *Promise of Shadows*, and the *New York Times* bestselling novel *Dread Nation*. Wallace's books include *Book of Sith: Secrets from the Darksides*, several contributions in the Essential Guide series, and sourcebooks for the *Star Wars* roleplaying game. Books from both authors will be available to purchase at the FSW Bookstore.

FSW will also be collecting children's

books for the Lee Health Golisano Children's Hospital of Southwest Florida. Donations are being accepted at the FSW Bookstore through December 12.

Star Wars Reads is sponsored by Disney, Follett, Golisano's Children's Hospital and Hilton Garden Inn Fort Myers.

Florida SouthWestern State College Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. For more information, contact Adam Davis, assistant director of auxiliary services, at 489-9095.*

Food Packing Party For Feed The Need Project

Fort Myers Christian School (FMCS) has surpassed its fundraising goal of \$60,000 to support its school through an innovative "food-raising" packing project called Feed the Need. The project sets aside a significant portion of the funds raised to purchase, pack and distribute healthy meals to hungry children in Haiti; Jolo, West Virginia; and Southwest Florida.

Feed the Need at FMCS culminates in a one-day, student-led food packing party event on November 1, from 9 a.m. to noon. NBC2 News anchor Peter Busch will be our honorary emcee with Principal Mel Mitchell.

Each Feed the Need meal bag is fully nutritionally balanced, designed by dieticians at General Mills specifically

for malnourished children. Each bag contains hydrated vegetables, soy or beans for protein, 19 essential vitamins and minerals, and rice for carbohydrates and energy.

Students at Fort Myers Christian School will be the ones building and packing the meals. There are four bins per station containing each ingredient with the proper measurement utensil for students to pack them.

Harry Chapin will be on site for members of the public who want to bring donations of nonperishable food items. Needed items include the following: canned meats and fish, fruit (cups, canned or dried), vegetables (canned), soups, breakfast cereals, oatmeal, peanut butter, rice pasta, macaroni & cheese (boxed), instant mashed potatoes (boxed) and dry beans.

Fort Myers Christian School is located at 1550 Colonial Boulevard in Fort Myers. For more information, visit www.fmcs-fl.org/feed-the-need.*



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There Are Many Local Storylines In The 2018 World Series



by Ed Frank

Writing this column on the eve of the 115th World Series, I noted there are numerous connections to our local area that are worthy of describing.

To begin with, the Boston Red Sox, vying for its fourth world title in the last 14 years, have trained here since 1993 – 1993 to 2011 in the City of Palms Park in downtown Fort Myers, and since 2012 in JetBlue Park at Fenway South on Daniels Parkway.

If you have any doubts as to the frenetic following of the Red Sox in our area, consider these facts:

The Red Sox have sold out 122 consecutive Grapefruit League Spring Training home games dating back to their time at the City of Palms Park, and 223 of their last 224 home games overall.

Can you imagine the demand for Red Sox tickets come next spring, win or lose the World Series?

There are so many story lines in this World Series matchup between two baseball heavyweights, the Red Sox and the Los Angeles Dodgers, volumes could be filled.

But foremost for our area, is the story of local Florida Gulf Coast University pitcher Chris Sale, who has emerged as one of baseball’s premier pitchers. He was slated to start Game One for the Red Sox.

Sale, who continues to make his home in Fort Myers, is completing his ninth Major League season, seven with the Chicago White Sox and two with the Red Sox. He was the 13th overall pick in the 2010 Major League Draft and made it to the Major Leagues in a swift 60 days.

His pitching record is astounding any way you look at it. Although hampered this past season by injuries, his overall record since coming to the Red Sox is 29-12 with a 2.56 ERA and 546 strikeouts in 372-1/3 innings pitched.

He was matched up Tuesday night for the series opener against the Dodgers Cy Young Award winner Clayton Kershaw.

The Dodgers and Red Sox last met in the 1916 World Series, when the Dodgers were known as the Brooklyn Robins. The Red Sox won in five games.

Although the Dodgers are returning to the World Series in back-to-back years, it has been 30 years since they have won a title.

The Las Vegas oddsmakers have made the Red Sox a slight favorite, based no doubt on the fact they won a franchise record 108 games in the regular season.

Dodger’s manager Dave Roberts and Red Sox manager Alex Cora are close friends, and there is a little bit of Red Sox history in Roberts himself.

He was a bench player for the Red Sox in 2004, having been sent to Boston from the Dodgers at the trade deadline.

He stole second base in Game Four in the American League Championship Series against the New York Yankees in a game won by Boston in 13 innings to keep the Red Sox alive from a three-games-to-none deficit to win the ALCS.

Red Sox fans will never forget that their beloved team went on to sweep the St. Louis Cardinals in the 2004 World Series to end an 86-year World Series drought.

The Red Sox-Dodgers World Series matchup promises to be exciting from the get-go. Would we want it any other way?*

Rotary All-Star Classic Set For December 5

Lee County high school football tradition is celebrating its 30th year. The Rotary South All-Star Classic will be held Wednesday, December 5 at Fort Myers High School, with an awards banquet set for Monday, December 3 at the Broadway Palm Dinner Theatre. Both begin at 7 p.m.

The event was the first countywide high school football all-star game in Florida when it was founded in 1989. John Carrigan, a Sanibel resident, teacher and referee, wanted to provide a showcase for talented players who weren’t getting their due. Since then, it’s grown into a hotbed of top-level prospects, and nearly two dozen players who’ve taken part in the game have gone on to NFL careers.

The game features the best seniors from Lee County public and private high schools, as chosen by their head coaches. Cheerleaders from each school are also selected to participate. The contest pits a North team against a South team, and each player and cheerleader gets a customized commemorative ring or charm.

About 300 players, coaches, families, Rotarians and community leaders are expected to attend the banquet, where players and cheerleaders from the first 29 All-Star Classics will receive special recognition. The banquet will again feature a keynote address from a football luminary, with such names as Bobby Bowden, Howard Schnellenberger, Jim Tressel and Will Muschamp among those who have graced the dais in the past.

The Rotary Club is seeking donations and sponsors to help cover the cost of the event. Businesses and individuals can sponsor the event, a team, player or cheerleader. Advertising opportunities in the event program are also available. Please email Kerri Goldsmith at kagoldsmith@gmail.com for more information.*

Update On Commercial Shrimp Fisheries

The Florida Fish and Wildlife Conservation Commission (FWC) approved changes to commercial shrimp fishery management that will eliminate barriers to participation in the

expanding live seafood market. These changes are part of a long-term project to evaluate and improve the management of Florida’s shrimp fisheries.

Approved changes include:
Clarifying that icing requirements for shrimp do not apply to food shrimp kept

alive prior to sale.
Establishing live-well requirements for vessels and vehicles transporting live food shrimp.
Florida’s shrimp fishery is one of the oldest and most valuable commercial fisheries in the state.*

SPORTS QUIZ

1. Name two of the three Seattle Mariners who have been named Most Valuable Player of the All-Star Game.
2. In how many seasons did Hall of Fame pitcher Nolan Ryan’s combined total of walks and strikeouts exceed 500?
3. In 2016, LSU’s Derrius Guice became the second player in SEC history to rush for 250-plus yards twice in a season. Who was the first?
4. When was the last time NBA teammates each tallied a triple-double in the same game?
5. In 2018, the Vegas Golden Knights became the third team in NHL history to win multiple playoff series in its first season. Name either of the first two.
6. Who was the last NASCAR Rookie of the Year to go on to win a season championship later in his career?
7. The last time the U.S. tennis team played in consecutive Fed Cup finals before 2017-18 was in 2009-10, when it lost to the same country both years. Name the opponent.

