



From left, Dena Galyean, Lucy Sundby, Madison Mitchell, Karen Goldberg and Anna Grilli
photo provided

A One-Act Play Of Comic Energy

by Di Saggau

One of the shortest and yet funniest plays I've seen this year is now playing at Theatre Conspiracy. *5 Lesbians Eating A Quiche* runs through Sunday, November 3, so please try to see it. It runs 65 minutes with no intermission. This little gem, written by two men, Evan Linder and Andrew Holt, is all about feminism, albeit it a bit quirky scenario.

The audience is invited to the 1956 Annual Quiche Breakfast and the cast kicks off the show by interacting with the audience. Everyone is given a name tag and that allows the members of the Susan B. Anthony Society for the Sisters of Gertrude Stein to have some very playful chit chat with audience members on a first name basis. A woman with the name tag Marjorie found herself catching the blame for about everything that went wrong during the gathering, but it was all done in jest.

The ladies are dressed in faux-'50s frocks that sure bring back memories for
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Canines Rule At Rescue Runway



Boomer photos provided

The Children's Advocacy Center (CAC) is holding its first Rescue Runway fundraiser at the center court in Bell Tower Shops on Saturday, November 9 from 11 a.m. to 2 p.m. Among the activities planned are five contests open to any dog – Best Costume, Owner Lookalike, Trick, Kisser and Ugliest. The fee is \$10 per dog, per contest. All proceeds benefit CAC.



Elvis

There will also be the Crowning of King & Queen Rescue Royalty, the culmination of three months of online voting. To see the 20 dogs in the running and to place your vote, go to www.cac-swfl.org. Votes are a \$5 (or more) online donation. All proceeds benefit CAC.

The fundraiser will feature a silent auction, face painting, photo booth, K9
continued on page 15



Angela Page

photos by Jesi Cason Photography

Rock For Equality Festival Supports Local Nonprofit

Love Your Rebellion (LYR) and Frankie Orion will present the 3rd annual Rock for Equality on Friday, November 8 from 8 p.m. to midnight.

This dueling venue microfest at Palace Pub & Wine Bar and No. 3 Craft Brews & Beer Bar invites participants to experience rock, hip hop, food and vendors.

Rock for Equality 2019 supports Love Your Rebellion's programming and Planned Parenthood. The festival began as a way for LYR founder Angela Page and Southwest Florida musician Frankie Orion to bring people together. Since



Cobress

then, it's grown into an annual microfest that supports a different organization each year, and helps LYR fund its nonprofit arts programming. The event raised money for the Southwest Florida chapter of Showing Up for Racial Justice in 2017, and for the Coalition of Immokalee Workers in 2018. This year, 50 percent of proceeds will be donated to Planned Parenthood of Southwest & Central Florida.

The show's hip hop acts include Deadlink Clique, XNVIX and Billie Rose, plus a performance of the new album *Heights*. Produced by Kevin Rios and Kristian Delay, the set features Ronin Earthclan, Lutz, Lion Muhammad, Chase Rhyme, Latnie, Coolkid Cannon and Ideal Minded. Rock acts include local favorites Cobress and Roxx Revolt and the Velvets,

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Historic Downtown Fort Myers, Then And Now:

Como Apartments



by Gerri Reaves, PhD

In June 1926, construction was progressing rapidly on the two-story, eight-unit Olive Tooke Apartments, later call Como Apartments.

It was one of many projects in a record-breaking year for building in Fort Myers. The boom brought a high demand for modern downtown apartments, and the Como was but one that resulted.

Olive Locklar (Mrs. Barney F.) Tooke built the North Florida cream-colored brick building for \$25,000. It still stands on the east side of Jackson Street and south of Second Street.

Tooke was a native of Fort Myers and descended from an old Fort Myers family. Her father Lewis H. Locklar was a pioneer cattleman, real estate dealer and citrus grower.

Tooke made her career in the real estate and insurance business, as well as apartment-building management.

The Como originally had a porch and balcony, as well as decorative medallions on the façade.

A central main hall ran the length of the building to a rear service entrance. The facilities for the delivery of ice would have been a big convenience in those days of literal “ice boxes,” not modern refrigerators.

Each fully furnished modern unit had a living room with a full Murphy bed, a dining nook, an all-steel kitchenette, a bath, dressing closet and bedroom.

The apartments also had gas-log fireplaces for those rare South Florida cold snaps. Over the years, the Como changed hands several times. In 1945, it was sold by George Kingston to someone named Webb and subsequently sometimes called Webb Apartments. However, the Como name has prevailed.

In 1953, the apartments were sold to the neighboring First Baptist Church to be used as church offices.



Today, the former apartments are church offices for CityGate Ministries, located to the building's north at Second and Jackson

It is still church offices, now for CityGate Ministries.

Take a walk on Jackson Street to see an example of a boom-time apartment complex.

Then, visit the following research centers to learn more about what defined a “modern apartment” in the 1920s.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit www.leeountyblackhistorysociety.org.

Visit the IMAG History & Science Center at 2000 Cranford Avenue or online at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society, *Fort Myers Press*, *The News-Press*, and www.leeclerk.org.✧







The Como Apartments on Jackson Street, shown here in 2009, were constructed in 1926 to 1927 photos by Gerri Reaves



The two decorative medallions on each side of this window would have originally been painted vivid colors. Now, they are painted over but nevertheless are a reminder that the building was constructed during the 1920s boom.

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Black Maria Film Festival Returns To Estates

Florida SouthWestern State College (FSW) in partnership with the Edison and Ford Winter Estates welcomes the Black Maria Film Festival for its 38th anniversary tour at the Edison and Ford Winter Estates on Friday, November 8 at 6 p.m.

Tickets are \$10 for the general public, \$5 for Edison Ford members and students with student ID, and free for FSW students with their Buc Card. Tickets can be purchased at the Edison and Ford Winter Estates ticket office on the evening of the event. Parking is free. Seating is limited; bringing a chair is recommended. No coolers are allowed.

Proceeds from ticket sales will benefit the Hurricane Dorian Relief Fund through Global Giving at www.globalgiving.org.

This year's films are:

My Gossip – Documentary; 15 minutes; by Kelly Gallagher of Chester Springs, Pennsylvania – Incorporating live-action, stop-motion and digital animation, this personal documentary colorfully explores the radical importance of women's close friendships. The filmmaker examines her relationship with her own best friend, and how women's friendships were historically weaponized against them.

Voice – Narrative; 10 minutes; by Takeshi Kushida of Tokyo, Japan – A lonely man becomes fascinated with a



Still from the film *Voice*, which is one of 10 films to be screened at the 2019 Black Maria Film Festival at the Edison and Ford Winter Estates photo courtesy Takeshi Kushida

shadow that appears on the wall of his apartment.

Black Dog – Narrative; 6 minutes; by Wooseok Shin of Seoul, South Korea – “Black dog syndrome” is the name for the phenomenon in which dark-coated dogs are overlooked in shelters in favor of lighter-colored dogs. Don't overlook that dark-coated beauty waiting in the shadows. You may be overlooking your new best friend.

Henrietta Bulkowski – Animation; 15 minutes; by Rachel Johnson of Los Angeles, California – A determined young woman, crippled with a severe hunchback, will stop at nothing to fulfill her dream of seeing the world. This is the story of how she finds happiness.

Brainworm Billy – Animation; 3

minutes; by Emily Hubley of East Orange, New Jersey – A young man is haunted by a famous comedian.

moT – Narrative; 21 minutes; by Andrew Kastenmeier of Florianópolis, Brazil – An odd homeless boy with a mysterious past invades a stranger's home, befriends him and protects a goldfish with which he has a curiously powerful bond, in this quiet tale of love and mortality.

The Velvet Underground Played at My High School – Animation; 7 minutes; by Tony Jannelli of Summit, New Jersey and Robert Pietri of Los Angeles, California – On December 11, 1965, an unknown four-piece rock 'n' roll band took to the stage for the first time at Summit (New Jersey) High School.

“Nothing could have prepared the kids and parents for what they were about to experience that night,” wrote Rob Norris, a student at Summit at the time, in *Kicks* magazine. “Our only clue was the small crowd of strange-looking people hanging around in front of the stage.”

Unsettled – Experimental; 7 minutes; by Tara Knight of Denver, Colorado – Multiple layers of archival and historically based images appear and disappear as they reveal glimpses into the ecological and economic histories of the American landscape. This journey through American history includes the early lives of Indian people morphing into white settlements, industrial development, railroads and dense landscapes.

Thanksgiving is Insane; Animation; 5 minutes; by Josh Raskin of Toronto,

Canada and Daniel Davis of Washington, DC – As generally understood, the American holiday of Thanksgiving commemorates a neighborly feast that was shared by pilgrims and Indians in 1621. However, Thanksgiving reveals the origins of a country forever fascinated, conflicted and shaped by its fraught relationship with American Indians.

What Aristotle Said – Documentary; 4 minutes by David Gross of Brooklyn, New York – A portrait of painter, art director, illustrator and teacher, Bill Curran of Hoboken, New Jersey.

For 38 years, the Black Maria Film Festival has been celebrating creativity and innovation in the moving-image arts. The festival was founded in 1981 as a tribute to Thomas Edison's development of the motion picture at his West Orange laboratory, dubbed the Black Maria film studio, the first in the world. The studio received its name from Edison's employees who thought the studio's boxy shape and black tar paper covering resembled the so-called “black maria” police paddy wagons.

An annual juried competition of short works in all genres, the Thomas Edison Black Maria Film Festival is a project of the Thomas Edison Media Arts Consortium, which also showcases the Global Insights Collection, an archive of films focusing on the environment, people with disabilities, international issues and films with themes of social justice. The festival is in partnership with the Lewis Center for the Arts at Princeton University.

Support is provided by the Lewis Center for the Arts at Princeton, the New Jersey State Council on the Arts; The Edison Innovation Foundation – Charles Edison Fund; the Hudson County Office of Cultural and Heritage Affairs and Tourism; the Hoboken Historical Museum; WithumSmith+Brown; Lowenstein Sandler, LLP; Adobe Systems, Inc.; and Microsoft through TechSoup.org.

To learn more about the Black Maria Film Festival and Thomas Edison Media Arts Consortium, visit www.blackmariafilmfestival.org.

The Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, contact Wendy Chase, humanities professor and FSW honors scholar program coordinator, at wendy.chase@fsw.edu or 489-9470.✱

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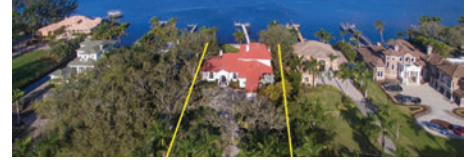
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Fort Myers Art:

Zany Farce Opens In Arcade Theatre On Friday



by Tom Hall

A Fox on the Fairway opens in Florida Rep's historic Arcade Theatre on Friday, November 1. It's a zany and hilarious farce that turns a stuffy country club on its head.

Mistaken identity, slamming doors and romantic escapades keep audiences in stitches in this madcap adventure about love, life and man's eternal love affair with golf.

A Fox in the Fairway comes from the renowned comic author of previous Florida Rep hits *Lend Me a Tenor* (2012) and *Moon Over Buffalo* (2006). This is a signature Ken Ludwig farce where Marx Brother's hilarity meets country club politics.

"A farce is the best way to kick off our season in the Historic Arcade Theatre, and this is one of the best of Ken Ludwig's farces," said Florida Rep Artistic Director Greg Longenhagen. "Our 22nd season is off to a running start with a salute to a country icon running in the ArtStage and now a

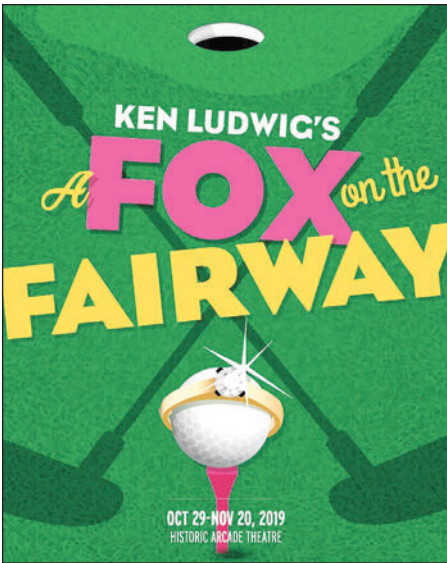


image courtesy www.artswfl.com

madcap farce about to open in the Arcade. We've assembled an all-star cast of returning ensemble members and some comic powerhouses making their Florida Rep debuts, and I promise this production will keep you in stitches."

A Fox on the Fairway cast is led by Florida Rep ensemble members David Breitbarth, Kate Hampton, Patricia Idlette and William McNulty alongside New York actors Matthew Goodrich (Florida Rep newcomer) and Betsy Helmer (who returns after appearing in last season's *Steel Magnolias*).

David Breitbarth returns to the Arcade stage after star turns in previous farces, *Rumors*, *Social Security* and

Florida Rep's last outing with Ken Ludwig, *Lend Me A Tenor*.

Kate Hampton was seen most recently in *The Miracle Worker* and *How the Other Half Loves*, and made her Florida Rep debut in Ken Ludwig's *Lend Me A Tenor*.

Patricia Idlette is a fixture at Florida Rep and stages across Southwest Florida, and appeared in last season's *Steel Magnolias*. William McNulty returns after appearances in *The Miracle Worker*, *Twelve Angry Men*, and as Mark Rothko in *Red*, among others.

Florida Rep ensemble member Chris Clavelli directs the production after recently helming Florida Rep's *Becoming Dr. Ruth*, *Outside Mullingar*, and Ken Ludwig's *Lend Me A Tenor* in 2012. Joining Clavelli are ensemble set designer Jim Hunter (*Steel Magnolias*), Costume Designer Alice Neff (*A Christmas Carol: The Tale of Ebenezer Scrooge*), ensemble lighting designer Todd O. Wren (*August Wilson's Fences*), Sound Designer Katie Lowe (*Million Dollar Quartet*) and ensemble stage manager Janine Wochna (*Hay Fever*).

A Fox on the Fairway plays through Wednesday, November 20. Tickets start at \$55/\$49 for regular performances and \$35/\$29 for previews. Tickets are available online at www.floridarep.org and through the box office at 332-4488. Performances are Tuesday through Thursday at 7 p.m., Friday and Saturday at 8 p.m. and Wednesday, Saturday and Sunday at 2 p.m.

Again this season, Florida Rep's parking lot will open two hours before each performance. Guests are also offered free parking across the street from the Arcade Theatre.

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.✴

unquenchable human desire to live an extraordinary life and suggests that the line between greatness and mediocrity is perilously thin.

Performances run November 7 through 9 and November 14 through 16 beginning at 8 p.m. with an additional matinee at 2 p.m. on Sunday, November 10. Tickets are \$10.

FSW is located at 8099 College Parkway in Fort Myers. For tickets, visit www.brownpapertickets.com/event/3796013.✴

Holiday Event At Domestic Animal Services

Lee County Domestic Animal Services will host its annual holiday event on Saturday, November 2. Have your pet's photo taken with Santa from 11 a.m. to 2 p.m. for \$5. On-site events also include a craft fair and garage sale.

Proceeds from the photos with Santa will directly benefit the Animal Care Trust Fund, which provides specialized care and services to stray domestic animals of Lee County that may be outside of usual budget constraints.

For more information, call 533-7387 (LEE-PETS) or visit www.LeeLostPets.com.✴

Fundraiser To Benefit Miles Of Smiles Foundation

Saddle Up for Soldiers will be held at the Edison Restaurant & Event Center on Saturday, November 9 from 5 to 8 p.m. All proceeds benefit the Miles of Smiles Foundation, a 501(c)3 organization, currently raising funds for veteran post-traumatic stress disorder (PTSD) treatment programs and the Builders Without Borders covered arena project at Miles Ranch.

"Events like this are so important to the foundation and help us provide resources such as suicide prevention and mental health programs to veterans that need them," said Gail Doxie, founder and mental health counselor. "Taking even the smallest step forward can have a great impact on helping to improve their overall quality of life."

The family-friendly event is \$20 per person and features entertainment by the Ben Allen Band and includes barbecue-style food and a drink. Kids younger than age 12 are free.

In conjunction with Miles Ranch, the foundation provides equine assisted psychotherapy (EAP) that, when practiced regularly, nurtures adaptability and assists with developing problem-solving skills, resulting in decreased emotional intensity.

