





Vol. 18, No. 45

From the Beaches to the River District downtown Fort Myers **NOVEMBER 8, 2019** 

# Songwriter Sunday Brunch Series To Begin

ove Your Rebellion (LYR) will present a Songwriter Sunday Brunch at Remedies Parlor on Sunday, November 17 from noon to 2 p.m. Experience an intimate songwriter's round from The Heart Attack Guns and Mountain Holler.

The bimonthly showcase will feature singer-songwriters playing original music and telling the stories behind the songs. Proceeds from the Songwriter Sunday Brunch fund LYR's nonprofit arts programming.

The Heart Attack Guns are a reggae rock band from Southwest Florida. Daymi and Byron Sellers, who will be performing at the brunch, are the masterminds behind the project, which features a full band with eight members. Within their first year playing in the area, they've already made a lasting impact, opening for acts like Julian Marley. For more information, visit www.sonicbids.com/ band/theheartattackguns.

Mountain Holler is the solo project of Mark Etherington. Based in St. Petersburg, Florida, Etherington's haunting and emotional music reflects his explorations of the mind and nature.



Mountain Holler photo by Sarah Modene Through the meticulous blending of open-tuned guitars blanketed with his reverb-saturated vocals, Mountain Holler casts a sonic spell on his listeners creating a profoundly unique auditory experience. For more information, visit www.rememberyouaredreaming.com/ mountainholler.

Attendees can purchase food from Buddha Blends and drinks from Remedies Parlor. Buddha Blends is a vegan food truck offering healthy made-to-order items including munchie foods, smoothies and smoothie bowls. Remedies Parlor is an online and brick and mortar shop selling continued on page 22



Rus Anderson in Rocket Man - The Ultimate Elton John Tribute Show

Elton John Tribute Kicks Off Vinyl **Vibes Series** 

The first Vinyl Vibes concert of the 2019-20 series features Rus Anderson performing as a young Elton John in Rocket Man – The Ultimate Elton John Tribute Show at the Sidney

photo provided

& Berne Davis Art Center on Friday, November 15. Doors will open at 7 p.m. for cocktails, and the performance will begin at 8 p.m.

Anderson will perform Elton John's greatest hits, complete with spot-on vocals, fierce piano playing and costumes. His performance has earned the show an endorsement by the official Elton John Fan Club and the Elton John AIDS

continued on page 17





Artist Floyd Lawrence painting on the beach

he Fort Myers Beach Art Association (FMBAA) Fall Judged Show, titled Arbitrary Illusions, will be on view in Studio 1 in the FMBAA gallery from Monday, November 11 through Thursday, December 5. Artist and professor Francesco Gillia will judge the show. Admission is free to the public during gallery hours.

photo by Liliana Traub

On November 11, FMBAA artist Sue Pink will display a new solo show in Studio 2. On Sunday, November 10, Pink will hold a demonstration at the gallery at 4 p.m. Cost for this demonstration is \$10.

On Sunday, November 17, there will be a gallery talk at 1 p.m. with artists Christine Reichow and Cheryl Fausel, continued on page 24

#### THE RIVER - NOVEMBER 8, 2019 2

Historic Downtown Fort Myers, Then And Now:

# Scouts Join Armistice Jubilation



### by Gerri Reaves, PhD

arly on the morning of November 11, 1918, the people of Fort Myers had a reason to celebrate like never before. • At 2:53 a.m., the U.S. State Department had announced that peace would go into effect at 11 a.m. Paris time and 6 a.m. Washington D.C. time.

The Fort Myers Press boldly announced "WAR ENDED AT 6" in gigantic headlines on the front page of the free "victory special" edition.

That first Armistice Day, the world pulled out all the stops and celebrated peace. World War I, aka the Great War, had officially ended at the 11th hour of the 11th day of the 11th month, as the

saving goes.

Fort Myers joined the uproarious jubilation along with everyone else, and this historic photo captures just one small part of it.

The photographer pointed the camera eastward down First Street as the Royal Palm Troop number 1 approached Jackson Street.

Although the photo is rather dark, the sign reading "Boy Scouts" is clearly discernible on the wagon, flanked by troop members marching on what looks like an oyster-shell coated street.

In the right distance is the steeple of the O'Neill Memorial Methodist Church at Royal Palm Avenue. On the left is the white fence surrounding Harvie and Florida Heitman's home

The American flag in the upper left is probably flying from the turret of the Royal Palm Hotel at the foot of Royal Palm Avenue.

That troop was the first to organize in Fort Myers in 1911 under the leadership of Rev. Mr. AM Hildebrand, the rector of St. Luke's Episcopal Church.

It was certainly fitting that the scouts were parade participants, for they had contributed to the war effort by selling Liberty Bonds on the downtown streets. In fact,



Boy Scouts of Royal Palm Troop number 1 march westward on First Street on Armistice Day, November 11, 1918. In the distance (right) is the steeple of the O'Neill Memorial Methodist Church at Royal Palm Avenue. photo courtesy IMAG History & Science Center



Parades still occur on First Street, but none dedicated solely to the end of a world war and a declaration of peace photo by Gerri Reaves

the troop had adopted the slogan, "Every scout to save a soldier."

