



## Beach Art Group To Open Fall Members Exhibit

The Fort Myers Beach Art Association (FMBAA) Fall Members Show starts off the new season in Studio 1 in the gallery from Thursday, October 17 through Thursday, November 7. Studio 2 will also have a new show featuring works by the FMBAA summer painting group.

Artwork from these shows will be available for sale until November 7. There is free admission to the public during gallery hours, Monday through Saturday from 10 a.m. to 3 p.m. beginning October 15.

FMBAA will offer four watercolor class series by nationally known, award-winning artist Cheryl Fausel. The beginner and advanced series of classes begin on November 4, as well as others. For more information or to sign up, visit [www.fortmyersbeachart.com/classes.php](http://www.fortmyersbeachart.com/classes.php).

Fort Myers Beach Arts Association and Gallery is located at 3030 Shell



**Visualizing Vincent by JoAnne LaPadula**  
image provided

Mound Boulevard on Fort Myers Beach. For more information, email the art association publicity chair, Pam Flaherty, at [fmbaapublicity@gmail.com](mailto:fmbaapublicity@gmail.com), call 463-3909, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com) or stop by the gallery.\*

## Exceptional Show At Broadway Palm Theatre

by Di Saggau

*Finding Neverland* is now playing at Broadway Palm Dinner Theatre and it's not to be missed. Talk about a delightful show. National Public Radio (NPR) calls it, "Far and away the best musical of the year." The cast is exceptional with great voices, the sets are astonishing, and there are so many really special moments. From scene to scene, the show continues to amaze. The extraordinary choreography by Mia Michaels is imaginative and full of magic. My friends and I couldn't stop talking about it.

The show tells the story of how playwright JM Barrie (Mark Bacon), wrestling with writer's block, finds the inspiration he needs from four young brothers and their beautiful widowed mother Sylvia (Josephine Florence Cooper). It's 1904 in London, and Barrie, with the help of the boys' makes-believe adventures, is inspired to write a play for everyone who has a child inside dying to get out. *Finding*



**Josephine Florence Cooper as Sylvia and Mark Bacon as JM Barrie** photo provided

*Neverland* is based on the true events that led Barrie to create *Peter Pan*.

Mr. Frohman (Kirk Lawrence) does double duty as the theater owner and also continued on page 22



**A previous concert along the Caloosahatchee**

photo provided

## Journey Tribute Band To Perform At River Pavilion

On Friday, October 25, Edison and Ford Winter Estates will host the first Rhythm on the River concert of the season with the Journey tribute band, Faithfully. Sponsored by Best Value and Humana, the concert will take place in the river pavilion along the Caloosahatchee. Gates open at 5:30

p.m. and the concert starts at 6 p.m.

Formed in 2011 in Nashville, Tennessee, Faithfully has become a popular tribute band and has received international recognition. With John Allen as lead vocalist, the group performs Journey's biggest hits, as well as fan favorites.

The river pavilion offers a water view and a chance to see the sunset. Guests should bring a folding chair. There will be a cash bar and refreshments available for purchase. No coolers are permitted. Parking is available in the main Edison

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## Airing Of The Quilts At Estates

Edison and Ford Winter Estates will host the annual Airing of the Quilts quilt show on Saturday, October 19 from 10 a.m. to 2 p.m. Dozens of quilts from the Quilters' Guild will be on display, suspended from clotheslines between trees. Select antique quilts from the 1880s to the 1940s will be on display inside the Thomas Edison house, Henry Ford house and the Edison guest house. Quilters' Guild participants will also have quilts available for sale.

Lars Cain, a certified quilt appraiser, will be on site and conducting appraisals from 10 a.m. to 2 p.m. His vast experience includes the Library of Congress and the Smithsonian Institution. He has been sharing his expertise for many years and has spoken to more than 1,500 quilt groups throughout the Midwest, New England area and in Florida. Since 1977, he has appraised more than 20,000 quilts. Visitors may bring antique quilts for assessment. Verbal appraisals will be offered for \$20, and the fee for a written appraisal is \$50 per quilt.

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

The quilt show is included with a self-guided or guided tour of the historic home site and botanical gardens. Tickets may be purchased online or at the ticket counter. Admission is free for Edison Ford members. A food truck will also be on site.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit [www.edisonford.org](http://www.edisonford.org).\*



**Quilts blow in the breeze at the estates** photo provided

Historic Downtown Fort Myers, Then And Now:

# History Lives On At The Collaboratory



by Gerri Reaves, PhD

The repurposing and expansion of the 1924 Atlantic Coast Line Railroad (ACL) passenger depot into the Collaboratory at 2031 Jackson Street is one of historic downtown's most important successes of

the last few years.

Of course, one could facetiously argue, for the pure love of local history, that it's nevertheless the third-best outcome for the historic structure.

In alternative universe, the best outcome would be that the depot remained one to this day and that the town still had passenger rail service.

Another optimistic outcome is that the building continued as a historical museum with public support and booming membership ad infinitum.

Given those too overly optimistic non-starters, however, what has happened is the best thing that could happen.

When the Southwest Florida Community Foundation chose the depot as its new regional headquarters and commenced to expand it, they did it not only with



These historic railroad tracks lead you to the Collaboratory, where history and the state-of-the-art present coexist

photos by Gerri Reaves

their usual passion and dedication to the community. They did it with a love of local history and a commitment to environmental sustainability.

But first, a quick overview of the depot's history until then....

The Mediterranean Revivalist-style building opened on February 4, 1924 and, for nearly five decades, functioned as a passenger depot. In 1971, the last passenger train departed and the depot was vacant for a time.

The depot was purchased by the City in 1975 and, in 1982, opened as the Fort Myers Historical Museum. It was later renamed the Southwest Florida Museum of History, closing with that name in 2016.

Enter the Southwest Florida Community Foundation with an innovative plan for a public-private partnership with the City of Fort Myers.

The foundation's project included not only restoring the depot and preserving as much history as feasible, but constructing a 10-thousand-square-foot LEED-certified addition. (LEED stands for Leadership in Energy and Environmental Design.)

The result is a state-of-the-art shared space for the community and tenants.

The Collaboratory held its grand opening celebration one year ago this month.

Even before you enter the building, you'll notice how the project made honoring history a priority. For example, actual old railroad tracks run right up to the building and through it.

Wander inside and you'll see artifacts recalling the days of rail travel in Fort

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The ACL line traveled the southeastern U.S.



This amazing contraption spins up mileage and route information from Fort Myers on the ACL line. As shown here, Route 17 through Savannah to Wilmington, NC, was 716 miles. Who needs Google?



Years ago, someone hand-wrote arrivals and departures on this board



The former ticket office is now a conference room

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## Taco Cook-Off To Benefit Lee ProStart Programs

Culinary students from seven Lee County schools will compete at the Florida Restaurant and Lodging Association (FRLA) Lee Chapter's 2nd annual Taco Cook-Off at the Burroughs Home & Gardens on Tuesday, October 15. The fiesta will begin at 5:30 p.m. and will end at 8 p.m.

Held in partnership with Uncommon Friends, the cook-off pits local ProStart culinary student and instructor teams preparing signature tacos and side dishes for attendees and judges, hoping for a chance to be crowned overall winner of the Taco Cook-Off. The competing high schools are: East Lee County High School, Estero High School, Oasis Charter High School, Island Coast High School, Lehigh Senior High School, Cape Coral Technical College and Fort Myers Technical College.

"The event is a great way to give students experience in cooking for large numbers of guests and serves up a healthy dose of competition," said



Culinary students compete at the inaugural taco cook-off

photo provided

Melissa Johnson, teacher on assignment at The School District of Lee County, who oversees the ProStart/culinary programs locally. "Community events like this cook-off are wonderful for

showcasing local student talents, but also helps raise awareness and money for these career and technical education programs."

In addition to great food, there will

be live music, raffles and silent auctions. Guests will not only be able to try the student and instructor's creations, but they will also lend a hand in the judging process, picking the fan favorite winner. The overall winner will be selected by a group of local celebrity judges including ABC7 News' Simone Cuccurullo, Guy Clarke and James Fraser as well as FOX4's Lisa Greenberg, Chef Jay Johnson, Normal Love, Chef Joe Pittman, and many more.

Proceeds from the event will go towards Lee County's ProStart programs, contributing to student scholarships, classroom supplies and equipment as well as state competitions. ProStart is a nationwide, two-year program for high school students in which they learn culinary techniques and management skills.

In addition, FRLA is partnering with Uncommon Friends to raise money for their scholarship programs, too.

Tickets are \$30 and are available to purchase at [www.frla.org/event/lee-2nd-taco-cook-off](http://www.frla.org/event/lee-2nd-taco-cook-off).

The Burroughs Home is located at 2505 First Street in Fort Myers. For more information on the Taco Cook-Off, contact FRLA Southwest Florida Regional Director Lois Croft at 339-7692 or [lcroft@frla.org](mailto:lcroft@frla.org).

## Children Spread Kindness Through Library Program

The Lee County Library System and Lee County Human & Veteran Services are working to help children spread kindness throughout the county.

Through November 30, collection boxes will be placed at all Lee County Library locations to gather supplies for people who are homeless.

The following items are needed: travel-sized bottles of body wash, hand sanitizer and liquid soap, lip balm, toothbrushes, toothpaste, cans of dry shampoo, bug spray, sun block, flashlights, washcloths, socks, deodorant, individual packs of face and body wipes, ponchos and reusable utility sporks. These items should be new and unopened. Additionally, new or gently used backpacks or drawstring

bags also are needed.

School-aged members of Kindness Club, which meets at the South County and Northwest Regional libraries, decorated the collection boxes in September. The children recently heard a presentation about homelessness from Matthew Wallace, homeless outreach coordinator with Lee County Human & Veteran Services.

After the collection period ends, children in the Kindness Club will sort the donations and pack them into drawstring bags. Lee County Human & Veteran Services will distribute the bags.

Kindness Club is intended to encourage kindness in the community through projects and activities. Before completing each one-hour program, children learn about an issue or a need and find a way they can help. Previous projects have included making cards for military personnel, creating dog and cat toys for local animal shelters and decorating reusable bags to give to people who visit local food pantries.

For more information about the Kindness Club at the South County and Northwest Regional libraries, visit [www.leelibrary.net](http://www.leelibrary.net) and click on Programs and Events or call 479-4636. Registration for this program is requested at both

locations.

For more information about outreach programs or receiving services offered by Lee County Human & Veteran Services, visit [www.leegov.com/dhs](http://www.leegov.com/dhs).

# Christmas IN OCTOBER

**From Tuesday, October 15  
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Neenie's House

photos provided

## New Library To Open At Neenie's House

Love Your Rebellion (LYR) will be celebrating the grand opening of the only Zine Library in Southwest Florida during the Fort Myers Zine Fest at Neenie's House on Saturday, October

19 from noon to 5 p.m. Be among the first to browse do-it-yourself artist and writing books in the library's permanent collection and see the freshly painted murals.

Neenie's House owner Janeen Vanko and Love Your Rebellion founder Angela Page teamed up to create more access to art and writing in the East Palm neighborhood. The Zine Library will provide the East Palm community



The inaugural Zine Issue

a public library of small press art and writing books, including a collection of Spanish and bilingual zines to better serve the area's residents. Guests to the library can browse the catalog free of charge and even purchase certain titles.

Zines are do-it-yourself magazines or books that showcase art and/or writing. They range in size, content and subject matter, but they all have one thing in common: they're a method of self-publication. Zines have been around since the 1960s, but were popularized in the 1990s. Today, zines are seeing

a resurgence among artists and writers who are tired of mass market publishing.

The Fort Myers Zine Fest will feature zine vendors from all over the state selling their original art and writing books, plus artisan vendors, music from DJ Ambiguous, live art, zine readings and food and beverage vendors. Witness the unveiling of the LYR Zine Library murals, painted by Danielle Branchard, Sarah Kate Art and Jennifer Kosharek. There is no cost, but donations will be accepted.

Neenie's House is located at 481 Marsh Avenue in Fort Myers. For more information about the Love Your Rebellion Zine Library, visit [www.loveyourrebellion.org/lyr-zine-library](http://www.loveyourrebellion.org/lyr-zine-library). For more information about Fort Myers Zine Fest, visit [www.loveyourrebellion.org/fort-myers-zine-fest](http://www.loveyourrebellion.org/fort-myers-zine-fest).

## Seniors Needed For Classroom Assistance

Dr. Piper Center for Social Services, Inc. is looking for classroom grandmas and grandpas to assist children in the classroom in local elementary schools.

Qualified participants will receive a small stipend, mileage reimbursement and join a community volunteer program that offers great benefits.

For more information, call Teresa at 332-5346 ext. 107.

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## School Academy Alumni Invited For Nutcracker Ballet

North Fort Myers Academy for the Arts (NFMAA) is celebrating its 10th anniversary performance of the Nutcracker Ballet at Barbara B. Mann Performing Arts Hall on Friday, December 13 from 6 to 9 p.m. The school's dance alumni is being invited back to participate in the annual holiday performance.

NFMAA is a kindergarten through eighth grade public school in the Lee County School District. After four years of producing and selling out multiple nights of the iconic holiday ballet at their own facility, the school needed to find a new venue to hold the large audience. In 2010, then Dance Director Linda Sammons dreamed of moving the show to Barbara B. Mann Hall. With the help of then principal Dr. Douglas Santini and the North Fort Myers Arts Foundation, the dream became reality.

This year's performance is directed by Ms. Lori Madl and Mrs. Nicole Hoeberling, with support from Principal Dr. Thomas Millins and the arts foundation. Former cast members are also invited to join in the celebration with special parts for alumni. For more information, NFMAA dance alumni are asked to contact Madl at [loriam@leeschools.net](mailto:loriam@leeschools.net)



image provided

Proceeds from the NFMAA production of The Nutcracker Ballet benefit the North Fort Myers Arts Foundation, a 501(c)3 non-profit organization which supports arts education programs at the school and the surrounding community.

Barbara B. Mann Performing Arts Hall is located at 13350 FWS Parkway in Fort Myers. For more information about NFMAA, The Nutcracker Ballet, or the North Fort Myers Arts Foundation, visit <http://nfa.leeschools.net> or call 997-2131.

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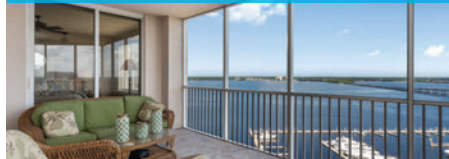
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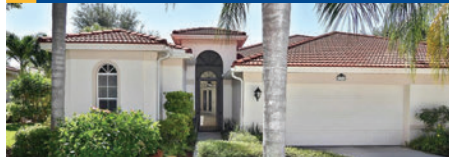
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# Theater Group Bringing Play To Historic Home



This Halloween and through November 9, join Ghostbird Theatre Company at the historic Langford-Kingston Home in downtown Fort Myers for a unique immersive experience. It's

called *October House*, and will feature performances of *Jet of Blood* by Antonin Artaud and *Breath, Not I* and *Rockaby* by Samuel Beckett in separate rooms.

That's right, Ghostbird will perform not one, but three separate short plays in the historic home in the downtown Fort Myers River District. *Jet of Blood's* cast for this show includes Dr. Scott Michael as Huge Voice, Joshua Needle as Young Man, Dana Lynn Raulerson as Young Girls, Hanny Zuniga as Knight, Jim Brock as Wet Nurse and Shelbie Tyndall as Bawd. Terry Tincher plays the part of the Priest.

Each play will take place in a separate room of the house, and the audience will carefully proceed from room to room. Tickets are \$20 general admission and \$10 student. The run time of the show is just over an hour and is not suitable for



image courtesy [www.artswfl.com](http://www.artswfl.com)

children or pets.

For more information or tickets, visit  
[www.ghostbirdtheatrecompany.org](http://www.ghostbirdtheatrecompany.org).

## Sexual Innuendos In Upcoming Theatre Play

Next up at Theatre Conspiracy at the Alliance for the Arts is Andrew Hobgood

and Evan Linder's *5 Lesbians Eating a Quiche*, which opens Friday, October 25 and runs through Sunday, November 3.

From page 2

## Historic Downtown



**The breezeway's heavy wooden benches and brick tiles recall the days when the depot was a major transportation hub for Fort Myers** photo by Geri Reed

photo by Gerri Reaves

Myers. At the reception desk, spin a device to calculate the mileage and obtain route information from Fort Myers to various cities on the ACL line.

In the café, two depot artifacts are prominently displayed. A large blackboard that once notified passengers of arrival and departure times is now perched atop cabinets, and the ACL logo hangs on the wall.