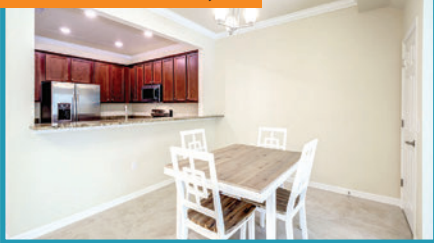
The Edison Restaurant & Event Center is located at 3583 McGregor Boulevard in Fort Myers. To purchase tickets, contact 810-0636 or visit facebook.com/milesranch.✴

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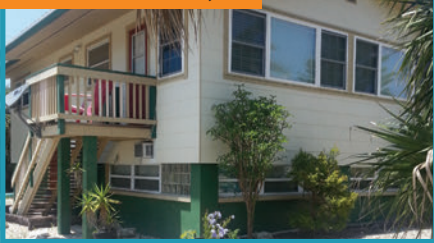
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A Cheeky Comedy At Lab Theater

by Di Saggau

Sex Tips for Straight Women From a Gay Man by Matt Murphy, is a hysterically titillating show now being performed at Laboratory Theater of Florida. It's loosely based on the book by Dan Anderson and Maggie Berman. Madelaine Weymouth plays Robyn, a straight-laced, sexually repressed university professor hosting a book forum called Rendezvous with Alternative Authors of the Modern Era. On stage are two interview chairs as Robyn tells us that the book to be discussed this evening is *Sex Tips for Straight Women From a Gay Man*. She's uncomfortable talking about the subject of the book, and then a gay coauthor Dan (Steven Michael Kennedy) comes on stage to help Robyn out. He feels enacting his sex tips onstage with the help of the audience is the best way to talk about his book. Kennedy perfectly nails his performance.

The fun begins with a series of very funny interactive demonstrations concerning sexual advice. Dan chooses audience members to join the cast onstage to help show a range of amorous situations. He even encourages every audience member to practice a technique meant to arouse a man by practicing their technique on a rolled theater program. Dan then goes up and down the aisle during this segment with his cell phone and captures video of many audience



Madelaine Weymouth and Steven Michael Kennedy photo provided

members, which we see on a screen, and it's absolutely hysterical.

There's a lot of audience participation. Three women are called on stage, blindfolded and asked to show their expertise in certain areas involving a man's "love scepter." While that proved to be a bit embarrassing, they were all good sports about it, and each received a round of applause for adding to the hilarity. Michael Andrew plays Stefan, a shy, nerdy semi-scientist who has a sexual being inside that is dying to get out, and come out he does during a stripper number that brings down the house.

The show provides tons of good-natured laughter from start to finish. All the sexy shenanigans aside, there is a

slight story line. In addition to Stefan's transformation, Dan's gay wisdom, which he playfully exhibits, ends up turning Robyn into a sexually adventurous one. Regardless of your sexual preference, gay or straight, you are bound to enjoy *Sex Tips*. The audience is enthusiastic, embracing the humor with an open mind, and the actors' amazing energy and comic timing make for a most enjoyable evening.

New Series At Lab Theater Begins Monday

The Laboratory Theater of Florida will host the Public Access Series, moderated by Randall Kenneth Jones. Chuck Sidlow will be the first guest of the new series and will appear on Monday, November 4 at 7 p.m. Doors open at 6:30 p.m.

Sidlow is a professional comic, comedian, clown, entertainer, producer, director, announcer, master of ceremonies and consultant. His media experience and savvy generate favorable publicity wherever he performs. He is recognized for his All-American style, but his fame and appeal are internationally acclaimed.

Originally from Philadelphia, Sidlow began developing his distinctive talents at Atlantic City's famous Steel Pier. He studied the physical aspects of arena entertainment under the guidance of some of the most famous professional wrestlers of the 1960s and 1970s. Sidlow further honed his skills as a student at Clown College, where he was among the select few to receive a performance contract

Sex Tips for Straight Women From a Gay Man is directed by Randall Kenneth Jones. It plays through Saturday, November 16 at Laboratory Theater of Florida, 1634 Woodford Avenue, in downtown Fort Myers. The show runs 75 minutes with no intermission. Tickets are available online at www.brownpapertickets.com or by calling the box office at 218-0481.✱



Chuck Sidlow as a clown photo provided

with Ringling Brothers, and Barnum & Bailey Circus. He ultimately earned the responsibility for supervising the entire roster of clowns when he was appointed the title of "The Youngest Boss Clown" in the history of The Greatest Show on

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Along The River

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, November 1 from 6 to 10 p.m. and Saturday, November 2 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

For more information, visit www.fortmyersriverdistrictalliance.com.

During Art Walk, the **Sidney and Berne Davis Art Center (SBDAC)** will host **two exhibits** this Friday, November 1 from 6 to 10 p.m. **Turf Wars: Art Speaks For The Earth** will feature a juried group exhibition and a collection of Clyde Butcher's work in the Grand Atrium. The Capital Gallery will showcase a photojournalist exhibition **A Moment In Time** featuring, Jamie Kuser, Amanda Inscore Whittamore, Andrew West and Kirk Erwin.

The exhibition runs through November 25. General admission is a \$1 entry donation.

SBDAC is located at 2301 First Street in Fort Myers. For more information, visit www.sbdac.com or call 333-1933.

Arts for ACT Gallery will also host an **opening reception** and meet the artists session during Art Walk this Friday, November 1 from 6 to 10 p.m.

The exhibit will highlight semi-abstract resin pours with MiMi Stirn in the main gallery. New works by naïve



The Marty Stokes Band performs at last year's Sanibel Blues & Jazz Fest in the backyard of Bailey's Center

photo by Jeff Lysiak

artist Kim Kraft Beckler will be in the white gallery. New works from co-op artists will also be on display. This exhibit continues through Monday, December 2.

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

Florida SouthWestern State College (FSW) Bucs basketball fans can celebrate opening day during **FSW's fall tip off celebration** at the **Suncoast Credit Union Arena** this Saturday, November 2 from 1 to 3 p.m.

Family-friendly activities will include pumpkin and face painting, a pumpkin patch, photo booth and music. Food trucks will also be onsite for purchase. The first 150 people in attendance will receive free admission to both basketball games.

The FSW Bucs basketball doubleheader begins at 3 p.m. with women's basketball followed by the men's team game beginning at 5 p.m.

The Suncoast Credit Union Arena is located at 13351 FSW Parkway in Fort Myers. Visit www.fswbucs.com to see full basketball schedules, purchase tickets or learn more about FSW athletics.

GiGi's Playhouse Down Syndrome Achievement Center in Fort Myers is hosting a **Brew HaHa fundraising event** at **Millennial Brewing**

Company this Saturday, November 2 from 2 to 8 p.m.

The community is invited to join in the fun to include a variety of craft beers, food trucks, live music, games, silent auction items and a raffle. Admission to the family friendly event is free.

The funds raised at the Brew HaHa will help GiGi's Playhouse Fort Myers offer educational, therapeutic and social programs for individuals with Down syndrome from birth to adulthood along with support for their families.

Millennial Brewing Company is located at 1811 Royal Palm Avenue in Fort Myers. For more information, visit www.gigisplayhouse.org/fortmyers.

The **Sanibel Blues & Jazz Fest** will be held in **Bailey's Backyard at Bailey's Center** this Sunday, November 3 from noon to 7 p.m.

The festival features award-winning musicians with proceeds going to the Sanibel-Captiva Optimist Club's many charitable endeavors.

The musical line-up includes Johnny Jensen, The Marty Stokes Band, Sean Chambers and Matt Schofield. Closing out the show will be a band jam, featuring musicians from each act.

Ticket donations are reduced this year to \$20 for general admission and \$100 for VIP admission. Advance ticket donations are limited. Purchase online at www.eventbrite.com/d/fl-sanibel/music-events, at Bailey's General Store, Sanibel Captiva Community Bank, George and Wendy's Seafood Grille or at the festival entrance on performance day.

Bailey's Center is located at 2477 Periwinkle Way on Sanibel. For more information, visit www.facebook.com/SanibelBluesandJazzFestival and online at www.sancapoptimist.org.✱

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Taste Of Freedom Fundraising Gala

The 4th annual Taste of Freedom: Through the Looking Glass fundraising gala to help end human trafficking will be held at the Fort Myers Event Center on Saturday, November 2 from 6 to 10 p.m.

Hosted by the Florida Coalition Against Human Trafficking, the Taste of Freedom is designed to raise awareness about human trafficking in Southwest Florida, as well as empower and support victims.

Tickets for the event are \$125 each. Eight top tables can also be purchased for \$900. Funds raised at the event will aid in servicing victims of human trafficking in Southwest Florida and help partners provide housing for minor victims. WINK-TV's Amanda Hall and Corey Lazar will serve as the gala's emcees. Now in its fourth year, the charity gala hopes to raise funds to create a long-term residential program, solving part of the trafficking problem – how to best help victims after they've been rescued.

The gala is open to the public and will include chef stations, wine, silent and live auctions, and a raffle.

Participating restaurants include Bahama Breeze, Bonefish Grill, Cantina Laredo, DaRuMa, Divieto Ristorante, The French Brasserie Rustique, Trattoria Mia and 3 Pepper Burrito Company. Sponsors for the event include Cape Coral Police Department, Carter-Pritchett Advertising, Cloud9 Float Spa, Davidson Irrigation, Lee County Sheriff's Office, Platinum PEO Resources, Inc., Scanlon Lexus of Fort Myers, The Eventful Company, and Pushing the Envelope, Inc.

"Many people are likely aware that human trafficking happens globally, but not many realize that it's happening right here in Southwest Florida," said Lynn Brewer, executive director of the Florida Coalition Against Human Trafficking. "Taste of Freedom enables us to raise awareness for the cause, as well as funds to help victims. We're looking forward to our fourth gala and appreciate the community's ongoing support of our mission."

The Fort Myers Event Center is located at 1900 Park Meadows Drive in Fort Myers. For more information, tickets, or to download a sponsorship packet, visit www.slavefreeflorida.org/taste-of-freedom-gala. Inquiries about the event and sponsorship opportunities can also be directed to Lynn Brewer at 691-1128 or Lori Cook-North at lori@eventfulinc.com.✱

Life Enrichment Series

New Opportunities at Shell Point

The public is invited and many of these events are **FREE**!

Shell Point's Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events and more!

explore play imagine laugh learn inspire

**November
2019**

Learn More About Shell Point

FREE



Nov. 5, 12, 19 & 26 at 9:30 a.m.

Learn About Shell Point's Signature Lifestyle

with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. **Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.**

Nov. 4 through April 2020
Mon., Wed. & Fri.

FREE

Full Speed Ahead! Model Train Display Open

Shell Point's Gulf Coast Model Railroad is back on track and open for the season beginning Nov. 4. Join resident volunteers for a free tour of the 43' x 41' model train display that features several running trains and hundreds of recognizable geographic landmarks in Florida. **To arrange a special tour for more than 10 people, please call (239) 454-2290.**



Nov. 12 at 7 p.m.

Concerts & Conversations: Chamber Music with a Twist!

Shell Point kicks off the its 2019-2020 Fine and Performing Arts Series with a premier chamber group comprised of world-famous musicians Francisca Mendoza on the violin, Elaine Rinaldi on the piano and Anne Tormela, an international opera and Broadway singer. The trio performs classical chamber pieces, artistically woven in with beloved popular tunes and Broadway gems. **Tickets cost \$30 and can be purchased online at www.shellpoint.org/concerts or by phone at (239) 454-2067.**

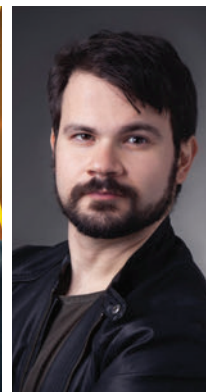
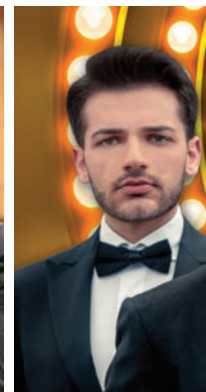
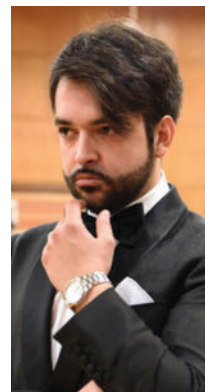
Nov. 1 through Nov. 2
at 9 a.m. to 2 p.m.

FREE

2019 Artists and Artisans Holiday Bazaar Prepare to be "wowed!" Talented Shell Point residents spend the year handcrafting or enhancing unique items for sale during the Shell Point Holiday Bazaar. This free event, at The Village Church, features a large assortment of gift items for sale, along with a Love Boat Ice Cream. **Cash or check only please. Visit www.shellpoint.org for more information.**

Nov. 6 at 9 a.m. to 3 p.m.

Shell Point Library Book and Media Sale You're invited to shop the Shell Point Library's Annual Book and Media Sale on The Island! Choose from hundreds of books, music CDs, DVDs and audiobooks. **Check out the special sale section of classic books. Cash or checks only.**



Nov. 25 at 7 p.m.

Performing Arts Series: The Four Italian Tenors!

Featuring Alessandro D'Acrissa, Federico Serra, Federico Parisi and Giovanni Palma, The Four Italian Tenors will perform at Shell Point during its inaugural tour of the United States. This young Italian ensemble will present an extraordinary program comprised of opera arias and songs that fuse Italian charm with romanticism, lyricism, dramatic flair and operatic style. **Tickets cost \$40 and can be purchased online at www.shellpoint.org/concerts or by phone at (239) 454-2067.**

SHELL POINT
RETIREMENT COMMUNITY

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc

**Visit www.shellpoint.org/events
for full listings of this month's events!**

Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

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Estates To Launch New App



Visitors have several tour options available at the estates photo provided

On Monday, November 4, Edison and Ford Winter Estates is launching a new app for use on the Audio Tour. The app contains commentary for both adults and children, and also includes historic photos. With the app, staff will be able to update content as needed and add information about new exhibits and events to give visitors a better experience. Content is available in English, French, German and Spanish.

The app is available for both Android and Apple devices and can be downloaded

via the free Wi-Fi service available in select areas of the site at Edison Ford. It will replace the handheld audio wands previously used with the tours. There is also a call-in option for any visitors without an Internet-capable device, and a printed script is available upon request. The app is fully accessible and has special features for visitors with hearing aids or those seeking visual assistance. Phone charging stations will be available throughout the site.

In addition to the Audio Tour, the site historian-led guided tour is available every hour, on the hour from 10 a.m. to 4 p.m. Several specialty tours, including the Automotive Tour, Inside-the-Lab Tour, Inside-the-Homes Tour, Garden Tour (reservation only) and tours in German are also available. The site is open daily from 9 a.m. to 5:30 p.m. and until 9 p.m. during Holiday Nights.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information on tours times, ticket prices and events, visit www.edisonfordwinterestates.org.

New Exhibit Opens At Estates

On Friday, November 1 at 6 p.m., the public is invited to an exhibit opening in the inventions museum at Edison and Ford Winter Estates. Family, Friends & Fun: Edison & Ford in the Florida Sun depicts some of the experiences the Edison and Ford families shared while in Fort Myers. The new exhibit also showcases some of the

interesting people that visited them and several artifacts are included that have never been shown to the public before.

Exhibit opening attendees will receive a complimentary beverage (beer, wine, or soda), light hors d'oeuvres will be provided and a cash bar will be available. Admission is free for Edison Ford members; \$10 for non-members, which does not include admission to the remainder of the site

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonfordwinterestates.org.

Donations Sought For Thanksgiving Full Plates Project

Community Cooperative is calling upon Southwest Florida individuals, businesses and community groups to participate in this year's Full Plates Project. With a goal of collecting 2,500 turkeys, the annual Full Plates Project provides prepared Thanksgiving meals for those who cannot cook and Thanksgiving Dinner Kits for those who have the ability to cook but are unable to afford the additional cost of a holiday meal. Community Cooperative relies on monetary donations and in-kind turkey and non-perishable food donations to ensure that no plate is empty this Thanksgiving.

"We started this initiative a couple of years ago to ensure that everyone has the opportunity to have a homemade Thanksgiving meal and a reason to

give thanks in knowing that there are people who care about them", said Tracey Galloway, CEO of Community Cooperative. "It is a big undertaking to secure over 2,500 turkeys. We are relying on our most generous community to come together through donations and volunteerism to make this year's Full Plates Project a success."

Community Cooperative's Full Plate Project was created in knowing there are more than 120,000 people at risk of being hungry every day in Lee County, and it's especially important to make sure that no one is alone and hungry during the holidays. Businesses and individuals interested in being a part of the Full Plates Project can participate in a few ways. They can donate their own Family Thanksgiving Basket to include all the basics to feed a family of four with a festive Thanksgiving meal, with a turkey and family sized, traditional Thanksgiving sides. Instead of a basket, any of these items can also be purchased in bulk and donated so that more dinner kits can be assembled. Or, a donation of \$50 will sponsor a Family Thanksgiving Basket for a family in need.

Food donations can be dropped off to the main office located at 3429 Dr. Martin Luther King Jr. Boulevard in Fort Myers no later than Friday, November 22. Online donations can be made to www.communitycooperative.com and checks can be made out to Community Cooperative and mailed to P.O. Box 2143, Fort Myers, FL 33902. Email thanksgiving@communitycooperative.com for more information on hosting your own Full Plates Project food drive.