ANSWERS

1. Ken Griffey Jr. (1992), Ichiro Suzuki (2007) and Robinson Cano (2017). 2. Four times (1973, '74, '76 and '77). 3. Kentucky’s Moe Williams, in 1995. 4. In 2007, the Nets’ Vince Carter and Jason Kidd each had a triple-double against Washington. 5. The Toronto Arenas in 1918, and St. Louis Blues in 1968. 6. Kyle Busch, who was Rookie of the Year in 2005 and NASCAR Cup Series champion in 2015. 7. Italy.

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Program Offers Introduction To Entrepreneurism

Local writer and speaker Jim Griffiths is introducing a free program to Southwest Florida that explores what he refers to as “the psychological side of entrepreneurship.”

Griffiths says, “*The Third Draft* is an educational system for all ages designed to separate business from the world of entrepreneurship in order to communicate the habits, behaviors and the traits of an entrepreneur. It’s philosophy is about how an entrepreneur is a person. Build a stronger and more confident person, and you’ll build a stronger enterprise.”

In Griffiths’ book *Don’t Tell Me I Can’t Do It*, he comments, “Kids can memorize 60 percent of the technical material in a class and be permitted to move on to the next level. Where will people be in 20 to 30 years if they’re taught to get by on the minimum required?” He adds how we don’t see historical videos or documentaries on people such as Richard Branson or Steve Jobs talking about accounting software or scheduling staff. We hear about their struggles and challenges, and we’re attracted to how they learned to win. People are drawn to how others learned to face adversity and solve problems. We hear about how they deal with personal fears, break habits and learn from mistakes. Yet when people seek to study entrepreneurship, they find it to be geared towards technical business with little focus on the core of what creates an entrepreneur’s character.

The Third Draft separates business from entrepreneurship and helps people adopt the psychological side of what enables the entrepreneur to make

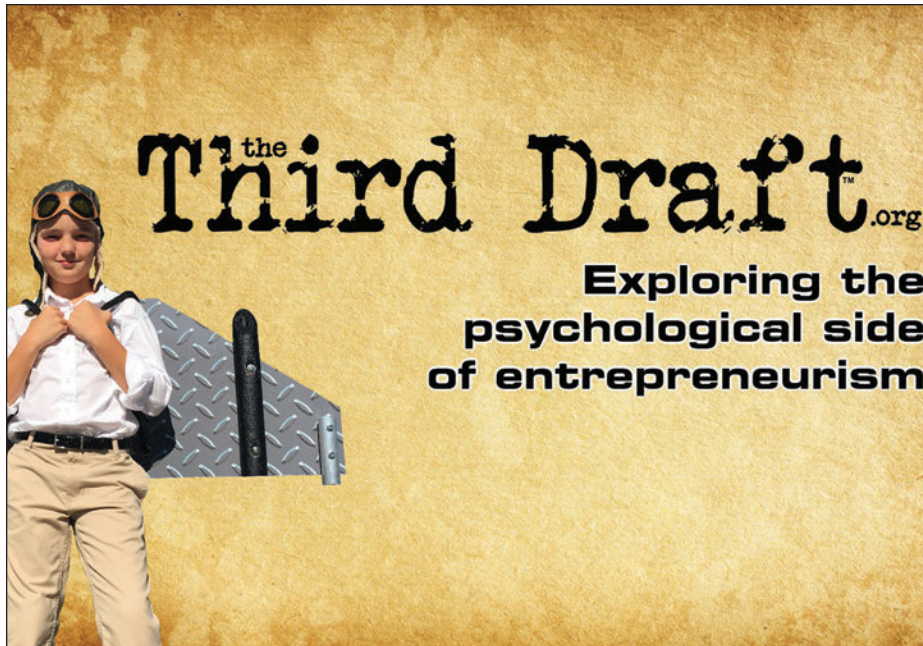


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things happen.

Griffiths notes how the word “intrapreneur” is becoming more popular. It is known as the concept of thinking like an entrepreneur and applying its philosophy in the workplace. He says, “As most people focus on what they can get, the entrepreneur’s focus is on what they can be, making entrepreneurial thinking a cure for what many consider the plague of the century.”

He adds, “As we watch people get exposed to the most advanced education to date, we continue to have millions who never learned how to win or how to make things happen. People want to save the world yet never learned to save themselves first. Few are exposed to the concept of facing fears, personal challenges or insecurities. Most know nothing about brainstorming ideas or how to

stimulate the creative side of their brain. School has always been responsible for curriculum such as science and mathematics, and they continue to teach it well, while other elements we call “life skills” were taught in the home. But that’s not happening anymore, making the gap between school and the real world not only wider, but deeper too.”

The introduction is 90 minutes and free to the public through a local self-funded non-profit. People leave with

the benefit of being able to incorporate what “drives” an entrepreneur into multiple facets of their life. For convenience, the 90-minute workshop is held in different locations beginning with the Courtyard Marriott Captiva meeting room on Metro Parkway in Fort Myers on Monday, November 5 at 6:30 p.m. Cell phones or portable devices are not allowed. Bring pen and paper to take notes. Free bottled water provided.

For more information, schedule, to RSVP and a three-minute video, visit www.thethirddraft.org.

Camera Club Meeting

The Fort Myers Camera Club invites all beginner to advanced photographers with all interests to attend its meetings from 7 to 9 p.m. on the first and third Fridays of November through April.

Meetings are held at the Fort Myers Congregational United Church of Christ, 8210 College Parkway, in Fort Myers. Emphasis during the meetings includes all aspects of photography with an emphasis on learning, sharing, group outings and competition opportunities.

Annual membership is \$25 for a single person or \$35 for family. visit www.fortmyerscc.com for more information.

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Blues And Jazz

four-time winner of the Peoples’ Choice Award, sponsored by the Southwest Florida Blues Society. Marty Stokes has produced four CDs of original blues. The latest, *Down On My Knees*, has received strong international blues reviews.


JP Soars – An encore performance from the inaugural 2016 Sanibel Blues & Jazz Festival, Soars is not a typical blues guitarist. He has a diverse musical background that encompasses a multitude of influences. Soars toured the globe and recorded several records with some of the most extreme metal bands in the world before finding his home in the blues.

Kenny Neal – Born in New Orleans and raised in Baton Rouge, Louisiana, Neal began playing music at a young age. He is known as a modern swamp-blues and multi-instrumentalist, drawing his inspiration from the sizzling sounds

of his native state. Neal has won many awards and was nominated three times for a Grammy, the most recent for Best Contemporary Blues Album. He also won two BMAs (Blues Music Awards); one for Best Contemporary Blues Album and the other for Best Contemporary Male Blues Artist. A true living blues legend, Neal is more poised than ever to deliver the blues like no one else can.

General entrance donations are \$40 per person for adults and \$15 for attendees under age 14. A \$125 per person VIP package includes tent-covered seating, food (including a raw bar with high-top tables), beverages (including a Champagne bar), VIP parking and a festival T-shirt. Tickets are available at Bailey’s General Store, from members of the Sanibel-Captiva Optimist Club and online: Eventbrite Sanibel Blues & Jazz Festival. All proceeds benefit programs for local youth.

Bailey’s Backyard is located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel.



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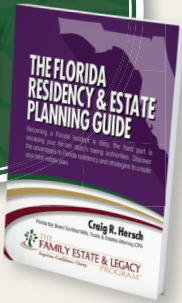
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From left, Gary Avin, Board Member Gary Copie and Jennifer Avin photos provided

Soiree Raises \$205,000 For Valerie's House

Supporters of Valerie's House sipped cocktails, enjoyed fine dining and listened to the stories of children who had lost a parent or family member at Sunset Soiree, the signature event of the charity that helps grieving children. A sold-out crowd of 475 people opened their hearts and raised \$205,000 at the event at the historic Shangri-La Springs in Bonita Springs on October 11. The funds were raised through sponsorships, ticket sales, children's artwork and both silent and live auctions. The annual event makes it possible for Valerie's House to offer grief support free to all families.