The grand news of an Armistice was not totally unexpected, but over the weekend it had hung in limbo. Not until 5:15 a.m. (midnight Washington, D.C. time), had the German representatives of the Allied powers finally signed the cease-fire agreement in the Compiègne Forest, within the Rethondes Clearing in France, which would go into effect six hours later.

Fort Myers went into over-drive: steamboat, train and utility-company whistles blew, church bells rang, a street party erupted, and motorists dashed all over town and the surrounding suburbs shouting with joy, banging pie pans and honking horns.

People decorated and some donned costumes.

The shops and schools were closed. The *Press* noted that the spontaneous parades were populated mostly by "little tots," and that students were the first to assemble for the parade.

Imagine, there was no television or radi, o and telephone service was not pervasive. Moreover, it was so early when the news first hit town that even Western Union had not yet opened. So, the glorious news had to spread face to face.

The war had begun in Europe more than four years earlier, in August 1914, but the U.S. did not declare war on Germany and its allies until April 1917.

Nevertheless, Americans supported the war effort from the start with everything

from rationing food or volunteering for the Red Cross to working for the draft board or growing Victory Gardens.

There were more than 320,000 American casualties, with casualty being defined as killed or died, wounded, or prisoner or missing. Fortunately, only a few Lee Countians died in the conflict.

Worldwide, however, more than 9 million people died, so there was reverence and sorrow mixed with the jubilation.

But for that spectacular day, everyone could revel in knowing that peace would reign, right had triumphed over might, and the troops would come home.

Although the armistice was made for only 30 days, it was regularly renewed until the signing of the Treaty of Versailles on June 28, 1919, which officially ended World War I.

Pres. Woodrow Wilson then officially proclaimed Armistice Day in 1919, and in an impressively optimistic move in 1938, Congress made it a day dedicated "to the cause of world peace.

Linda Coin

Tom Hall

Marcia Feeney

Shelley Greggs

However, in 1954, in the aftermath of World War II and the Korean War, the day was continued on page 8

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Many types of vegetables are available for sale at the Edison and Ford Winter Estates Garden Shoppe

# Vegetable Plants For Sale At Estates

In the northern states, most gardeners plant vegetables in the spring; however, in Southwest Florida, fall is the best time for planting popular edibles. The Edison and Ford Winter Estates Garden Shoppe just received a large shipment of arugula, eggplant, kale, broccoli, cauliflower, peppers, lettuce, celery, chives, and 10 varieties of tomatoes, as well as several types of herbs. For gardeners wishing to start vegetables from seed, packets are

photo provided

available in the Museum Store.

Vegetables and herbs can be grown in flower pots or raised beds in potting soil throughout the cooler months. For winter residents that don't have room for a garden, raised beds (four feet by 10 feet) are available for rent in the Community Garden at the Estates from October through May for \$100 or \$75 for Edison Ford members (the rate is for the entire season).

Horticulture Specialist Eric Frankovitch is preparing the beds, adding compost and will lead gardening meetings for community garden members. Garden members will have

access to garden tools, water, soil and mulch.

The Garden Shoppe is open daily from 9 a.m. to 5:30 p.m. Garden staff can answer questions and help with plant selection. To reserve a raised bed, call

# Symphony Opens With Interstellar Concert Benefit

he Southwest Florida Symphony, Lee County's only professional orchestra and the fourth oldest in the State of Florida, opens its 59th season with Masterworks I: Interstellar Symphony at the Barbara B. Mann Performing Arts Hall on Saturday, November 9 at 7:30 p.m. Maestro Nir Kabaretti's highly popular pre-concert lecture precedes the concert at 6:30 p.m.

Maestro Kabaretti will conduct Masterworks I: Interstellar Symphony and feature special guest artist Alexis Smith, Southwest Florida Symphony's own principal trombonist. The symphony will perform the wildly popular John Williams' Star Wars suite and The Planets by Gustav Holst. Smith will take the lead in the Concerto for Trombone and Orchestra by Danish composer Launy Grondahl.

Tickets are between \$15 and \$109 per person. There will also be a food drive in support of the Harry Chapin Food Bank. Patrons attending this concert are asked to bring non-perishable food items for Thanksgiving distribution to families in Lee County.

The Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. Gardening events and classes are listed on the website at www. edisonford.org.☆



**Alexis Smith** 

photo provided

The Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Tickets may be purchased online at www.swflso.org; by visiting the Southwest Florida Symphony Box Office, located at 8290 College Parkway, Suite 103 in Fort Myers; by calling the Symphony Box Office at 418-1500; or at the door, one and a half hours prior to the concert.☆



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# Students To Speak With Space Station Astronaut

Tudents from across the School District of Lee County will have the opportunity to speak, live through a satellite video downlink, with an astronaut on board the International Space Station (ISS). The February 27 conversation will celebrate 50 years since the moon landing, life in space today and envisioning the future of space travel and habitation.

This is absolutely incredible, and I am so excited for our students to once again have the chance to learn about space from astronauts living and working in space,' said 5th Grade Teacher Courtney Black. Last school year, Black organized the Amateur Radio on the International Space Station (ARISS) contact via a HAM Radio with Space Station Astronaut Serena Auñón-Chancellor. She again is the driving force behind this effort. "We will be giving our students a once-in-a-lifetime experience to speak to an astronaut and hopefully encourage them to keep studying science and pursue a STEM oriented career."