Round the corner and you'll see the barred windows of the former ticket office, which is now a conference room.

Outside, take a stroll along the arched breezeways with original brick tiles and pause for a rest on the very benches rail passengers used for decades.

After you stop by the Collaboratory to see an inspired weaving of past and present, visit the following research centers to learn more about historic structures that have been repurposed.

Originating in Chicago and winner of the 2012 New York City International Fringe Festival as Best Overall Production, *5 Lesbians Eating A Quiche* is a tasty recipe of hysterical laughs, sexual innuendoes, unsuccessful repressions and delicious discoveries.

The play is set in 1956, before the women's movement and during a time when everyone was on edge about the Russians and the threat of nuclear war. The Susan B. Anthony Society for the Sisters of Gertrude Stein are having their annual quiche breakfast. As the show unfolds, the ladies extol the glories of the egg (read "ova") while indulging the sapphic allusion to quiche-eating. But as the assembled "widows" await the announcement of the society's prize-winning quiche, atomic bomb sirens sound. Has the Communist threat come to pass? How will the "widows" respond as their idyllic town and lifestyle faces attacks?

Dena Galyean, Karen Goldberg, Lucy Sundby, Anna Grilli and Madison Mitchell star. Stephanie Davis directs. The play has attained cult status, but it's also received considerable critical acclaim.

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. ❄️

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**October: The Baby's Ear,** *Tourmaline*, The Baby's Ear is a shell with a shallow coil, wide opened and graceful curved outline. This shell is characterized by hope and healing. Those born to this shell have a great understanding of life's possibilities and often seen as diplomatic, charming and idealistic.



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## Restaurant Lineup For Taste Of The Islands

The Clinic for the Rehabilitation of Wildlife (CROW) announced the 14 restaurants participating in the 38th Taste of the Islands, to be held at Sanibel Community Park on Sunday, November 10 from noon to 5 p.m.

"I'm thrilled to say we have an amazing lineup of restaurants this year," said Alison Charney Hussey, executive director for CROW. "This is a great opportunity for the community to come together to sample some fantastic food prepared by wonderful chefs, enjoy live music and have a great time with their friends and family. Supporting CROW is an added benefit to a fun-filled Sunday afternoon."

The participating restaurants include: The Bubble Room, The Clam Shack, Doc Ford's Rum Bar & Grille, The Jac Island Bar & Grille, Matzaluna The Italian Restaurant, MudBugs Cajun Kitchen, Rosie's Café & Grill, Sandollar Restaurant, Sanibel Deli & Coffee Factory, Sanibel Fish House, Shima Japanese Steakhouse, T2, Thistle Lodge, and The Timbers Restaurant &



**Sanibel Fish House captured Best Appetizer, Best Dessert and Taste of the Taste last year** photos provided

Fish Market.

Restaurants will offer menu items for six CROW Bucks or less while competing for honors in a variety of



**The Clam Shack has been the winner of the People's Choice award for the past two years**

categories including Best Appetizer, Best Seafood, Best Meat, Best Vegetarian, Best Dessert and Taste of the Taste. Attendees will cast ballots

to decide the winner of the coveted People's Choice award.

Admission is \$7 for adults and no charge for children under age 12. Reserve online or pay at the door.

There will be live entertainment by Private Stock Band. In The Community House, guests can meet CROW's animal ambassadors and can bid on silent auction items.

Bank of the Islands/Edison National Bank has returned as the Presenting Sponsor. This is the eighth year in row that the bank has led the sponsorship for CROW's signature fundraiser. Other sponsors include The Silverman Organization as Executive Chef Sponsor; Jensen's Marina & Cottages and Heidrick & Company as Sous Chef Sponsors; and FOX 4 as Lead Media Sponsor. Supporting Media Sponsors include Times of the Islands Media; Happenings Magazine; Florida Weekly Newspaper; Island Sun and The River Weekly News; The Islander/Island Reporter; and Santiva Chronicle.

Sanibel Community Park is located at 2231 Periwinkle Way on Sanibel. For more information, visit [www.crowclinic.org/articles/38th-taste-of-the-islands](http://www.crowclinic.org/articles/38th-taste-of-the-islands).

## Alliance To Host Rotary Italian Fest

The Italian Fest, presented by TriCircle Pavers, returns to the Alliance for the Arts on Sunday, October 20 from 11 a.m. to 5 p.m.

Hosting the popular event for the 11th year, the Rotary Club of Fort Myers has an exciting line-up of entertainment and activities to make this year's Italian Fest the biggest and best one yet.

The outdoor event includes raffles, games for all ages, plenty of food and drink. Highly rated local Italian restaurants will have their specialty dishes available for purchase, including three different dessert vendors. There will be plenty of beer and wine, and a marketplace of specialty vendors.

Entertainment will range from high school marching bands, actors from Broadway Palm Theatre, and national sensation Austin Giorgio, NBC's *The Voice* finalist in 2018. On the main stage, the spaghetti-eating contest returns to dozens of participants both children and adults.

For the little ones, there will be face-painting, a petting zoo, a balloon animal artist, inflatable slide and kid's obstacle course. And, for those exotic Italian sports car enthusiasts, come get your photo taken for those bragging rights.

"The event will have something for everyone – individuals, couples and families," said Dylan Geraci, event co-chair and Fort Myers Rotarian. "Please bring your chairs and blankets and plan to spend the day at Alliance of the Arts at one of the best outdoor Festivals in Fort Myers."

The event is free, but a \$5 donation is appreciated. This year's event will benefit the Rotary Club of Fort Myers Trust and

Goodwill Industries of Southwest Florida. For more information on the Rotary Club of Fort Myers, email [office@rotary-fortmyers.org](mailto:office@rotary-fortmyers.org) or call 332-8158.

## Shell Factory To Hold Tribute For Veterans

The Shell Factory & Nature Park will host its 3rd annual Nam-Jam on Sunday, October 13 from 11 a.m. to 5 p.m. The veterans-oriented event features live music and entertainment, food for purchase, specials for veterans and a tribute to our military.

Admission is free to all attendees, and veterans who present a military ID receive free admission to the nature park, a free round of mini golf for four, hot dog and chips, tickets for two draft beers or one well drink and 20 percent off purchases in the retail store. Additionally, there will be a 50/50 raffle, with half of the proceeds benefitting the Southwest Florida Military Museum.

A veteran's tribute begins at 2 p.m. and includes a special appearance by a local Vietnam veteran.

"This event is so meaningful to the Shell Factory team and the Southwest Florida community," said Pam Cronin, owner of The Shell Factory & Nature Park. "The past three years of hosting the event has afforded us the opportunity to meet veterans throughout the area and honor them for their service. This is an overall rewarding experience and a small way to show our appreciation for their sacrifice and dedication."

The Shell Factory & Nature Park is located at 16554 North Cleveland Avenue in Fort Myers. For more information, visit [www.shellfactory.com](http://www.shellfactory.com) or call 995-2141.

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## Along The River

International race teams will compete in the finale of the 2019 **American Power Boat Association (APBA) Offshore Championship** six-race series during Roar Offshore Powerboat Races on **Fort Myers Beach** from Thursday to Saturday, October 10 to 12. The races will also serve as the National Championship for Offshore Powerboat Association (OPA).

A race village, where all the race teams will be on display, opens at Salty Sam's Marina, 2500 Main Street on San Carlos Island, on Friday, October 11 at 9 a.m. Race teams will be testing Friday, so there will be plenty of action out on the water as well.

All the racing action takes place on Saturday, October 12, with a kick-off at 11 a.m. and the start/finish line at DiamondHead Beach Resort, located at 2000 Estero Boulevard on Fort Myers Beach. There will be an awards ceremony at the resort following the races at 6:30 p.m.

Remote parking offering shuttles to the beach will be located at CenturyLink Stadium, LaMotta's Italian Restaurant and Peace Lutheran Church on Friday and Saturday.

For more information, the complete race schedule and course map or to purchase a VIP race viewing package, visit [www.roaroffshore.com](http://www.roaroffshore.com).

**Edison and Ford Winter Estates** is partnering with the Southwest Florida Orchid Society for the inaugural **Orchid Sale and Symposium** on Saturday,



Runners gather for the start of a previous Fort Myers Police Department Cops & Joggers 5K race photo provided

October 12 and Sunday, October 13 from 9 a.m. to 5 p.m. Experts will give free seminars on growing and caring for orchids. Several orchid vendors from around the state will have exotic and Florida native orchids for sale.

Parking and admission to the event is free (tours of the homes, museum and lab are not included). Food vendors will also be on site.

Edison and Ford Winter Estate is located at 2350 McGregor Boulevard in Fort Myers. For more information, call

334-7419 or visit [www.edisonford.org](http://www.edisonford.org).

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

Indie Author Day brings local, independent authors together with readers each October. The annual event promotes authors whose work is not printed by a traditional publishing company. About 30 local authors writing for adults, teens and children will be available to talk about their work and sell and autograph copies of their books. Patrons get an opportunity to meet their neighbors who have written books and learn more about how they can become an author, as well.

The new Bonita Springs Library is located at 10560 Reynolds Street in Bonita Springs. For more information

about Indie Author Day and other library programs offered, visit [www.leelibrary.net](http://www.leelibrary.net) and [www.indieauthoraday.com](http://www.indieauthoraday.com).

The 12th annual Fort Myers Police Department (FMPD) **Cops & Joggers 5K race** will run along and over the Caloosahatchee River on Saturday, October 12 beginning at 7:45 p.m. Festivities for the event begin at the **corner of Hendry Street and Edwards Drive** at 5 p.m. with activities, law enforcement displays, food vendors and a children's play area with bounce house, slides and more.

The nighttime course will be illuminated with red and blue lights from police cruisers, motorcycles, fire trucks and more as FMPD celebrates the annual event and Family Fun Night. It starts with a motorcycle escort leading the way for runners, joggers and walkers.

Participants can register at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). Registrations will also be taken onsite the day of the race.

The Cops & Joggers 5K is officially sanctioned by the Fort Myers Track Club and presented by the Fort Myers Police Department. All proceeds will benefit the Fort Myers Police Department Fallen Officer Memorial Foundation and the Brotherhood Ride.

For more information, email Mary Ellen Hughes at [mhughes@fmpolice.com](mailto:mhughes@fmpolice.com) or call 246-4382.

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

The October lineup features Bill Mets, Bugtussle Ramblers and Highway 41 in an indoors, air conditioned venue. Tickets are \$15. Children younger than age 12 are free if accompanied by an adult. Doors for this event open at 1 p.m. Seating is limited and is first come, first serve.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For tickets or more information, visit [www.artinlee.org](http://www.artinlee.org) or call 939-2787.\*



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## Cape Coral Bike Night Set For This Saturday

The always popular Cape Coral Bike Night returns to the downtown entertainment district, along Southeast 47th Terrace, for its 15th season, beginning Saturday, October 12 from 5 to 10 p.m.

Cape Coral Bike Night is a staple for motorcyclists of all ages, riding every kind of motorcycle imaginable, as well as those who simply want to enjoy the festive atmosphere. Designated areas are set aside for bikers to park near Southeast 47th Terrace. The event features street vendors selling food, drink and other items. Associates and Bruce L. Scheiner will be there taking and giving out free commemorative photos of the event. For the October Bike Night, a ZZ Top tribute band will

be the spotlighted entertainment.

The event also is popular for restaurants and bars that line Southeast 47th, which underwent an extensive makeover last year and features pedestrian-friendly sidewalks and fresh landscaping.

For the 12th year, Associates and Bruce L. Scheiner will be the presenting sponsor of the event, which typically draws 18,000 enthusiasts.

"When we first started the law firm, we had a strong commitment to the welfare and safety of the motorcycle community," firm founder Bruce L. Scheiner said. "We have always supported the motorcycle community throughout Southwest Florida."

Other Bike Night events are scheduled for December 14, February 8, 2020 and April 11, 2020.

There is no charge for admission to Bike Night. For more information on this event and other entertainment events in Cape Coral, visit [www.capecoral.net](http://www.capecoral.net).\*

## Youth Violence Prevention Project Grants

United Way of Lee, Hendry, Glades, and Okeechobee has announced that grant applications for funds from the Youth Violence Prevention Partnership are due on Wednesday, October 23 by 5 p.m. Applications should be submitted to the United Way by email to [madison@unitedwaylee.org](mailto:madison@unitedwaylee.org).

United Way and the Unitarian Universalist Church of Fort Myers (UUCFM) continue a partnership designed to reduce youth violence. This initiative is a United Way Collaborative entitled Youth Violence Prevention Project (YVPP), a community funding initiative to encourage the development of programs that will reduce youth violence and the risk factors that contribute to it.

YVPP focuses on giving grants to local youth-centered organizations or communities who propose youth violence prevention programs with clear and measurable objectives. The project will offer a total of \$25,000 in grants to fund



Youth violence prevention project participants

student-driven programs that address youth violence prevention and awareness. Grants will be awarded in increments of \$500, up to \$2,500. Projects must be in Lee County. Recipients will be notified no later than November 15.

A student committee will review the

submitted grant applications and select projects to be the recipients of the funding. Selected projects will be required to match the funding with money or in-kind donations. Projects will then need to be completed no later than April 17, 2020. The awarded student groups will then

gather for a mandatory presentation on April 30, 2020. At this date, projects will present their outcomes to the grant committee and the invited public.

For more information, or to apply visit [www.unitedwaylee.org/yvpp](http://www.unitedwaylee.org/yvpp).✱

photo provided

## Locations Sought For Food Drive Drop-Offs

Pushing the Envelope, Inc. (PTE) is seeking drop-off locations for the 9th annual CAN IT! Campaign food drive slated to launch on Tuesday, October 15. Designed to help area residents in need, PTE coordinates the food drive through Community Cooperative (CCI) and is trying to collect 1,000 non-perishable food items this year. The more businesses that participate as drop-off locations, the more food can be collected and ultimately donated.

With the holiday season quickly approaching, becoming a CAN IT! drop-off location offers an opportunity for local businesses to give back to the community. In order to serve as a drop-off location, businesses are simply asked to allow the public to drop off non-perishable food items at your location between Tuesday, October 15 through Friday, November 15 during their normal business hours. As a CAN IT! 2019 partner, PTE will recognize your business as a supporter and drop-off location in all publicity, social media posts and on the website. There is no cost associated with participating in the campaign as a drop-off location.

Participation is easy. If desired, PTE will provide wrapped collection boxes and flyers for participating businesses to display at their location, as well as content to share online. PTE coordinates the pick-up of all donations or they can be dropped off at the PTE office located at 9111 West College Pointe Drive in Fort Myers after November 15.

Kicking off the ninth year of the CAN IT! Campaign, more than 10,000 items and many thousands of pounds

of food have been collected for local needy.

If your business is interested in donating or serving as a drop-off location to help PTE 'put hunger in its place' this holiday season, call 221-2858 or email [annelise@getpushing.com](mailto:annelise@getpushing.com).✱

## Audubon Hawk Watch On The Causeway

Audubon of Southwest Florida is holding its 16th annual Sanibel Island Hawk Watch on Saturday, October 19 at 8 a.m. at the Sanibel Lighthouse. This one of the signature birding outings for the organization, where you can view several species of birds of prey at work at the height of migration season. There will also be opportunities to see shorebirds as well as warblers – or even a painted bunting – in the offshore hammocks. The host will be bird Vince McGrath.

Whether you are new to birding or an experienced birder, Audubon field trips offer some of the best birding and nature locations in Southwest Florida. Meet others in the community who love birding and nature, and who are engaged in environmental issues in Lee County and beyond. Wear appropriate clothing for the weather, and bug spray and sun screen, especially for trips in early fall and late spring. You may also wish to bring water, a camera, field glasses, or a folding chair, depending on the outing.

Members and non-members, beginners and advanced birders are welcome. All chapter-sponsored field trips are free; but donations are always appreciated. For those coming from off-island, there is a \$6 toll to cross the Sanibel Causeway and parking is \$5 per hour.✱

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Dogs in Super Heroes costumes

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# Rescue Runway Fundraiser Comes To Bell Tower

The Children’s Advocacy Center (CAC) will hold the agency’s inaugural Rescue Runway fundraiser at Bell Tower Shops on Saturday, November 9 from 11 a.m. to 2 p.m. CAC Board President Cole Peacock and CAC Board member Jessica Walker will co-chair the event.