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, 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, 8210 Cypress Lake Drive, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. 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, 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, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE
Sunday 10 a.m., 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, 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, 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, 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, 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, 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</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, 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, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., 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, 10811 Sunset Plaza Circle #401, 481-5535.

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

UNITY OF FORT MYERS
Sunday 10 a.m., 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, 7401 Winkler Road, 481-4040.✱

CROW Case Of The Week:

Osprey



by Bob Petcher

The osprey (*Pandion haliaetus*) is a large hawk that sometimes is confused for an eagle. Even though ospreys are sometimes called sea-eagles, eagles are mostly larger than ospreys and ospreys only dine on fish while eagles prey on fish, mammals and reptiles as well as other animals.

In flight, ospreys show off their strongly banded flight feathers that form an M-shape due to a marked kink in their wings. These raptors are often found near bodies of water and scan beneath surfaces before diving, feet first, to catch their next meal before soaring back to their nest with fish visibly seen in talons. According to studies taken, an osprey's success rates in catching fish can be as high as 70 percent due to their ability to utilize four toes (two in front and two in back) on each talon.

At CROW, an adult osprey was admitted from Labelle and was unable to fly. Upon examination, it was found that the bird had a right wing fracture with noticeable swelling and scabbing that caused a wing droop. The bird was immediately placed on a series of pain medications, anti-arthritis and anti-biotics.

"The unknown blunt force trauma that caused the fracture also caused the soft tissue swelling and the scabbing at the fracture site," said Dr. Megan Cabot, CROW veterinary intern. "The anti-arthritis drug is an anti-inflammatory often used for arthritis, because arthritis causes inflammation. The anti-inflammatory drug was used to reduce painful

swelling and inflammation at the fracture site."

A body wrap was placed on the right wing to encourage proper healing of the bone and reduce swelling. Within a week of its stay, the osprey was relieved of the wrap's restriction.

"The body wrap has been removed to reduce rubbing and because the pain control is working well," said Dr. Cabot. "The osprey is getting PT (physical therapy) every 48 to 72 hours to keep the elbow from losing range of motion."

A tail guard was placed on the bird's tail feathers to reduce possible damage while the bird is on cage rest.

"Tail guards are placed to protect the feathers while the bird is in an enclosed space on cage rest," said Dr. Cabot. "This is no longer necessary once the bird can be moved to an outdoor enclosure. Feather damage can increase time to release if it affects their flight ability, so it is important to prevent it with a tail guard while they are inside."

If the osprey continues to heal and gain strength, the tail guard may be removed and the patient moved outdoors for flight training.

"The swelling is improving slowly and for now the osprey has good range of motion but the bone takes a few weeks to heal," Dr. Cabot added.

"Decreased range of motion and arthritis can develop over that time so we will continue physical therapy, but the prognosis at this time is unknown. If the osprey does well with two weeks of cage rest we will consider moving it outside for continued physical therapy."

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.



Patient #19-4455 is still dealing with a sizable right wing fracture, one that may sideline him for a few more weeks

photo by Becca Wehmeier

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Mother Nature Will Keep You On Your Toes



by Capt.
Matt Mitchell

There are some days when guiding clients that it just feels like mother nature is fighting everything you do. This is the only way I can describe how most of this week played

out. Wind, rain and even patchy red tide made at least a small part of each day a struggle.

Any knowledge from the previous day's trip just would not roll over and help me out. Just when you thought you had a gimme in your back pocket from the day before, something would change and it would not pan out and the fish were gone.

These days are all about moving and finding something new to put your clients on the action. For several days in a row, we caught quality redfish on one mangrove island during the last few hours of the incoming tide. Then, for no reason, these fish just vanished. Even little mangrove creeks that held snook one day would not pan out the next day. I have plenty of confidence spots that always seem to hold fish during curtain tide and wind directions. This week, it took running and gunning between a lot of

these places to get it done.

Catching bait continued to be the easy part of the day's fishing. Keeping an eye on the condition of this bait was a big deal this week. A few times that we were in bad water, baits started to go belly up in the livewell, and it was time to leave. Unfortunately there is no visual indicator that you are in or approaching an area of red tide until your bait starts to die. Though most of our waters are free of red tide, all it takes is one bad area and all your bait is dead.

Fishing in areas that had bait and jumping mullet is one of the few ways to know you are safe. This patchy red tide has been changing from one day to the next. After being on a great bite for a few days in and around Blind Pass, a small area of red tide pushed in and, although we did not see any dead fish, the fish moved and the bite was over. The mouth of the river has been an area that has not seen any effects of the red tide and has remained some of the better action around. The same is true for the south end of Matlacha Pass and Pine Island Sound.

One thing that rings true is that it only takes one hot spot to make a trip. Some days that hot spot can be your very first stop, and other days it takes many stops to find that special place. As long as it happens at some point during the day, it's still a good 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.**



Terry Rogers from St. Louis braved the wind and even some rain to catch some quality redfish with Capt. Matt Mitchell this week

photo provided

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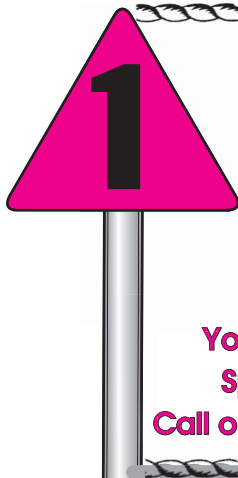
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Dave Doane



Areas like this on the edge of a busy parking lot are left to go semi-wild, so they are populated with numerous native plants and insects

photos by Gerri Reaves

Plant Smart

Parking And Plant Watching

by Gerri Reaves

The next time you park your car in a vast parking lot, take a minute to observe whatever green space might be near. Semi-wild areas on the outer edges of parking lots are sometimes a good place to plant watch, and they might be more interesting than what's in the stores.

Such areas are usually under-maintained compared to a shopping center's medians, walkways and borders. They function as a giant swale, so in the rainy season, they can't be properly mowed and develop into wetlands.

In dryer months, they might be mowed occasionally but are left to go



Leather fern can grow to more than 10 feet tall

to seed, which is a boon for pollinators, birds and small mammals.

The spot pictured here is an example. Cars line it on one side and busy roads on the others. Nevertheless, you'll find an astonishing number of plant species in that little ecosystem, including the three common native ones shown here.

These three thrive in freshwater habitats like swales, ditches, canals, swamps, marshes and even along roadsides.

String-lily's (*Crinum americanum*) large white flowers abound in this suburban field. The common name is a misnomer, for it is a member of the amaryllis family.

Two to six flowers appear in clusters on tall stalks that arise from a whorl of strap-like leaves. The fragrant flowers have three arching narrow white petals and three white sepals and purple anthers. They bloom all year long in South Florida.



String-lily blooms throughout the year

String-lily is pollinated by the sphinx moth.

Leather fern (*Acrostichum danaeifolium*) is Florida's largest fern. It is highly salt tolerant, so it also grows in brackish water.

This member of the maidenhair fern family can reach more than 10 feet tall and reach a significant breath. Thick fleshy roots make it useful in erosion control.

The pinnate fronds are stiff and have 20 to 60 pairs of coarse leaflets. Leaflets are dark green and wavy with prominent midribs and under-curling edges.

The undersides of fertile fronds are coated with reddish brown spore cases.

Clump-forming bushy broom grass (*Andropogon glomeratus* var. *pumilus*) is also useful in preventing soil erosion.

This member of the grass family grows two to five feet tall and is also called bushy beardgrass. When in bloom, the plumes, or inflorescences, create a silver shimmer in the sun.

Each of the plume's several branches



Bushy broom grass's plumes change from silvery to coppery

have spikelets with fluffy bristles. As the plant ages, the silvery shimmers transition to copper.

Birds use the fluff for nesting material, and the plant is thought to be a possible host plant for several butterflies.

The next time you park at a big box store or a large shopping area, seek out the perimeter, where a little bit of wildness carries on nature's work.

Sources: *Common Grasses of Florida and the Southeast* by Lewis L. Yarlett, *The Ferns of Florida* by Gil Nelson, *500 Plants of South Florida* by Julia F. Morton, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.floridata.com, www.fnps.org, <https://plants.ifas.ufl.edu>, <http://www.plantbook.org>, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

Celebrate Cayo Costa

Celebrate Cayo Costa will be held at the island state park on Saturday, November 2 from 9:30 a.m. to 2:30 p.m. Tickets include round trip boat transportation from four departure points, activities and lunch provided by Little Lilly's Deli of Pine Island.

"This is a perfect family, couples or friends event. Come and learn about the pioneer families who settled here. Take a guided beach walk and make some shell crafts. This is a great opportunity to visit the park by boat and enjoy the out-island scenery before you arrive," said Elaine McLaughlin, Friends of Cayo Costa State Park chairperson.

The day will feature tours of the island, including a walk to the pioneer family cemetery, and nature and shelling beach walks. Use your free shelling bag to take home your new treasures.

The Randell Research Center will have Calusa artifacts on display and live animal demonstrations be will provided by Clinic for the Rehabilitation of Wildlife (CROW).

Staff will be presenting information about the park. Families can try their hand at palm weaving and a variety of shell crafts. Lee County Parks and Conservation 20/20 will talk about how you can help protect the coastal land and waterways. Fort Myers Beach songwriter Sheena Brook will be performing during lunch. Activities will be held at the state park landing area off Pelican Bay, and beachside near the pavilions and beachside campground area.

Charter boat sponsors include Captiva Cruises, Tropic Star Cruises and King Fisher Fleet. They will be providing transportation from Captiva, Boca Grande, Pine Island and Punta Gorda.

Tickets are \$40 for adults and \$30 for children under the age of 12. Members of Friends of Cayo Costa receive a \$10 discount per adult ticket. For reservations, call: Departures from Bokeelia, 283-0015; Departures from Boca Grande, 472-5300; Departures from Captiva, 472-5300; Departures from Punta Gorda, 941-639-0969.

Private boating parties may purchase tickets on the island. Dock space is available on a first come basis.✱

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Monofilament Madness To Clean Waterways

Twenty-six years ago, Keep Lee County Beautiful Inc. (KLCB) organized their first marine cleanup project. The goal was to address the deplorable problem of monofilament fishing line which had been discarded or left by careless fishermen especially in the mangrove areas. The cleanup was named Monofilament Madness for its focus on fishing line and has become one of the top fun cleanups.

The 2019 Monofilament Madness will take place on Saturday, November 2 from 8 a.m. to 1 p.m. It will include a volunteer appreciation lunch sponsored by the Galloway Family of Dealerships. The water-based cleanup requires a personal watercraft, and there are limited amount of available kayaks. Volunteers will go out in boats, kayaks, canoes, or anything that floats, to remove the fishing line and other harmful debris from the mangrove areas of Lee County.

Keep Lee County Beautiful advises boaters and fishermen to use a fishing net to retrieve trash and to not let any trash blow overboard. For any smokers, use a metal boater's ashtray to hold the butts.

The success of Monofilament Madness can be measured by the growing awareness and the willingness of hundreds of volunteers to dedicate



Kayaker picking up debris photo provided

their time and energy to the cause. It is hoped that through educational awareness, the people causing the problem will be reached and their behavior modified to spare the wildlife from an agonizing death of entanglement in monofilament fishing line.

The cleanup will take place at four locations: the Mound House on Fort Myers Beach, Salty Sam's Marina on San Carlos Island, Gulf Coast Kayak in Matlacha and Bunche Beach in Fort Myers. To register and for more information, visit www.klcb.org/monofilament-madness.html.✱

VIP Tickets Still Available For Shop For Success

VIP tickets are still available for Dress for Success SW Florida's biggest shopping event of the year, Shop for Success.

The shopping extravaganza will be held at the Crowne Plaza Fort Myers at Bell Tower on Friday, November 8 from 5 to 9 p.m. VIP tickets start at \$50, offering exclusive early shopping opportunities. General admission is free after 5 p.m.

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

Two tiers of VIP tickets are available to shoppers wanting a custom experience, including early entrance, tasty bites and a complimentary cocktail, with additional add-ons to include personal shoppers, private dressing areas and, new for this year, a room designated for brand-new clothing with tags. A cash bar will also be available.

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



Amy Sedlacek photo provided

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

Sponsors for the signature shopping event include Card Systems/eGuarded, Crowne Plaza Fort Myers at Bell Tower, Edison National Bank, Entech, Frank and Sons Moving & Storage Inc., Garramone Board Certified Plastic Surgeon, Markham Norton Mosteller Wright & Company P.A., Priority Marketing, Seminole Casino Hotel Immokalee and Stevens Construction.

Crowne Plaza Fort Myers at Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. For more information or tickets, visit www.shopforsuccess2019.eventbrite.com, www.swflorida.dressforsuccess.org, or call 689-4992.✱

Help SCCF Bring Back the Barn Owls

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

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- bromailone
- difenacoum
- difethialone

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sccf.org

Or consider not using any rat poisons at all. Instead, seal all entry points to your home.

Conservation 20/20 Preserve Gains 20 Acres

Lee County has acquired an addition of about 20 acres to the existing 1,155-acre Conservation 20/20 Alva Scrub Preserve.

The Lee Board of County Commissioners recently voted to pursue the purchase. The county purchased the property for \$179,100, plus costs.

This 20-acre addition to the preserve squares off a western portion of Alva Scrub Preserve. Portions of the existing preserve are home to families of Florida scrub-jays, a state and federally listed threatened species. The primary stewardship objectives for the preserve is maintaining the existing habitat for scrub-jays as well as enhancing disturbed upland ecosystems. Enhancements include prescribed fire, plantings, pasture restoration and removal of invasive exotic plants and animals. This preserve is approximately 17 miles east of downtown Fort Myers and offers a four-mile east-west corridor for wildlife.

Conservation 20/20 is Lee County's environmentally sensitive land acquisition and management program, and has preserved 29,945 acres since its inception. Conservation lands help the

county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.✱

Morning Meander At Lakes Park

Take a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, November 2 at 8 a.m.

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

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

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

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

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Book Review

Say Nothing

by Di Saggau



Anyone who wants to know why the Troubles in Northern Ireland, during the late 1960s to 1998, took place, and who was behind it, will find the answers they are looking

for in Patrick Radden Keefe's powerful book *Say Nothing*. It's the true story of murder and memory in Northern Ireland, an intricate narrative about a notorious killing and its devastating repercussions. It's a mesmerizing book about the bitter conflict, a tale of a society wracked by a violent guerrilla war, one whose consequences have never been reckoned with.

In December 1972, 38-year-old Jean McConville, mother of 10, was dragged from her Belfast home by masked intruders, her children clinging to her legs. She was never seen again. Everyone knew the IRA was responsible but, due to fear and paranoia, no one would speak of it. In 2003, five years after an uneasy peace was brought to Northern Ireland, McConville's bones were discovered on a beach. Her children knew it was their mother when they were told a blue safety pin was attached to the garments. With 10 children, she always kept it handy for diapers or ripped clothes.

Keefe's book uses the McConville case to begin his book about a society wracked by a violent guerrilla war. He interviewed over 100 people including several of Jean McConville's children. He found that some people looked back with pride on what they had done and others, with shame. The book is called *Say Nothing* for a reason. Even today there is a culture of silence among many people when

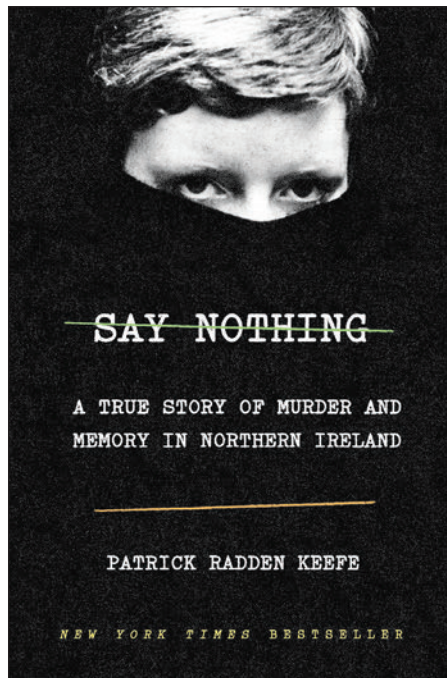


image provided

asked about the event.

The book also focuses on IRA terrorist Dolours Price, who while barely out of her teens was planting bombs in London and targeting informers for execution. You'll read about the IRA mastermind known as The Dark, the spy games and schemes of the British Army and about Gerry Adams, who negotiated the peace but betrayed his comrades by denying his IRA past.