Fifty schools will be chosen to participate in the space-themed lessons that surround the space station contact and select a student to attend the video conversation. Applications are being accepted now. Some of the educational options include:

Tomatosphere – Students study the difference between the germination rates of tomato seeds that have flown on the



ISS Downlink in its 1,000 seat auditorium.

invited to mark the moon landing's 50th

anniversary. Students, teachers and special

Only a limited number of schools are

provided the opportunity for an In-Flight

Station. More details will be provided as

Education Downlink with the Space

the February 27 event nears.⅔

Veterans To

Be Admitted

Free To Estates

Day, November 11. Free admission includes a self-guided audio tour of the

museum. To receive free admission,

card or their DD214 papers.

historic homes, gardens, laboratory and

veterans must present a VA identification

Two new exhibits are currently on display, including the Edison and Tesla DC

vs. AC exhibit in the Edison Caretaker's House that explores the differences

between the inventors' electrical current, and the family and friends exhibit in the 15,000-square-foot inventions museum.

Family, Friends & Fun: Edison & Ford in the Florida Sun depicts some of the

experiences the Edison and Ford families shared while in Fort Myers. This new

interesting people that visited them, and

several artifacts are included that have

The museum also contains the

Smithsonian Spark!Lab with several

numerous examples of phonographs

never been shown to the public before.

activity stations for children and families;

(Edison's favorite invention); antique cars,

including Edison's personal 1916 Model T; and the Timeline of Innovation, a

chronological timeline of both Edison's

Another highlight is the botanic

to see original test tubes and machinery

different plants in his quest to find a

research laboratory, a National Historic Chemical Landmark. In the lab, visitors get

that Edison used to test more than 17,000

and Ford's inventions.

exhibit also showcases some of the

dison and Ford Winter Estates will

eveterans and one guest on Veterans

• be offering free admission to U.S.

guests will also be on hand to witness the

Members of the class of 1969 will be

conversation.

#### International Space Station astronauts

International Space Station versus those that have stayed on earth.

The Martian Garden - Students examine the various conditions and mediums that plants can be grown in, from hydroponics to simulated Martian regolith.

10th annual International Art Contest - Co-sponsored by The Space Foundation and Firefly, the International Art Contest features the work of student artists, ages 3 to 18 years old, from around the world.

Mission X: Train Like an Astronaut -Students participate in various activities to simulate the rigors and challenges of being in space.

Fort Myers High School will host the

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## Fort Myers Beach



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natural source of latex. Some of the trees and plants that were tested are still on the property today.

In the gardens, visitors can see many trees and plants throughout the site. The yellow Allamanda, pink Silk Floss tree, Hong Kong Orchid tree, Monkey Brush Vine, water lilies in the Moonlight Garden and the Tropical Dogwood among others are blooming beautifully this time of year.

Edison and Ford Winter Estates, located at 2350 McGregor Boulevard in Fort Myers, is open from 9 a.m. to 5:30 p.m. seven days a week. For more information, visit www.edisonford.org or call 334-7419.袋

# Music Benefit At Heights Center

he Heights Foundation will host The Heights Party Band concert at The Heights Center on Tuesday, November 12 at 7 p.m. Doors will open at 6:30 p.m. The evening will include familiar and forgotten favorites, classic rock, blues and a little "chaotic spontaneity.

The party band is a group of rotating local musicians who call The Heights Center home for several concerts each year. Admission is \$10 per person and includes complimentary appetizers. There will be a cash bar. The event is sponsored by CRE Consultants and Entech.

The concert features well-known local musicians, including Grammy-award winning songwriter Randy Thomas and his wife Lori, Rob Robinson, Kevin Kenworthy, Willie Miller and Nashville's Matthew Chapman.

'The Heights Center is a great venue for us. We are bringing together high-quality musicians for a fun, casual evening," said Randy Thomas. "We'll be playing our versions of some of our favorite classic rock, blues and countryrock songs.'

For tickets, visit www.

heightsfoundation.org/heightspartyband. Tickets will also be available at the door.

The Heights Center is located at 15570 Hagie Drive in Fort Myers. For more information, call 482-7706.

# Scholarship Fund Gets A Boost

he Hodges University Hawks Scholarship Fund received a \$1,250 boost from Wear The Fund. For every purchase made on the Hodges Hawks Gear website www.hodges. wearthefund.com/hodges\_university/ shop/home, a percentage of the proceeds goes to the Hawks Scholarship Fund.

Sam Lewis, CEO/founder of Wear The Fund, presented the check to Dr. John Meyer, Hodges University president, and Angie Manley, director of university advancement.