Show off your rescue dog (all dogs

welcome), enter them into contests and let them strut their stuff down a real runway at Bell Tower’s center court. Contests include Best Costume, Owner Lookalike, Trick, Kisser and Ugliest. There will also be a crowning of King & Queen Rescue Royalty. The judges are Norman Love, Jen Galloway of Gulf Coast Humane Society and Deputy Chance.

“It is an honor to see the mission, the love and the passion in the work from our Children’s Advocacy Center. The programs provided by this organization offer extremely important and life-changing opportunities for so many families in our community,” said Peacock. “There

could not be a better fundraiser in town, as you get to showcase your dog and support such a great cause, the Children’s Advocacy Center. Of course everyone thinks their dog is the sweetest, prettiest, most adorable and listens the best. Well, now it is time to showcase your best fur-friend and support CAC.”

Bell Tower Shops is located on the corner of Daniels Parkway and U.S. 41 in Fort Myers. For more information, entry and sponsor details, email [lrizzio@cac-swfl.org](mailto:lrizzio@cac-swfl.org) or call 939-2808.✱

# Golden Baby Shoe Awards Awardees

The Golden Baby Shoe Awards brunch will be held at Artichoke and Company on Saturday, October 19 from 11 a.m. to 1 p.m.

The awards ceremony honors individuals who show outstanding contributions to improving the health and well-being of pregnant women or babies throughout Collier, Glades, Hendry and Lee counties. The event is hosted by the Healthy Start Coalition of Southwest Florida in partnership with the Golisano Children’s Hospital.

Awardee criteria – Awardees are selected by a committee of community leaders representing the different disciplines and geographic areas. Awardees are selected based on the following criteria:

Is a doctor, nurse, mid-wife, social

worker or other health care/social service provider involved in the direct care of pregnant women or babies? Made a positive impact on improving the health of pregnant women or babies? Demonstrated enthusiasm and dedication to their work? Is well respected by colleagues and clients? Provided services in Collier, Glades, Hendry or Lee County? Has gone above and beyond to make a positive impact?

Lifetime Achievement Awardee – Karysse Trandem, DO, A Women’s Place Golden Baby Shoe Awardees are as follows:

Anna Stephanz, child life specialist, Golisano Children’s Hospital  
Cathy Scott, IBCLC lactation consultant, Gulf Coast Medical Center  
Lina Diaz-Conte, social worker supervisor, Golisano Children’s Hospital  
Peggy Baxter, RN, Florida Department of Health – Hendry & Glades  
Samantha Vasquez, maternal assistance program case manager, SalusCare  
Stephanie DeRushia, registered nujrse and case manager, Healthy Start – Lee Health  
Thomas Beckett, MD, Total Women’s Care

Vanessa Guzman, NICU medical social worker, Golisano Children’s Hospital  
Artichoke and Company is located at 11920 Saradrienne Lane in Bonita Springs. For more information or tickets, visit [www.healthystartbaby.org](http://www.healthystartbaby.org).

Healthy Start Southwest Florida is a not for profit 501(c) (3) organization, serving Lee, Collier, Glades, and Hendry counties, since 1992. For more information, visit [www.healthystartbaby.org](http://www.healthystartbaby.org).✱

# Churches/Temples

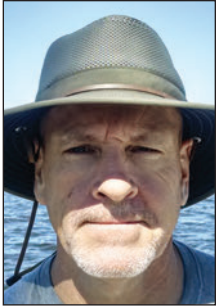
**ALL FAITHS UNITARIAN CONGREGATION**  
Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.  
**ALL SAINTS BYZANTINE RITE CATHOLIC**  
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.  
**ANNUNCIATION GREEK ORTHODOX**  
Sunday 9 and 10 a.m., [www.annunciation.fl.goarch.org](http://www.annunciation.fl.goarch.org), 8210 Cypress Lake Drive, 481-2099.  
**BAT YAM-TEMPLE OF THE ISLANDS**  
Friday Shabbat at 7 p.m. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 579-0296.  
**BETH YESHUA MESSIANIC SYNAGOGUE**  
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.  
**BIBLESHARE**  
10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.  
**BREAD OF LIFE MINISTRIES**  
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.  
**CHABAD LUBAVITCH ORTHODOX**  
Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.  
**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.  
**CHURCH OF THE CROSS**  
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.  
**CONGREGATIONAL**  
Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.  
**COVENANT PRESBYTERIAN**  
Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.  
**CYPRESS LAKE BAPTIST**  
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive,

481-5442.  
**CYPRESS LAKE PRESBYTERIAN**  
Sunday 8, 9, 10 and 11 a.m. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.  
**CYPRESS LAKE UNITED METHODIST**  
Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.  
**FAITH UNITED METHODIST**  
Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.  
**FIRST CHURCH OF CHRIST, SCIENTIST**  
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com). 2390 West First Street, 334-6801.  
**FIRST CHURCH OF THE NAZARENE**  
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.  
**FIRST UNITED METHODIST CHURCH**  
Sunday 9:30 a.m. and 5:30 p.m. [www.fumcftmyers.org](http://www.fumcftmyers.org), 2466 First Street, 332-1152.  
**FORT MYERS CHRISTIAN**  
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.  
**FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;**  
Sunday 10 a.m., 8210 College Parkway, 482-3133.  
**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 239-334-2261  
**IONA-HOPE EPISCOPAL CONGREGATION**  
Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.  
**JESUS THE WORKER CATHOLIC**  
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.  
**KINGDOM LIFE**  
Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.  
**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [\[church.net\]\(http://church.net\), 19691 Cypress View Drive, 267-3525.  
\*\*NEW BEGINNINGS CENTER\*\*  
Friday 6:30 and 7 p.m. \[nbcministry@embarqmail.com\]\(http://nbcministry@embarqmail.com\), \[facebook.com/nbcministry\]\(http://facebook.com/nbcministry\), 8505 Jenny Cae Lane, 656-0416.  
\*\*NEW COVENANT EYES\*\*  
Monthly 9 a.m., \[www.newcovenanteyes.com\]\(http://www.newcovenanteyes.com\), 1900 Park Meadows Drive, 220-8519.  
\*\*NEW HOPE BAPTIST\*\*  
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.  
\*\*NEW HOPE PRESBYTERIAN\*\*  
Sunday 8, 9:30 and 11 a.m., \[www.newhopefortmyers.org\]\(http://www.newhopefortmyers.org\), 10051 Plantation Road, 274-1230.  
\*\*PEACE COMMUNITY\*\*  
Sunday 10:30 a.m. \[www.peacecommunitychurch.com\]\(http://www.peacecommunitychurch.com\), 17671 Pine Ridge Road, 267-7400.  
\*\*PEACE LUTHERAN\*\*  
Sunday 8 and 10 a.m., \[www.peaceftmyers.com\]\(http://www.peaceftmyers.com\), \[peace@peaceftmyers.com\]\(mailto:peace@peaceftmyers.com\). 15840 McGregor Boulevard, 437-2599.  
\*\*REDEEMER LUTHERAN\*\*  
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.  
\*\*RIVER OF LIFE ASSEMBLY OF GOD\*\*  
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.  
\*\*SAMUDRABADRA BUDDHIST CENTER\*\*  
Meditation classes. \[www.MeditationInFortMyers.org\]\(http://www.MeditationInFortMyers.org\), 567-9739.  
\*\*SAINT COLUMBKILLE CATHOLIC\*\*  
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.  
\*\*ST. FRANCIS XAVIER CATHOLIC\*\*  
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.  
\*\*SAINT JOHN THE APOSTLE METROPOLITAN\*\*  
Sunday 10 a.m., 3049 McGregor Boulevard,](http://www.lambofgod</a></p></div><div data-bbox=)

344-0012.  
**SAINT MICHAEL LUTHERAN**  
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.  
**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.  
**ST. VINCENT DE PAUL CATHOLIC**  
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.  
**SOUTHWEST BAPTIST**  
Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.  
**TEMPLE BETHEL SYNAGOGUE**  
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., [www.templebethel.com](http://www.templebethel.com), 16225 Winkler Road, 433-0018.  
**TEMPLE JUDEA (CONSERVATIVE)**  
Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://www.tjswfl.org), 14486 A&W Bulb Road, 433-0201.  
**THE FAITH CENTER**  
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.  
**THE NEW CHURCH**  
Sunday 11 a.m., [www.newchurchflorida.com](http://www.newchurchflorida.com), 10811 Sunset Plaza Circle #401, 481-5535.  
**UNITARIAN UNIVERSALIST**  
Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.  
**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 278-1511.  
**WESTMINSTER PRESBYTERIAN CHURCH**  
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.  
**WORD OF LIFE**  
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.  
**ZION LUTHERAN**  
Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.✱

## CROW Case Of The Week:

## Limpkin



by Bob Petcher

The limpkin (*Aramus guarauna*) is a long-legged bird of the marshes. It also has a long neck and long yellow-tinted bill, which is well-shaped and heavy enough to pry open and break apart its

favorite delicacy, apple snails.

The gangly, brown-and-white bird that resembles a night heron reportedly got its name many years ago from its walk, when early European settlers referred to its gait as limping. Interestingly, when needed, the limpkin is said to have a quick gallop at surprisingly high speeds.

At CROW, a juvenile limpkin was admitted from Cape Coral after being found in a field that was recently brush-hogged – cleared away by a rotary mower usually attached to a tractor. The bird's body condition was slightly thin, but otherwise appeared to have no injuries. As the bird was likely displaced from its nest by the brush hog, a best case scenario would have been reuniting it with a parent; however, a nest or parent was unable to be located.

Over the first few days in the clinic, veterinary staff noticed the limpkin was spending a lot of time lying down instead of standing. X-rays were taken and

revealed fractures in both legs of the bird that were already healing.

"The fractures had minimal displacement, meaning the legs were in fairly normal alignment, and were already healing, which is why they were not easily noticed at first," said Dr. Robin Bast, CROW staff veterinarian. "The patient was standing and walking on presentation to the hospital."

As its legs continued to heal, the patient became more active.

"Evidence of healing, a callus formation, was visible on radiographs," explained Dr. Bast.

One of the major challenges with limpkins is reportedly their unique diet. Over the first few days, the bird continued to lose weight, but thanks to a staff member being able to provide apple snails for the limpkin to eat, it has since gained weight back. Limpkins dine on apple snails almost exclusively.

"Yes, this is a particular favorite food for limpkins," said Dr. Bast. "In fact, their beak is specially designed to help them eat snails."

Another challenge for CROW officials is the limpkin's high stress level. To combat this, staff members have placed mirrors in the patient's enclosure so that it feels more comfortable.

"Mirrors are often used so the patient sees another bird just like them, which can help reduce stress," said Dr. Bast. "Signs of stress can include pacing behavior, not wanting to eat and spending a lot of time hiding. Adding mirrors and having multiple hide spots in the enclosure helped to reduce stress in



Patient #19-3949 appears to be looking at its twin, but the young limpkin is actually peering into a mirror  
photo by Brian Bohlman

this bird."

The patient is healing nicely and is expected to be back in the wild in the near future if all continues to go well.

"Since this bird is young and the fractures were already in the process of healing, it should be ready for release in a few short weeks," added Dr. Bast. "The patient is stable and continues to heal in the outdoor enclosure. No release date is planned yet, but we will repeat radiographs this week to reassess the

state of the healing fractures. When it is recovered, it will be released near where it was found in an appropriate habitat."

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

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# Red October



by Capt.  
Matt Mitchell

October is traditionally our best redfish fishing month, and this is proving true with anglers experiencing the most wide-open redfish action of the year. Schooling reds of all sizes can be found anywhere from the passes to the backcountry. Once you locate these fish, it is awesome to watch multiple fish follow out the fish you have hooked up.

Both areas in and around the passes along with mangrove islands and oyster bars held lots of hungry redfish. Choosing where and when to fish these places

is all about the stage of the tide. During higher water, the best bite came while fishing mangrove islands and oyster bars on the eastern side of the sound. The higher the water, the further to the east I have been fishing. During the lower water, look for these fish in the passes along with the channels inside the passes.

Once you get this bite dialed in, it's possible to return to the same place day after day to catch that same stage of the tide and get right back in on this action. We set up around the passes and waited for the tide to get just right several days in a row this week. These redfish showed up like clockwork, and the bite was on. During the incoming tide, the water in and around the passes has gone from dirty to clean within about a hour. Once it cleans up, you can see these fish laid up.

Pitching baits to hungry redfish in a fast-moving current in and around the passes has been a blast. Often, it would take an almost perfect skip cast to get a bait to these laid-up fish. Though, once you make and land that perfect cast, there is something very satisfying about watching these hungry redfish charge out of the trees and inhale your bait.

Mangrove and oyster bar fishing in the dirty water has been more about covering ground until you locate these fish. Cut bait has been hard to beat in the dirty water, while live bait has been the better choice in the clean clear water around the passes. Once you find these fish, you can return to the same mangrove shorelines and oyster bars on the same stage of the tide and catch these fish day after day.

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



Lots of redfish kept clients smiling this week

photo provided

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Balsampear has spread so thickly that it's difficult to see the Simpson's stopper underneath  
photos by Gerri Reaves

#### Plant Smart

## Delicate Takeover

by Gerri Reaves

**B**alsampear's (*Momordica charantia*) pretty filigree leaves, delicate flowers and tender stems belie the vine's destructive sweep throughout much of the state.

Documented as having escaped cultivation in 1993, this demur-looking species earned a category-II listing by the Florida Exotic Pest Plant Council about five years ago.

Plants in that category "have shown a potential to disrupt native plant communities," and balsampear has invaded virtually every type of native habitat.

Oddly enough, it has a long history in the U.S. Records show that Thomas Jefferson planted it in flower borders at Monticello in 1810.

It volunteers in the yard and takes off at warp speed. Tearing down the climbing twining stems or even simply clipping them off at ground level will help keep it at bay. But removing the entire plant is best.

A member of the cucumber, or gourd, family, it is also called bitter melon, gourd, cucumber, or squash, as

well as balsam-apple. It is a relative of watermelon, squash and cucumber.

If you do tear it out, you'll notice an earthy, musky, or unpleasant odor, thus another common name, stink vine.

Alternate palmate leaves are toothed with five to seven lobes and an ornate shape. Sometimes, they are hairy.

*Momordica*, which comes from a Latin word meaning "to bite," refers to the leaves' jagged edges.

The thin stems have thread-like coiled tendrils that enable the plant to climb. Once on another plant, it will quickly veil and shade-out the one beneath.

It also threatens native air plants in tree canopies and, as a groundcover, forms dense thickets.

The five-petaled delicate yellow flowers are funnel-shaped and measure about an inch across. *Charantia* derives from ancient Greek and means beautiful flower.

They bloom year-round and usually appear singly on a long stalk.

Both male and female flowers appear on the same plant.

The fruit is eye-catching, even other-worldly. It resembles tiny pear- or egg-shaped melons, typically pointed and pendant-like. One to five inches long, the bumpy green fruit ripens to a deep yellow-orange.

Then it splits open and three sections curl back to reveal flat seeds covered in brilliant red sticky pulp. The consumption



Invasive balsampear's bumpy fruit is green. Note the coiled tendrils.

of those seeds by birds and other wildlife adds to the plant's invasive potential.

The pulp is said to be non-toxic, but a warning... the seeds and unripe fruit's skin are poisonous to people and animals.

Another reason to remove this species from the yard is that it can kill pets if they ingest the fruit. Just play it safe and avoid consuming this plant whether it's ripe or not.

In some Caribbean and Southeast Asian countries, it is cultivated and specially prepared and consumed as a



When ripe, the fruit splits to reveal seeds covered in bright red sticky pulp

vegetable. Tea made from the leaves is used to treat influenza. Medical research continues on the vine's potential in treating major diseases such as cancer.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Wild Plants for Survival in South Florida* by Julia F. Morton, [www.eattheweeds.com](http://www.eattheweeds.com), [www.plants.ifas.ufl.edu](http://www.plants.ifas.ufl.edu), [www.monticello.org](http://www.monticello.org).

Plant Smart explores the diverse flora of South Florida.✧

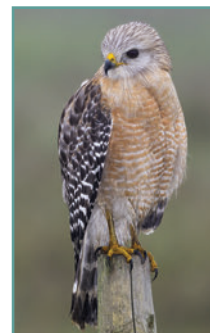
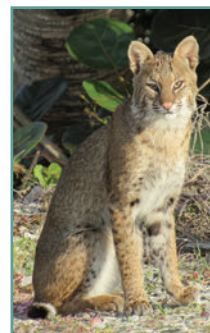
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Riverside Realty & Staging Matters was the 2018 Scarecrows in the Park winner  
photo courtesy [www.lakesparkenrichmentfoundation.org](http://www.lakesparkenrichmentfoundation.org)

## Fall Festival At Lakes Park Opens Friday

The 10th annual Scarecrows in the Park competition will be held during the Lakes Park Fall Festival at Lakes Regional Park from Friday, October 11 to Sunday, October 27.