David Grann, author of *Killer's of the Flower Moon*, had this to say about the book. "Meticulously reported, exquisitely written, and grippingly told, *Say Nothing* is a work of revelation. Keefe not only peels back, layer by layer, the truth behind one of the most important and mysterious crimes of a terrible conflict; he also excavates the history of the Troubles, and illuminates its repercussions to this day." *Say Nothing* is set to be a TV series on FX by the producers of *American Crime Story*.✱

learn to take care of herself as well.

Your daughter's diagnosis shouldn't reduce her chances of getting into college. Her application should speak for her and highlight her skills and experiences. There's no reason she needs to talk about her ADHD in the application process, unless she chooses it to be part of an essay she writes.

Once your daughter is admitted and has chosen a college, you need to ask about accommodations – if you and she believe that she needs them. Every institute of higher learning is required to offer accommodations to their students. Meet someone at the disability concerns office at the college. Make sure you have updated evaluation documents for your daughter's specific accommodations to help with this process.

As a senior in high school, your daughter should practice her advocacy skills so that she is ready to talk to professors and administrators about what she needs. Support is very important when going off to college as an independent learner. Knowing what she needs to succeed and being able to obtain it through her own advocacy is a lifelong skill that will help her not only in college but in the workplace as well.

It's hard work to put all of this in place, and she may need some help from you and her high school counselor to get all of this organized and submitted in a timely way. Her initial college experience will be much smoother and much more successful if her supports for ADHD are already

organized before she gets there. That way she will be able to concentrate on her classes far immediately and more effectively.

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

From page 1

Rescue Runway

demonstration, rescue organizations with adoptable dogs, vendors pet services and products, DJ Robert, food and drinks, and plenty of treats for your pets.

To enter the contests, pre-registration is encouraged. Contact lrizzio@cac-swfl.org. Registration will also be available at the event.

Sponsors include Lee County Sheriff's Office as the Title Sponsor. Judges will be Norman Love, Jenn Galloway, Marc Collins and Deputy Chance the Dog; emcees are Rachel Pierce and Stephanie Davis. Event co-chairs are Cole Peacock and Jessica Walker.

Bell Tower Shops is located at the corner of Daniels Parkway and U.S. 41. For more information, call 939-2808.✱

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My high school daughter who's a senior, is very bright, has ADHD but has been able to do well and wants to go to college.

I have several questions about this process and applying for college. What should we be looking for in a college? What questions should we be asking? And what should be revealed on the application?

Annie M, Cape Coral

Annie,

These are important questions. It's great that you and your daughter are thinking about them now. It will also be important to think about her strengths and weaknesses when choosing and

applying to colleges.

It's very important to choose a learning environment that will work to her strengths. Questions she should consider asking include: Do I want the excitement of the city or the peacefulness of a rural environment? Do I work best by myself or do I need peers for study support? Do I learn more in small discussion classes or lecture courses? Then, as she learns more about the schools, she can find out about typical class size, opportunities for small study groups and other learning settings that she may need.

If your daughter makes any college visits, then there are several things she can do to make sure she is getting a good sense of the school. It would be good for her to observe some classes she is interested in, and some professors she would be working with. Are there people on campus she can see herself being friends with? She should aim for a college that feels comfortable to her, a place where her needs can be met and where she will

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From left, Cole Peacock and Samira Beckwith with Bruce and Hillary Wendorf
photos provided



Dan Creighton and Jenna Persons



Rachel Busch and Rachel Pierce

Community Shows Support For Hope Kids Care

More than 250 Southwest Floridians with a passion for supporting children and families attended SHINE, raising \$440,000 to benefit Hope Kids Care at the historic Edison & Ford Winter Estates recently. It was an elegant evening with cocktails, dinner, music, entertainment and a Fund-A-Need live auction to support the essential services of Hope Kids Care.

A service of Hope Healthcare, Hope Kids Care provides no-cost care to families in need, offering one-on-one children's counseling including art and music therapy, and Rainbow Trails bereavement camp; medical care including palliative and respite care; and support including caregiver education, social services, volunteer support and Hopeful Wishes to meet other family needs.

"For most families, childhood is a time



Holly Boldrin and Teri Hansen
of growth, development and good health. But for children living with serious medical conditions and grief, there is Hope Kids Care," said Samira K. Beckwith, president



Erlene Sanders and Amy Dell Aquila
and CEO of Hope Healthcare. "While the program has served children for more than 30 years, there is a vital need to fundraise right now. Incredible community



Gail Markham and Doug Meurer
support, like that shown at SHINE, ensures that we can continue to provide hope to every child in need of comfort through one of our special programs."✧



Mark Shannon and Alicia Miller



Hope SHINE committee members

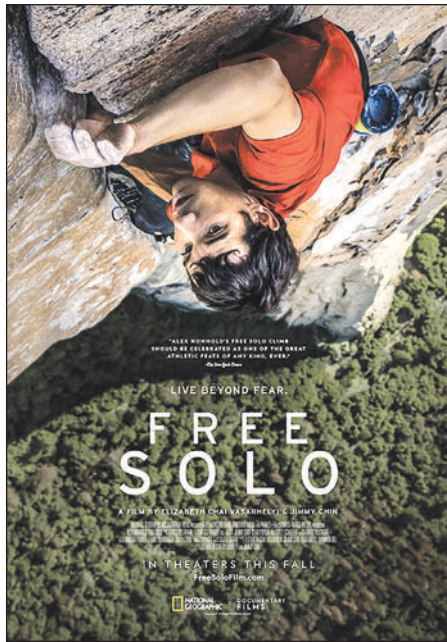
BIG ARTS Documentary Series To Resume

by Di Saggau

The BIG ARTS Documentary Series returns Wednesday, November 13 at Island Cinema on Sanibel, for four consecutive weeks. The films are selected and led by yours truly. I am a member of the BIG ARTS 2020 Film Series Committee, past president of the Film Society of Southwest Florida, and feature writer for the *Island Sun* and *The River Weekly* newspapers.

People often ask how I select the films. What I look for are critically acclaimed documentaries that will not only entertain but also educate in some manner. For the series, I have selected films about four different people with special talents. The first documentary to be shown on November 13 is *Free Solo*, a staggering film about extreme climbing. A young man, Alex Honnold, has a fascination for "free soloing," which involves scaling sheer cliffs alone without ropes, harnesses or any protective equipment. It's a gripping and rewarding documentary to watch.

On November 20, the documentary is *Amazing Grace*, a tribute to a musical genius, Aretha Franklin. Filmed in a Watts, California church in 1972 during the recording sessions for a live album of the same name, it's a film that Franklin would not allow to be released, but after her death, her family gave permission. It's a joyous experience and shows what it was

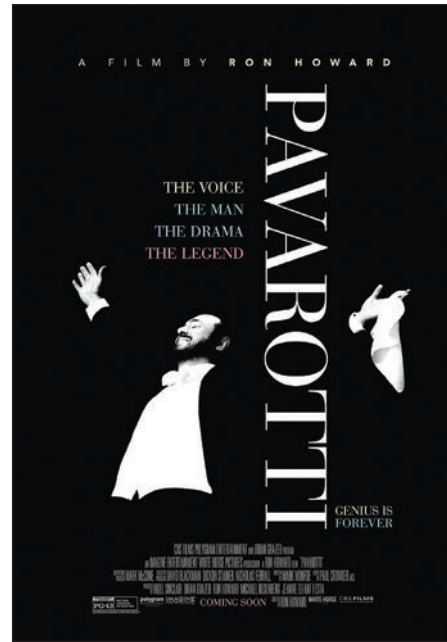


images provided

like to be in a church in Watts in the early '70s.

On December 4, the film focuses on 1940's Hollywood actress Hedy Lamar, one of the most beautiful women in the world. "Bombshell" shows she was much more than a pretty face; an Austrian Jewish emigrant who acted by day and drew mechanical and electronic inventions by night. She created a radio system that is now considered the basis of Bluetooth technology. She also came up with a secret communications system to help the Allies beat the Nazis.

The final documentary on December



11 is my favorite, *Pavarotti*. Ron Howard's documentary about Luciano Pavarotti combines new intimate interviews, never-before-seen footage, and some of Pavarotti's history-making performances. The portrait Howard paints, based on more than 50 interviews and enhanced with intimate home videos, is of an ebullient force who brought joy to the world and those closest to him. Howard puts audiences front row center for an exploration of the man, the legend. You don't have to be a fan of opera to enjoy this film.

I hope you will join me and others for the four films in this series. They start at

12:30 p.m. at Island Cinema, located at 535 Tarpon Bay Road in Bailey's Center. Tickets are \$7 and available at the BIG ARTS box office, 2244 Periwinkle Way, Suite 8, online at www.bigarts.org or on the day of the film at the cinema. A discussion follows each film.*

From page 7

Lab Theater

Earth. His affiliation with Ringling Brothers and Barnum & Bailey as a performer, manager, ambassador and teacher at the Clown College took him around the United States, Canada, Mexico and Japan, where he performed, among other things, an aerial comedy routine 50 feet above the arena floor. While in Japan, Sidlow also served as an advance public relations ambassador and classic image of the "American-style live cartoon circus clown."

The Public Access Series is an Actor's Studio type of question-and-answer session discussion event, featuring people of note in the local area that can offer tips and stories from their careers in entertainment, with great humor and insight.

Tickets are \$12 for members of the theater and \$20 for non-members, and the event is included in the season pass. Group rates and membership packages are available upon request.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. Tickets are available to purchase at www.brownpapertickets.com or by calling the box office at 218-0481.*

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Will Power

Trust And Love



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

My favorite definition of love is “giving someone the power to destroy us and trusting they won’t use it.” It’s not a coincidence that the word “trust” also refers to a legal document created to hold and distribute one’s assets, and that the “trustee” is the one who holds all the trust powers.

When considering who should be a successor trustee to your revocable living trust, if you should become incapacitated for example, you are giving someone the power to destroy you financially. Your trustee has the power to invest the trust assets as he or she sees fit and has the power to make trust

distributions.

While the trustee is supposed to follow the terms of the trust, no court of law, no judge, no government regulatory authority monitors your trustee’s actions. If the trustee should make a distribution that is outside of the scope of his or her authority, the trust beneficiary’s recourse is to bring a lawsuit. They can’t stop him so much as they try to recover damages that he caused.

Therefore, the selection of the successor trustee is quite important.

During client conferences when discussing who should serve as trustee, I often have conversations that go something like this:

“If both you and your spouse should both be unable or unwilling to serve as your own trustee to your trust, who do you want to serve?”

“I want my oldest son, Robert,” the client answers.

“Tell me about Robert,” I ask.

“Oh, he’s not the most responsible one in the family. He’s been through several divorces and even had to declare bankruptcy a couple of years ago. He’s always behind in his alimony and financial support so he’s hauled into court by his ex-wife frequently.”

My eyes open wide, “Really?! This is who you want to entrust with your financial security?”

“Yes,” the client responds. “If we don’t name Robert, he’ll be offended as he is our oldest son. He should be the one named to act for us. Besides, he’ll take direction from Jim, our financial planner.”

“What if Robert fires Jim and decides to invest your trust funds as an online day trader?” I ask.

Clients look at each other with surprise registering on their faces, “He can’t do that, can he?”

“You bet he can,” I answer. “He’s the trustee, so his decisions as to the investments inside of your trust, and which firm he uses to get financial advice is up to him.”

“Well, if he loses all our money could we recover against the online internet trading company?”

“No, they didn’t do anything wrong. You would have a legal action against your son for failing to act as a prudent investor, which he has a duty to under the law. My guess is that you probably wouldn’t bring a lawsuit against your own son, and if you did he likely doesn’t have any assets against which you could recover. If he was acting as your trustee, you would likely be incapacitated anyway or you’d be serving as your own trustee. So if Robert did all these terrible things, you wouldn’t even likely realize what was happening.”

Perhaps now you can see how important the word “trust” is inside of a revocable living trust and naming a trustee. There are many options to avoid potential disasters. The best option is to select a hyper-responsible individual who is responsive to your legal, tax and financial advisors and would never put their own interests above yours.

Another good idea is to name a bank, trust company or financial firm as a trustee or as a co-trustee. This way, you have built in money-management, as well as an independent authority to act as a check and balance against anything that the individual trustee does. The corporate trustee has a fiduciary duty to follow the trust directions and has malpractice insurance that you or your beneficiaries may recover against should the corporate trustee act wrongly.

There’s a lot to consider when putting your trust in someone else’s hands. (For more information, visit www.estateprograms.com/selectingyourtrustee for a free guide!) While the ones you love always have the power to destroy you emotionally, when you give them the power to also destroy you financially you better be sure that they won’t use that power either.

©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.✧

Collaboratory Eco-Startup Helps In Three Facets

When Jerry Miller began planning the Seaboard Apartments, he set his sights on constructing environmentally responsible properties that would conserve water and energy as it also would save residents money on their monthly utility bills.



Jerry Miller

Miller called on Southwest Florida resident Paul Shahriari to help focus his vision.

Shahriari is the founder and CEO of ecomedes, a free service that makes it easy for users to access and analyze everything from energy efficient light bulbs and plumbing fixtures, to large-scale building materials and infrastructure systems, to furnishings and fixtures, empowering individuals and building industry professionals to simultaneously save watts, water and money by making eco-friendly decisions.

“It’s crucial that we help educate people that individual decisions can have an enormous collective impact on our region’s environmental sustainability and result in an economic return on investment for those who participate in green-building efforts,” Shahriari said.

The ecomedes website contains among the largest curated collection of sustainable high-performance products available.

Users can search 250 product categories containing some 10,500 commercial and consumer brands that span more than 600,000 products.

Ecomedes is based at Collaboratory, a public-private partnership between the Southwest Florida Community Foundation, the City of Fort Myers and the Community Redevelopment Agency.

In addition to ecomedes’ searchable database of environmentally responsible products, the ecomedes website also automatically calculates products’ return on investment (ROI) versus their less-efficient counterparts. Site users can build “what if” ROI scenarios that show the positive impact on both the environment and their bottom lines, whether it’s a corporate performance measure or an everyday household’s budget-savings over time.

Shahriari, who is building on a successful ecopreneurial track record spanning two decades in sustainability best-practices in the real estate, design, construction and manufacturing industries, has worked on green projects with a total value of some \$30 billion, including Federal government projects, corporate campuses such as Capital One, major universities including the University of Florida and Duke University and more.

While developing ecomedes, he recognized a host of obstacles people had to overcome to engage and advance environmental sustainability through eco-friendly choices.

“Making the economic case is a big driver,” he said. “The notion of, ‘what am I getting in return for my money?’ With consumer products, we’re constantly being told the advantages of why we should purchase. But, until now, when it comes to green building products, we were rarely presented with the ‘why’ we should invest in them from an economic standpoint.”

An increasingly complex undertaking that ecomedes simplifies is automatically tracking and tabulating how users’ purchase decisions contribute to qualifying their projects for an array of green-building certifications such as LEED (Leadership in Energy and Environmental Design). Shariari noted that this saves users hundreds of hours of documentation work and thousands of dollars that would have otherwise been spent navigating intricate, and frequently changing, certification filing requirements.

The site extends these easy-to-use cost/benefit analysis tools to everyone, from neighborhood homeowners to building industry pros, large-scale building operators, and enterprise-level institutional and governmental organizations.

To learn more, visit www.ecomedes.com ✧

Center To Provide Free Skin Checks

Florida Skin Center will host Check It! Day at its Fort Myers Office on Saturday, November 9 from 8 a.m. to 2 p.m. The annual event provides complimentary adult and pediatric skin checks for the general public.

Performed by a Florida Skin Center doctor or physician assistant (PA), the full-body skin checks will address and treat common skin conditions, such as warts, molluscum and precancerous spots, as well as prescribe needed medications and screen for cancer detection. Anyone interested in obtaining a free skin exam is welcome, and screenings will be performed on a first-come, first-served basis. Skin care vendors will be on-site to

provide educational training about skin health and wellness, and will conduct product demonstrations.

Light refreshments will be served. There will be entertainment by DJ Cease. Participants can have their photos taken in the photo booth, as well as take part in raffle prizes and giveaways.

“This event is very important to our staff and allows us to educate the public about the importance of skin checks,” said Aurora Badia, MD, DO, founder and medical director. “Providing free exams is a small way to give back to the community and ensure guests without insurance have a means to access a lifesaving service.”

No reservations are necessary for this event.

Florida Skin Center’s Fort Myers office is located at 13691 Metropolis Avenue. For more information, call Florida Skin Center at 561-3376 or visit @FloridaSkinCenter on Facebook.✧

From page 1 Rock For Equality

plus Tampa-based bands Recreational States and The Nervous Girls.

A food truck, ThereWillBeGrub, will serve vegan and non-vegan options during the fest. In addition, 10 percent of all alcohol sales at Palace Pub & Wine and No. 3 Craft Brews during Rock for Equality will go toward LYR programming and Planned Parenthood.