What Sam has done with his company is create opportunities for organizations to order the supplies they need, and pay it forward," said Dr. Meyer. "In our case, the monies raised from this will directly benefit our Hodges University students."🌣



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## Fort Myers Art: FSW Theatre Tackling Realistic Russian Drama



by Tom Hall

lorida SouthWestern State College's (FSW) Black Box Theatre is bringing the community Anton Chekhov's The Seagull, on Friday, November 8. The Seagull

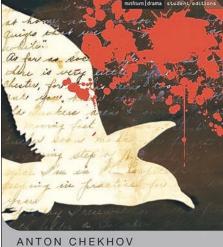
is a slice-of-life drama set in the Russian countryside at the end of the 19th century. The cast of characters is dissatisfied with their lives. Some desire love. Others desire success. A few desire artistic genius. As these goals, desires and worthwhile pursuits clash and conflict, no one ever seems to attain happiness. But while they may be vain and often miserable, the folks who populate *The Seagull* are philosophically aware of the tragi-comical aspects of their existence.

A true ensemble piece, at its center, The Seagull revolves around:

Boris Trigorin, a wildly famous but insecure writer;

Irina Arkadina, an aging actress who is Trigorin's lover;

Irina's son, Konstantin Treplyov, an



THE SEAGULL

image courtesy www.artswfl.com

experimental writer; and The ingénue Nina Zarechnaya, who is the object of Konstantin's affection.

In the orbit of this foursome are the estate's manager, Ilya Shamrayev, his wife Polina, and his daughter Masha, Arkadina's brother, the retired civil servant Sorin, a schoolteacher by the name of Semyon Medvedenko and Yevgeny Dorn, a country doctor and unrepentant ladies' man.

Scholars have often said that Chekhov's plays are character studies designed to create a specific mood. Some critics view *The Seagull* as a tragic play about eternally unhappy people. Others see it as a humorous albeit bitter satire, poking fun at human folly.



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The Seagull has, of course, been adapted many times before - as The Notebook of Trigorin by Tennessee Williams, and Aaron Posner's Vanya and Sonia and Masha and Spike, as well as in musicals, opera and film. So it will prove interesting to see how FSW Theatre Professor Stuart Brown brings his iteration to life.

The Seagull features Kiana Raine-Pinder, Chance Cintron, Jorge Cabal, Danica Murray, Lexie Anne Cole, Mark King, Scotty Wells, Brice Kingsley, Grace Koltz, Rolf Julmisse and Haven Fischer.

FSW Black Box Theatre is located at FSW in Building L-119 at 8099 College Parkway in Fort Myers. For more information, visit www.facebook.com/ events/florida-southwestern-state-college/ fsw-theatre-program-presents-theseagull/421625738540522

#### **Alliance Youth Theatre Bringing Musical To The Stage**

The Alliance Youth Theatre has an evolving reputation for ambitious musicals for both its older and younger actors. Continuing in that tradition, it will tackle Stephen Schwartz's iconic and unforgettable musical masterpiece Pippin from November 16 through 24.

There's magic to do when a prince learns the true meaning of glory, love and war. Pippin is a hip, tonguein-check fairy tale that captivates diverse audiences. With an infectiously unforgettable score from four-time Grammy winner, three-time Oscar winner and musical theatre giant, Pippin is the story of one young man's journey to be extraordinary.

Performances are November 16, November 22 and November 23 at 7:30 p.m. and November 17, November 23 and November 24 at 2 p.m. Tickets are \$10 presale, \$20 for adults or \$15 for students/seniors. Reserved seating is now available.

The Alliance Youth Theatre is located at 10091 McGregor Boulevard in Fort Myers. For more information or tickets, visit www.artinlee.org/event/pippinyouth-cast-5 or call 939-2787.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.☆

## Drop Off Donations At Habitat ReStores

fter receiving a record number of donated goods last fiscal year, the Habitat for Humanity ReStores in Lee County were able to help offset the costs of building 65 affordable homes.

The ReStores accept gently used furniture, appliances and building materials from homeowners, contractors and businesses. These items are later sold to the public at a discount rate and 100 percent of ReStore profits are used to build or rehab homes for local families in Lee and Hendry counties.

With four locations in Lee County,

the ReStore logged 18,846 donation drop-offs or pick-ups this year, an increase of 16 percent from 2017-18.

We make donating to the ReStore easy for our residents and partner businesses. Items can be dropped off at any of our four stores or a pick-up can be scheduled for larger items,' said Tammy Moran, vice president of ReStore Administration. "The more donated goods we receive, the more items we can sell to support Habitat's mission of building decent and affordable homes."

Families in need of a hand-up partner with Habitat to build a place they can call home. Qualified Habitat homebuyers undergo a rigorous process of investing 300 hours of "sweat equity" and completing homeownership classes that include financial literacy and home maintenance.

"We know housing that is safe, healthy and affordable is foundational for families to thrive," said Becky Lucas, CEO of Habitat for Humanity of Lee and Hendry Counties. "Our ReStores are instrumental in supporting our vision of a world where everyone has a decent place to live."

There are four ReStore locations in Lee County: South Fort Myers at 16133 South Tamiami Trail; Bonita Springs at 9080 Bonita Beach Road; North Fort Myers at 31 Willis Road; and a new store in Fort Myers at 15271 McGregor Boulevard.

Donated goods can be dropped off at the ReStores, by scheduling a pick-up at www.habitat4humanity.org/restore or by calling 652-0388.袋

# Palomino **Bike Path Ribbon-Cutting**

Teighbors, bicyclists and walkers are welcome to join county officials for the Palomino shareduse path ribbon-cutting ceremony in the parking lot of St. John XXIII Catholic Church on Wednesday, November 13 at 10 a.m.