Local businesses, community members, organizations, schools and youth groups such as scouts and 4-H are joining the competition fun by fashioning custom-made scarecrows to be displayed at Lakes Park during the festival.

Proceeds will benefit park-enhancing projects and programs funded and managed by the Lakes Park Enrichment Foundation. Prizes will be awarded in multiple categories by a team of celebrity judges at the Scarecrows VIP Party on Saturday, October 12. Fall Festival attendees will vote for their favorites in the People's Choice competition.

## Lee County Parks Fall Festival Lineup

Lee County Parks & Recreation will host its annual Fall Festival at North Fort Myers Park on Friday, October 18 from 6 to 9 p.m.

The free family event for all ages will feature activities including a costume contest, candy, face painting, games, a photo booth, a live DJ and prizes. Community businesses and organizations will have booths set up with information, samples of products and candy.

For more information about the Fall Festival or to be a vendor, call the North Fort Myers Recreation Center at 533-7200 or email [smilligan@leegov.com](mailto:smilligan@leegov.com).

People's Choice winners will be announced the last week of the festival.

"The Fall Festival and Scarecrows in the Park have evolved into the ultimate kickoff to 'season' here in Lee County," said Foundation Vice President and fundraising chair Tara Molloy. "This is our 10th anniversary for Scarecrows in the Park – it should be the biggest yet."

More than 50,000 visitors attend the Fall Festival each year, Molloy said.

Fall decorations will be scattered around the park during the festival. There will also be a Pumpkin Patch available during designated days and times. Also, don't forget to ride the Halloween Express Train on Monday through Friday from 10 a.m. to 2 p.m. and 6 to 9 p.m. as well as Saturday and Sunday from 10 a.m. to 9 p.m. Cost is \$6 for ages 6 to adult and \$2 for children ages 1 to 5.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, visit [www.lakesparkenrichmentfoundation.org](http://www.lakesparkenrichmentfoundation.org), email [info@lakesparkenrichmentfoundation.org](mailto:info@lakesparkenrichmentfoundation.org) or call 533-7575.✱

Fall Festivals planned at other Lee County Parks & Recreation facilities include:

Lakes Park Fall and Halloween Festival, Friday, October 11 and daily through October 31 at 6 p.m.

Veterans Park in Lehigh Acres annual Fall Festival, Saturday, October 19 at 11 a.m.

Boca Grande Community Center Halloween Carnival, Wednesday, October 30 at 11:45 a.m.

North Fort Myers Park is located at 2000 North Recreation Park Way in North Fort Myers. For more information, visit [www.leeparks.org](http://www.leeparks.org), call 533-7275, email [leeparks@leegov.com](mailto:leeparks@leegov.com) or visit [leeparksandrecreation](https://www.instagram.com/leeparksandrecreation) on Instagram.✱

## SCCF Oxbow And Riverlore Cruises To Resume

Explore the scenic and historic Caloosahatchee on an Oxbow and Riverlore Cruise hosted by Sanibel-Captiva Conservation Foundation (SCCF). The guided trips provide a relaxing opportunity to gain a personal perspective on the river, its history, folklore, issues and solutions, as you explore the ancient upriver meanders. Follow the river back to a time when a waterfall served as the headwaters of the Caloosahatchee and settlers braved living amongst the wilderness.

Friday cruises depart at 1 p.m. and return at 3:30 p.m. The Friday cruise schedule includes November 29, February 7, March 6 and April 3.

Saturday cruises depart at 9 a.m. and return by 11:30 a.m. Saturday cruises include January 25, February 15, March 21 and May 9.

The 2.5-hour adventure begins by locking through the WP Franklin Lock in Olga. Heading east toward Alva, enter the historic bends of the river and revisit the activities of the pioneers who traveled the same river to find paradise. Stories of the settlements and their adventures are blended with an understanding of the river's oxbows, the wild creatures that call it home and the challenges the river faces.

Tours are guided by Rae Ann Wessel, a river researcher, long-time river advocate, historian and SCCF natural resource policy director. The boat is a stable and spacious 41-passenger pontoon. All seats provide an opportunity for photographs and wildlife viewing.

Cruises depart from the south side of the river at the WP Franklin Lock and Dam, located off SR 80 in Olga.

For more information, call 472-2329 or visit [www.sccf.org](http://www.sccf.org).✱

## Volunteers Needed For Taste Of The Islands

The Clinic for the Rehabilitation of Wildlife (CROW) is in search of volunteers for the 38th Taste of the Islands, to be held at Sanibel Community Park on Sunday, November 10 from noon to 5 p.m.

Help support the Sanibel community by joining CROW and local restaurants to put on a great event for islanders and visitors alike. Volunteers are needed to work in three-hour shifts before, during and after the event in areas including set-up/tear down, sales, guest services, rovers and parking.

All Taste of the Islands volunteers will receive admission to the 38th Taste of the Islands, a volunteer T-shirt and the appreciation of CROW and its wildlife patients.

To become a Taste volunteer, complete the volunteer form and submit it to CROW by Friday, October 18. After submitting the form, you will be contacted by CROW officials to discuss assignments,

responsibilities and answer any questions. To print a volunteer form, visit [www.bit.ly/38TOTIVolunteer](http://www.bit.ly/38TOTIVolunteer).

Sanibel Community Park is located at 2231 Periwinkle Way on Sanibel. For more information or questions about volunteering, contact volunteer coordinator Pam Stoike at [volunteers@crowclinic.org](mailto:volunteers@crowclinic.org) or 472-3644 ext. 229. Visit [www.crowclinic.org/articles/38th-taste-of-the-islands](http://www.crowclinic.org/articles/38th-taste-of-the-islands) for more information about Taste of the Islands.✱

## Morning Bird Walk At Bunche Beach

Experience the beautiful birds of Bunche Beach with a bird patrol guide on Saturday, October 19 at 8 a.m.

Provided in cooperation with Lee County Parks and Recreation, the beachfront walk is free with paid parking of \$2 per hour (tour is approximately two hours). Participants meet on the beach located in South Fort Myers, off Summerlin Road. Drive south on John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org).✱

## Free Youth Art Activities At The Alliance

The Alliance for the Arts recently announced Family Art Labs, a free, hands-on program that invites kids and families to get creative on the fourth Saturday of each month from 10 a.m. until noon. Family Art Labs is sponsored by Publix Super Markets Charities and Pediatric Dentistry of Florida.

Participants will explore something new every month like art making, gallery activities, games and more – all inspired by artworks on view in the gallery, famous artists, national holidays and artistic traditions around the world.

The project will launch October 26, where students can learn about Dia de los Muertos with instructor Vania Garcia and paint sugar skulls on small flower pots and planters. All materials and supplies will be provided by the Alliance. Recommended for ages 5 and older, but all ages and abilities are encouraged to participate.

Additional dates include November 23, December 28, January 25, February 22, March 28, April 25 and May 23. Details for each program will be posted as soon as they are available.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit [www.artinlee.org/artlab](http://www.artinlee.org/artlab).✱

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My 5th grade daughter is having trouble remembering everything she needs to do for school. Is there something I can

do to help her? It's upsetting to see her struggling.

Alex P, Fort Myers

Alex,

As children move through school, the demands on their working memory increase significantly. Working memory refers to the ability to keep in mind the information you need to complete a task, and such an issue may affect kids both in and out of school. But there are things parents can do and strategies kids can learn that can help them succeed, even if it doesn't come automatically to them.

First of all, get to know your child's limits. If you've given your child what feels like a reasonable set of instructions, but she keeps getting off track, it's a good sign that she's reached the limits of her working memory. Observing your child carefully to when and how often she starts to lose the thread will help you get a clearer picture of her capacity to hold information. Once you know where her limits lie, you'll be able to use that as a guide for giving effective directions. For example, if you notice your child has a hard time following multi-step directions, try breaking tasks down into smaller, more manageable steps, not a string of instructions.

Schoolwork that seems simple on the surface may actually require a lot of working memory. With kids trying to tackle too much at once, it often translates to sloppy or unfinished work and creates anxiety. Breaking homework assignments or study sessions down into manageable chunks will help your child avoid cognitive overload, work more effectively and develop good study habits. Figuring out the mini-tasks of an assignment will help you and your child break the assignment down into manageable parts.

Helping kids get into routines is essential for helping with working memory. "Routines are the goal," said Linda Hecker, MEd, the lead education specialist at the Landmark College Institute for Research and Training. "When we're able to automate a task, it no longer requires working memory to function. Remembering what to do next takes up cognitive workspace and that's not necessary."

Here are some of Ms. Hecker's tips for creating routines:

Be consistent – Routines should be just that... routine. Find a pattern that works and stick with it.

Be patient – It takes time to build effective habits, and distractions happen. Don't expect kids to get it right away. Offering reminders and praising your child's efforts to stay on course will help them stick with the routine until it sinks in.

Use verbal and visual cues – Help kids internalize routines by adding verbal and visual backups.

For example, visual clues could be: Drawing a picture to illustrate how an essay is structured; writing out the order of steps for a math problem; using post-it notes as reminders around the house.

Verbal cues could range from saying each task out loud before he does it, like, "Step 3, put my homework in my backpack for tomorrow..." to making up a song or poem to help him commit important information – like commonly used math formulas or the names of all 50 states – to long-term memory.

Not everything needs to be remembered. Tools like to-do lists, organizers and reminders free up vital "workspace" and make it easier for kids to remember important information. "Externalizing organizational tasks takes some of the pressure off working memory," explains Hecker. "I encourage my students to write everything down – assignments, ideas, anything they want to remember later." But remember, organizational tools only work if they're used. Help your child find the tools that work for them and make the tools part of their routine.

For now, the best way to help kids with working memory issues is to focus on creating and practicing healthy, effective coping strategies. Creating routines, using tools and offering support will help your child develop strategies she'll be able to fall back on for the rest of her life.

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.\*

## Companions Needed For Elderly Assistance

**D**r. Piper Center for Social Services, Inc. is looking for adults age 55 and older to help elderly seniors in their community by being a companion and providing transportation and friendship.

Companions will receive a small stipend, mileage reimbursement and join a community volunteer program that offers great benefits.

For more information, call Charlene at 332-5346 ext. 103.\*

## Book Review

### Backlash



by Di Saggau

**B**rad Thor is fast becoming another of my favorite authors. His latest book *Backlash* puts us in the middle of a political and espionage world involving Scot Harvath, a popular character in Thor's

novels. The book opens with Harvath chained to a seat by mercenaries in a plane somewhere in Russia. The plane crashes and Harvath survives, but maybe not for long. It's the middle of winter in the Russian wilderness, and wolves are also on the hunt. Harvath has to use all of his past training to stay safe.

Both Moscow and Washington want to locate and either capture or rescue Harvath. The race is on. While in the SEALs, Harvath went through extensive SERE training, an acronym for Survival, Evasion, Resistance and Escape. If caught behind enemy lines, this training could keep one alive and return them to safety.

The book is packed with many familiar characters, unique individuals who have appeared in some of the 19 books in the Harvath series. They work together and create a strong narrative and exciting storyline for this political thriller. The less you know about this book, the better. Too many things happen that the reader

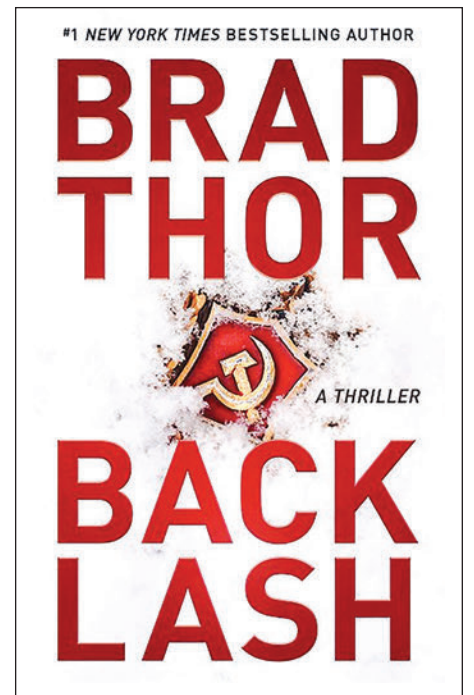




image provided

needs to experience first hand; no spoilers allowed. Thor is able to capture the story and add his own political thoughts, which makes the reader wonder if what happens in the book could actually happen in today's world.

*Backlash* is full of raw emotion and nonstop action with a hero who gets a chance to unleash his vengeance on his enemies like never before. Thor has delivered another novel that keeps us on the edge of our seats.\*

# EPIC FIRES OF FORT MYERS

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

**THOMAS P. HALL**  
ROBIN C. TUTHILL, EDITOR

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

# Arts For ACT Season Gala Preview Party

Jennifer's Boutique in Fort Myers hosted a preview party for Arts for ACT on September 12. Attendees were able to see works from featured artists, which will be auctioned off at the 31st annual Arts for ACT Gala and Fine Art Auction. The fundraiser, benefiting Abuse Counseling and Treatment, will be held at Hyatt Regency Coconut Point in Estero on Saturday, November 16.

For more information visit [www.artsforactfineartauction.com](http://www.artsforactfineartauction.com).



Lisa Freidus and Andy Tu

photos provided



From left, Cindy Call, Maria Gervacio, Jill Castiglione and Jennifer Williams



Jennifer Benton and Mollie Turner



Heather Langdale and Kathleen Johnson



Marc Collins and Maureen Green



Doug and Peggy Heffner



From left, Diane Meyers, Donna Damiano and Jennifer Williams



From left, Roger Bireley, Jennifer Benton and Aimee Bireley



From left, Gabriella Graham, Erin Graham and Caroline Graham

photos provided

## Local Business Partners To Fight Youth Hunger

**B**lessings in a Backpack partnered with Lee Drywall to pack more than 250 meals for local school children that otherwise may go hungry. The two organizations gathered on September 19 at Lee Drywall's offices to pack nutritious, kid-friendly meals for Tice Elementary students to take home on the weekends, a time frame the federal free and reduced-price school lunch program doesn't cover.

Along with Lee Drywall, the Freeman Law Group, DeAngelis Diamond, Alliance Financial Group and the Tommy Bohanon Foundation helped to make this event a huge success.

Blessings in a Backpack feeds more than 4,600 children in Lee and Collier counties. That number continues to grow with more donations.

A tax-deductible donation of \$100 provides a child with food on the



Traci Lee and Dawn Foote

weekends for an entire school year. The organization seeks volunteers and corporate partners as well.

Visit [blessingsinswfl.org](http://blessingsinswfl.org) to see how you can make a difference.✱



From left, Chelsea Chirila, Katie Bohanon, Justin Lee, Cecilia St. Arnold, Lynne Kimmich and LaRae Lee Davenport

## Leaders Send Supplies To Bahamas



From left, Michael Nachef, Ruth Rodrigues, Chris Simoneau, Robbie Roepstorff, Will Prather and Jeremy Owens

photo by James J. Greco

**W**hen Hurricane Dorian devastated the Bahamas earlier this month, Southwest Florida community leaders came together to help.

Lee Health, Southwest Florida Community Foundation, Florida Gulf Coast University and LeeSar recently donated more than \$36,000 in women's and children's medical supplies to communities recovering from the hurricane.

"It's been amazing to see the tremendous outpouring of support from these organizations and their donors to help with recovery efforts," said Chris Simoneau, chief foundation and development officer at Lee Health. "Their

generosity will help women and children in the Bahamas affected by this storm receive the medical care they need as they rebuild and recover."

More than 6,000 pounds of donated medical supplies include: portable ultrasound machines; diapers; surgical supplies; sutures; sterile gear; and scalpels.

On September 20, LeeSar loaded the 10 shipping pallets of supplies for transport to Miami, where they will be sent to Nassau and distributed to affected locations on Abaco and Grand Bahama islands, among others.

To make a donation to the relief effort, go to [www.leehealth.org/healbahamas](http://www.leehealth.org/healbahamas).✱

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**Craig R. Hersch**

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



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Will Power

# How To Show Support



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

I'm back at work after undergoing a surprise triple bypass open heart surgery back at the beginning of September, which I wrote about a couple of weeks ago in this column. When you suffer from a serious illness or undergo a life-changing, intimidating surgery as I have, you learn how scary such a procedure can be.