"We are forever grateful for the support of our community and the love they have shown to Valerie's House children who most need our comfort and compassion. By attending Sunset Soiree, our guests helped us fulfill our vision that no child will grieve alone," said Valerie's House founder and CEO Angela Melvin. Valerie's House has helped 350 children and their families since its founding in 2016 by Melvin, whose own mother was killed in a car accident in Fort Myers in 1987. The non-profit organization uses art and music to help children identify, express and process their grief.

The highlight of the evening was an emotional presentation of poetry and music performed by Valerie's House teens with many attendees shedding a tear or two in response. Florida Gulf Coast University President Dr. Michael Martin and his wife, Jan, were the honorary chairs of the event with ABC-7 Anchor Krista Fogelsong serving as mistress of ceremonies. "Jan and I have both seen Valerie's House in person and met with the children there and were touched by the work they do. There is nothing else like Valerie's House in all of Southwest Florida," Dr. Martin said. Auction items included art created by



Honorary Event Chairs Jan Martin and Dr. Michael Martin



Judges Radford Sturgis and Kathy Sturgis the children of Valerie's House as well as vacation packages, jewelry and dining experiences. A unique heart pendant created by Brad and Colbi Congress of Bradley Jewelers received the highest bid of the night at \$10,000 and can be special ordered and inscribed with a loved one's



Board Members Donna Caruso and Victoria Loyola



Krista Fogelsong and Event Chair Talisha Faber



From left, Franz Rosinus and Ute Rosinus with Allison Goss and Chauncey Goss



Norman and Mary Love name. The Golisano Children's Hospital was the presenting sponsor of the event. Other major sponsors included FineMark National Bank & Trust, Sanibel Captiva Bank and Enterprise Holdings. For more information about Valerie's House or to register a family for



David Lucas and Joe Catti programs, visit www.valereshouseswfl.org/contact-us, call 204-5804, or write angela@valereshouseswfl.org. Valerie's House is fully supported through community donations that can be made online at www.valereshouseswfl.org or by mail to Valerie's House, Inc., P.O. Box 1955, Fort Myers, FL 33902.*

Sarasota Group Donates \$5M To Children's Hospital

Golisano Children's Hospital of Southwest Florida recently received a momentous \$5 million unrestricted donation from Baycross Christian Family Foundation to benefit the Golisano Children's Hospital's Little Red Wagon Fund and support its efforts to fulfill the region's most critical pediatric health care needs. The Little Red Wagon Fund plays a key role in advancing innovative programs, technologies and services to strengthen the future of the hospital and meet the expanding health care needs of the region.

"The very existence of the Golisano Children's Hospital is a testament to the unyielding commitment from the Southwest Florida Community," commented Armando Llechu, chief administrative officer of Golisano Children's Hospital. "Through the generosity we have received over the years, we have been able to bring world-class pediatric care to the children of our region. Today's announcement reaffirms that commitment, and we are blessed as a leadership team to have this incredible support. We are grateful to the Baycross Christian Family Foundation for their faith in us as demonstrated through this unrestricted gift. These dollars will be used in transformative and meaningful ways to continue to drive programmatic



Golisano Children's Hospital received a \$5 million donation from Sarasota-based Baycross Christian Family Foundation
photo provided

growth and keep more children close to home as they receive the care they need."

Baycross Christian Family Foundation hopes its donation will inspire the Southwest Florida community to become life-long supporters of Golisano Children's Hospital's ongoing efforts to provide world-class programming and services for those who live in the area

as well as for those who come seeking the very best care available for children. The Sarasota-based organization is a longtime supporter of Golisano Children's Hospital, and over the years, has contributed to the hospital's ongoing initiatives, including its capital campaign and Neonatal Intensive Care Unit Parent Support Group.

"At Baycross Christian Family

Foundation, we're especially passionate about Golisano Children's Hospital of Southwest Florida, and its efforts to fulfill a growing need for pediatric health care in our region," commented Shahla Simpler, executive director of Baycross Christian Family Foundation. "We see the impact this hospital is making within the lives of our children and families, and are excited to present \$5 million to the Little Red Wagon Fund. Our goal with this special gift is to challenge our community to raise an additional \$5 million to support the Little Red Wagon Fund that provides hope and healing through strategic initiatives. Let's empower Lee Health to serve patients and families in creative and meaningful ways for years to come. We believe in the future of this children's hospital, and feel blessed to be able to give back. Through our time with the leadership team of Golisano Children's Hospital and Lee Health, we've seen a true passion for the community and an incredible drive to better serve patients through the development and expansion of its programs and services. Together, we can make a difference within our community. Join us as we bring greater medical services to our children today, and build innovative programs to better serve them into the future."

For more information about Golisano Children's Hospital's Little Red Wagon Fund or becoming part of the Little Red Wagon Society, call Lee Health Foundation at 343-6950 or visit leehealthfoundation.org/littleredwagon.

Beautifulife:

Embrace Health



by Kay Casperson

How many of you are paying attention to what your body is telling you day to day? I know, some of you are saying to yourself, "If I worried about every little ache or

pain, there wouldn't be enough time in the day, or I would seem like a chronic complainer." As we age, we definitely find that more things creep into our lives concerning ailments and such, but there are ways to ward off what might become a bigger problem later by listening to what your body is telling you now.

Have you been pushing through headaches or extreme fatigue? Are you finding yourself stiff more often after sitting for a while? Is there a sharp pain somewhere that won't seem to go away, even if you are getting enough rest, eating well and exercising? If you answered yes to any of these things, your body might be letting you know that something is just not right and you need to pay attention. I suggest that you take a closer look at what you might be missing regarding an over health check. Are you drinking enough water daily?

This amount varies depending on your height, weight and how active you are, so drink when you are thirsty but if in doubt, try to get at least eight glasses a day. Dehydration can cause many issues, but the first sign is usually a constant headache. If you're getting enough sleep but still feel fatigued and sluggish, then there may be an underlying health issue. As we age, it is always best to get annual physicals, and I highly recommend seeing a nutritionist as well to have a good balance between science and nature. I am also a big believer in getting your hormones checked, because if they are out of balance, it can lead to a variety of health issues.

Aches, pains and stiffness can usually be altered by specific stretching, exercising, yoga moves and walking. I also like to add free weights into my routine to build strength so that your body continues to stay strong and burn excess fat. Just remember, that if those aches and pains don't go away, then see a doctor who specializes in that area of your body.

Remember to embrace health for your body as well as your mind. Here are my top suggestions to keep you moving in the right direction to having your most balanced and beautiful life:

Make good choices in the foods you eat, make a list of the foods you need before you run to the grocery store to avoid purchasing things that don't fit your goals. Keep fresh fruits, vegetables,

continued on page 32

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Six Surprising Health Benefits Of Dandelion Weeds



by Suzy Cohen, RPh
Dear Readers: Dandelion greens might be considered a weed, but this potent plant contains an impressive arsenal of nutritious compounds that you may want to add to your diet. I'm

referring to dandelions as in *Taraxacum officinale*.

This notoriously bitter weed is packed with protein, minerals and more vitamin C than spinach. The entire plant is actually edible, though I've never eaten the whole thing, just the leaves. Some people literally harvest the yellow flowers before they open and fry them up in a pan with garlic, butter and other seasonings.