Lee County Department of Transportation recently completed the 1.5-mile path that connects to existing pathways and sidewalks, creating a 20-mile route in the area.

Part of the \$1.6 million DOT project also includes stormwater improvements along Palomino and an enhancement to a pond on conservation lands just north of the new shared-use path. The banks of the pond are raised to retain additional runoff in high-flow storm events, enhancing water quality of the storm runoff.

St. John XXIII Catholic Church is located near the intersection of Daniels Parkway and Palomino/Fiddlesticks at 13060 Palomino Lane in Fort Myers.芬

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Bicyclists who participated in the Brotherhood Ride during the home stretch photo provided

# Brotherhood Ride Ends At Police Headquarters

The 2019 Brotherhood Ride concluded their seven-day, 600mile trip through Florida at 5 p.m. on October 26 in front of the City of Fort Myers Police Department (FMPD). Starting in Titusville, they rode north to Jacksonville and then south through the center of the state finishing in downtown Fort Myers.

Almost 40 riders along with support crews made the trip to remember 19 officers, firefighters and K-9s who made

# Blues By The Bay To Support Heights Programs

Blues by the Bay, an evening of live music, food and drinks, will be held the riverfront home of Dean and Lori Munro in the St. Charles Harbour community on Tuesday, November 19 from 7 to 9 p.m.

Guests will be offered samplings from the area's finest restaurants, fine wines, a signature Blue Bay Martini, Champagne and live music by The Wayward Souls blues band. Live and silent auction items will be offered, and all proceeds will benefit the School Success programs for at-risk children in the Harlem Heights neighborhood in Fort Myers. Sponsors include Edison National Bank/Bank of the Islands and Entech. VIP sponsors include Rich and Sandy Heinrich and Jason and Sherri Huff. JP Morgan Limousine is an in-kind sponsor. Additional sponsorship opportunities are available. Dress is resort casual.

Participating restaurants include Dante's Coal Fired Pizza, The House of Pasta, The Jac Island Bar & Grille, Keylime Bistro, MudBugs Cajun Kitchen, St. Charles Yacht Club, Sunshine Seafood Cafe and The Timbers.

"Our School Success programs include our charter school, academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies, and tuition support," said Kathryn Kelly, president and CEO of The Heights Foundation. "Each program the ultimate sacrifice in service to their communities in 2018. That list includes FMPD Officer Adam Jobbers-Miller who on July 28, 2018 was struck down while serving bravely in the line of duty.

Chief Derrick Diggs paid tribute to his memory and thanked the riders for their dedication to the mission of raising funds for the families of fallen first responders. FMPD Lt Roger Valdivia presented

FMPD Lt Roger Valdivia presented a check for \$5,000 to Jeff Morse, the president and founder of the Brotherhood Ride. The funds were raised at the 12th annual Cops & Joggers event held early this year.

For more information on the Brotherhood Ride organization, visit www.brotherhoodride.com.

is geared to meet the specific needs of children and young adults who seek to further their education."

Tickets are \$125 each with space limited. Guests can upgrade to VIP level and receive tickets to the exclusive pre-party at the home of Tim and Sandy Youngquist in St. Charles Yacht Club and VIP benefits.

For more information or to purchase tickets, visit www.heightsfoundation.org/ blues or call Karen Lesza at 482-7706.\*

# Yoga Classes At IMAG Center

The IMAG History & Science Center is partnering with Iron DNA Fitness of Fort Myers to offer guests a yoga experience inspired by the uniqueness of the museum with its many different attractions.

IMAG Yoga will be held on the first Sunday of every month and is open to participants with all levels of experience. Check-in begins at 8:30 a.m., while the class will be held from 9 to 10 a.m.

Led by Seth Hayes, owner and trainer of Iron DNA Fitness, IMAG Yoga guides participants ages 14 and older in basic, foundational yoga postures to align, strengthen and promote flexibility in the body.

Participants are encouraged to preregister, bring their own yoga mat and a spill-proof water bottle.

IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, call 243-0043 or visit www.theimag.org.\*

# ABWA Founding Member To Speak At Meeting

The American Business Women's Association's Imperial River Chapter presents ABWA & Me with Christine Wright at Holiday Inn Fort Myers Airport on Wednesday, November 13 beginning at 5:30 p.m.

This presentation is ideal for current members of ABWA as well as those thinking about joining. Cost is \$35 and includes networking, dinner and speaker.

Wright is the owner of Wright Law Firm, PA in Cape Coral. She is a founding member and the current treasurer of ABWA's Imperial River Chapter. On the national level, Wright was selected in 2008 as one of ABWA's Top Ten American Business Women. She is also a former ABWA District 1 Vice President. Wright will discuss the history of the American Business Women's Association, the resources and benefits available to ABWA members, and how the organization has impacted her own life, both personally and professionally.



Christine Wright

photo provideo

ABWA's Imperial River Chapter meets on the second Wednesday of each month.

Holiday Inn Fort Myers Airport is located at 9931 Interstate Commerce Drive in Fort Myers. For more information and tickets, visit www. abwaimperialriver.eventbrite.com or on www.meetup.com.