You also learn a lot about your friends and relatives. Who you can count on and who you can't. For me, some of the answers were surprising.

Unless you've had, or someone close to you has had, a similar experience, it's difficult to understand the emotional journey the patient must travel. You otherwise have no frame of reference.

Top that off with busy lives, and a general uncomfortableness with what to do or say while in the presence of (or far away from) someone going through a difficult time, and you have a recipe for crushed expectations and hurt feelings.

So what should you do when a friend or family member falls ill? In my tradition, visiting the sick (bikur cholim) is known as a mitzvah, a good deed. What should you say? How should you act? Here are a few guidelines to go by:

- There is no limit to the amount of times that one can fulfill this good deed, or to the level of its fulfillment, provided that one does not become too bothersome for the sick person. Most of the time, a short visit is preferable.

- If there are two sick patients, one who has many visitors and the other a few or none, one should preferably visit the latter person.

- Not all patients are in a position to receive visitors. Under such circumstances, one should inquire of the relatives whether it is okay to visit; and even then, try to keep the visit short. It is also necessary to have a sixth sense and realize when one is overstaying. In a situation where a patient is not ready for visitors, visiting can still be accomplished by staying in the foyer or hallway, and helping out family members.

- Although most aspects of visiting the sick can be fulfilled only with a personal visit, if one is not able to do a personal visit, he can fulfill the good deed with a phone call.

- Enter the room of the sick person in a positive mood. Do not display any moods of sadness or melancholy, as this could affect the welfare of the patient.

- Rather than ask if there's generally anything you can do, say, "let me know if there's something I can do for you," or offer to do something specific. "May I bring you a lunch tomorrow? How about I pick up your children from school next week?"

Thankfully, I was overwhelmed with the love and support from my many friends who visited me in the hospital both before and after the surgery. I had such a constant stream of visitors that my wife and my nurses politely asked some to give me time to rest.

Those from my workplace showered me with concern and attention as well. I've always been proud of the family atmosphere within my firm, and that was clearly

evident from the time I entered the hospital. When my doctors instructed that I was not to work for a period of 30 days following the surgery to avoid stress, my team cut off my access to the firm's emails and server, keeping files moving and answering clients' questions in my absence.

I was both surprised and touched by the many clients who sent emails and cards. Most didn't know of the surgery, but those that discovered my situation couldn't have been more loving and supportive. The same could be said of my professional colleagues, from fellow attorneys to CPAs, trust officers, financial planners and others.

My sister and my brother-in-law drove across Alligator Alley twice to provide comfort and just be there for me. Which, frankly, is what I needed most.

Of course, my wife (Patti) was a bedrock through the entire ordeal. The chief caregiver usually goes through more than the patient himself. Patti slept in my hospital room with me, except for the night I was in ICU, when she tried to sleep in the brightly lit waiting room. I begged her to go home, but she wouldn't.

Our three daughters were all there for me too. They were terrified but did their best to hide their fears, giving me lots of hugs and kisses. They also cooked dinners at home and brought them to the hospital for me and Patti.

I received so many flower bouquets, fruit packages and edible arrangements that I didn't know where to put everything. The gifts and baskets were extremely thoughtful, and much appreciated. They also lead me to an important point.

What a hospital patient needs the most is your time and your attention. For me at least, it was uplifting to be with others who cared.

Depression is also a common byproduct of my particular surgery, and I was no exception. My condition and the need for surgery came as a total shock to me. Those who know me well knew that just before, I had completed my normal weekly exercise regimen that includes 100 miles on my bicycle, twice weekly triathlon swim sessions of 3,000 yards, and thrice weekly circuit training sessions my trainer puts my wife and I through.

I thought I was the poster boy for middle-age physical health! Upon discovering my advanced heart disease while groggily awakening from my heart catheterization, I had a rather difficult time wrapping my mind around the fact that I would soon undergo a triple bypass surgery at age 55.

It meant a great deal to be able to talk through my concerns and feelings with anyone who would listen.

You don't have to offer advice, although I received many great suggestions. One of my law school classmates called, and patiently listened to my concerns about anxiety and depression. The next day a package arrived at my door, including a meditation book for beginners! It's something I thought about taking up, and now I have his go-to resource.

The great news is that modern medicine is wonderful, I'm on the road to complete recovery. My surgeon, Dr. Randall Buss, and cardiologist, Dr. Ken Towe, tell me not only should I return to the activities I enjoyed prior to the discovery of my illness, with increased blood-flow, my performance should improve!

It's inevitable that all of us will have a loved one experience a significant medical issue. My best advice is to be there, in the present, (whether in person or on the telephone) for your friend or family member. It is the greatest gift you can give.

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## Goodwill Program Receives \$25,000 From Foundation

Goodwill Industries of Southwest Florida was awarded \$25,000 from the SunTrust Foundation for the Pathways to Opportunity program (PTO). The grant will specifically support the Pathways to Financial Independence initiative which provides financial education to adults with disabilities.

Pathways participants who have intellectual, developmental and other disabilities have few opportunities to make financial decisions, spend money or learn from the consequences of poor financial choices. This initiative empowers Pathways participants to plan, budget and make financial choices and then apply these financial lessons around real life money situations.

"The Sun Trust Foundation aligns its purpose with SunTrust Bank's purpose of Lighting the Way to Financial Well-Being," said Stan Little, president of SunTrust Foundation. "In furtherance of this purpose, we make grants primarily to support financial education, financial

counseling, career readiness and small business/entrepreneurship, in addition to local grants."

Goodwill Industries of Southwest Florida began the full-day training program for adults with disabilities in 2014. This month, PTO is celebrating their 5-year anniversary and currently has 69 adults participating in the program located at the Goodwill Opportunity Center at 5100 Tice Street in Fort Myers.

"The Financial Literacy program enables participants to experience new activities and events in the community such as establishing their own book club at local coffee shops, shop at local grocery stores for cooking class, hire community instructors for Zumba and martial arts, and visit art museums and farmer's markets," said Megan Feeney director of disability support services. "The program not only teaches valuable money skills but also promotes our participants to be valued community members."

Goodwill Industries of Southwest Florida is committed to serving people with disabilities and disadvantages by offering life-changing opportunities to achieve independence.✱

## Women's Legacy Fund To Hold Fall Breakfast

The Women's Legacy Fund (WLF) of the Southwest Florida Community Foundation will hold its 2019 fall breakfast for contributors, friends and those interested in being part of the WLF at Fort Myers Technical College on Thursday, October 24 from 8:30 to 10 a.m.

Cost is \$20 per person. Prima Donors are complimentary. In addition to breakfast, the event will include tours of the Healthcare Sim Lab with students in the program and information on the impact of the three-year grant to the School District of Lee County for Career Pipeline for Women in Health Care.

The Women's Legacy Fund is a group of women who combine their contributions in this collective philanthropy initiative to foster the immersion of women in philanthropy and develop the region's next philanthropic leaders.

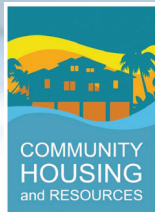
Since its inception, the WLF has been able to provide more than \$200,000 in grants to benefit people and communities in Southwest Florida including this year's grant of \$30,000. Currently, the Fund has \$860,670 in endowment that will continue to help fund local issues now and in the future.

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

Fort Myers Technical College is located at 3800 Michigan Avenue in Fort Myers. To attend, RSVP by Friday, October 18 and purchase tickets, visit [www.floridacommunity.com](http://www.floridacommunity.com) and click on the Quick Link on the home page, or contact Sydney Roberts at 274-5900 or [sroberts@floridacommunity.com](mailto:sroberts@floridacommunity.com).✱

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**TENNIS & PICKLEBALL EXPO**  
Nick Bollettieri/IMG Pros  
Simone Jardim/Peak Performance & Kyle Yates/Paddletek  
**9:00 am to 3:00 pm | Saturday, November 16**  
**Beachview Tennis Club | Sanibel**



**EVENTS**

- Tennis Clinic by Nick Bollettieri, Pickleball Clinic by Simone Jardim
- Doubles Round Robin Tournament (No partner needed)
- Continental Breakfast and Champagne Lunch Court-Side
- Lunchtime Tennis & Pickleball Expos
- "Battle of the Academies" Tennis Pros Take On Pickleball Masters
- Ice Cream Sundae Social Court-Side 11-Noon Provided By Joey's Custard
- Scott "Golden Boy" Golden Will Live-Stream Tournament on Facebook
- Demo Paddletek Pickleball Paddles with Pro Kyle Yates
- Courtside Games, Great Raffle Prizes By Live Auction At Stake

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## Financial Focus

# What Can A Financial Advisor Do For You?



by Jennifer Basey

**W**hat does investing mean to you? If the word makes you think of transactions – buying or selling stocks and bonds – you’re looking at just part of the picture. To

work toward all your goals, such as a comfortable retirement, you need a comprehensive financial strategy. And for that, you might need to work with a personal financial advisor. But what, specifically, can this type of professional do for you?

Here are some of the key services a financial advisor can provide:

Help you invest for your retirement – An experienced financial advisor can look at all the relevant factors – your current and projected income, age at which you’d like to retire, desired retirement lifestyle – to help you determine how much you need to invest, and in which investment vehicles, to help you reach your retirement goals. To cite just one example, a financial advisor can review your employer-sponsored retirement plan and help you determine how to use it to your greatest advantage.

Help you save for college – Higher education is expensive, and costs are rising every year. If you’d like to help your children – or grandchildren – go to college someday, you need to save and invest early and often. A financial advisor can suggest appropriate college savings vehicles and strategies.

Help make sure you’re well-protected

– If something were to happen to you, could your family maintain its standard of living? Or if you someday needed some type of long-term care, such as an extended stay in a nursing home, would you be able to maintain your financial independence, or would you be forced to rely on your adult children for help? A financial advisor can recommend and possibly provide suitable protection products and services for your needs.

Help you adjust your financial strategy – Not much will stay constant in your life – and that includes your financial strategy. Any number of events – a new child, a new job, a new retirement destination – can cause you to adjust your investment moves, as will some of the factors influencing the financial markets – economic downturns, changing interest rates, new tax laws, and more. A financial advisor can help you change course as needed – and sometimes encourage you not to change course, when, in his or her professional opinion, you might be tempted to overreact to some event or other.

While a financial advisor can help you in many ways, you’ll need, above all else, to feel comfortable with whomever you choose. Ultimately, you’ll want to pick someone who understands what’s important to you, and who will follow an established process to create personalized strategies and recommend specific actions needed to help achieve your goals. And, you’ll want someone who will be with you in the long run – someone who will revisit your objectives and risk tolerance and who can adjust your strategies in response to changes in your life.

A financial advisor can make a big difference in your life. So, work diligently to find the right one – and take full advantage of the help you’ll receive as you move toward your important goals.

*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](mailto:jennifer.basey@edwardjones.com).*

analytical tools that can help a business improve its processes.

“It gives the ability to visualize the entire value stream and to locate and quantify waste in a process,” Kagan said. “It’s a great method to plan for better process flow and create synergy between management goals and team activities.”

Kagan is an efficiency expert who has guided manufacturing companies in process improvement and quality systems such as Lean Manufacturing and ISO 9001. He’s had proven success in operations management, quality assurance, process improvement and coaching.

Cost to attend the roundtable is \$10 for SRMA members and \$20 for nonmembers.

CareerSource is located at 4150 Ford Street Extension in Fort Myers. Visit [www.sрма.net](http://www.sрма.net) to learn about all the benefits of membership and to sign up.

The organization is also conducting a no-cost plant tour of Saminco Inc., 10030 Amberwood Road, in Fort Myers, on Tuesday, October 22 at 8 a.m. Call Kagan at 560-0052 with any questions.✴

## Superior Interiors

# Tips For Styling White Walls



by Linda Coin

**W**hile painting your walls is a simple solution to bringing a room back to life, white walls can be your ticket to creative expression. There’s an opportunity to spruce up the space with any

type of artwork, decorations and furniture the heart desires. But don’t let the many possibilities intimidate you; take a step back and think about how you can take advantage of such a large canvas, and put your personality and style on display.

If the idea of dressing up your white walls is still daunting and you’re not sure where to get started, consider the following tips.

Choose the right white – First things first, if you want to start off with a clean canvas, consider a fresh coat of paint. This is the perfect opportunity to get on the right foot with a blank slate, free of marks and discoloration. Not all whites are the same, however. Pay close attention to the different shades and options before you get started. There are hundreds of shades of white with different undertones from cool to warm. Remember that not all whites work well together and can reflect differently depending on the lighting in your room.

Follow a monochromatic theme – Even a room with white walls needs a lasting theme to thrive. If you want to emphasize the white walls and encourage the soft, light feel throughout the living space, consider following a monochromatic vibe. A simple touch of color can make a smaller space feel larger and more open than once before.

Take time to pick complementary artwork – Once you have the foundation laid out, it’s time to let your creativity run wild. Here, you can continue following the monochromatic theme by choosing black and white prints or bold colorful pieces. Choose black and white prints that maintain pallet throughout space. Use artwork with a pop of color as the piece that’s inspired by your personality. Use bold colors in artwork, accessories and accents.

Just because the walls are white doesn’t necessarily mean you can have a free-for-all when it comes to choosing your furniture. Let color shine through your artwork, decor and accessories, and focus on neutrals and textures when it comes to your furniture. This is a simple way to add more character to the room that goes beyond the decorations. Pick neutral furniture to compliment your white walls. Also, focus on textures. The right textures on furniture and home furnishings can add much-needed depth to any living space.

Redecorating a room with a blank canvas can seem stressful if you don’t have a lot of experience in the design department. That’s where a design professional can assist. You’ll discuss your goals, wants and needs, and how you can

incorporate your personality and style into the design scheme. By the end of the discussion, you’ll feel confident about the future of your white walls and be encouraged to tackle another spot in your home.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeciden.com](mailto:linda@coindeciden.com).✴

# October Is Build My Future Month

**T**he Lee County Board of County Commissioners issued a proclamation declaring October Build My Future Lee County month, an annual event hosted by the Lee Building Industry Association (LBIA) and the Lee County School District.

The industry showcase helps address the skilled workforce shortage within the building industry. Build My Future features companies from all aspects of the construction industry, from foundation to roof. Every year over 700 students get a hands-on introduction to the various building trades. Proceeds from the event are donated to the school district to fund construction curriculum programs such as Gateway’s new carpentry program.

“The LBIA realizes the workforce shortage is a struggle within the building industry that needs to be addressed. Build My Future was created to introduce students to careers in construction in a hands-on manner. We hope to spark an interest within the students to pursue a career in the construction industry,” said Frank Jenkins, president of the Lee BIA and Frank R. Jenkins Custom Homes.

This year’s event will take place at the Lee County Civic Center on October 23 from 8 a.m. to 3 p.m. Visit [www.bia.net/events/details/build-my-future-lee-county-2512](http://www.bia.net/events/details/build-my-future-lee-county-2512) to learn more.✴

# Lee Solid Waste 25th Anniversary

**L**ee County officials will hold a 25th Anniversary Celebration and Community Open House for Lee County Solid Waste at Lee County’s Waste-to-Energy Plant on Saturday, October 26 from 9 a.m. to noon. There will be tours, refreshments, educational displays and a ceremony with speakers.

The Waste-to-Energy plant was built in 1994. Lee County has since created clean, renewable energy from waste. Additional recycling and recovery programs have been implemented over the years that allow the public to retain the real and inherent value of virtually all the materials that comprise the local waste stream.

The family-friendly event is designed to provide insight to what happens to the 1,800 tons of waste material produced by local residents each day. Informational displays from several county departments, including parks and recreation, extension services, Lee County Library System and natural resources will be on display.

Lee County Waste-to-Energy Plant is located at 10500 Buckingham Road in Fort Myers. For more information, visit [www.leegov.com/solidwaste/25th-anniversary](http://www.leegov.com/solidwaste/25th-anniversary) or call 533-8000.✴

# Manufacturers To Discuss Value Stream Mapping

**M**apping a journey to success is important to all manufacturers. The Southwest Regional Manufacturers Association (SRMA) will offer solutions to a profitable pathway during a value stream mapping presentation. SRMA Executive Director Neil Kagan will be the keynote speaker for the event at CareerSource on Wednesday, October 16 from 8 to 9:30 a.m.



Neil Kagan

Value stream mapping relies on visualization to outline the steps needed to create a product and deliver to the customer. The technique provides

## Bank Officer Selected To Prominent Group

**S**anibel Captiva Community Bank leader Kristin Dilorio was recently honored at the *Gulfshore Business* annual 40 Under 40 awards ceremony at the Hyatt Regency Coconut Point. The awards recognize Southwest Florida rising stars who have distinguished themselves in their professions and communities through their contributions to the region's economic, charitable and civic well-being.