Admission is \$5 at the door. Palace Pub & Wine Bar is located at 1317 Cape Coral Parkway East in Cape Coral. No. 3 Craft Brews & Beer is located at 1319 Cape Coral Parkway East in Cape Coral. For more information, visit www.loveyourrebellion.org/rock-for-equality.✧



From left, John Shafer, Kathryn Wilbur, DAR Regent Deborah Wallace, Cynthia Shafer and Honorary Regent Mary Lee Mann photo provided

Chapter Honors Bedz For Kidz Founder

The Caloosahatchee Chapter of the National Society of the Daughters of the American Revolution (DAR) recently named Cynthia Shafer the recipient of the Excellence in Community Service award. Shafer and her program, Bedz for Kidz, have provided over 3,000 beds, blankets and new toys to Southwest Florida children who have relocated from their families into foster homes.

Now in her 50th year as a child advocate, Shafer is a volunteer for Guardian Ad Litem, representing abused, abandoned and neglected kids in court. She also serves as the eyes and ears of the judge in the home and the voice of the child in the courtroom. She visits children removed from abusive parents and placed in the care of relatives or foster parents.

But one of the requirements of the Division of Children and Families (DCF) is that a child must have his or her bed. Some are willing to care for the child, but can't afford a bed. To resolve this problem, in 2001, Cynthia Shafer founded Bedz for Kidz, a non-profit, which she organized with her husband

John to provide beds, bedding and stuffed animals to children in foster care. Cynthia and John spend countless hours shopping for the best deals for sheets and beddings while networking with other non-profits and then driving to locations in five Southwest Florida counties to deliver and set up beds for the children.

A veteran realtor with Lahaina Realty on Fort Myers Beach, Shafer was one of three finalists for the Paulette Burton Citizen of the Year award in 2016. She has also been a National Association of Realtors Good Neighbor award winner in 2002 and a Florida Realtors Humanitarian of the Year winner in 1998. She has been recognized for her work with the Guardian Ad Litem (GAL) program. She journeyed to Houston in 2015 to receive the Points of Light award from former President George Bush. While she is appreciative of the awards, she is most happy when the program itself is recognized and good citizens respond with financial assistance and help.

Said, Debbie Wallace, current Regent, "We were thrilled to present our Excellence in Community Service to Cynthia Shafer. She is an angel in disguise."

For more information about Bedz for Kidz, contact Cynthia.shafer@comcast.net.✱

Tides Of Change Sponsors Named

Pace Center for Girls, Lee County recently announced the course-charting sponsors of its 2019 Tides of Change event.

The Fort Myers Police Department is the North Star Sponsor (title); Boy Agnew Potanovic Law Firm is the Anchorage Sponsor; Cushman & Wakefield Commercial Property Southwest Florida and Scott and Mary Fischer are Helmsman Sponsors; and Lee Health, Connie and Ed Lizak, Publix Super Markets Charities and Sanibel Captiva Community Bank are Compass Sponsors. In-Kind Sponsors include MarineMax, Caloosa Tent

& Rental, Crave Culinaire, Florida Weekly, Gulfshore Life, Jason's Deli of Southwest Florida, The News-Press, Priority Marketing, Red Door Photography and Ruth Messmer Florist.

The sold-out event will be held on Friday, November 8 at MarineMax in Fort Myers, featuring a shoreside evening of cocktails, dinner, dancing and a live auction. Proceeds will benefit Pace Center for Girls, Lee County, helping chart a smoother course for at-promise young women in Lee County through its strength-based, gender-specific programs that guide Pace girls in finding their voice and achieving their potential.

To learn more about Pace Center for Girls, Lee County and its Tides of Change event, visit www.pacecenter.org/tidesofchange or call 425-2366.✱

ESTATE PLANNING WORKSHOP

IN THIS FREE WORKSHOP, YOU WILL LEARN:

How Florida residency affects your estate plan (even if your northern attorney told you it's ok).

How your revocable trust may not avoid probate.

Why you should update your power of attorney, health care surrogate, living will and other ancillary documents.

How recent tax law changes affect your estate plan.

How to keep your legal documents Florida compliant, up-to-date and available at all times.

Tuesday, November 5

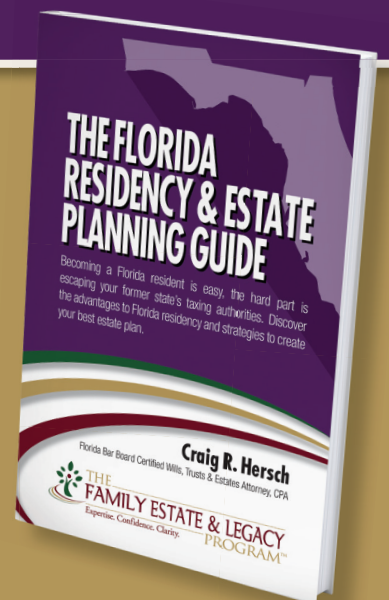
2:00 p.m. – 4:00 p.m.
Naples Daily News
Community Meeting Room
1100 Immokalee Road
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Thursday, November 7

10:00 a.m. – 12:00 p.m.
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Financial Focus

How To Become A Long-Term Investor



by Jennifer Basey

It's a fairly predictable pattern: When the stock market rises, more people invest, but after a large-scale drop, many of these same people head for the exits. But by staying out of the financial

markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?

To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.

So, to reach that point where the market's ups and downs have less of a cumulative impact on your holdings, consider the following actions:

Only invest money you won't need for a long time – If you can tell yourself that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you

really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.

Keep your focus on what is most important to you – If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.

Don't spend excessive time reviewing your investment statements – A bad month or two can cause some noticeably negative numbers on your investment statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing – and you may even be less tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.

Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon – and stick with them.

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.

Currently, she serves as board secretary. Hollier is also the silent auction chair for the organization's largest fundraiser and signature event, Sunset Soiree. She has also volunteered for Champions 4 Children, Grace for Chase and Ronald McDonald House Charities Southwest Florida.

The ENPYs celebrate the outstanding work of individuals and organizations in the nonprofit world dedicated to improving the quality of life in their communities. Hollier was recognized, along with two other individuals for the Elmer Tabor Generosity Award, which recognizes outstanding philanthropists in the community who demonstrate exceptional generosity, show civic and charitable responsibility and demonstrate leadership that inspires others to live a life of generosity.

Hollier joined Sanibel Captiva Community Bank in 2004. She is responsible for deposit operations, including business and consumer banking.

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.



Lana Hollier

Bank Official Selected As Award Finalist

Sanibel Captiva Community Bank Senior Vice President and Operations Director Lana Hollier was recently honored as an Elmer Tabor Generosity Award finalist at the third annual Cape Coral Community Foundation's Excellence in Nonprofit Performance Yearly Awards (ENPYs) at Crowne Plaza Bell Tower. She was recognized for her volunteer work with Valerie's House, a Southwest Florida nonprofit dedicated to helping grieving children heal after the loss of a loved one.

Hollier began her involvement with Valerie's House as a volunteer and has been a board member for two years.

Superior Interiors

Get Your Family Room Ready For The Holidays



by Barb Cacchione

Cooler temps and shorter days, not to mention pumpkin spice. Fall's arrival often gets people thinking about the holidays just around the corner. Soon enough, your home

will be filled with decorations, presents and loving family members for big holiday celebrations. Before this can happen, however, you need to make sure your living space encourages the party and welcomes guests with ease. The last thing you want to do is invite family and friends over to a crowded, unorganized space that doesn't exude the slightest touch of comfort.

Are you throwing this year's holiday party? Consider the following tips for getting the family room ready for the holidays.

As with any room transformation, the first and most important step is decluttering. Get rid of the odds and ends that are holding the room back from its full potential. From stacks of mail and old magazines to the lounge chair you haven't touched in years, there are plenty of different ways to reorganize the space before you start your redesign.

Speaking of organization, traffic flow is something you must keep in mind during the revamp. You're likely getting the room ready for a large group of people, so you want to avoid a jumbled mess of poorly placed furniture. Rearrange the sofas, tables and chairs in a way that encourages guests to glide seamlessly throughout the space.

Keeping traffic flow in mind is critical, but that doesn't mean you should remove all but one option for seating. Remember, you're going to have guests over who may want access to seating most of the night, so provide enough to accommodate all of your guests.

Once the space is in order, think about refreshing the theme and decor. If you want to achieve a look that matches the intimacy and cheer that comes with the holidays, perhaps a deeper color palette can help you achieve this, if only in accessories such as pillows and throws. Traditional holiday colors incorporated into neutral areas can make a gorgeous backdrop to the celebration.

If wall decor is at the top of mind during this holiday revamp, why not showcase your guests with a family photo wall? Create a modern collage of old and new pictures of everyone. It's a gorgeous and stylish touch, but it's also a great conversation starter.

Finally, there's no better way to seal the deal on a redesigned room than with a few final touches. Candles or fresh flowers can be the icing on the cake to your new and improved family room. Consider seasonal bouquets and scents

inspired by the holiday season.

Preparing for the holidays can be stressful enough. If getting your family/great room (or the rest of your home) ready for the big get-together is worrisome, contact a design professional. You'll receive expert advice and tips for transforming your room just in time for the holiday party.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coincdecden.com.

Restoration Blueprint Meeting

Florida Keys National Marine Sanctuary will hold a public meeting on the Restoration Blueprint at the Holiday Inn Fort Myers Airport at Town Center on Monday, November 4 from 6 to 9 p.m. Written questions and written and oral comments will be accepted.

The Restoration Blueprint, a draft proposal recommending a range of potential changes to existing boundaries, regulations and marine zones in the Florida Keys National Marine Sanctuary, is available at www.floridakeys.noaa.gov/blueprint.

NOAA is taking public comment on the proposals through January 31, 2020. Comments may be submitted online at www.regulations.gov (docket number NOAA-NOS-2019-0094).

Holiday Inn Fort Myers Airport at Town Center is located at 9931 Interstate Commerce Drive in Fort Myers.

Airport Reports Record-Breaking September

During September, 460,869 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 10.2 percent compared to September 2018. Year-to-date, passenger traffic is up 8.5 percent compared to last year.

The traffic leader in September was Delta Air Lines with 105,797 passengers traveling to and from Fort Myers. Rounding out the top five airlines were American (88,436), Southwest (70,682), JetBlue (68,359) and United (39,136).

Southwest Florida International Airport had 4,127 aircraft operations, an increase of 2.1 percent compared to September 2018. Page Field saw 9,030 operations, a 13.6 percent increase from September 2018. In addition, nearly 2.7 million pounds of air freight moved through Southwest Florida International Airport in September 2019.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction.

For more information, visit www.flylcpa.com or on Facebook at www.facebook.com/flylcpa.



Craig Hersch and Michael Hill
photo provided

Workshops On Residency And Tax Changes

Florida residency, new tax laws and many other factors affect one's estate planning documents. Florida Bar Board Certified Wills, Trusts and Estates Attorneys Craig R. Hersch and Michael B. Hill, partners at Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, will provide insights regarding estate planning opportunities during their free Estate Planning Workshops.

The Naples workshop will be held at the *Naples Daily News* community meeting room on Tuesday, November 5 from 2 to 4 p.m. The Sanibel Island workshop takes place at The Community House on Thursday, November 7 from 10 a.m. to noon. Attendees will receive a free book, *Florida Residency & Estate Planning Guide*, written by Hersch.

During these free workshops, Hersch and Hill will discuss effective estate planning techniques. Topics of discussion include:

How Florida residency affects your estate plan (even if your northern attorney told you it's ok).

How your revocable trust may not avoid probate.

Why you should update your power of attorney, health care surrogate, living will and other ancillary documents.

How recent tax law changes affect your estate plan.

How to keep your legal documents Florida compliant, up-to-date and available at all times.

Naples Daily News is located at 1100 Immokalee Road in Naples. The Community House is located at 2173 Periwinkle Way on Sanibel. To reserve a seat at either workshop, sign up online at www.sbslaw.com/workshops or call 603-7034.✱

Minimum Wage To Be Discussed

While recent polls indicate more than 60 percent of Floridians support an increase of the minimum wage to \$15, many small businesses are bracing for a potentially devastating economic blow if a proposed amendment to increase the wage passes in 2020.

The Greater Fort Myers Chamber of Commerce has assembled an expert panel to discuss the ramifications at a breakfast event at Broadway Palm Dinner Theatre on Friday, November 8. The event begins at 7:30 a.m. with registration and networking, followed by breakfast and chamber announcements. The panel discussion will begin 8:30 a.m. and conclude at 9:30 a.m.

Florida's minimum wage is currently \$8.46. Should a Florida Constitutional amendment initiative appear on the 2020 ballot and be approved by at least 60 percent of Florida voters, the wage will increase to \$10 in 2021 and go up \$1 each year until it hits \$15 in 2026. The Florida Restaurant and Lodging Association opposes the amendment, saying a 77 percent increase in labor costs is not sustainable for any business, especially those in Florida's \$67 billion-a-year tourism industry. Recent statewide

polls by Quinnipiac University and St. Pete Polls show an average of 67.1 percent of respondents support the increase to \$15.

The political committee, Florida For a Fair Wage, which is chaired by Orlando attorney John Morgan and is pushing for the ballot initiative, has collected almost 706,000 of the required 766,200 valid signatures for the measure to appear on the ballot.

The panelists include:

Lois Croft – Southwest regional director for the Florida Restaurant and Lodging Association.

Victor Claar – Associate professor of economics at Florida Gulf Coast University who holds the BB&T Distinguished Professorship in Free Enterprise.

Dana Brunett – Senior business development specialist for the Lee County Economic Development Office. He previously served as Cape Coral's Economic Development Office director.

Jay Johnson – Owner of Bubba's Roadhouse & Saloon in Cape Coral.

Master of ceremonies will be John Talmage, who was named director of Lee County's Economic Development Office in February of this year.

Cost for the event is \$25 for chamber members and \$35 for future members.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information or to register, visit www.members.fortmyers.org/events or call 332-3624.✱



Carol Murphy was the 2019 first place winner with *Sacred Elephants*

image provided

Lee Health Arts Calendar Contest Winners

Lee Health Arts in Healthcare program recently announced the winners of the annual Lee Health Art by the DisABLEd Calendar Contest for 2020. Almost 50 works were entered and placed on public display in the atrium of HealthPark Medical Center. Five

prizes were awarded by a panel of five community judges.

Top prize went to Carol Murphy, representing the Lighthouse of SWFL, for her piece entitled *Sacred Elephants*. The art will be featured on the cover of the 2020 Arts in Healthcare – Lee Health calendar and on permanent display on the fifth floor of The Rehabilitation Hospital at Lee Memorial Hospital.

Second place went to Rose McGahee for her piece *Pretty in Pink*, while third

continued on page 24

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Frankly Speaking



by Howard Prager
Baseball season is over. Although when I wrote this I didn't know who the World Series champion was, this has been a series that's been far closer than anyone expected and

perhaps the biggest surprise is that the visiting team has won all games at least through game 5. (I wonder if the Nats can win game 6 in Houston? If they do, will the ailing Scherzer be able to come back and pitch game 7? You will already know when you're reading this.) Whoever wins, I hope you enjoyed the series as much as I did. And the tables are already being set for next year with new managers coming to the Padres, Cubs, Pirates, Giants, Royals, Mets, and Phillies in a busy offseason on the managerial carousel. What's the better choice, choosing a proven veteran like Joe Girardi now with the Phillies and Joe Maddon with the Angels who both have World Series rings as managers, or choosing unproven David Ross of the Cubs and Jayce Tingler of the Padres? I expect other openings to be filled this week once the series ends, so we may find more first-time managers out there if history proves correct from the Nats and the Astros coaching ranks. This past year began with new managers for the Cincinnati Reds, Baltimore Orioles, Los Angeles Angels, Minnesota Twins, Texas Rangers and Toronto Blue Jays. That means over a third of baseball teams will have had a new manager in the past year. And there were six new managers in 2018. That makes nearly two-thirds of baseball managers who have been in their jobs less than two years. Definitely being a baseball manager is not a good long-term job prospect.

How have new managers fared? For the Twins, they hit the jackpot making the playoffs in just the first year with 37-year old manager Rocco Baldelli. Aaron

Boone, hired before this season, helped himself by getting the Yankees past the first round this year in the playoffs. But look at Davey Martinez, hired in 2018. He is the one who finally brought the Nats to the World Series.

What are teams looking for? Experience, knowledge, communication, ability to relate to younger players and the use of analytics. With so many general managers today using so many statistics and the new metrics for everything from how much to pay a player to who to draft and trade for, they want their managers to use these same new tools. As reported by the *Minneapolis Star-Tribune* when he was hired, "In selecting Rocco Baldelli, the Twins saw all the attributes they were told about during their due diligence into his background: He's young, affable, honest, sharp, a strong communicator and embraces analytics. 'We all know that a manager touches not just the players,' Twins Chief Baseball Officer Derek Falvey said. 'It's not just writing out the lineup card and managing from the dugout every night. It's across all facets of the operation.' While the Twins and other teams are hiring managers more for their communication skills and less because of managerial experience, it doesn't hurt that Baldelli played for Lou Piniella and Joe Maddon with Tampa Bay and Terry Francona with Boston."