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# Along The River

The 38th anniversary tour of the Black Maria Film Festival will be held at the Edison and Ford Winter Estates this 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.

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

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.

The 3rd annual **Rock for Equality** will be held this Friday, November 8 from 8 p.m. to midnight at **Palace Pub** & Wine Bar and No. 3 Craft Brews & Beer Bar. This year, 50 percent of proceeds will be donated to Planned Parenthood of Southwest & Central Florida. Admission is \$5 at the door.



Festival-goers at last year's Taste of the Islands, a foodie-friendly fundraiser for the Clinic forthe Rehabilitation of Wildlife (CROW)photo by Jeff Lysiak

There will be hip hop acts and a food truck 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.

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.

The first **Rescue Runway fundraiser** will be held at the center court in **Bell Tower Shops** this 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 Children's Advocacy Center.

The fundraiser will feature a silent auction, face painting, photo booth, K9 demonstration, rescue organizations with adoptable dogs, vendors pet services and products, DJ Robert, food and drinks, plus plenty of treats for your pets.

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

Bell Tower Shops is located at the corner of Daniels Parkway and U.S. 41. For more information, call 939-2808 or visit www.cac-swfl.org.

Florida SouthWestern State College's (FSW) School of Education will host **Pop-Up Adventure Play** at the **FSW Practice Field** this Saturday, November 9 from 1 to 4 p.m. The event is free and open to children of all ages. Preregistration is recommended.

FSW's Practice Field is located across from the Lockmiller Child Care Center at 8099 College Parkway in Fort Myers. For more information or to register,

## From page 2 Historic Downtown

officially renamed Veterans Day.

Today, many Americans do not know that Veterans Day originated from the end of "the War to End All Wars," a day celebrating peace.

One hundred and one years later, First Street still sees its share of parades and processions, but it is now brick-paved. The Sidney & Berne Davis Art Center is located on the former Heitman home property.

But some things never change: the sorrows of war and the blessings of peace.

Walk down to First and Jackson, look eastward, and imagine it's the first Armistice Day and a parade is approaching. Then visit the following research centers to learn more about WWI's effect on Fort Myers.

The Southwest Florida Historical

contact Dr. Kroeker at 489-9382 or email jkroeker@fsw.edu.

The 38th family-friendly **Taste** of the Islands will serve samples of restaurant fare and include live entertainment by Private Stock Band at **Sanibel Community Park** this Sunday, November 10 from noon to 5 p.m. At The Community House (located next door to Sanibel Community Park), guests can meet CROW's animal ambassadors and bid on a large variety of silent auction items.

Fourteen dining establishments from Sanibel and Captiva will participate in this year's Taste of the Islands: The Bubble Room; The Clam Shack; Doc Ford's Rum Bar & Grille; The Jac; Matzaluna; MudBugs Cajun Kitchen; Rosie's Café & Grill; Sandollar Restaurant; Sanibel Deli & Coffee Factory; Sanibel Fish House; Shima Japanese Steakhouse & Sushi Bar; Thistle Lodge; The Timbers; and Traders 2. Tapas-sized portions are priced at \$6 or less in CROW Bucks.

"Best of" award categories include Best Appetizer, Best Dessert, Best Meat, Best Seafood, Best Vegetarian and Taste of the Taste. Attendees also cast ballots to decide the winner of the coveted People's Choice award. Winners will be announced at 4:30 p.m.

Admission to Taste of the Islands, which can be purchased online or at the event, is \$7 for adults and no charge for children under age 12. Visitors traveling across the Sanibel Causeway can redeem their toll receipt at any CROW Bucks station to receive \$2 in CROW Bucks.

Proceeds from Taste of the Islands ensure CROW's continued success providing the highest quality care and treatment of injured, ill and orphaned wildlife through state-of-the-art veterinary care. Funds also support public educational exhibits at the Visitor Education Center. Learn more at www. crowclinic.org.

crowclinic.org. For more information, contact Development Director Mary C. Schoeffel at 472-3644 ext. 232 or mschoeffel@crowclinic.org.☆

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.leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, Fort Myers Press, and https://armistice-museum. com.





## The Southwest Florida Concert Band Band To Perform Veteran Salute Concert

The Southwest Florida Concert Band will perform a concert Salute to our Veterans at Unitarian Universalist Church on Sunday, November 17 at 2 p.m. The 40-member community band will perform a concert of patriotic music and more. The program will start with a salute to the Armed Forces, including the five main branch songs, and move to the reflective Hymn of Freedom. The band will play some traditional American folk songs and an arousing Sousa march called Liberty Bell. There will be a trumpet solo, a euphonium trio, a swinging Glenn Miller medley and some

#### toe-tapping Dixieland music. The band will play The Homefront: Songs of World War II for the veterans to sing along to. One of the featured selections will be highlights from the 1812 Overture. The band will also perform the inspiring *Arlington, Where Giants Lie Sleeping*. The first concert of the season will conclude with *The Stars and Stripes Forever* by John Phillip Sousa

The wide variety of music is certain to

photo by Sea Terri Photography

appeal to all audience members, and it is a not to be missed concert of the newest concert band in Southwest Florida. All concerts are free with donations accepted.