Dandelion is very easy to harvest, remember it's kind of like a weed, it grows everywhere. And interestingly, this inexpensive plant is also sold at health food stores, especially in the produce section where it's usually near the collard greens and kale. Here are six reasons to take dandelion:

Aids The Digestive System – The plant is a mild diuretic, making you urinate more than normal. It can improve the functioning of the pancreas, stomach, kidneys and spleen without depleting your body's potassium stores. Diuretics are known to reduce blood pressure. With dandelions, the two compounds that work in this capacity are chicoric and chlorogenic acid.

Good Source Of Antioxidants – You can thank the dandelion's bitter taste for its antioxidant properties that clean your blood. If you can get used to more bitter

foods (and less sugary ones), then your detox pathways that operate in your liver will thank you with better health.

Can Aid Weight Loss – Though the facts are still forthcoming, there is evidence today that consuming dandelions can support weight loss by improving your fat-burning rate and metabolism, and simultaneously reducing fat absorption. It's due to the presence of chlorogenic acid – a compound also found in coffee.

Helps Fight Inflammation – Could eating flowers help you with arthritis? Probably not, but it's fun to think that way. I like herbal remedies that reduce pro-inflammatory cytokines like IL-6 and TNF alpha. Dandelion does this very thing, helping you reduce risk for heart attack, cancer and diabetes.

Can Help Control Blood Sugar – Two biologically active phytochemicals in dandelions (specifically, the chicoric and chlorogenic acid) show evidence of controlling blood sugar by regulating your pancreas's insulin production.

Useful as a skin treatment – Applying a leaf and flower extract immediately before or after intense sun exposure seems to reduce overall skin damage. Dandelion-containing creams or poultices reduce skin irritation and may help with acne.

Fresh dandelion greens can be used in fresh salads, sandwiches, smoothies and teas. If they're too bitter, make a 50-50 mix of dandelions with a subtler green like spinach or Swiss chard.

You could make a tea, or buy a commercially prepared teabag. You could also sauté the dandelion greens with some sweet fruits like pineapple. While dandelions are considered a safe plant for most people, there are a few reported incidences of adverse reactions. People with ragweed allergies are sensitive to dandelions, so please avoid if that's the case.

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

Laughter Is Good Medicine



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

Laughter can't cure all ailments, but it can be good medicine. When you laugh, your intake of oxygen increases, and your heart, muscles and lungs are stimulated. Not only that, but feel-good brain chemicals, like dopamine and endorphins are released. After a good hearty laugh, stress and tension are soothed, leaving you feeling more relaxed, both emotionally and physically.

Stress relief is an amazing benefit of laughter, but the benefits don't stop there. The endorphins that are released with laughter loosen up the arteries, which relaxes them, allowing blood to flow more freely, which results in reduced blood pressure. Endorphins also provide a type of natural pain relief. Certainly, health conditions need to be treated seriously by you and your medical provider, but having a sense of humor can be helpful for dealing with chronic pain and illness. We can tell you from treating thousands of patients that laughter can really help lighten the enormous emotional load that illness brings upon a family. Laughter raises serotonin levels, a brain chemical that helps to fight depression.

Laughing is contagious, so surround yourself with upbeat people who encourage you to smile and make you laugh. Likewise, being surrounded by people who are routinely pessimistic and do not share your sense of humor could

wear on you, including your ability to laugh. Since folks are a lot more likely to laugh when they are with others, why not invite a friend to go to a comedy performance or a funny movie? Or, check out the comedy section in the library or a bookstore and then share it. At home, hang comic strips or funny family pictures in a place that will remind you and your family to chuckle. Enjoy the natural stress relieving effects of laughter.

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.✧

Hurricane Relief Donation

Boxes of donations from students, teachers, staff and administrators with the School District of Lee County will soon be on their way to the victims of Hurricane Michael. Collection centers at the schools and Lee County Public Education Center have been filling up with supplies for more than a week.

"The School District of Lee County is honored to assist our fellow Floridians in Bay County," said Dr. Denise Carlin, executive director of strategic planning and community engagement. "Our schools and central office have collected supplies, which we hope will be helpful to our friends in Bay County, as post-Hurricane Michael recovery continues. Our school district was incredibly fortunate to benefit from so many generous organizations last year after Hurricane Irma. This is our opportunity to give back to Floridians in need."

The School District partnered with Owens-Ames-Kimball Construction in Fort Myers and Naples to help out the Florida Panhandle. OAK started collecting supplies with the hashtag #itsourturn, returning the generosity of those who helped Southwest Florida after Hurricane Irma with supplies for those impacted by Hurricane Michael.✧

Habitat Awarded \$500,000 To Aid Irma Victims

The Red Cross has awarded Habitat for Humanity of Lee and Hendry Counties' Disaster Recovery Program almost \$500,000 to aid Hurricane Irma victims. These funds will allow Habitat's Disaster Recovery Program to help low income residents, who own their home, with repairs as a result of damage caused by Hurricane Irma.

Residents interested in learning more about Habitat's Disaster Recovery Program can attend an informational meeting in Meeting Room A at the Downtown Fort Myers Library on Tuesday, November 6 at 9:30 a.m. There is no need to register for the meeting.

The Red Cross received generous support for the American public in response to the devastation caused by

Hurricane Irma. With donated funds, the Red Cross has provided emergency relief and will continue to provide disaster relief and recovery, directly and through organizations like Habitat Lee and Hendry's Disaster Recovery Program.

Habitat for Humanity of Lee and Hendry Counties launched their disaster recovery program after Hurricane Irma as the long-term solution to damage caused by a natural disaster. Since the program's start, Habitat has partnered with 40 homeowners to complete repairs and, currently, has 26 homes in the process of being repaired. Habitat receives about 10 new inquiries for the disaster recovery program every week.

Program residents must own the home where the repairs are to be made; occupy the home as their primary residence; and have a household income below 80 percent of the Area Median Income.

The Downtown Fort Myers Library is located at 2450 First Street in Fort Myers. For more information, visit www.habitat4humanity.org or call 652-4663.✧

From page 31

Beautifulife

and nuts on hand for snacking instead of unhealthy options.

Drink enough water to stay hydrated all day long and add a lemon for flavor and the additional benefits of extra vitamin C.

Find out what your body is lacking regarding nutrition from foods and supplement with a personalized daily vitamin program.

Get regular physicals to find out what you can work on to keep on track with your health, and to tackle things before they become harder to manage and control.

Exercise daily by walking, biking, hiking, stretching, yoga or free weights. Or, you can try mixing all of these into your life at various times to keep things exciting. The point is, keep moving and keep building strength.

Focus on affirmations every day that will keep you inspired to live your best life.

Affirmations are so crucial because if you wait for others to tell you that you can do it and that everything is attainable, you will wait forever. Tell yourself how awesome you are, how strong you are, how well you are, then believe it and watch it happen.

Most importantly, choose to be happy with every decision you make. Be happy where you live, be happy with what you do, be happy with who you spend your time with. If you are doing something just because you think you can't change your present situation, think again, because the choice is yours.

My affirmation for you is:
"I will embrace health and take charge of my body to live my best life."

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.✧

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

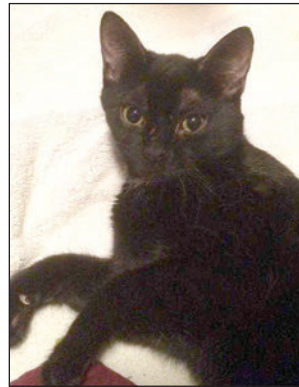
Siamese And Dylan

H! I'm a beautiful 12-year-old male Siamese cat named Siamese. I am a very sweet kitty and am in need of a new home as my human can no longer keep me. I am looking for a quiet home with someone who wants to give me lots of affection. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$75.