And speaking of experience and records, Tiger Woods again sets a new record by winning the first PGA tournament in Japan and tying Sam Snead's all-time leading record with his 82nd PGA tournament win. Well done.

So let's go from one extreme – the World Series, choosing baseball managers, and golfing legends – to a much younger legend in the making. Eight-year-old Tommy Morrisey put his love of both sports together and has been making his own highlights in baseball and golf – with just one arm. Golf is his passion and, because all of his favorite golfers were right handed, Tommy swings like a righty but with his left arm. Developing his swing in golf since he was 3, Tommy has been featured on all the major TV networks and met many PGA greats

and impressed them with his stroke and enthusiasm. He took that swing to baseball, and earlier this year hit an inside-the-park home run. But this is more than a sports story. Tommy works with the Unlimbited Foundation at the Paley Institute in West Palm Beach and spends his time "advocating for limb saving and correction treatments for children and hopes that with the help and care of donors and the world renowned surgeons at The Paley Orthopedic and Spine Institute, no

child will have to lose their arms or legs as a result of a lack of awareness of alternative treatments or financial resources." Now that's truly an out-of-the park home run.
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.✪

Spring Basketball League At Center

The Sheriff Youth Activities League (SYAL), in partnership with Lee County Parks & Recreation, will host a 2020 Spring Basketball League for youth at the Veterans Park Recreation Center.

The youth basketball league is for children ages 8 to 15 and will run for 12 weeks. Practices and games will be held Tuesdays and Wednesdays from 6 to 9 p.m., depending on the age bracket,

Registration opens Friday, November 1, and the deadline to sign up is January 7, 2020. Player evaluations and draft will be held on January 14, 15 and 16. Preregistration and payment is required. Limited spots are available.

Cost to participate is \$40 per player, which includes a game T-shirt. Payment must be made by check or money order and payable to SYAL. A \$10 individual facility membership is also required for this program. To get a registration form online, visit www.leeparks.org/veteranspark.

The SYAL is looking for volunteer coaches. If you are interested in coaching or mentoring children, contact Tim Berti at 369-1521 or email tberti@leegov.com.

Veterans Park Recreation Center is located at 55 Homestead Road South in Lehigh Acres. For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org.✪

amusement rides. All live entertainment and shows are included with fair admission.

Half-price buy-one-get-one admission coupons, discount ride bracelets, family four-packs and other advance purchase deals are available at www.fairatfenway.com. For vendors, sponsorship, and group sales information, contact info@fairproductions2.com.

A portion of the proceeds go to the not-for-profit Jordan Schuman Foundation for Kindness.

The Fair at Fenway South is located at JetBlue Park at 11500 Fenway South Drive in Fort Myers.✪

From page 1

One-Act Play

many of us in the audience. They are about to announce and eat this year's prize-winning quiche. Karen Goldberg plays Vern with excellent comic timing and deadpan reactions. Dena Galyean is Wren, the events chairwoman who seems to be in constant motion except when posing for photos. Madison Mitchell is Dale, the club's historian, and her energy definitely keeps the show rocketing forward. She hasn't spoken to her father since she was age 3, and soon tells us why during a show-stopping monologue. Anna Grilli plays Ginny, the society's secretary and the one that President Julie (Lucy Sundby) likes to pick on. Julie is stern and has a shocking secret that she reveals to the ladies. All the actors do a superb job with their zany characters and are gifted at improv and physical comedy.

The ladies spontaneously decide to have a truth session, and they express their real sexual identities. Then they start pointing fingers at women in the audience who they feel should also tell the truth. Everyone is told on cue to shout out, "I'm a Lesbian too." When they decide to devour what might be the world's last quiche, it's a laugh-out-loud scene. Eventually, the gals become sealed in a bunker to survive a nuclear apocalypse, and Dale goes outside to recover more quiche to help with their survival. It leads to a very funny special effect and another outstanding scene.

The message given by the ladies is that women are pure and men are only needed for procreation. Eggs and chickens rule and are needed to survive the next four years, but somehow nobody thought about that. The show is directed by Stephanie Davis, and it's utter enjoyment that will have you chuckling as you leave the theater.

Theatre Conspiracy at the Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For tickets, go to www.artinlee.org/theatre or call 939-2787.✪

Fair At Fenway South Returns

The Fair at Fenway South returns to JetBlue Park over three weekends: November 8 to 10; November 15 to 17; and November 22 to 24. Gates open at 5 p.m. on Fridays and at 1 p.m. on weekend days. The fair closes each night at 11pm.

The Fair at Fenway features free entertainment, new amusement rides, fair food and challenging games of skill. Attendees will find all their fair favorites, with easy access and plenty of onsite parking at JetBlue Park.

Returning favorites include The Lance Gifford Illusion and Hypnotist Shows, Rosaire's Royal Racing Pigs and The Barnyard Petting Corral. There will also be a high-flying motorcycle and trapeze show, circus performances, a large Kiddieland and more than 40 state fair-style

SPORTS QUIZ

1. In 2019, Duke's Zion Williamson and RJ Barrett became the second set of freshman teammates to make The Associated Press' All-America First Team for men's basketball. Who were the first pair?
2. In 2018, the New York Yankees' Gleyber Torres became the fourth-youngest player (21 years, 163 days) in the modern-era major leagues to homer in four straight games. Name two of the three younger players.
3. Who was the last NFL quarterback before Jacksonville's Blake Bortles in 2018 to have more rushing yards than passing yards in a playoff game?
4. Name the last school before Florida State in 2017-18 to win the ACC Baseball Tournament two consecutive years.
5. Entering the 2019-20 NHL campaign, in how many seasons has Washington's Alex Ovechkin recorded at least 50 goals?
6. In 2019, Caeleb Dressel set a record at the world swimming championships for most medals (eight). With whom had he been tied at seven?
7. When was the last time before Brooks Koepka in 2019 that a golfer won the PGA Championship despite a final-round score of at least 74?

ANSWERS

1. DeMarcus Cousins and John Wall of Kentucky, in 2010. 2. Miguel Cabrera (20 years, 362 days). 3. Atlanta's Michael Vick. 4. Wake Forest in 1998-99. 5. Eight seasons. 6. Michael Phelps won seven medals in 2007 and 2011. 7. Vijay Singh, with a 76 in 2004 (he won in a three-way playoff).

Passion For The Promise Award Winners Revealed

Lee Health recently announced this year's winners of the Passion for the Promise Award. The five winners were selected among 15 finalists from the health system's hospitals, outpatient centers, physician offices, medical staff, and ancillary and support services. All 15 employees, physicians and volunteers chosen as finalists were nominated by their peers and selected for their demonstrated commitment to patient experience/customer service, teamwork and continuous performance improvement.

The Passion for the Promise Award is the highest honor given by Lee Health. It celebrates team members who create an exceptional experience for our patients, families and each other. Awards are given, and winners were named, in five categories: non-clinical employee, clinical employee, leader, physician/provider and volunteer.

This year's winners are:

Non-clinical Employee Award – Tisha Saylor, post-acute representative, physician relations and business development

Clinical Employee Award – Tianna Christiano, RN, PCCN, cardiac



From left, Dr. Larry Antonucci, Dr. Cheryl Johnson, Alex Reichert, Jerry Sushil, Tisha Saylor, Tianna Christiano, Lisa Sgarlata and Dr. Stephen Brown photo provided

progressive unit, Gulf Coast Medical Center

Leader Award – Alex Reichert, administrative supervisor, Lee Memorial Hospital

Provider Award – Cheryl Johnson, MD, medical director, skilled nursing unit, Gulf Coast Medical Center

Volunteer Award – Jerry Sushil, volunteer, Health Park Medical Center

The remaining nominees who were

recognized as finalists are:

Odalys Corominas, business systems analyst, Analytics Center of Excellence
Sam Vernaccini, nutrition services assistant, food and nutrition services, Cape Coral Hospital

Daniela Laurencio-Remedios, BSN, RN, SCRn, stroke unit, Gulf Coast

Silent Art Auction At Alzheimer's Center

In recognition of National Alzheimer's Awareness Month, the Alvin A. Dubin Alzheimer's Resource Center is hosting the 23rd annual Brushstrokes from the Soul Silent Art Auction at FineMark National Bank & Trust on Thursday, November 14 from 5:30 p.m. to 7:30 p.m.

The art auction and reception will feature paintings by individuals experiencing the various stages of Alzheimer's disease or other memory impairment. The public is invited to attend this free event to view and bid on the artwork, however invitations are limited. To RSVP, call the Alvin A. Dubin Alzheimer's Resource Center at 437-3007 to reserve your entry.

The artwork by individuals who receive services from local assisted living facilities, skilled nursing centers and day-stay respite programs has been professionally matted and framed, courtesy of 50% Off Framing. Proceeds benefit the Alvin A. Dubin Alzheimer's Resource Center.

The Cottage at Cypress Cove is the Grand Sponsor for Brushstrokes from the Soul.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way partner agency, provides a variety of services to help families cope with Alzheimer's disease and related dementias, including monthly support groups, a quarterly newsletter, a safety program, and community education and training programs for professionals as well as family caregivers. All funds raised to benefit the Alvin A. Dubin Alzheimer's

Resource Center are used to provide services in the local area.

FineMark National Bank & Trust is located at 12681 Creekside Lane in Fort Myers. For more information about the art show or services offered, call 437-3007.✱

Hodges Earns Accreditation In Nursing

Hodges University's bachelor of science in nursing (BSN) program has earned programmatic accreditation from the Accreditation Commission for Education in Nursing (ACEN). Additionally, 100 percent of the first graduating class of BSN students passed the National Council Licensure Examination (NCLEX) exam the first time.

"This is yet another proud day at Hodges University," said Dr. John Meyer, president of Hodges University. "Seeking the ACEN accreditation for our BSN program is an undertaking that can take two years to achieve. We were in candidacy in June 2018, and we earned this distinction in just 15 months."

Hodges University held the first pinning ceremony for its inaugural BSN class in the Spring 2019.

"Once our students graduate from our program, they are eligible and, more importantly, prepared to take the NCLEX exam," added Dr. Jessica Palumbo, director of nursing at Hodges University. "And I'm proud to say that all of them passed this rigorous exam on the first try."✱✱



Trash & Treasure Sale

Hosted by Island Seniors, Inc.

at the Center 4 Life.

Find us at the corner of
Palm Ridge & Library Way



Island Seniors are currently looking for donations of your clean "gently used" items. The sale is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support their programs such as; kayaking, fitness, technology, games, pot lucks, arts and so much more.

Drop off is available Monday through Friday
between 9:00 a.m.- 3:00 p.m.



- Household items
- Furniture
- Hardware/Tools
- Kitchen Gadgets
- Linens
- Sporting Goods
- Jewelry
- Purses



Trash & Treasure Sale
Saturday, November 9, 2019
9:00 a.m. - 2:00 p.m.

dearRPharmacist

The Disgusting Tricks In Your Treats



by Suzy Cohen, RPh

Dear Readers: A lot of parents plan special outings and trick-or-treating events for the kids on Halloween. I used to do that too, even decorating the house a little bit. But today, I'm not really

fond of skeletons and morbid spiders and whatnot.

Speaking of whatnot, you already know how much I despise the pushing of unnecessary, toxic chemicals on us, right? But there's something even more revolting. It's the government handbook called *The Food Defect Action Levels*. This guidebook spells out exactly how much mold, rat hair, maggots, parasites and bug parts can go into our food. It's shocking how generous these limits are!

If you just want to eat your food and keep your head in the sand, here's your cue to stop reading me and turn to the comic section. If you have a morbid curiosity of what the FDA shamelessly allows us to eat, then read on.

One peanut butter sandwich (approximately 100 grams of peanut butter) could have 30 or more pieces of insect parts on it. (Now, I know that is gross, and I also know that no amount of jelly will allow you to unsee that visual so I'm sorry I've messed with your brain. FYI, the jelly drama is about to get worse.)

Carmine – Carmine is a lovely word to use, as it flows off the tongue so beautifully, but it comes from boiling up some beetles. It's a beautiful red dye, that adds color to some popular brands

of red/purple jelly and frosting. I warned you it was going to get worse. Carmine is found in millions of different foods, candies and especially lipsticks. You may see it as 75470 or E129, or the most deceptive of all, "natural red 4." These are all code for carmine. Starbucks was pressured to get rid of the buggy colorant from their beautiful Strawberry Frappuccino.

Cockroaches – The FDA approves of cockroach and other bug parts in chocolate bars and liquors. The FDA lets them put on an average 60 insect pieces into every 100 grams of chocolate. This is considered safe for consumption by the FDA. Egad! Remember these bugs carry pathogens such as salmonella, E Coli and Listeria.

Gelatin – Gelatin is a tasteless compound (actually a protein) that is used to thicken candy, and also lots of foods and drinks. It comes specifically from prolonged boiling of animal parts like skin, bones, connective tissue and cartilage. It is usually pork derived, but can also come from pigs, chicken, cows and fish.

Shellac – Shellac is a resin that is excreted by the female lac bug. The bug poop is processed and dissolved in alcohol that then makes it a liquid shellac, which can then be used as a food glaze or dye. You'll find it on gobs of candy including candy corn, Raisinets, Tootsie Rolls, Junior Mints, Sugar Babies and jelly beans. It's used widely in the dietary supplement and pharmaceutical industry.

These additives are not considered "unsafe," however they are gross, unnecessary additives that should not be so rampant in our food supply. The FDA should reduce the acceptable allowances and closely regulate food makers so we don't have to eat so many nauseating things!

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.✱

mechanisms and best practices.

By maximizing district resources, supporting academic achievement and removing barriers to learning, and committing to upholding health standards for students and staff, Lee County has the honor of being included in the 49 school districts, representing 73 percent of all school districts in the state, that currently have the distinction of being honored for this initiative.

"It's important that our school systems promote the social, emotional and physical well-being of students and staff, which requires dedication and maximizing resources to follow best practices," said Jeff Dykes, interim chief executive officer of the Florida Healthy Kids Corporation.

This year, there was an emphasis on suicide prevention and trauma care that the school districts were scored on.

"This recognition serves as a reminder to our school districts that their efforts and coordination are greatly appreciated," said Dykes. "By identifying and utilizing practices that improve our school districts overall health, Florida's children will be better equipped for academic success."✱

Doctor and Dietician

Is Life Stressing You Out?



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

The brain constantly processes information, sending signals to the body to stimulate or relax functions. We handle stress all day – happy, sad, exciting, or depressing news where we respond differently, trying to achieve a balance between two response systems. Constant stressors such as sleep deprivation, poor eating, bad relationships, loneliness, or lack of physical activity can lead to imbalances that may cause the fight-or-flight mode to become overly active.

Heart rate variability (HRV) measures the tiny variations between heartbeats. The autonomic nervous system controls these variations and regulates heart rate, blood pressure, breathing and digestion. Two parts of the ANS are sympathetic and parasympathetic responses.

Measuring HRV assesses body balance, stress, fitness levels and tracks health goal progress. Excessive stress lowers variation between heartbeats, conversely, a more relaxed state shows a higher HRV, revealing stronger ability to handle stress. Higher HRV equals a healthier autonomic nervous system and faster ability to compensate, showing strength and resiliency.

Research shows low HRV correlates to anxiety, depression and cardiovascular risk. Higher HRV correlates with cardiovascular fitness and the ability to handle stress. HRV shows how life is affecting your health. Measuring it will help you work towards becoming healthier.

We use the Elite HRV app downloaded to your computer or Android/Apple device with the CorSense HRV fingertip monitor. Take home readings measuring morning readiness, as well as how various activities affect your HRV. We also offer a more sophisticated analysis at our Caring Medical office in Fort Myers.

Improve your HRV by incorporating mindfulness, meditation, prayer, adequate sleep, healthy eating, walking your dog, petting your animals, positive conversations and thoughts, strong faith, self-love, essential oils and regular physical activity, as well as treating any underlying structural pain conditions which can also zap your HRV. You only live once!

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

United Way Family Service Learning Fair

The United Way of Lee, Hendry, Glades, and Okeechobee Volunteer Center will host its inaugural Family Service Learning Fair at the main campus on Saturday, November 23 from 9 a.m. to noon. This event will highlight 14 diverse nonprofit agencies who will offer a variety of hands-on projects for families. The goal is to introduce families to volunteer opportunities available to them, and inspire youth to become community-minded leaders and citizens.

The 14 United Way partner agencies include: Cancer Alliance of Naples, Children's Home Society, Children's Network, FISH of SanCap, Girl Scouts, Goodwill of SWFL, Gulf Coast Humane Society, Harry Chapin Food Bank, Healthy Start, Human Trafficking Awareness Program, Quality Life Center, RCMA, Special Equestrians, The Salvation Army and Valerie's House.