Kristin Dilorio

Dilorio joined Sanibel Captiva Community Bank in 2016 to lead the bank's downtown Fort Myers branch. As vice president and office manager, she manages daily operations and customer relationships, including business and consumer banking.

Dilorio is a board member of the River District Alliance and is a 2009 graduate of the Greater Fort Myers Chamber of Commerce Leadership Program. Since 2012, she has worked on allocations committees for the United Way of Lee, Hendry, Glades and Okeechobee Counties, worked with Habitat for Humanity of Lee and Hendry Counties, participated in United Way food packing events, and volunteered at Evangelical Christian School.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort Myers. To learn more, visit [www.SanCapBank.com](http://www.SanCapBank.com).

## University Hires Advancement Director

**H**odges University recently announced that Angie Manley has joined as director of university advancement. Her responsibilities include overseeing the fundraising efforts of Hodges University, with a special focus on scholarships for students.



Angie Manley

Manley is also responsible cultivating key community affiliations on behalf of the university, and working with the marketing team for events.

Manley brings nearly 12 years of fundraising and corporate event expertise in New Jersey and Florida to Hodges University. She earned a

bachelor of arts degree in English from Villanova University and is a member of the Association of Fundraising Professionals, Collier-Lee Chapter (AFP). She has also earned the Society of Certified Senior Advisors (CSA) certification.✱

## Chamber Experts To Focus On Lives Of A Business

**T**he ever-changing lives of Southwest Florida businesses will be the topic of discussion for the local October luncheon of the Above

Board Chamber of Florida.

Lee County: The Many Lives of a Business will be held at the Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, October 17 from 11:30 a.m. to 1 p.m.

As economic cycles change, successful businesses must adapt. A panel of experts will break down the do's and don'ts of staying alive.

Steve McQuilkin, storytelling coach at *The News-Press*, will emcee the discussion with panelists: John Talmage, director of Lee County Economic Development Office; James J. Kelleher, Esq., managing partner, The Kelleher Firm; Marc Whitfield, tax director at Stroember & Company and Lourdes McLeod, owner of McLeod's

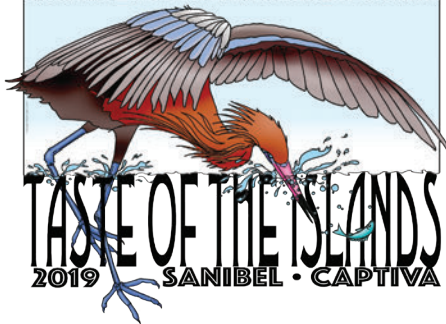
Construction, Paint & Restoration.

Event sponsors are Lynn Ann Brewer of Cloud9 Float & Spa and Carrie Ann Texter of Conditioned Air. Girls Going Places sponsored by Lynne Kimmich is the featured non-profit for this event.

Cost for the luncheon on or before Friday, October 11 is \$30 for members and \$38 for non-members. After October 11, it's \$35 for members and \$40 for non-members. Lunch is included in the price.

Crowne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. For more information or to register, visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com) or call 910-7426.✱

### Clinic for the Rehabilitation of Wildlife



## VOLUNTEER REGISTRATION for Special Events

## Taste of the Islands is Sunday, Nov. 10, 2019 Noon to 5:00 PM at Sanibel Community Park

CROW greatly appreciates the time and talent of our wonderful volunteers during the past 50 years! Join us to make CROW's signature event- **Taste of the Islands** - the best ever!

Please return this form by **OCTOBER 18** to [Volunteers@CROWClinic.org](mailto:Volunteers@CROWClinic.org) Coordinator is Pam Stoike 239-472-3644 #229. Or you can send the form by **FAX** to 239-472-2334 or by **MAIL** to CROW, P.O. Box 150, Sanibel, FL 33957.

Positions include: Entrances, Admission, Food & Beverage Ticket Sales, Periwinkle Crossing, Beverages, Recycling, Rovers (ice delivery, garbage), and Parking. **Those who join us get a Volunteer t-shirt, free admission, and our appreciation!**

### Please complete ALL fields

Name (print) LAST \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone ( ) \_\_\_\_\_ home? Cell? \_\_\_\_\_

T-shirt size \_\_\_\_\_ (S - 3X) Over 21? Y N Position Choice 1) \_\_\_\_\_ 2) \_\_\_\_\_

Preferred 3-hour shift at Event: ☐ #1 - 11:30am-2:30 ☐ #2 - 2:15pm-5:15pm The overlap is for smooth shift change.  
AND

SET-UP: ☐ Saturday afternoon from 2pm - 5pm - or - ☐ Sunday morning from 8am - 12:00pm

I understand that volunteer services will be provided to the Clinic for the Rehabilitation of Wildlife (CROW) with no monetary or material compensation. Volunteers are not considered employees of CROW, and as such are not covered by Workers' Compensation. Volunteers are held to the same high standard of conduct as employees and other rules and regulations as stated in the Volunteer Handbook.

### ACKNOWLEDGEMENT AND RELEASE OF LIABILITY

- THE UNDERSIGNED, in consideration of benefits received from working at CROW, Inc. as a volunteer and for other good and valuable consideration, receipt and sufficiency of which is acknowledged, does hereby for themselves, their heirs and personal representatives, release and discharge of CROW, Inc. board of directors, officers and members and each of them from all liability for loss, injury or damage arising from injury to the person, property or resulting in death of the undersigned, whether caused by negligence or otherwise while engaged in any activity whatsoever in relation to CROW, its officers, directors and members.
- THE UNDERSIGNED further assumes all responsibility for and risk of bodily injury, death, property damage or otherwise while working for and on behalf of CROW.
- THE UNDERSIGNED does, for themselves, their executors, administrators, heirs and assigns, release and forever discharge CROW, Inc., its officers, directors and members, together with their heirs, administrators; executors and assigns, from any and every claim, demand, action or right of action, of whatsoever nature, either in law or in equity, arising from or by reason of any bodily injury death and/or property damage resulting from any acts or incidents which may occur as a result of the undersigned's participation in any activities of any nature whatsoever associated with CROW, Inc.

Signature \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE BIKE to the event or Park your car in the designated Volunteer Lot at Center4Life and Shuttle**

**\*\*\*\*\* We cannot guarantee the volunteer position you list \*\*\*\*\***

**We will contact you prior to 11-10 with your assignment.**

**T-shirt and packet pick-up at CROW will be Mon Oct 28 and Thurs Oct 31 from 2pm-5:30pm each day.**

For more information about CROW, or the 38th Taste of the Islands, visit [www.CROWClinic.org](http://www.CROWClinic.org)

# A Little Of This And That



by Howard Prager

A tip of the hat to Jill Ellis, who retired this week as the all-time winningest coach for U.S. Women's Soccer and the only coach with two World Cups. Thank you Jill for showing the world how great women's soccer could be.

And a hats off to *Sports Illustrated* past. This past week, SI was purchased and a number of talented writers lost their jobs. As a part-time writer, I look to good sports journals such as SI to get ideas from people who do in-depth stories on some of the areas I cover. It's a shame to see that publication go the way of so much print media by letting go a number of staff writers. *ESPN the Magazine* recently ended its print journal as well. What a shame to see these publications fade away from what they once were. It

means that writers such as me will need to do an even better job at sharing some of the insights that are going on in sports and find stories that are of interest to you, the reader.

Here's one to think about. There are (as of now) seven baseball managerial openings: Cubs, Mets, Giants, Royals, Angels, Pirates and Padres. What type of manager are these teams looking for – old school managers who bring years of baseball acumen and experience with them, or younger inexperienced new managers who look at stats for nearly everything with the GM to make decisions? Baseball has changed so much: starters not pitching complete games; more of a planned bullpen use rather than just when a pitcher is in trouble; less of small ball (hit and run, stolen bases, bunts to scratch out a run); and more of home runs and power. To me, what makes a player like Javier Baez so exciting is he does the big and small things with excitement and flair, from tagging a runner to running the bases with gusto along with making outstanding defensive plays in the field. Is that new school, old school, or just passion? It will be interesting to see how many new (inexperienced) managers get the call versus the veterans. I think the veterans

have the instinct for the game as it has been. Do they have enough for today's game? Speaking of which...

Playoffs. Some great baseball is being played this October with lots of late comebacks, starting with the Milwaukee-Washington wild card game and a spectacular comeback by the Nationals. And Tampa Bay surprised Oakland at Oakland Alameda Stadium leading the whole game. Not quite so easy against Houston where the Rays got at least one pretty decisive victory against an Astros team picked to win it all. By now, you'll know if the Rays forced a game 5. The Yankees were an express the Twins couldn't stop, the only 3-0 series in the first round. As for the National League, both series went to a game 5 decisive game on Thursday, so you'll know by now who is in the conference championships.

Feel good story time. I know it's been awhile since the Stanley Cup playoffs. But a story has arose that is too good to pass up. Eleven-year-old Laila Anderson is fighting for her life from a rare genetic disorder. She is a super fan of the St. Louis Blues. When she was age 10 and could go out, she went to a game and was embraced by the players. Then earlier this year, they found a match and

she had a successful transplant and was invited to the divisional game which she saw in St. Louis that the Blues won to get into the Finals. She even interviewed players in the locker room. For Game 7 of the Stanley Cup in Boston, the team said they wanted her with them. Doctors cleared her to travel and she did, going on the ice and standing with them when they received the Stanley Cup, along with a chance to hoist it above her. Priceless memories. But that's not all. Recently, she had several of the Blues come to her house with a hand-delivered Stanley Cup Championship Ring. Not a copy, a real ring. Inscribed on the inside was Laila's name. Any of those moments would have been enough. But Laila kept fighting, and so did her Blues. Both are winners.

Finally, a last chance to nominate former Yankees and White Sox players you would like to see come out of the corn in the Field of Dreams game next year. Send it in to Island Sun. I'll be talking about it during the playoffs.

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

# Academies To Headline City Of Palms Classic

Start with two of the premier high school basketball programs in the country, add in mega talent destined for college and NBA greatness and the 47th annual Culligan City of Palms Classic exceeds even its expectations as the nation's top high school basketball tournament.

IMG Academy from Bradenton, Florida and Monteverde Academy from Montverde, Florida, the No. 1 and No. 2 teams heading into the 2019-20 season according to *USA Today*, headline a lineup of 16 teams in the main draw for the tournament set for December 18 to 23 at Suncoast Credit Union Arena on the campus of Florida SouthWestern

State College. IMG makes a return trip to the holiday event after reaching the quarterfinals a year ago, while Montverde is back in the elite field after a two-year absence. Both are loaded with talent, with IMG featuring Duke commit Jalen Johnson, ranked No. 4 in ESPN's top 100 class, and Montverde's Cade Cunningham, the No. 2 ranked player who has yet to commit to a college but is also in the discussion as the top pick in next year's NBA draft. Besides IMG and Montverde, the main draw is loaded with top-shelf talent, including hometown Fort Myers, Whitney Young (Chicago, Illinois), Briarcrest Christian (Memphis, Tennessee), Scotlandville (Baton Rouge, Louisiana), Sanford (Hockessin, Delaware), Vashon (St. Louis, Missouri), Gonzaga Prep (Washington, DC), O'Dea (Seattle, Washington), Roman Catholic (Philadelphia, Pennsylvania), Riverview

(Sarasota, Florida), Archbishop Stepinac (White Plains, New York), Marshall County (Benton, Kentucky) and Ely (Pompano Beach, Florida).

This tournament is always the crystal ball to greatness when it comes to what fans will be seeing at college and NBA levels, but all eyes will assuredly be on Johnson and Cunningham. The 6-foot-9 Johnson is a small forward with eye-popping skills, who averaged 19.7 points, 11.7 rebounds and 5.9 assists in becoming Wisconsin's player of the year last season while playing for Nicolet (Glendale, Wisconsin). He transferred to IMG at the start of this school year.

But the main draw is just the start for the basketball crazy fan as the Signature Series bracket and Sunshine Series bracket are also loaded with plenty of star power. Taking to the court for Signature Series games will be St. Frances Academy (Baltimore, Maryland), West Oaks (Orlando, Florida), Hamilton Heights Christian (Chattanooga, Tennessee) and Sunrise Christian Academy (Bel Aire, Kansas). The always popular Sunshine Series is made up of Charlotte (Punta Gorda), Lakewood (St. Petersburg), Evangelical Christian School (Fort Myers), Seminole (Sanford), Stranahan (Fort Lauderdale) and Mater Academy (Hialeah Gardens).

In honor of a legendary college and high school coach, the first Hugh Thimlar Tribute Game, featuring hometown Lehigh Senior High School and Venice High School, will be played. As coach of then-Edison Junior College, Thimlar created a junior college national powerhouse over 26 seasons. Overall, he won 604 games over 40 seasons as a head coach in Indiana and Florida. He also founded the City of Palms tournament, called *The News-Press* Christmas Basketball Tournament, in 1973, with six teams competing at

Edison in a regional tournament. Visit [www.cityofpalmsclassic.com](http://www.cityofpalmsclassic.com) to buy your tickets and for tournament information.\*

## From page 1 Broadway Palm

plays Captain Hook in Barrie's dreams. He handles both roles splendidly. I was also impressed with Emmanuelle Zeesman, who plays Mrs. du Maurier, Sylvia's mother. Lovely voice. The stars of the show are Bacon and Cooper, who sing beautifully together and in solo numbers. Their chemistry is both beautiful and believable. The four boys are played by several young actors, and their talents are astounding.

Then we have Oscar, the family's 9-month-old golden doodle. A mix of standard poodle and golden Labrador, he'll steal your heart and he's also a scene stealer. Oscar joins the troupe when they go on tour in January.

*Finding Neverland* is an upbeat, feel good show that is an escape from the chaos of today's reality into a magical world of make-believe. There are many scenes to remember, but one that remains in my mind comes toward the end of the show, where Cooper's character, Sylvia, is center stage surrounded by wind machines in the center of the stage, and with the toss of a hand, she is engulfed in glitter as she flies off to Neverland. It was lovely and also heartbreaking. The show is a wondrous experience, and I hope you have the opportunity to see it.

*Finding Neverland* plays through November 16 at Broadway Palm, Southwest Florida's premier dinner theater, at 1380 Colonial Boulevard in Fort Myers. Tickets can be reserved by calling 278-4422, visiting [www.broadwaypalm.com](http://www.broadwaypalm.com) or in person at the box office.\*

## SPORTS QUIZ

1. Washington's Bryce Harper set a major-league mark in 2017 for most runs scored in the month of April (32). Who had held the record?
2. In the 1960s, three major-league pitchers compiled seasons in which they won at least 20 more games than they lost. Name two of them.
3. Who succeeded Woody Hayes as head coach of the Ohio State Buckeyes football team?
4. Who holds the Oklahoma City Thunder record for most 3-pointers in a playoff game?
5. When was the last time before 2019 that the New York Islanders were swept in an NHL playoff series?
6. Track star Usain Bolt of Jamaica holds the world record for a 200-meter race (19.19 seconds in 2009). Who holds the U.S. mark?
7. Who was the last golfer before Brooks Koepka in 2019 to go wire to wire in winning the PGA Championship?

## ANSWERS

1. Colorado's Larry Walker, with 29 in 1997. 2. Whitey Ford in 1961 (25-4), Sandy Koufax in 1962 (25-5) and Denny McLain in 1968 (31-6). 3. Earle Bruce, who coached the Buckeyes from 1979 to 1987. 4. Paul George, with eight 3-pointers made versus Utah in 2018. 5. It was 1994, versus the New York Rangers. 6. Michael Johnson, who ran the 200 meters in 19.32 seconds in 1996. 7. Hal Sutton, in 1983.

## Aortic Valve Replacement Surgery Approved

Following extensive clinical trials, the Food and Drug Administration (FDA) has approved transcatheter aortic valve replacement (TAVR) surgery for low-risk patients. TAVR is a minimally invasive alternative to open heart surgery for patients with aortic stenosis, and was vaulted to widespread attention when Rolling Stones frontman Mick Jagger underwent the procedure earlier this year.

Aortic stenosis is a narrowing of the aortic valve, leading to a restriction of blood flow. TAVR had only been available to patients who were at a high or intermediate risk of complication from open heart surgery, and this FDA decision makes the procedure widely available to a much larger group of patients.