Unitarian Universalist Church is located at 3411 Shire Lane in Fort Myers. For more information on the group, scholarship program and other performances, visit www. swflconcertbband.org.

## Gala And Auction Set For Arts For ACT

Tickets are now on sale for the Arts for ACT Gala and Fine Art Auction at the Hyatt Regency Coconut Point Resort and Spa on Saturday, November 16 from 5 until 10 p.m.

The gala is presented by Bill Smith Appliances and Electronics. The chairs of this year's event are Marc Collins and Maureen Green along with Honorary Chairs Sandra Stilwell and Pamela Cronin. The popular night out and auction benefits local nonprofit Abuse Counseling and Treatment, Inc. (ACT), a nonprofit agency serving victims of domestic violence, sexual assault, and human trafficking in the community and children and survivors of sexual violence and human trafficking in Lee Hendry and Glades Counties for the past 41 years.

Tickets are \$175 each and \$1,800 for a reserved table of 10. Guests may purchase tickets by visiting www. artsforactfineartauction.com/ or calling 939-2553.

This year's Greatest Showman theme will take on a whole new soundtrack for party goers, featuring a dinner, entertainment and dancing after the one-of-a-kind fine art and luxury item auction. The cocktail hour will feature a silent auction and entertainment where guests can enjoy mobile bidding and a signature drink from Republic National Distributing and Bouvet Ladubay.

The live art and luxury item auction is led by auctioneer Scott Robertson with Master of Ceremonies Kellie Burns, evening anchor of NBC-2. Prizes include luxury excursions, hotel stays and art donated by many awardwinning local, national and international The Arts for ACT Gala and Fine Art Auction is presented by Bill Smith Appliances and Electronics, with sponsors including Pulse Technology Solutions, *Florida Weekly*, NBC-2, City of Fort Myers, Stilwell Enterprises and Restaurant Group, The Bireley Family Foundation, Planned Perfection, Mark Loren Designs, and more.

artists.

For more information, contact CEO Jennifer Benton at 939-2553, email jbenton@actabuse.com or visit www. artsforactfineartauction.com.\*\*

# FSW To Host Free Family Math Night Wednesday

earn how fun math can be at "Family Math Night" in Building U, Room 102 at the Florida SouthWestern State College (FSW) Lee Campus on Wednesday, November 13 from 5:45 to 7:30 p.m.

This free, family-oriented event for students in pre-kindergarten to fifth grade features fun math games created by teacher candidates in FSW's School of Education, demonstrating how mathematics doesn't only need to be something you use at school.

"Learning mathematics can often be intimidating to students," said JoAnne Devine, professor of elementary education at FSW. "We are happy to show young students and their families that math can be fun."

While the event is open to anyone interested in exploring mathematics, students are encouraged to preregister.

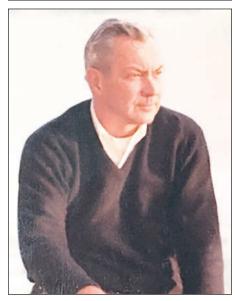
Florida SouthWestern State College (FSW) Lee Campus is located at 8099 College Parkway in Fort Myers. For questions or to register, email jdevine1@ fsw.edu.



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### **OBITUARY**



### **GEORGE HORNING LOWDEN**

eorge Horning Lowden, 98, passed Paway at his home in Fort Myers, Florida on October 7, 2019, the day after what would have been his wife Louise's 96th birthday. She passed away on May 17, 2018.

George had a fabulous life, was greatly loved, and will be missed deeply by all his family and friends.

He was born May 27, 1921 in Elizabeth, New Jersey, son of Francis Viele Lowden and Mable Horning Lowden. He was the brother of Francis Viele Lowden, Jr. of Richmond, Virginia and Patricia

# 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.revtedalthouse@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,

Joan Lowden of New York City. George was educated at the Pingry School, The Lawrenceville School in New Jersey and Dartmouth College, class of 1943.

He served in World War II as a naval aviator, PBY Flying Boats, before being assigned to Naval Air Transport Service (NATS). He flew DC-3, DC-4 on Transcontinental, West Coast and Alaskan/ Aleutian Routes.

George worked mainly in the petroleum industry (25 years) with Standard Oil of New Jersey, ESSO Research, ENJAY Chemical Co. (now EXXON Chemical Co.) and Lubrizol Corporation. He spent a year with Eastern Airlines out of Newark following World War II, and continued his lifelong interest in flying in the Naval Reserve and privately in his own planes.

He was a director of the Barton Mines Corp., Mooney Chemical and Wallover Oil Co.

George married Louise Josephine Littlefield of Philadelphia in 1950. They lived in Chatham, New Jersey; Hudson, Ohio; Bloomfield Village, Michigan; and Shaker Heights, Ohio. They retired to Sanibel Island in the mid-1980s and subsequently moved to Fort Myers, Florida.