Register at <http://forms.gle/6Ffg9TJdcE5wNt7M7> or email marym@unitedwaylee.org with family name and number of people in your group. Registration is not required; however, it will allow for enough materials for all participants.

The United Way main campus is located at 7273 Concourse Drive in Fort Myers. For more information, call 433-7567 or visit www.unitedwaylee.org.

From page 21

Calendar Contest

place was awarded to local artist Mia McMillan for her work *Wisteria Garden*.

A People's Choice award went to Letty deGuzman of the Lighthouse of SWFL for her piece *Pathway to Peace*. An Honorable Mention award went to Judy Radford of Special Populations of Cape Coral for her colorful *Flamingo Dreams*.

All winning works by the disabled artists in the calendar contest will be displayed on the disABLeD gallery wall in the atrium at HealthPark Medical Center through the holiday season. All works are for sale. A portion of the sales goes to the artist, and a percentage also goes to the Arts in Healthcare program within Lee Health.

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

County Awarded Healthy School District Recipient

Lee County was recognized as a 2019-21 Florida Healthy School District recipient for meeting the health needs of students and staff.

The Florida Healthy Kids Corporation – in collaboration with the Florida Association of District School Superintendents, and as members of the Florida Partnership for Healthy Schools – officially announced Lee County as a Silver level award recipient. This two-year award is granted to school districts that meet self-assessment tool requirements based on sustainable infrastructure, policy, programs and practices.

This achievement is based off high-quality healthy school teams, suicide prevention and trauma-informed care faculty training, school gardens and breakfast enhancement strategies, and exemplary Florida KidCare enrollment

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services
Cami And Autumnn



Cami ID# A790764

Hello, my name is Cami. I am a 6-year-old female pit bull mix who is one of the volunteer and staff favorites. I have gone on field trips with staff during lunch and love car rides. In fact, they report that I am the perfect backseat driver. I am very well-mannered and quiet in my run. Staff members are baffled as to why no one has adopted me yet.

My adoption fee is \$10.

Hi, my name is Autumnn. I am a beautiful tabby named for the colors in my coat. I am a 2-year-old female domestic shorthair who reminds staff members of a nice fall day. I am petite in size and in personality. My unassuming nature and big, brown eyes will win you over. I love to play with my toys and watch what the other cats are up to in our cat room. My inquisitive nature keeps me independently busy for hours.



Autumnn ID# A796823

My adoption fee is \$10, and you can get an additional kitty an no charge.

Pick your own “purr-fect” companion from the pet “pup-kin” patch in November. There are plenty of pets to “fall” in love with at Lee County Domestic Animal Services when visiting with the many cats, kittens, dogs and rabbits currently available. Adoption fees will be reduced for the entire month of November. Adult dogs more than six months of age are just \$30 to adopt; cats and kittens are \$10. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

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

Haven on Earth Animal League
Baby Grey And Peloton



Baby Grey

Hi There! We are Baby Grey and Peloton. While we aren’t biological siblings, we’ve spent our entire lives together, so we would really like to get adopted together. Baby Grey is a 5-month-old male and Peloton is a 4-month-old female. We’ve been neutered and spayed and have all of our vaccinations. We are very playful and sweet.

Baby Grey likes to give kisses, and will cuddle and sleep with you – just like a human child. Baby Grey needs a lot of attention and really needs to

have another kitty around to help keep him company and play with him. Peloton is very easy going. Baby Grey has extremely soft fur and feels like a marshmallow, while little Peloton is sleek and shiny. Peloton has a white tip at the end of her tail. Baby Grey is a little timid at first, but with a gentle touch, he warms up quickly. He is still learning not to chew on fingers, so he would do best in a home without small children.



Peloton

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneonearthanimalleague@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 Symphonc Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

PUZZLES

Answers on page 28

Super Crossword

PET SHOWER

- ACROSS
- 1

Guru's practice
- 5

Pre- — (supplant)
- 9

Neighbor of Georgia
- 16

PC pic file
- 19

Bedouin, e.g.
- 20

Actor Max or Max Jr.
- 21

Situated at the bottom, as of the skull
- 22

Primo pitcher
- 23

Prisms, e.g.
- 25

Causing to go mad
- 26

Drink with crumpets
- 27

Region largely in southwest Poland
- 29

Big name in shapewear
- 30

Seating tiers
- 31

Bandit-seeking band
- 34

Future tense of "is"
- 36

Business agt. 37 "I smell —!"
- 38

Objecting to
- 39

Car-towing gp.
- 40

Kind of eclipse
- 42

Calm-inducing drug
- 44

Stop nursing gradually
- 45

Actress Dana of "Invasion of the Body Snatchers"
- 47

Cilantro
- 49

Concept
- 51

Witty remark
- 53

Covetous types
- 54

Act furtively
- 55

Custodial tool
- 56

University URL ending
- 57

"Nana" actress Anna
- 58

Bull features
- 59

Wood cutter
- 60

Oscar-winning title role for Meryl Streep
- 62

Sandy stuff
- 66

Load to bear
- 67

Encl. to facilitate a reply
- 68

— Lingus
- 69

Med. nation
- 70

Second baseman Robinson —
- 71

Phnom —
- 72

Wearing old, torn clothes
- 74

911 VIP
- 75

Like old, worn clothes
- 76

"Criminy!"
- 78

Winner's hand gesture
- 79

The, to Fritz
- 80

Hogs' homes
- 81

Car tank insert
- 84

Like stars
- 86

Vacation destination
- 87

Takes out of a needle, as a filament
- 89

Cornhusk-wrapped dish
- 91

Year, in Italy
- 92

Sea god of Greek myth
- 93

Old-time anesthetic
- 95

Thanksgiving side dish
- 96

Not far from 1980s
- 97

1980s Chrysler line
- 98

Ga. hours
- 100

Big game venues
- 102

In a strange way
- 103

— it my way"
- 104

Hauls (away)
- 106

Changed the label of
- 108

Millennia on end
- 109

Dewlap locales
- 111

Versatile
- 115

Fr. holy woman
- 116

Picks up on
- 117

After-bath powder
- 118

Slaty color
- 119

Danson of "Ink"
- 120

Bicolor
- 121

Do as told
- 122

Locality
- DOWN
- 1

Bark shrilly
- 2

Gold, to Pedro
- 3

Lassie
- 4

Flock watcher in old Ethiopia?
- 5

Luxury Swiss watch brand
- 6

Cleared a path (for)
- 7

Pugilist from Xerxes' empire?
- 8

Ski course
- 9

"Scandal" network
- 10

Perfect-game pitcher Don
- 11

Kin of PDQ
- 12

Superman's evil "mirror image"
- 13

Flaring dress
- 14

Bit of advice from a British crown dependency native?
- 15

Neighbor of Chile: Abbr.
- 16

Big name in sports drinks
- 17

Cold zero-calorie drink
- 18

Ones eating lavish meals
- 24

Go quickly
- 28

Woody of film
- 30

Really coming down (like it's doing in this puzzle?)
- 31

Hocking site
- 32

Private chat
- 33

Not operated nationally, as a lottery
- 35

Volleyball player on Prime Minister U Nu's team?
- 39

Barley bristle
- 41

Misbehave
- 43

Cover with concrete
- 46

Overdrink
- 48

Says no to
- 50

Says yes to
- 52

Bouquet
- 55

The folks
- 61

Research facility on Mount Everest?
- 63

Doled (out)
- 64

Not outer
- 65

Film with Buzz Lightyear
- 67

Traditional grub of Bangkok?
- 68

Gets old
- 73

Salt's "Stop!"
- 74

Hard, yellow cheese
- 75

Mao — -tung
- 77

Sage mentor
- 81

Most crud-filled
- 82

Entertaining brief tale
- 83

Exerted great effort
- 85

Less typical
- 86

Sleep-stage acronym
- 88

Michigan city
- 90

Mississippi River explorer
- 94

Go quickly
- 99

Artist Andrea del —
- 101

"Swell!"
- 102

Not 'neath
- 105

Mexican nosh
- 107

Gray of R&B
- 109

Blasting aid
- 110

Cairo-to-Nairobi dir.
- 112

Mentalist Geller
- 113

— "King" Cole
- 114

Henna, e.g.

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													41				42	43			
44																48					
49																					
54																					
58																					
66																					
71																					
				76	77				78				79				80				
81	82	83								84											
87																					
92																					
97																					
103																					
108																					
115																					
119																					

King Crossword

- ACROSS
- 1

Lily variety
- 5

Homer's outcry
- 8

Wax-coated cheese
- 12

Bivouac
- 13

Individual
- 14

Field mouse
- 15

Memo acronym
- 16

Series of battles
- 17

Actor McGregor
- 18

Fame
- 20

Easter hat
- 22

Stitch
- 23

Beast of burden
- 24

Commanded
- 27

Human-like robots
- 32

In olden days
- 33

"No seats" sign
- 34

Pizzazz
- 35

Detective
- 38

Say it isn't so
- 39

Actor Beatty
- 40

Neither mate
- 42

Falling-blocks game
- 45

Wedding-related
- 49

Ms. Brockovich
- 50

Shock and —
- 52

— colada
- 53

Unspeakable
- 9

Fire some folks
- 10

Wings
- 11

Common noun suffix
- 19

1927 Lindbergh book
- 21

Rowing need
- 24

"Humbug!"
- 25

Khan title
- 26

Period of inactivity
- 28

Gun lobby org.
- 29

Pessimistic
- 30

Noise
- 31

Agent
- 36

Bit of grain
- 37

Star Wars inits.
- 38

Raining somewhat
- 41

On the other hand
- 42

Office part-timer
- 43

Great Lake
- 44

1940 Laurel & Hardy film, "— at Sea"
- 46

Tragic
- 47

Unsigned (Abbr.)
- 48

NASCAR circuits
- 51

Teensy
- act?
- Shell game item
- Support
- Rind
- Collection
- Longings
- DOWN
- 1

Cicatrix
- 2

Facility
- 3

Fed
- 4

Go up against
- 5

Earthward airstream
- 6

— budget
- 7

KFC additive
- 8

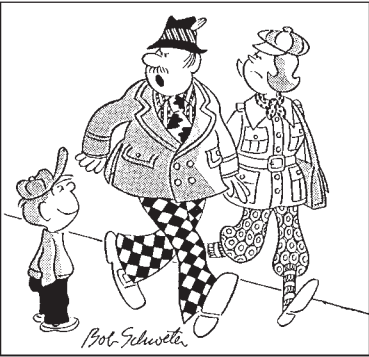
Nevertheless

REMOVE THE MAGIC MAZE M'S TO MAKE A NEW WORD

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

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

- Armrest
Camper
Champ
Chimps
- Commerce
Dimes
Gamble
Grammy
- Palms
Pamper
Smoldering
Smoothing
- Summit
Trimmed
Unmended



"No, young man, the _____
is NOT in town!"
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!

Curse
SUNLIT

Build
CAETER

Reserve
RECUSE

System
SCOPERS

TODAY'S WORD

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

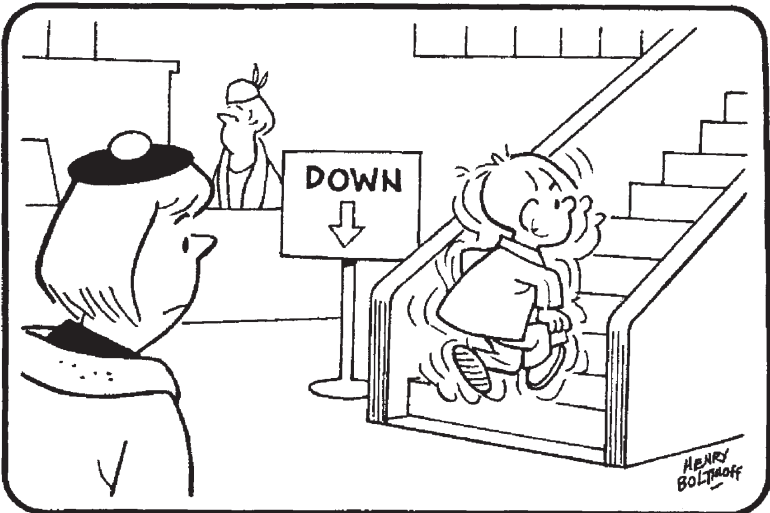
SUDOKU

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

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's jacket is black. 2. "Down" sign is different. 3. Woman's dress is black. 4. "Sale" sign is added. 5. Windows are missing. 6. Woman's hairstyle is different.



Spinach and Bacon Stuffed Mushrooms

1 pound mushrooms
4 cups fresh spinach
5 strips bacon, cooked and crumbled
1/2 onion, diced fine
1 cup feta cheese, crumbled
6 ounces cream cheese, softened to room temperature
2 tablespoons unsalted butter
Oil, for cooking
Pinch of red pepper flakes
Sea salt and fresh ground pepper, to taste
Preheat oven to 375 degrees. Cook bacon until crispy and drain on paper towel (reserve 1/4 cup of bacon drippings). Coarsely crumble bacon. Heat 2 teaspoons reserved bacon drippings in skillet over medium heat. Add chopped onion and sauté until tender, about 5 minutes. Transfer to bowl and allow to cool. Mix in bacon, spinach, feta, cream cheese and crushed red pepper. Season to taste with salt and pepper. Toss mushrooms and remaining bacon fat in large bowl to coat and season with salt and pepper. Place mushrooms, rounded side down, on baking sheet and bake until centers fill with liquid (about 15 minutes). Turn mushrooms over and bake for another 5 minutes. Remove from oven, fill with spinach mixture, and return to oven for additional 7 minutes. Transfer to platter and serve warm.✪



Spinach and Bacon Stuffed Mushrooms

photo courtesy Fresh From Florida



FRIDAY

Mostly Cloudy

High: 83 Low: 73



SATURDAY

Mostly Sunny

High: 80 Low: 70



SUNDAY

Cloudy

High: 77 Low: 67



MONDAY

Sunny

High: 76 Low: 66



TUESDAY

Sunny

High: 78 Low: 68



WEDNESDAY

Mostly Sunny

High: 77 Low: 67



THURSDAY

Partly Cloudy

High: 79 Low: 69

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	3:02 am	10:59 am	None	None
Sat	3:42 am	11:59 am	None	None
Sun	3:32 am	12:05 pm	None	None
Mon	4:44 am	1:10 pm	9:34 pm	None
Tue	6:35 am	1:04 am	9:54 pm	2:09 pm
Wed	8:23 am	2:37 am	10:14 pm	2:59 pm
Thu	9:41 am	3:36 am	10:32 pm	3:40 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	2:07 am	11:01 am	None	None
Sat	2:47 am	12:01 pm	None	None
Sun	2:37 am	12:07 pm	None	None
Mon	3:49 am	1:12 pm	8:39 pm	None
Tue	5:40 am	1:06 am	8:59 pm	2:11 pm
Wed	7:28 am	2:39 am	9:19 pm	3:01 pm
Thu	8:46 am	3:38 am	9:37 pm	3:42 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	3:19 am	11:02 am	5:41 pm	10:43 pm
Sat	4:03 am	11:47 am	6:28 pm	11:16 pm
Sun	3:49 am	11:41 am	6:22 pm	10:57 pm
Mon	4:39 am	12:51 pm	7:20 pm	None
Tue	6:10 am	1:03 am	8:17 pm	1:56 pm
Wed	7:41 am	2:22 am	9:15 pm	2:51 pm
Thu	8:58 am	3:24 am	10:09 pm	3:41 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	5:12 am	2:15 pm	None	None
Sat	5:52 am	3:15 pm	None	None
Sun	5:42 am	3:21 pm	None	None
Mon	6:54 am	4:26 pm	11:44 pm	None
Tue	8:45 am	4:20 am	None	5:25 pm
Wed	12:04 am	5:53 am	10:33 am	6:15 pm
Thu	12:24 am	6:52 am	11:51 am	6:56 pm

PUZZLE ANSWERS

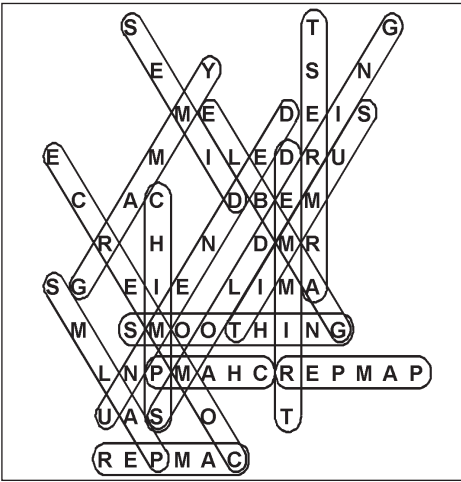
SUPER CROSSWORD

YOGA	EMPT	ALABAMA	GIF
ARAB	BAER	BASILAR	ACE
POLY	HEDRA	CRAZING	TEA
POSS	SILESIA	SPANX	ROWS
ANTI	AAA	LUNAR	OPIATE
WEAN	WYNTER	CORIAN	DER
NOTI	ON	BONMOT	ENVIERS
SNEAK	MOP	EDU	STEN
HORNS	AXE	SOPHIE	GRIT
ONUS	SAE	AER	ISR
PENH	INRAGS	EMT	TATTY
EGAD	VEE	DAS	STIES
GASP	PUMP	ASTRAL	RESORT
UNTH	READS	TAMALE	ANNO
NERE	US	ETHER	YAM
KCAR	EST	ARENAS	ODDLY
IDID	CARTS	RENAMED	
EON	THROATS	ALLAROUND	
STE	NOTICES	TALC	GRAY
TED	TWOTONE	OBEY	SITE

KING CROSSWORD

SEGO	DOH	EDAM
CAMP	ONE	VOLE
ASAP	WAR	EWAN
RENO	WN	BONNET
SEW	ASS	
BADE	ANDROIDS	
AGO	SRO	ZIP
HAWK	SHAW	DENY
NED	NOR	
TETRIS	BRIDAL	
ERIN	AWE	PINA
MIME	PEA	PROP
PEEL	SET	YENS

MAGIC MAZE



SUDOKU

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

TRIVIA TEST

- Literature:** What was the name of the broomstick that Harry Potter received as a gift in *Harry Potter and the Sorcerer's Stone*?
- Medical:** Which disease was once known as the Great White Plague because of the pale appearance of the patients?
- Bible:** Which biblical city was ruled by Nebuchadnezzar?
- U.S. Presidents:** Which president was assassinated less than four months after taking office?
- Geography:** What is the capital of India?
- Comics:** In what century did the adventures of Buck Rogers take place?
- Games:** What is the name of the curved wicker basket used to throw and catch balls in jai alai?
- General Knowledge:** What were the Galapagos Islands named after?
- Advertising Slogans:** Which company once used the ad slogan, "You deserve a break today"?
- Anatomy:** What is a common name for the pollex in human anatomy?