Hello, I'm Dylan. Aren't I just adorable? I'm only 8 months old, so I'm quite the playful kitten. I



Siamese



Dylan

like other cats and hope I can find a home with another young kitty to play with. I'm neutered and up to date on all vaccines. 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 www.havenonearthanimalleague@yahoo.com.

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

Lee County Domestic Animal Services

Martin And Maverick

Hello, my name is Martin, and I arrived at the shelter in July. I am a 1-year-old male pit bull mix who loves bubbles, water and dressing up but, most of all, I'd love to be in a real home. I am currently the longest-term resident in dog adoptions.



Martin ID# A747065

I am the perfect size for anyone that loves bully breeds, but has weight restrictions as I am under 40 pounds. I know how to look up at you with these sad eyes and draw you in and then roll over for belly rubs.

My adoption fee is \$30.

Hi, I'm Maverick, and I am the epitome of a gentleman. I am a 2-year-old male domestic shorthair who is gentle, well-mannered and kind to my feline friends. My unique look gives me that extra special something that puts me above the rest, but I don't let that go to my head. I consider myself just one of the guys. Stop by today and meet me to see if I will be a good fit for your family today.

My adoption fee is \$10, and you can adopt one and get one free.

Lee County Domestic Animal Services (LCDAS) 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, LCDAS 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 LCDAS to illustrate how easy it is to picture a shelter pet in someone's daily life and encourage animal adoption.

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 www.leegov.com/animalservices or call 533-7387.



Maverick ID# A757611

PAWS Of Sanibel

Sonny And Cher

This is Sonny and Cher. Some of you may remember them. Three years ago, four kitties, the momma and three kittens were trapped between the Sunset Beach Resort and Lantana condominium on West Gulf Drive. All were adopted (Lana, Tanner, Sonny and Cher) to lovely people. However, Sonny and Cher's mom



Sonny

has reached a time in her life when she feels she must move in with family over on Pine Island. Unfortunately, in addition to her granddaughter being allergic, her son operates a business out of his home that is directly on Pine Island Road and the doors are always opening and closing, so it's not safe for kitties. These are very special kitties, and need to be together forever. Call Pam at 472-4823 if you can give these sweethearts a new home.



Cher



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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford 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 37

Super Crossword

SIX TIMES THREE

- ACROSS
- 1 Fruit drink brand

4 Brooklyn NBA team

8 Les États- —

12 Instrument that drones

19 Gp. of docs

20 "Give it —" ("Go for it")

21 Somewhat, musically

22 Endless

23 Command for online missives

25 "Singing to the Hits" label

26 Woodlands

27 Army chaplains open curtains?

30 Haughty sort

31 Pilferer

32 MSN competitor

33 Queen in "Frozen"

37 Flower parts with the most light, soft colors?

42 "Come on!"

45 Comes — surprise

46 "He-e-elp!"

47 Stir-frying pan

48 Provo site
- 49 Inits. at Indy

52 See 36-Down

55 Heckles

57 Leatherneck pilots stay behind?

63 Split to splice

64 City near Oneida Lake

65 Pulse

66 Hooded vipers

70 Little louse

71 Aside from

73 Hooded coat

75 Weep aloud

77 — for tat

78 Window part

80 Lots and lots

82 First extra inning

84 — acid

86 Himalayan guide who's skilled at crafting sentences?

90 Sufferer for a cause

93 Lamb nurser

94 Sci-fi power

95 Bawl (out)

96 "Kristin" actress Ortiz

97 Hamm of soccer

99 Andy's chum

103 Bucolic poems
- 105 Heartless doughnut shop employee pestering customers?

111 Hold to be

112 Med. plan

113 Queen, in Spain

114 Apia's locale

118 Change everyone's table positions during a spring holiday dinner?

123 Alike

126 Aid in solving

127 Racer Mario

128 Dribble

129 — -Iranian

130 Look to be

131 "I have it!"

132 Scented pouches

133 — tide

134 Makes a slip

135 Chaney of film
- 5 SFO stats

6 Sad, in Paris

7 Slender, graceful girls

8 Maintenance processes

9 Averse to, with "of"

10 Like some cold coffee

11 Was bought for the price of

12 Happens to, as evil

13 On the crest

14 Richard of Hollywood

15 Determine in advance

16 Electees

17 Singer Boone

18 Ernie of golf

24 Move directly via a wholesaler

28 Comic Rudner

29 Eggs of fish

34 Yard surface

35 Coin opening

36 With 52-Across, proposes a date to

38 Get rid of

39 Before long

40 Starchy staple

41 Morales of the screen
- 42 Measures of light

43 And others, to Caesar

44 Divining cards

50 Less slack

51 Cherry stone

53 Illinois city

54 Golfer's peg

56 Spanish article

58 Lincoln loc.

59 It cuts wood with the grain

60 "Crocodile Rock" label

61 Sun orbiter

62 Reduces to pulp

67 Secondary leaflike appendage

68 Endocrine gland in the brain

69 Blizzards, e.g.

72 Log-in info

74 Lead-in to plunk

76 Crotchety cry

79 Follower of FDR

81 Copy

83 Part of Mao's name

85 Ashley Olsen's twin

87 Mass song

88 Crest
- 89 Go around

90 Bond girl player Adams

91 Comic Meara

92 Shed tool

98 Sticks fast

100 Entertainer Carmen

101 Like superstore shopping

102 Irritated fit

104 Deprives of weapons

106 Lottery winner's cry

107 Thurman of "Tape"

108 "— to it!" ("Simple!")

109 Anxiety

110 Many a sock mender

115 Rock genre

116 Brand of weedkillers

117 Iraqi, e.g.

119 Sommer of "The Prize"

120 Chip coating

121 German article

122 German river

123 Urban grid: Abbr.

124 One of the Gershwins

125 Karaoke stage item

1	2	3		4	5	6	7		8	9	10	11		12	13	14	15	16	17	18	
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King Crossword

- ACROSS
- 1 Cleo's slayer

4 — de deux

7 Ornamental loop

12 Neither mate

13 Performance

14 Wahine's greeting

15 Excessively

16 Intercom speaker

18 "— Impossible"

19 African capital

20 At the home of (Fr.)

22 "— be an honor"

23 Maja painter

27 Table scrap

29 Luxury stadium seating

31 Italian isle

34 Put one's two cents in

35 Fridge

37 Insult (Sl.)

38 Ten (Pref.)

39 Anger

41 Vacillate

45 Foolish

47 Chaps

48 Chest for money

52 Type measures

53 Minimum

54 Corroded

55 "Gosh!"
- 56 "Whoopee!"

57 Sleuth

58 Pismire
- 11 Earner's burden

17 Helps

21 1964 Anthony Quinn role

23 "Everything's Coming Up Roses" musical

24 Sapporo sash

25 Thither

26 Lumberjack's prop

28 Carnival site

30 Pond carp

31 Spanish literary hero
- 32 Expert

33 Chest muscle, for short

36 Intersection, on signs

37 Indicate

40 Moroccan city

42 Last letter

43 Mideastern land

44 Beginning

45 Division word

46 CEO, e.g.

48 Crafty

49 Earl Grey, e.g.

50 "Go, team!"

51 Bear, in Barcelona
- DOWN

1 Caper

2 Start for "sayer"

3 Regular writing

4 History

5 Find not guilty

6 Action-film sequence

7 Fido's feet

8 Sort

9 Corn castoff

10 "So that's it, eh?"