In 2011, Lee Health was the second health system in the country to perform TAVR procedures, and was selected to participate in the FDA trials for low-risk patients. The team led by Dr. Brian Hummel, a cardiothoracic surgeon with Lee Health, recently performed their 1,000th TAVR procedure, and the positive results shown during the trial helped open the door to FDA approval for low-risk patients nationwide.

TAVR is performed by crimping the new valve down to the diameter of a pencil and placing it on a catheter. From there, the catheter is fed to the heart through a small incision in an artery. The valve, which will begin working immediately, is then securely placed inside of the diseased valve. For a visual demonstration on how the surgery is performed, visit [www.leehealth.org/cardiaccare/treat/tavr.asp](http://www.leehealth.org/cardiaccare/treat/tavr.asp).



Brian Hummel

photo provided

"We are thrilled that more patients will be able to opt for this great alternative to open heart surgery," said Dr. Hummel. "Patients undergoing a TAVR procedure are often ready to go home the next day and return to their day-to-day lives in days rather than weeks. The research shows that TAVR greatly reduces the risk of complications compared to traditional surgery, and this FDA decision is great news for patients."

About half of TAVR patients are able to go home the day after their surgery and can expect to return to their normal lifestyle in five-to-six days. Patients having a heart valve replaced via traditional open heart surgery typically experience up to eight weeks of recovery. TAVR also has shown an equal or lower risk for complications such as heart attack or stroke in connection with valve replacement.✱

## Lee Health Medicare Advantage Plan

With the launch of Clarion Health, Medicare-eligible patients in Southwest Florida now have an innovative new option when selecting their health plan. Clarion Health is different from traditional Medicare Advantage plans. It is a physician-led health plan that was designed and is led by local doctors who patients already know and trust.

Clarion Health strives to bring a better approach to Medicare for Southwest Florida's seniors. The plan is designed to provide better benefits, personalized care and easy to understand, with online tools and a designated service team to help members get the most out of their coverage. In addition to taking the guess work out of Medicare, Clarion Health offers the following benefits:

- \$0 Plan Premium
- \$0 Deductible for Medical and Pharmacy Benefits
- \$0 Copay for primary care physician visits
- \$0 Copay for Select Care Drugs
- No referral required to see a specialist
- Integrated Dental and Eye Care
- Clarion was established by Lee Health

to align with physicians, hospitals and other healthcare facilities in a seven county region from Collier County up to Sarasota County.

"We are thrilled to join with many providers across the region to bring a physician-led solution to the tens of thousands of Medicare-eligible beneficiaries living in our community," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "Clarion Health will help patients cut through the red tape that often accompanies Medicare Advantage plans, and this innovative approach will empower physicians to create a personalized model of care that supports physical, emotional and financial health."

Medicare Advantage plans are paid directly by Medicare for services performed, and provide integration of Part A (hospital insurance), Part B (medical insurance coverage), Part D (Drug Coverage) and supplemental benefits like dental and eye care. Patients will be able to begin enrolling on Tuesday, October 15. After, benefits will begin on January 1, 2020.

For more information about Clarion Health, visit [www.clarionhealth.org](http://www.clarionhealth.org) where Medicare-eligible patients will be able to learn how to enroll, see all of the doctors available under the plan and learn more about the benefits and resources provided to them by a local physician-led health plan.✱

## Support Workshops For Family Caregivers

The Area Agency on Aging for Southwest Florida (AAASWFL) is partnering with Hope Healthcare to offer a free six-week program called Powerful Tools for Caregivers in the meeting room at Hope Healthcare. The workshop begins Wednesday, October 16 and continues through November 20. The class is designed to help family caregivers take care of themselves while also caring for a loved one with an illness or disability.

Class size is limited and advance registration is required. Workshops will be presented on six consecutive Wednesdays from 1 p.m. to 2:30 p.m.

Caring for a loved one can be demanding, stressful, and a strain on physical health. Caregivers often sacrifice their own health and well-being while caring for a partner or family member. As a result, family caregivers experience higher than average rates of depression, chronic illness, sleep deprivation and poor nutrition.

Powerful Tools for Caregivers is an evidence-based program that has been shown to improve self-care, reduce emotional strain and increase confidence among participants. Workshop attendees also learn about community resources that may provide additional assistance. The Cape Coral


workshops are led by two certified Powerful Tools for Caregivers class leaders.


For more information or to register for the six-week Powerful Tools for Caregivers workshop, call Sherry Young at the Area Agency on Aging's Elder Helpline at 866-413-5337 or email [sherry.young@aaaswfl.org](mailto:sherry.young@aaaswfl.org).

Funding for Powerful Tools for Caregivers is provided by a grant for disease prevention and health promotion under the Federal Older Americans Act, Title IIID, through the Florida Department of Elder Affairs. In addition to Powerful Tools for Caregivers, AAASWFL also offers wellness classes for older adults that are focused on balance, fall prevention and arthritis-friendly exercise.

The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.

Hope Healthcare is located at 2430 Diplomat Parkway East in Cape Coral. For more information, call the AAASWFL Elder Helpline at 866-413-5337 (41-ELDER) or visit [www.aaaswfl.org](http://www.aaaswfl.org).✱




 JOIN ROSS HAUSER, MD FOR  
**3 FACEBOOK LIVE WEBINARS!**

**OSTEOARTHRITIS**  
TUESDAY, OCT 8 | 2-4PM

**CERVICAL INSTABILITY**  
TUESDAY, NOV 5 | 2-4PM

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



Sponsored by Caring Medical Regenerative Medicine Clinics  
9738 Commerce Center Ct.  
Fort Myers, FL 33908  
239-308-4725 | [CaringMedical.com](http://CaringMedical.com)

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

## Doctor and Dietician

Let's Talk  
About Yogurt

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

Over 300 yogurt options exist in a typical American supermarket, according to the *Wall Street Journal*. Regular yogurt sales have declined over the last few years due to the trend for plant-based, higher fat/protein, lower sugar product choices. Yogurt, by definition, is cream or milk combined with two bacteria, *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Yogurt is a good source of protein, calcium and, some may enhance, good gut bacteria.

Yogurt is made from cream, whole, low-fat, or skim milk and determines its fat content. Yogurt is acidic and is characteristically tangy and tart because the bacteria turns dairy's natural sugars into tangy lactic acid. The longer the fermentation process, the tangier the

yogurt and less sweet the taste.

Traditional American yogurt is thinner and looser than European options and is definitely sweeter. Unfortunately, many American yogurts are loaded with sugar, artificial sweeteners, colors and additives. We choose organic made with real ingredients. Greek yogurt is thicker and contains less sugar, more protein, and offers low fat and whole options. Nondairy yogurt is a growing segment of the market, including yogurt made from soy, coconut, flax, almond, cashew and oat milks, and are made in a similar fashion by adding bacteria to the milks. Our favorite is plain coconut yogurt.

Whatever type of yogurt you like, we recommend choosing plain yogurt, adding your own fruits or savory (veggies, herbs etc.) to the yogurt. This reduces consumption of excess sugars, artificial sweeteners, chemicals, and the like. We like to add fresh fruit with a little vanilla, monk fruit or maple syrup or just the fruit itself. We make dips and sauces by adding cucumbers, dill and garlic for tzatziki or chili powder, onions, cilantro and tomatoes for a fiesta dip. The possibilities are endless. Go fresh. Go plain!

*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@carimgmedical.com.\**

## Beautifulife:

## Trust 'It'



by Kay Casperson

What is "It?" It is your gut, your heart, your soul, your instinct. "It" is everything you already know, but sometimes second guess. Why do we question ourselves so often

instead of just running with what we know is right? Maybe because someone else is doing it, or you were told something different, or you were raised to believe something else.

This is something we continuously deal with, because there are so many decisions needed every single day. Choices from what your kids or family need, to what it takes to thrive in business, and everything in between, there is always something that we question.

Here are a few examples:

You are looking to hire the right person to help with your life or business. Be true to what are essential qualities and hire because of honesty and integrity.

Someone is not being treated properly, and you feel bad for them. Stand up for what you believe, and help the person who needs you.

You're changing directions in your business or launching something new. Trust that you are doing what is right and keep moving in a forward direction.

A person that you are spending time with has bad energy or is constantly negative. Take a break from them and surround yourself with positive, encouraging people.

Regardless of what the "It" is in your life at the moment, I know one thing for sure and that is that you have to trust it! Realize that what your heart is telling you is real, true and above all, the things that you learned or were taught to believe. Heart, soul and instinct are the real deal and need to be listened to for you to live your most balanced and beautiful life.

My affirmation for you this week is:

"I am aware of my convictions and will listen to and trust what my heart says."

*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](http://www.kaycasperson.com) or follow on social media @kaycasperson.\**

## dearRPharmacist

Health Incident  
Diagnosed As  
Heart Attack

by Suzy Cohen, RPh

**D**ear Readers: Would you know right away if you were having a heart attack? Symptoms include a heartburn-like sensation, tightness in your chest/arms. Nausea, throat or jaw pain

may occur, as well as fatigue and mild dizziness. Sometimes there's a cold sweat, but not always. Does this sound like how you feel after pouring too much hot sauce on a large burrito? Like, it's easy to miss until it gets serious.

Last week, the Democratic presidential candidate experienced some chest pain and was hospitalized while working in Las Vegas, Nevada. His campaign events were obviously canceled and, later, we would find out that it was a mild heart attack.

It strikes someone every 43 seconds. Unbalanced cholesterol might certainly contribute, but there are other deficiencies involved in the making of a heart attack:

**Vitamin C** – Keeping your arteries elastic and bendable is important and that's where vitamin C can help. It is required for making collagen, which keeps your arteries supple and free of cracking.

**Collagen** – There is collagen in your heart; it's everywhere. Too much glycation of the collagen and too many advanced glycation end products (AGEs) causes your arteries to stiffen up. The problem isn't the collagen, you want that! The problem is the glycation, which is where a glucose molecule binds to something else that's important in your body (like a protein), and destroys it. Like with arteries, they get stiffer and non-compliant. That's dangerous.

**Glycine** – This is an amino acid that's associated with sleep or with body-building because it helps make creatine, which is an energy-producing compound and the most abundant protein in collagen.

There was an interesting 2016 study in the *Journal of the American Heart Association*, which found an inverse relationship with glycine and the heart. The patients with angina were evaluated over seven years, and those with healthy, normal amounts of glycine had a lower risk of heart attack.

**CoQ10 and Ubiquinol** – Coenzyme Q10 is an essential life-sustaining compound in our body, and our heart would stop beating quickly if we ran out of this. That's because it's concentrated in the heart.

We make this antioxidant, but it's depleted by about 100 or more different medications, more than likely one you take. If that's the case, consider supplementation. Evidence is crystal

clear, the lower your CoQ10 levels, the higher the risk for all kinds of problems including heart failure, arrhythmias and heart attack.

**Garlic** – Plaque accumulation will cause a blockage of blood flow, therefore reduced blood supply to the heart. That's the mechanism which can cause a heart attack. It's amazing that garlic has been shown to reduce plaque build-up in arteries. Even statins don't do that, they just reduce your production of cholesterol in the liver, leaving the arteries and blood vessels just as clogged as they were before. But garlic is like a Dyson with suction power to sweep out plaques in the body. You can cook with it, sprinkle it, or take aged garlic supplements.

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

Free Autism  
Screening For  
Young Children

**G**olisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder screening for toddlers 18 months to age 5 on the Ronald McDonald Care Mobile at the New Life Assembly on Friday, October 18 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

The New Life Assembly is located at 5146 Leonard Boulevard South in Lehigh Acres. A physician referral is not required. To schedule a screening, call 343-6838.\*

From page 1

## Tribute Band

Ford parking lot.

Tickets may be purchased online for \$25 or \$20 for Edison Ford members. Tickets at the door will be \$30.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information or to purchase tickets online, visit [www.edisonford.org](http://www.edisonford.org) or call 334-7419.\*

# PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

## Charlotte And Brutus



Charlotte ID# A793280

Hello, my name is Charlotte. I am a 1-year-old female pot belly pig who is some terrific, radiant, humble pig. I will let you play dress up with me, and my absolute favorite thing is belly rubs. I am a very sociable gal that really misses being in a home of my own.

My adoption fee is \$10.

Hi, I'm Brutus. I am a 5-year-old male mastiff mix who is quite the handsome fellow and, of course, quite photogenic. I will pose for a photo at the drop of a hat. The volunteers think I was a model in my former life. I know how to strike a pose like there's nothing to it. Don't let my size fool you, I am quite laid back and am more of a Netflix and chill-on-a-Saturday-night kind of guy.

My adoption fee is \$40.



Brutus ID# A791257

October is 'Adopt a Shelter Dog Month' which makes it the perfect opportunity to celebrate and adopt a shelter dog. LCDAS along with the American Society for the Prevention of Cruelty to Animals (ASPCA) will celebrate along with adopters using the hashtag #Dogtober on social media. This is another great way to show the adoptable pets available at area shelters.

Adoption fees will be reduced on all dogs 6 months of age and older to just \$40 for the entire month of October.

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



AbbyCaDabby

Haven on Earth Animal League

## AbbyCaDabby And Winter

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



Winter

give me a chance. My adoption fee is \$100.

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

*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).\**



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

### ARTS

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

### CLUBS & ORGANIZATIONS

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

### AREA ATTRACTIONS

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

To be listed in calling card email your information to: [press@riverweekly.com](mailto:press@riverweekly.com)

PUZZLES

Answers on page 28

Super Crossword

FINAL PERIODS

- ACROSS**
- 1 Very affectionate couple  
10 Bee juice  
16 Birthplace of Galileo  
20 Poet Pope  
21 One-celled organism  
22 Singer/actor Ed  
23 What a hot spot provides  
25 Good buds  
26 Entangle  
27 Saving sites  
28 Bird on bills  
29 Hurricane's weaker relative  
36 Booster for a band  
39 Pioneer Boone, to friends  
40 Destines to oblivion  
41 Pecan, e.g.  
42 Big name in audio compression  
48 Actor Hulce  
49 Tabby-treating docs  
50 Having no peepers  
51 Like stock without face value  
53 Do data entry, e.g.
- 55 Group with a secy.-gen.  
56 Female sibs, informally  
58 "Thus ..."  
62 Abet, e.g.  
63 Leader of the mutiny on the Bounty  
68 Kitchen VIP  
70 See 30-Down  
71 Years and years on end  
72 Has no entity  
73 Langston Hughes' movement  
81 Off-road ride, briefly  
82 Occur as a result  
83 Set of documents about a case  
84 Reid of "Sharknado"  
86 — May (Jed Clampett's daughter)  
89 Country estate  
90 "Taxi" co-star Andy  
93 "Mama" of pop  
96 "Days of — Lives"  
98 Gotten totally quiet  
100 Cockpit abbr.  
101 Herb bit
- 103 Truckloads  
104 "Zip-a-Dee-Doo- —"  
105 Across-the-board ban  
112 One over par  
113 Cowboy flick  
114 Sensed feelings, informally  
118 Thrifty rival  
119 Cry apropos to seven long answers in this puzzle?  
125 Guy  
126 Fixed a bow on, e.g.  
127 With great enthusiasm  
128 Units of work  
129 Eyeliner mishaps  
130 Sees firsthand
- DOWN**
- 1 Criminals break them  
2 Ken of "EZ Streets"  
3 Singer Lynn  
4 Put forth, as strength  
5 Hay-bundling device  
6 Ending for hero  
7 They might cross aves.
- 8 — Plaines, Illinois  
9 — Lanka  
10 Pertaining to birth  
11 Revise, as a manuscript  
12 Sealed, as a wine bottle  
13 Bill equal to two fins  
14 Mr. Lincoln, familiarly  
15 Squeal (on)  
16 Daddies  
17 Visualize  
18 Smash hit  
19 "Yes" votes  
24 Celtics' org.  
28 Ending for lion  
30 With 70-Across, "It's more than likely ..."  
31 El — (Spanish newspaper)  
32 Gerund  
33 Place with outpatients  
34 Plant anchor  
35 TV prize  
36 Suffix with lemon  
37 Longtime New York senator Daniel Patrick —
- 38 People who say "Not guilty," say  
43 Three-filling deli classic  
44 "Oh — little faith!"  
45 Stand-up comic Daniel  
46 Church nook  
47 Forest den  
49 20-ouncer at Starbucks  
52 Fun, for short  
54 Faux —  
56 Riding horse  
57 Clip wool from  
59 Divested of weapons  
60 Seat of Orange County  
61 Where many ads are seen  
62 Aspirin target  
64 Fast getaway  
65 Muff it up  
66 Harry's chum at Hogwarts  
67 Abbr. ending a co. name  
69 Sooty vents  
74 Fish that can be a shocker  
75 Autumn mo.  
76 "Likely story!"  
77 Land in el agua  
78 Window part
- 79 Aquanaut's habitat  
80 Decorative needle case  
85 — -CIO  
87 Easy run  
88 Nomad's tent  
90 Shoelace snarl  
91 — Spumante  
92 The — degree  
93 Coleslaw, essentially  
94 Totally done  
95 Putting on, as a show  
97 Sharp retort  
99 Tony winner Wallach  
101 Pilot's setting  
102 "Ars — artis"  
106 Birds' pads  
107 None-of-the-above option  
108 Minds  
109 Angry feeling  
110 Not quite round  
111 Low cards in pinochle  
115 Dozing spots  
116 — Stanley Gardner  
117 Expresses  
119 Auditing org.  
120 Pro —  
121 Unopened  
122 Ovid's 511  
123 Mo. no. 10  
124 Five-spot