TRIVIA ANSWERS

1. Nimbus 2000
2. Tuberculosis
3. Babylon
4. James Garfield
5. New Delhi
6. 25th
7. Cesta
8. The tortises found there.
9. McDonald's
10. Thumb.

My Stars ★★★★★

FOR WEEK OF NOVEMBER 4, 2019

Aries (March 21 to April 19) Caution dominates the Sheep's monetary aspect this week. Rams and Ewes might want to shear their big spending plans until a more favorable financial picture begins to emerge by week's end.

Taurus (April 20 to May 20) Thrift counts both at home and at work. So you might want to rethink major purchases or investments. Also, be wary of a so-called revelation about a previous decision.

Gemini (May 21 to June 20) Both household budgets and workplace accounts might benefit from some judicious trimming of unnecessary expenses. A partnership could lead to an unexpected challenge.

Cancer (June 21 to July 22) A previously overlooked opportunity could re-emerge with a new travel-related matter. Check this out carefully to see if it's what you really want before you decide one way or another.

Leo (July 23 to August 22) This could be the start of a new career-changing phase, so start marking down your many accomplishments for those who need to know how much you have to offer. Good luck.

Virgo (August 23 to September 22) It's not too early for the sometimes procrastinating Virgo to start making those long-distance travel plans. The sooner you decide where to go, when to go and how to go, the better.

Libra (September 23 to October 22) Financial matters once again figure in any

major action you might take regarding career, travel or other endeavors. You'll want a ready reserve to help you back up those moves.

Scorpio (October 23 to November 21) Trying to resolve a problem in a personal relationship could be more difficult than you'd expected. Look into the possibility that someone might be interfering for his or her own reasons.

Sagittarius (November 22 to December 21) A project you once rejected might be more attractive because of changes that you feel you can now work with. The weekend is especially favorable to family matters.

Capricorn (December 22 to January 19) This is a good week for the gregarious Goat to enjoy being with people you care for. You might even want to show off those creative kitchen skills you're so adept at.

Aquarius (January 20 to February 18) A colleague might think your attitude is patronizing or even outright insulting. True. That might be his or her problem. But you might want to take some reassuring steps anyway.

Pisces (February 19 to March 20) It's a good time to jettison those old concepts about a family matter you might have been holding on to. This will help make room for a new and more enlightened way of dealing with it.

Born This Week: You like to analyze a puzzling situation before you try to resolve it. This makes you excel at getting things done the right way.

MOMENTS IN TIME

- On Nov. 6, 1528, the Spanish

conquistador Alvar Nunez Cabeza de Vaca is shipwrecked on a low sandy island off the coast of Texas. Starving, dehydrated and desperate, he is the first European to set foot on the soil of the future Lone Star state.

- On Nov. 10, 1775, a resolution, drafted by future U.S. president John Adams, creates the Continental Marines and is now observed as the birth date of the United States Marine Corps. The motto of the service is Semper Fidelis, meaning "Always Faithful" in Latin.
- On Nov. 7, 1914, while World War I rages in Europe, a new weekly magazine, *The New Republic*, is first published in the United States. Though its first issue sold only 875 copies, after a year the circulation reached 15,000. *The New Republic* still operates today as a weekly journal of opinion.
- On Nov. 8, 1951, Yankees catcher Yogi Berra is voted the American League's most valuable player. He went on to be the league MVP twice more, in 1954 and 1955.
- On Nov. 5, 1968, in one of the closest elections in U.S. history, Republican challenger Richard Nixon defeats Vice President Hubert Humphrey. Because of third-party candidate George Wallace, neither Nixon nor Humphrey received 50 percent of the vote.
- On Nov. 4, 1979, student followers of the Ayatollah Khomeini send shock waves across America when they storm the U.S. embassy in Tehran. The radical Islamic fundamentalists took 90 hostages.
- On Nov. 9, 1989, East German officials open the Berlin Wall, allowing free travel from East to West Berlin for the first

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time since 1961. The next day, celebrating Germans began to tear down one of the ugliest and most infamous symbols of the Cold War. The wall was built to keep a flood of refugees from fleeing Communist East Germany to the West.

STRANGE BUT TRUE

- It was Marquette University basketball coach and beloved national basketball commentator Al McGuire who made the following sage observation: "The world is run by C students."

- After the Civil War, Varina Davis – widow of Jefferson Davis, president of the Confederacy – and Julia Grant – widow of Ulysses S. Grant, famed Union general and later president of the United States – ended up living near each other. According to historians, they became very close friends.

- On average, twins arrive 24 days earlier than babies from single births.

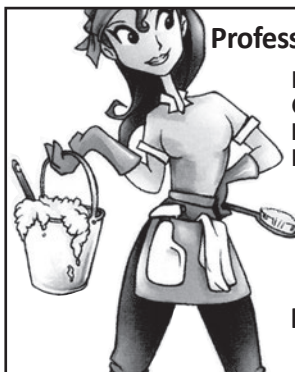
- In China, it is traditional for men do the knitting.
- According to anthropologists, if you'd never worn shoes, there would be a larger gap between your big toe and the rest of your toes.

THOUGHT FOR THE DAY

"Four be the things I am wiser to know: idleness, sorrow, a friend and a foe. Four be the things I'd be better without: love, curiosity, freckles and doubt."

– Dorothy Parker

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FWC Program Honors Anglers

Catch a Florida Memory, a saltwater angler recognition program by the Florida Fish and Wildlife Conservation Commission (FWC) Program, acknowledged a few anglers that took home exciting prizes, including custom fish mounts courtesy of Mount This! Fish Company.

Christina Saridakis and Remington Colt Thompson both won custom fish mounts in August by qualifying for the Reel Big Fish. In the adult category, Saradakis' whopping 46-inch Reel Big red drum was definitely a milestone to remember, while Thompson dominated the youth category with an impressive 36-inch red drum.

Katlyn Paul was the first angler to reach Tier 1 of Reel Big Fish by catching



Christina Saridakis and Remington Colt Thompson show off their Reel Big red drum that landed them custom fish mounts courtesy of Mount This! Fish Company






five different reel big species. Alex Fogg wasn't far behind, qualifying for Tier 1 just recently. And Eli Parks was the first angler to catch a Reel Big tripletail by qualifying for the youth category with an impressive 23-inch fish.

In celebration of Catch a Florida Memory's third "fish-iversary" this month, FWC is giving more chances to reel in a recognition by lowering Reel Big Fish lengths for ladyfish and bluefish. The qualifying length for ladyfish has dropped from 24 inches to 22 inches for adults and from 18 inches to 16 inches for youth. The qualifying length for bluefish has dropped from 30 inches to 27 inches for adults and from 22 inches to 20 inches for youth. Make sure to submit a photo of your catch over a length-measuring device to qualify.

Catch a Florida Memory encourages anglers to target a diverse range of species in Florida, reducing pressure on the most

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		SCARNATO LAWN SERVICE Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available) Joe Scarnato (239) 849-6163 scarnatolawn@aol.com 1/25 ★ TFN		

commonly sought-after catches. Successful anglers receive a prize pack including a T-shirt, certificate and tumbler, and the prizes get hotter from there. Anglers do not have to harvest their fish to be eligible for prizes and are encouraged to use proper fish handling techniques.

To participate, visit www.catchafloridamemory.com. To check how you and other anglers are doing, follow www.facebook.com/catchaflmemory. For more information, email anglerrecognition@myFWCfwc.com or call 850-487-0554.*

Manatee Awareness Month

November is Manatee Awareness Month. Save the Manatee Club invites everyone to celebrate Florida's beloved, iconic, marine mammal and discover the challenges imperiled manatees face every day.

"The best way to protect manatees is for the public to learn about their plight and how protecting them is in all our best interests if we care about healthy aquatic ecosystems," says Patrick Rose, executive director of Save the Manatee Club. "Whether passively observing the beauty of our waterways or actively engaged in water-related activities such as boating, fishing or diving, we should understand our role as responsible stewards of manatees and their habitat and how we can help protect those things we hold dear."

The public can be actively engaged in manatee and habitat protection during Manatee Awareness Month and throughout the year by obtaining the club's free waterway signage, boating banners and decals, waterway cards, and educational posters. The shoreline property signs warn boaters to slow down for manatees and feature the Florida Fish and Wildlife Conservation Commission's hotline number (1-888-404-3922) to report sick, injured, orphaned or harassed manatees. Send requests for the club's free public awareness materials via email to education@savethemanatee.org or call toll free at 1-800-432-JOIN (5646). Get more tips and resources at savethemanatee.org/boatertips.

The public is also encouraged to visit Save the Manatee Club's website at www.savethemanatee.org to learn more about manatees. In addition, educational resources are available for teachers and students. You can also view manatee webcams at www.manatv.org to see manatees in real time during the winter months or year-round on archived video. The webcams have become popular with viewers across the globe and have allowed the club to monitor manatee behavior for research and health-related conditions.

Another way to help year-round is by adopting a real living manatee through the Adopt-A-Manatee program. An annual manatee adoption starts at \$25, includes a color biography and life history of a real manatee, an adoption certificate, membership handbook and subscriptions to the club's newsletters, which feature updated reports on the manatees in the

adoption program. To learn more, visit the adoption page of the web site at savethemanatee.org/adopt. For more information about manatees and the Adopt-A-Manatee program, contact Save the Manatee Club at 500 N. Maitland Avenue, Maitland, FL 32751. You can also call 1-800-432-5646, or visit www.savethemanatee.org.*

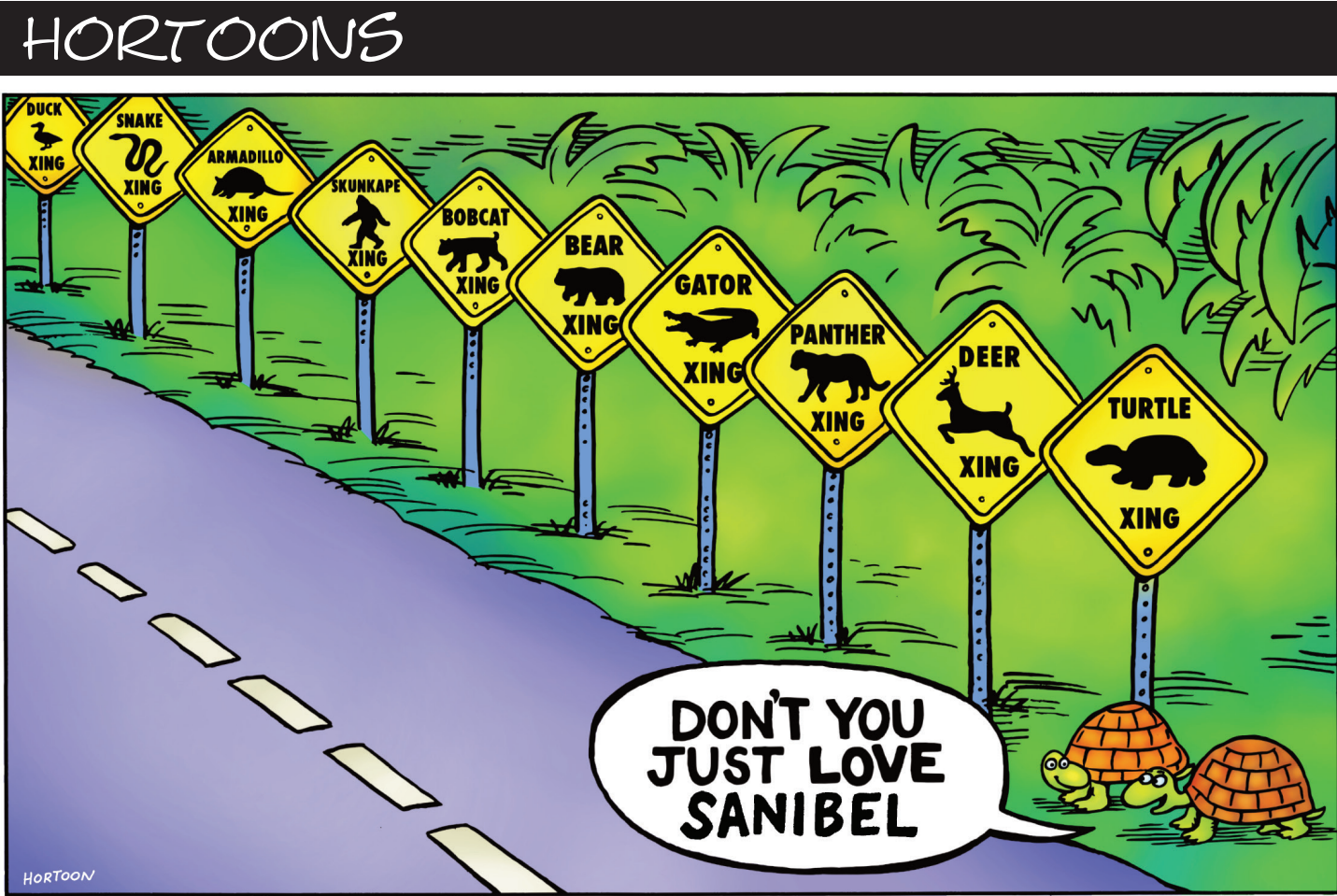
Pet Adoption Discounts

Pick your own "purr-fect" companion from the pet "pup-kin" patch in November. There are plenty of pets to "fall" in love with at Lee County Domestic Animal Services when visiting with the many cats, kittens, dogs and rabbits currently available.

Adoption fees will be reduced for the entire month of November. Adult dogs more than six months of age are just \$30 to adopt; cats and kittens are \$10. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are waiting to introduce a new family member. Just stop by the adoption center from 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers.

Visit www.leelostpets.com to see pets available for adoption. Find Lee County Domestic Animal Services' social media sites on Facebook or Instagram @ [leeanimalservices](https://www.instagram.com/leeanimalservices).*



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Willow Walk	Estero	2001	3,045	\$1,050,000	\$1,000,000	38
Gopher Walk	Sanibel	1999	2,279	\$995,000	\$955,000	243
Cape Coral	Cape Coral	2014	2,733	\$950,000	\$893,500	21
Banyan Cove	Estero	2001	3,583	\$899,000	\$820,000	180
Tamarind Trace	Estero	2000	2,670	\$820,000	\$775,000	23
Metes And Bounds	Sanibel	1957	960	\$800,000	\$689,000	47
Cape Coral	Cape Coral	1970	2,161	\$719,900	\$685,000	408
Caloosa Yacht & Racquet Club	Fort Myers	1995	2,884	\$719,000	\$685,000	11
Palaco Grande	Cape Coral	1987	3,137	\$699,000	\$690,000	84
The Enclave	Fort Myers	2002	3,024	\$691,900	\$670,000	86

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