MAGIC MAZE ● INVENTED 1900-1909

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

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

- Airplane
Bakelite
Cellophane
Cornflakes
- Crayons
Escalator
Helicopter
Lie detector
- Neon light
Sonar
Tea bags
Teddy bear
- Tractor
Triode
Zeppelin

Bob Schutte

"Tell you what, Dad, a little _____ will get rid of a lot of the white stuff."

answer on page 39

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!

Cunning
EIGUL

Spare
PRUSSUL

Tender
INDAYT

Impede
RHINDE

TODAY'S WORD

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

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 37

HOCUS-FOCUS

BY HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Fence opening is wider. 2. Hair is different. 3. Necktie is different. 4. Arm is moved. 5. Window shade is missing. 6. Shrub is missing.

Zucchini-Ricotta Rollups

2 large zucchini or yellow squash, sliced thin lengthwise
1 cup ricotta cheese
1 cup mozzarella cheese, shredded
2 cups marinara sauce (your favorite)
2 egg yolks
1 teaspoon Italian seasoning mix
1/3 cup parmesan cheese, grated
1/4 cup fresh basil, hand torn
Sea salt and fresh ground pepper, to taste

Lay out all the zucchini and yellow squash slices on paper towels. Lightly sprinkle each side of the sliced zucchini and squash with sea salt. Let the salted slices sit for about 20 minutes. After 20 minutes use another paper towel to soak up any liquid from the vegetables. In a small bowl combine the egg yolk, mozzarella cheese, ricotta cheese and Italian seasoning. Season cheese mixture lightly with salt and pepper. Spread a thin layer of the cheese mixture on one side of each vegetable slice. Roll each slice up carefully and place seam side down in a baking dish. Evenly add marinara sauce to the top of the vegetable rollups. Sprinkle with Parmesan cheese and bake in a 375 degree F oven for about 15 minutes. Top with hand torn basil, serve warm.✱



Zucchini-Ricotta Rollups

photo courtesy Fresh From Florida

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Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org


THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS




Harry Chapin Food Bank
OF SOUTHWEST FLORIDA




FRIDAY
Cloudy
High: 80 Low: 70




SATURDAY
Cloudy
High: 82 Low: 72




SUNDAY
Mostly Cloudy
High: 84 Low: 70




MONDAY
Partly Cloudy
High: 80 Low: 72



TUESDAY
Mostly Cloudy
High: 75 Low: 65



WEDNESDAY
Mostly Cloudy
High: 78 Low: 67



THURSDAY
Partly Cloudy
High: 76 Low: 66

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	1:41 am	8:41 am	3:43 pm	7:59 pm	Fri	12:46 am	8:43 am	2:48 pm	8:01 pm	Fri	1:54 am	9:19 am	3:38 pm	9:10 pm	Fri	3:51 am	11:57 am	5:53 pm	11:15 pm
Sat	2:11 am	9:28 am	4:41 pm	8:24 pm	Sat	1:16 am	9:30 am	3:46 pm	8:26 pm	Sat	2:12 am	10:00 am	4:30 pm	9:42 pm	Sat	4:21 am	12:44 pm	6:51 pm	11:40 pm
Sun	2:47 am	10:22 am	5:54 pm	8:51 pm	Sun	1:52 am	10:24 am	4:59 pm	8:53 pm	Sun	2:41 am	10:41 am	5:20 pm	10:14 pm	Sun	4:57 am	1:38 pm	8:04 pm	None
Mon	3:30 am	11:26 am	None	None	Mon	2:35 am	11:28 am	None	None	Mon	3:23 am	11:26 am	6:12 pm	10:45 pm	Mon	5:40 am	12:07 am	None	2:42 pm
Tue	4:22 am	12:39 pm	None	None	Tue	3:27 am	12:41 pm	None	None	Tue	4:14 am	12:21 pm	7:09 pm	11:22 pm	Tue	6:32 am	3:55 pm	None	None
Wed	5:33 am	1:55 pm	10:22 pm	None	Wed	4:38 am	1:57 pm	9:27 pm	None	Wed	5:12 am	1:34 pm	8:09 pm	None	Wed	7:43 am	5:11 pm	None	None
Thu	7:13 am	12:59 am	10:48 pm	3:04 pm	Thu	6:18 am	1:01 am	9:53 pm	3:06 pm	Thu	6:34 am	12:48 am	9:07 pm	2:46 pm	Thu	12:32 am	4:15 am	9:23 am	6:20 pm

PUZZLE ANSWERS

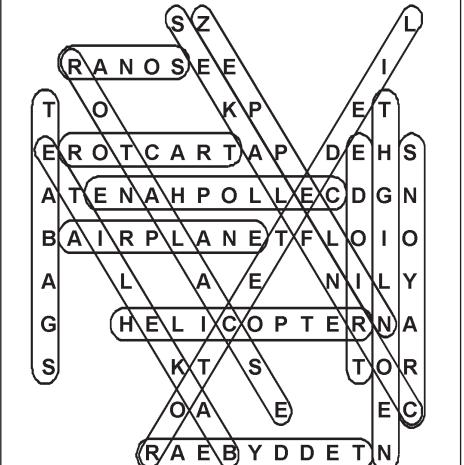
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

My Stars ★★★★★ FOR WEEK OF OCTOBER 29, 2018

Aries (March 21 to April 19) The high standards you set for yourself don't always translate into the behavior you expect of others. That relationship problem can be resolved if you're more flexible and less judgmental.

Taurus (April 20 to May 20) Not enough party bids to satisfy the Bovine's fun-loving side this week? Go ahead and throw one of your own. Then prepare for some serious work coming up early next week.

Gemini (May 21 to June 20) A new and intensely productive cycle is about to kick in. Be careful not to get too stressed out, though. Make time to restore your energies by relaxing with family and friends.

Cancer (June 21 to July 22) This could be a good time to share some of your plans with those closest to you. Their comments could give you some added insight into how you might accomplish your goals.

Leo (July 23 to August 22) An attack of self-doubt might be unsettling for the usually super-assured Feline. But it could be your inner voice telling you to hold off implementing your plans until you've reassessed them.

Virgo (August 23 to September 22) This is a great time for you to reward yourself for all your hard work by taking a trip you haven't spent months carefully planning, to somewhere you never thought you'd be going.

Libra (September 23 to October 22) Some misunderstandings resist being resolved. But your sincerity in wanting to

soothe those hurt feelings wins the day. By month's end, that relationship should begin to show signs of healing.

Scorpio (October 23 to November 21) A hectic job schedule begins to ease just in time to blow off all that work-generated steam on Halloween. A family situation runs into an unexpected complication.

Sagittarius (November 22 to December 21) A cutting remark in the workplace needs to be handled with finesse. Remember: How you respond could determine the depth of support you gain from colleagues.

Capricorn (December 22 to January 19) Once again, that Capricornean stubborn streak sets in and could keep you from getting much-needed advice. Fortunately, it lifts by week's end, in time to make an informed decision.

Aquarius (January 20 to February 18) A surprise trip early in the week could lead to other unexpected offers when you return. Word to the wise: Avoid talking too much about this until you've made some decisions.

Pisces (February 19 to March 20) Learning dominates the week for perspicacious Pisceans, who are always looking to widen their range of knowledge. A series of important job-linked commitments begins late in the week.

Born This Week: Your sense of humor generates good feelings and good will everywhere you go.

STRANGE BUT TRUE

• It was American author and futurist Alvin Toffler who made the following sage observation: "Profits, like sausages, are esteemed most by those who know least about what goes into them."