1	2	3	4	5	6	7	8	9		10	11	12	13	14	15		16	17	18	19	
20										21							22				
23									24								25				
26									27							28					
			29		30	31	32	33						34	35						
36	37	38			39							40						41			
42			43	44					45	46	47		48				49				
50								51				52		53		54					
	55						56						57			58		59	60	61	
62				63	64	65								66	67						
68			69		70								71				72				
73				74					75	76	77	78	79				80		81		
82								83								84	85				
			86		87	88		89							90	91				92	
93	94	95			96		97		98					99							
100					101				102				103					104			
105				106						107	108	109					110	111			
112								113									114		115	116	117
118					119	120							121	122	123	124					
125													127								
128													130								

King Crossword

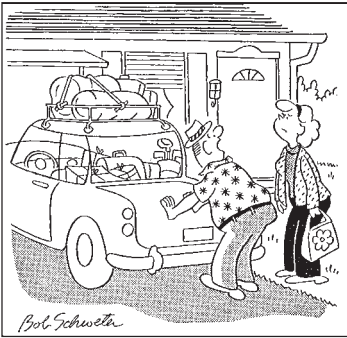
- ACROSS**
- 1 Donkey  
4 Portion of an act  
9 Mischievous tyke  
12 Hawaiian garland  
13 Overuse the mirror  
14 Ultra-modern prefix  
15 Clarified  
17 Auto fuel  
18 Upper limb  
19 Lack  
21 Uses tweezers  
24 Long story  
25 A billion years  
26 Male offspring  
28 Jockey's handful
- perhaps  
54 Rd.  
55 Shunned one  
56 Wall climber  
57 Central  
58 Obliterate  
59 Grant opponent
- 8 Ingratiate  
9 Deep-seated  
10 Vegan's no-no  
11 Luxurious  
16 Fond du —, Wis.  
20 A long time  
21 Mexican money
- 32 Towel embroidery word  
34 Tranquilizes  
37 Auction, so to speak  
39 Caveat word  
42 Cavalry sword  
44 Blackbird  
45 Cheese choice  
46 Jeans-maker Strauss
- DOWN**
- 1 Heady brew  
2 Gender  
3 Taste a drink  
4 Activates  
5 Shade of red  
6 Still, in verse  
7 Requirements
- 22 LummoX  
23 "Django —" (film title)  
27 Promptly  
29 Brief letter  
30 Pavlova portrayal
- 50 Hot tub  
51 Zero  
52 First lady  
53 Coloring agent

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

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

- |          |            |          |           |
|----------|------------|----------|-----------|
| Ashcake  | Fried cake | Millcake | Seed cake |
| Beefcake | Fruitcake  | Nutcake  | Shortcake |
| Fishcake | Hoecake    | Oatcake  | Teacake   |
| Flapcake | Hotcake    | Pancake  |           |



"\_\_\_\_\_ something?  
The trunk closed on the first try."

answer on page 30

## SCRAMBLERS

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

Dirge  
LEGEY

Small  
FRAWD

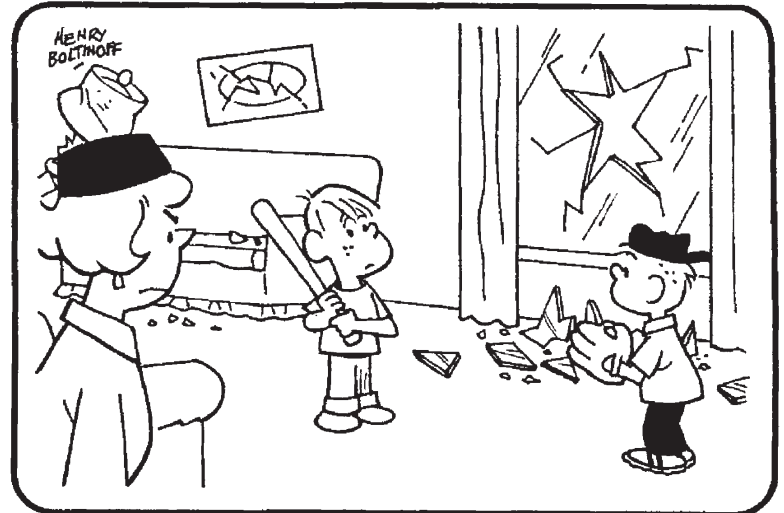
Opposed  
TAASING

Unique  
LEVON

TODAY'S WORD

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Catcher's shirt has a stripe. 2. Batter has a hat. 3. Mom's collar is different. 4. Sofa has no ruffle. 5. Picture is tilted differently. 6. There's more glass on floor.

## 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 28

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



### Peanut and Chocolate Cupcakes

1½ cups peanuts, toasted, salted & coarsely chopped  
6 ounces dark chocolate, broken into pieces  
1 chocolate cake mix, store bought or homemade  
Chocolate frosting, store bought or homemade  
Coarsely chop the peanuts and set aside. Prepare cupcake batter using box mix instructions, and fold in half of the chopped peanuts. Once the batter is prepared, place cupcake liners in the cupcake pan and fill ¾ full. Bake according to cupcake batter instructions and set aside to cool completely. Place chocolate pieces in an oven-safe glass bowl. Set the bowl atop a small sauce pot with a ½ cup of simmering water, to create a double boiler. Stir continuously until the chocolate is melted and smooth. Carefully remove the bowl from the heat, (caution: it will be hot). Frost the cooled cupcakes and sprinkle the remaining chopped peanuts on top. Drizzle with the melted chocolate and serve.✱



Peanut and Chocolate Cupcakes

photo courtesy Fresh From Florida



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## STRANGE BUT TRUE

- It was 19th-century American social reformer and statesman Frederick Douglass who made the following sage observation: "Those who profess to favor freedom and yet deprecate agitation, are men who want crops without plowing the ground."

- If you use Listerine to freshen your breath, you might be interested to know that its original formula is 26.9% alcohol by volume – that comes out to 54-proof gargle.

- The blue whale is the largest animal known to have ever existed. The marine mammal is so large, in fact, that a grown man could swim through its largest blood vessels.

- Next time you're in Tinseltown, remember that it is unlawful to herd more than 3,000 sheep at a time down Hollywood Boulevard.

- In the naming of American states, there some that never quite made it. It's interesting to speculate about the possibilities, though. For instance, if you currently reside in the state of Kentucky or parts of Tennessee, but for the whimsy of fate, you could be a Transylvanian. Some people once wanted to take parts of Texas and Oklahoma to create the great state of Texlahoma (perhaps displaying a slight lack of imagination). When the Mormon church settled out west, Brigham Young petitioned to have the state of Deseret created, and the land he suggested make up the state included present-day Utah, almost all of Nevada and Arizona, a sizable chunk of California and bits of five other states. Long Island, in New York, even had designs on statehood at one time.

- You might be surprised to learn that in the 19th century, ice accounted for more shipping than any other commodity except cotton.

## THOUGHT FOR THE DAY

"The telling of jokes is an art of its own, and it always rises from some emotional threat. The best jokes are dangerous, and dangerous because they are in some way truthful." – Kurt Vonnegut

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## SCRAMBLERS

1. Elegy; 2. Dwarf;  
3. Against; 4. Novel

*Today's Word*  
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10/11 ★ 10/18

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inspections of guests and owners' units,  
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Salary:  
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Experience:  
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## LEGAL NOTICES

### FICTITIOUS NAME

NOTICE IS HEREBY GIVEN  
that the undersigned, desiring to engage  
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Sanibel's-Best Homemade Ice Cream,  
located in Lee County, Florida,  
with an address of  
362 Periwinkle Way, Suite 4, Sanibel,  
Florida, 33957 has registered said name  
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of the Department of State,  
Tallahassee, Florida.  
Dated the 11th Day of October 2019.  
Laurie Verme  
10/11 ★ 10/11

### FICTITIOUS NAME

NOTICE IS HEREBY GIVEN  
that the undersigned, desiring to engage  
in business under The fictitious name of  
Sanibel Chocolate Shop & Patisserie,  
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with an address of  
362 Periwinkle Way, Suite 4, Sanibel,  
Florida, 33957 has registered said name  
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# Energy Vampires Drain Electricity

As you prep your home for all the spooky fun that Halloween brings, be on the lookout for energy vampires or phantom oalds lurking in your home. These terms describe appliances and electronics that are left plugged-in when they are not in use. These items drain electricity all-day, every-day. More frightening is the fact that the majority of homes in America have at least 20 energy vampires sucking up electricity 24/7/365.

On average, energy vampires cost U.S. households upwards of \$100 extra on their electric bills in a year. Tackling these little monsters is super easy and does not require any help from the Ghost Busters or wooden stakes. Rid your home of energy vampires by simply unplugging things such as phone chargers, coffeemakers, gaming systems and toasters when they are not being used.

While it is important to unplug unused appliances and electronics while you are away for extended periods of time like vacation, it is equally important to do it on a daily basis before you leave for work or school.

Happy vampire and phantom slaying, and happy spooktacular October. For more tips on conserving electricity, visit [www.lcec.net](http://www.lcec.net). ✨

# Financial Aid Tip Of The Month

You should know these financial aid terms. As high school seniors and their parents begin the college financial aid process, they may find themselves faced with unfamiliar terms. This short glossary from Kentucky Higher Education Assistance Authority (KHEAA) may help:

Conversion scholarship/loan – This type of scholarship requires students to provide certain services. If they don't provide the service, the scholarship becomes a loan.

Cost of attendance – The total cost of one year of college: tuition, fees, room, meals, supplies, transportation and

personal items.

Expected family contribution (EFC) – This is the amount the student and family are expected to pay for the student's education. It is based on a formula set by Congress.

FAFSA – The Free Application for Federal Student Aid must be submitted by students applying for federal and state aid. The best way to do so is at [www.fafsa.gov](http://www.fafsa.gov).

Financial need – The difference between the cost of attendance and the EFC.

Institutional aid – The scholarships, grants and other financial aid programs provided by the college.

Verification – The process of making sure the information submitted on the FAFSA is correct. The federal government requires colleges to have certain students' FAFSA information verified.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents.

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit [www.kheaa.com](http://www.kheaa.com). ✨

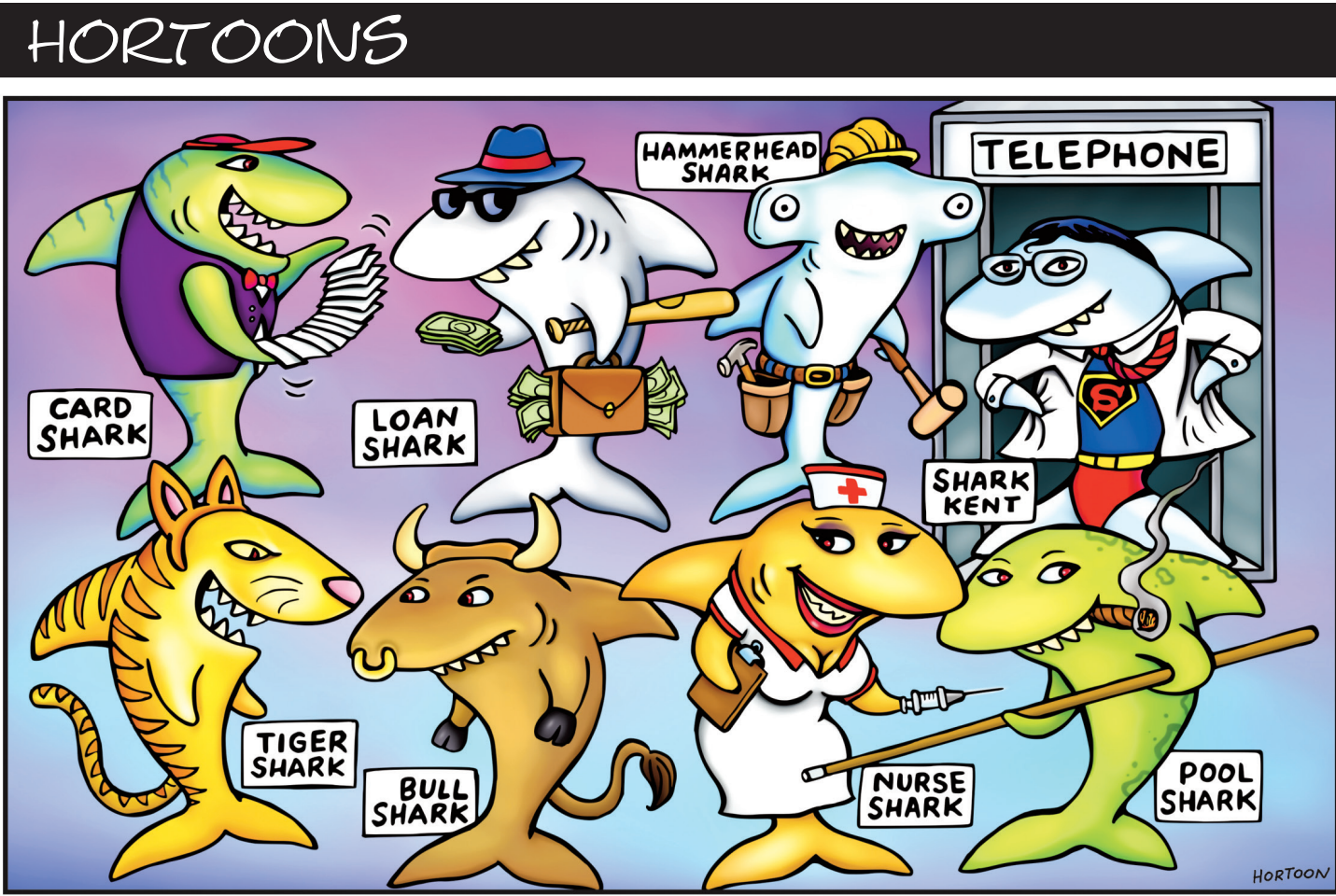
# Animal Groups To Team Up For Dogtober

October is Adopt a Shelter Dog Month. It is the perfect opportunity to celebrate and adopt a shelter dog. Lee County Domestic Animal Services (LCDAS),

along with the American Society for the Prevention of Cruelty to Animals (ASPCA), will celebrate with adopters using the hashtag #Dogtober on social media. This is another great way to show the adoptable pets available at area shelters.

Adoption fees will be reduced to just \$40 on all dogs six months of age and older for the entire month of October. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a package valued at \$500. Volunteers and staff are waiting to introduce a new family member. Just stop by 10:30 a.m. to 3:30 p.m. Monday through Saturday at the LCDAS adoption center, 5600 Banner Drive in Fort Myers.

Visit the website [www.leelostpets.com](http://www.leelostpets.com) to see pets available for adoption. ✨



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	1978	1,513	\$2,850,000	\$2,675,000	0
Cape Coral	Cape Coral	2001	4,627	\$2,500,000	\$2,000,000	221
Brynwood	Fort Myers	2013	5,739	\$1,849,000	\$1,625,000	78
Bayview Acres	St. James City	2018	2,840	\$1,500,000	\$1,350,000	30
Devonwood	Fort Myers	2016	3,704	\$1,150,000	\$1,025,000	24
Cape Coral	Cape Coral	2008	3,564	\$1,150,000	\$1,050,000	244
Sanctuary	Bonita Springs	1997	3,343	\$1,095,000	\$1,045,000	126
Palms Of McGregor	Fort Myers	2007	3,153	\$1,049,000	\$1,019,000	517
Edgewater	Fort Myers	2000	3,329	\$929,000	\$889,000	3
Monteverdi	Fort Myers	2008	3,133	\$872,900	\$850,000	168

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