- A leech can consume 10 times its own weight in its victims' blood.
- King James VI of Scotland also was, after the crowns of England and Scotland were united in 1603, King James I of England. He may have been doubly noble, but those who study such things say his personal habits would not have been out of place in a commoner of the time. He reportedly never bathed, claiming that baths were an unhealthy practice, and he would wear the same clothes for months on end.
- A newly married couple sued the upscale resort in Chile where they spent their honeymoon after a swim in the pool turned the bride's waist-length blond hair green.
- If you remember the early-1960s TV series *Route 66*, you might be surprised to learn that the show was actually shot in Florida and Oregon, nowhere near the fabled highway.
- Those who live in the state of Minnesota might want to keep in mind that in that state it's against the law to sleep with no clothes on.
- Those of you who need your daily java fix probably won't be surprised to learn that coffee is one of the most popular drinks worldwide and is one of the most traded agricultural commodities. Due to limitations in cultivation, however, Hawaii is the only state in the U.S. that produces the beans.

THOUGHT FOR THE DAY

"Half of the harm that is done in this world is due to people who want to feel important. They don't mean to do harm, but the harm does not interest them."
— TS Eliot

TRIVIA TEST

1. **U.S. Presidents:** Which U.S. president was the only one to serve on the Supreme Court after his term as president?
2. **Animal Kingdom:** What kind of creature is a fer-de-lance?
3. **Language:** What is the study of the form, meaning and use of words called?
4. **Television:** What 1960s sci-fi drama began with the line, "There is nothing wrong with your television set?"
5. **General Knowledge:** How long is the racetrack where the Kentucky Derby takes place?
6. **Psychology:** What is a fear of birds called?
7. **Music:** The song *Waltzing Matilda* originated in which country?
8. **Measurements:** What is the quantity of a gross?
9. **Movies:** In *The Wizard of Oz*, what did the Wizard tell Dorothy to take from the wicked witch?
10. **Ancient World:** In what modern country is the Temple of Artemis at Ephesus located?

TRIVIA ANSWERS

1. William Howard Taft
2. Very venomous
3. Lexicology
4. The Outer Limits
5. 1 mile
6. Ornithophobia
7. Australia
8. 144
9. Her broomstick
10. Turkey.

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

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7/13 ★ TFN

OFFICE SPACE IN DESIRABLE TREE TOPS CENTER

1101 Periwinkle Way. Conveniently located very close to causeway! Approx. 700 sq. ft. w/ 1/2 bath. Call Mike at 970-476-9204 or email pazzos@vail.net
10/12 ★ 11/30

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.
8/5 ★ TFN

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1/26 ★ TFN

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1/4 ★ TFN

SEASONAL RENTAL

SNOWBIRD RENTAL AVAILABLE

Quiet lane off Main Street, walk or bike to beach, shopping, restaurants. Furnished one-bedroom ground level duplex, lots of green area, perfect artistic escape. Lakeview, screened porch, sun patio, equipped kitchen, W/D, cable/internet. Available Nov-May. \$1,650/month. 3 mo. Min. 239-209-2514
salli@sanibelbike.com
10/26 ★ 11/9

ANNUAL RENTAL

SANIBEL ISLAND ANNUAL RENTALS

2/1 on Main Street \$1,800
2/1 on Sandpebble \$1,800
2/2 on Sandpebble \$2,000
3/2 on Periwinkle \$2,200*
*(w garage & shared pool)
Dogs okay.
Call or text Bridit @ 239.728.1920
10/5 ★ TFN

SANIBEL ANNUAL RENTAL

Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor – close access to the beach and causeway on the East End of Sanibel. Perfect location – \$3,800 per month. Call or text Rose at 239-851-5188.
7/27 ★ TFN

ANNUAL RENTAL

ANNUAL RENTAL SANIBEL

Waterfront – 3/2+ den, dock, Direct access. \$2,950/mo. Gorgeous, Custom home.

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This 3/3 UF pool home backs up to Conservation Land \$2,300/mo.

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10/5 ★ TFN

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2 bdrm / 1 bath, East End. 1/2 of Duplex, piling home. Walk to beach. Washer & Dryer in unit, Private sundeck. Includes yard service & pest control. No Smoking / No pets. \$1,750. Call Bob 410-913-2234.
10/19 ★ TFN

ROOMMATE WANTED

SANIBEL
Share beautiful lake front house, private BR & Bath, split plan, furn. Walk to beach.
\$850/mo.
239-246-3394
10/26 ★ TFN

RENTAL WANTED

SANIBEL ISLAND RENTAL WANTED

Sanibel Island Only: One bedroom needed for a Sanbel Chorus member's 85 yr. old Mother for the month of February 2019 in the 3,500-4K range. Excellent references. virginiaflora@yahoo.com
10/26 ★ 11/16

RENTAL WANTED

Moving from NY to Sanibel for dream job. 38yr old female and 8yr old well trained & friendly Boston Terrier need a room to rent on Sanibel or Captiva ASAP until we find our own. Please call/text 716-435-1947
THANK YOU
10/19 ★ 10/26

SERVICES OFFERED

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Retired woman available for PT caretaker duties including light cooking/cleaning, errands, and companionship. Excellent local references. Experience with elderly and families. 732-221-2012
10/26 ★ 11/2

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4/13 ★ TFN

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10/12 ★ TFN

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10/26 ★ 11/9

HELP WANTED

OFFICE ASSISTANT/ THERAPY TECHNICIAN

wanted for Physical Therapy Clinic on Periwinkle Way. Full-time seasonal and part-time off-season. Must be organized, friendly, reliable and able to multi-task. Experience with reception desk and customer service preferred. Varied job duties including scheduling, reception desk, scanning, filing, data-entry, laundry and cleaning. Please e-mail resume to rachel@islandtherapycenter.com.
10/26 ★ 11/2

HELP WANTED

SANIBEL HOME FURNISHINGS

Upbeat, energetic, personable sales associate needed. Be a part of the team. Must be reliable, professional, organized and focused with good communication skills and a willingness to learn! PT/FT, Saturdays required. Call Diane at 239-887-9126
10/19 ★ 11/2

OFFICE ASSISTANT PT

20 hrs/wk; set schedule; Bookkeeping exp. required; efficiency & accuracy a must! Email resume to: sandy@sanibelucc.org
10/19 ★ 11/9

HELP WANTED

Kitchen help. Monday-Friday. Days. Apply in person. Sanibel Deli 472-2555
10/19 ★ 10/26

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way
5/6 ★ TFN

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10/19 ★ 10/26

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Huge Moving Sale. Lots of high-end items. Collapsed Caribbean and Miami Beach homes into Sanibel and realized we have TOO MUCH STUFF. Coastal Decor. Home Decor including paintings, collectibles, vases, ceramics, sculptures. Some furniture. Come sort through our stuff and take home treasures. 1278 Sand Castle Road. In the Dunes. Friday and Saturday 10/26 & 10/27 Both days 9 a.m. to 1 p.m.
10/26 ★ 10/26

Last Flu Season: Highest Rate Ever In Hospitalization

With the 2018-9 flu season upon us, Lee Health infection prevention experts encourage the community to get their annual flu vaccination. Flu shots are the most effective way to combat the flu each year.

“Vaccination can be the difference between a serious medical episode and a safe and worry-free winter,” said Dr. Ashraf Khan, Lee Health’s system director for epidemiology. “Everyone who is able should receive a flu vaccination each year, early in the season, to keep you, your loved ones and your neighbors safe and healthy.”

Influenza (the flu) is a contagious respiratory illness caused by viruses that infect the nose, throat and lungs. It can cause mild to severe illness and can be fatal in some cases.

Complications of flu can include bacterial pneumonia, ear and sinus infections, dehydration and worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes. In addition, most healthy adults may be able to infect others beginning one day before symptoms develop and up to 5 to 7 days after becoming sick, Khan said.

Children younger than age 5, adults older than age 65, pregnant women and people living with chronic medical conditions are at a higher risk for flu-related complications.

The vaccine is available in physician offices, urgent care clinics and at many drug stores and pharmacies. Talk to your health care provider if you have specific questions about the flu shot.

Another highly effective way to keep the

flu at bay is to wash your hands often, according to Khan. Follow the guide below to help you and those you come into contact with stay healthy.

When washing hands with soap and water:

Wet your hands with clean running water and apply soap

Create a lather and scrub your hands Wash your hands for 15 to 20 seconds.

This is as long as it takes to sing the “Happy Birthday” song through twice

Rinse your hands well under running water

Dry your hands using a paper towel and use the paper towel to turn off the faucet

If soap and clean water are not available, use an alcohol-based hand sanitizer to clean your hands

When using an alcohol-based hand sanitizer:

Apply the product to the palm of one hand

Rub your hands together

Rub the hand sanitizer over all the surfaces of your hands and fingers, and continue rubbing until your hands are dry.*

Swamp Walk In National Preserve

Celebrate the arrival of fall with swamp walks in the Big Cypress National Preserve. Meet at Clyde Butcher’s Big Cypress Gallery on Saturday, October 27 and Sunday, October 28. Sign up to arrive from 9 a.m. to noon for a morning walk, or from noon to 3 p.m. for an afternoon walk.

Celebrated photographer Clyde Butcher and his wife Niki host a fall festival each year at their Big Cypress Gallery. As part of the fun this year, South Florida National Parks Trust volunteers will lead swamp walks behind the gallery.

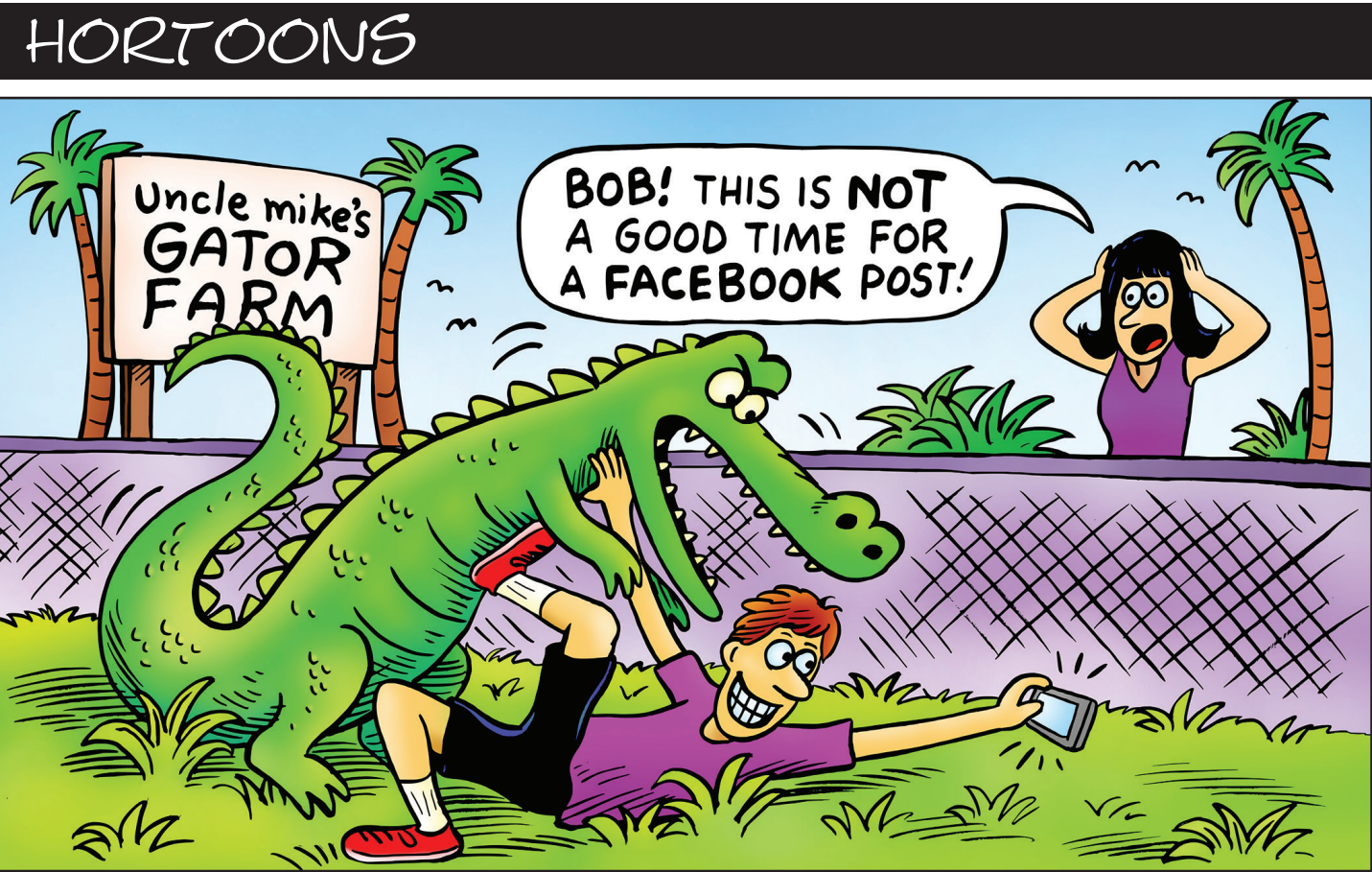
Walks are \$50 per person (children age 17 and younger are free) with 100 percent

of all proceeds supporting the Swamp Water and Me Program (SWAMP) at Big Cypress National Preserve. SWAMP is an outdoor science education program that introduces thousands of 6th grade students to Big Cypress every year. Clyde Butcher will be at the gallery both days to greet visitors and autograph his books, calendars and artwork. The gallery is free and open to the public.

The walks are approximately two-hours long and water levels may be waist deep in places with submerged obstacles and uneven terrain. Wear closed-toe shoes, clothes that can get wet and/or muddy (long pants, a long-sleeved shirt, and shoes with laces that will stay on your feet). Bring dry clothes to change into after your walk. Children must be over 48 inches tall.

Tickets are available at www.swampwalks2018.eventbrite.com.

The Big Cypress Gallery is located at 52388 Tamiami Trail East in Ochopee. For more information, call 305-665-4769.*



SCRAMBLERS

- 1. Guile; 2. Surplus;
- 3. Dainty; 4. Hinder

Today's Word
GREEN

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Southport On The Bay	Bonita Springs	1997	3,425	\$1,995,000	\$1,840,000	205
Nature's Cove	Estero	2006	2,974	\$925,000	\$890,000	0
Fort Myers	Fort Myers	1923	4,221	\$845,000	\$790,000	318
Cape Coral	Cape Coral	1994	2,977	\$729,000	\$715,000	323
Cape Coral	Cape Coral	2004	2,838	\$699,900	\$662,500	96
Corkscrew Shores	Estero	2016	2,007	\$619,900	\$592,000	3
Cape Coral	Cape Coral	2006	2,068	\$569,900	\$550,000	95
Dorondo Huffner Unrec Plat	Fort Myers Beach	1978	1,200	\$548,000	\$525,000	168
Laurel Meadow	Estero	1999	2,286	\$539,900	\$460,000	0
Bonita National Golf And Country Club	Bonita Springs	2018	2,247	\$537,790	\$492,500	36



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*The New York Times
Magazine*

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