George is survived by three children: George Horning Lowden, Jr. (Jane) of Marblehead, Massachusetts; Josephine Sholler Lowden Chapman (John) of Shaker Heights, Ohio; and David Barton Lowden (Kelly) of Fort Myers, Florida. He had eight grandchildren: Philip Barton Lowden (Bart) of Marblehead, Massachusetts; George Horning Lowden, III (Sandy) of Marblehead, Massachusetts; and Margaret Louise Chapman, Philip

## 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.christianscience fortmyers.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.fpcfortmyers.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., www. lambofgod

Lowden Chapman and George Russel Chapman of Shaker Heights, Ohio; Emery Louise Lowden, Skyler Barton Lowden and David Barton Lowden, Jr. of Fort Myers, Florida.☆

# Mastersingers To Perform

he Fort Myers Symphonic Mastersingers will perform at Sanibel Congregational United Church of Christ on Sunday, November 17 at 3 p.m. The concert will feature the organization's Chamber Chorus under the direction of Artistic Director Shannon Arnold. The program, entitled Music in Transition, features selections written by composers facing challenges and changes in their lives. There is no admission charge but a goodwill offering will be taken to support the Mastersingers.

The theme behind this program mirrors the Mastersingers' season as they work with a new conductor this year while seeking to build on the growth and successes of the recent past. Reflecting Arnold's desire to add more female composers to the Mastersingers' repertoire, the program includes works by Abbie Betinis, Maddelena Casulana and Mendelssohn's sister, Fanny Hensel. When asked about the season, Arnold said, "The Chamber Chorus is proud to present Music in Transition as our first concert for the 2019-20 season. We are going back in time, starting in the Renaissance period, acknowledging composers who used choral music to overcome challenging times in

church.net, 19691 Cypress View Drive, 267-3525

### **NEW BEGINNINGS CENTER**

Friday 6:30 and 7 p.m. nbcministry@ embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416. NEW COVENANT EYES Monthly 9 a.m., 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.newhope

fortmyers.org, 10051 Plantation Road, 274-1230. PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunity church.com, 17671 Pine Ridge Road, 267-7400.

## PEACE LUTHERAN

Sunday 8 and 10 a.m., www.peaceftmyers. com, 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.MeditationInFort Myers.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, their lives. I am very excited to start the season with such a great mix of selections in such a wonderful space to make music."

The ensemble will sing music as diverse as a William Byrd piece from the 16th century as well as works of Bach, Mozart and Beethoven to contemporary selections composed by Susan La Barr and Dr. Jason Bahr, Mastersingers' vice-president and FGCU faculty member.

"I am very pleased to have one of mv pieces included in the Music in Transition program. All persons will face trials in their lives, but how does one respond? For a composer, often the answer is to create music," said Dr. Bahr. "My work, Song of *Praise*, was written at a particular moment of crisis for me. Doctors had recently discovered a major congenital heart defect which required extensive surgeries to repair. Between two open heart surgeries, I wrote this piece. On the chamber singers' program, I will be making music with my friends, including this piece I wrote about my faith - what can be better than that?'

Following up on this performance, the full Mastersingers chorus will sing in its annual Christmas concert, entitled Christmas on Sanibel, at Sanibel Community Church on Sunday, December 15 at 6 p.m. That concert will feature songs of the season accompanied by brass quintet, organ and longtime Mastersingers accompanist Janet Carter.

For more information and the full Mastersingers' season schedule, visit www. mastersingersfm.com.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. Sanibel Community Church is located at 1740 Periwinkle Way.☆

## 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.saintnicholasmonast ery.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.举

#### THE RIVER - NOVEMBER 8, 2019

## crow case of the Week: Migratory Birds



by Bob Petcher It's that time of the year again as snowbirds make their way south to escape the cooler weather up north. While this statement may apply to our seasonal tourists, it also relates to migratory birds.

Florida has become a popular pit stop for these birds as this physically demanding trip requires rest.

According to the National Audubon Society, regular migrants make up roughly 40 percent of the total number of birds in the world. When they do migrate, birds can reach great heights, like the Ruppel's griffon vulture documented for the highest recorded altitude at 37,000 feet. They also can log great distances, like the Arctic tern that holds the longest migration in the world at more than 49,700 miles in a year. Then there are the speed demons, like the great snipe that soars for many miles at speeds that reach 60 miles per hour. Or, how about the endurance fliers, like the bar-tailed godwit that regularly beats its wings for nearly 7,000 miles without stopping.

Migration for these small animals can be precarious due to natural occurrences like harsh weather. To combat exhaustion, migratory birds may fly lower and become



Patient #19-4457, a white-eyed vireo photo by Hunter Brown

much more susceptible to varying traumas such as flying into windows and being hit by cars. According to ABC News, nearly one billion birds die each year from window collisions in the United States alone, while approximately seven million die from striking television and radio towers in North America annually.

Then, if these birds do make it to their rest stops, they may face predator attacks.

Since wild animals admitted to a clinic are unable to explain what happened to them, veterinarians rely on history provided by the finder and physical signs of traumas to help determine what happened to the patient.



Patient #19-4568, a rose-breasted grosbeak photo by Shelli Albright

At CROW, approximately 115 migratory songbirds were admitted in 2018.

"The most common reason CROW admits migratory birds is for window strikes," said Dr. Megan Cabot, CROW veterinary intern. "Other reasons we see these type of patients include predator attacks such as cats and dogs, unknown traumas and being hit by cars."

Examples of recent migratory songbirds admitted to CROW include a white-eyed vireo (Vireo griseus) that suffered from hind limb paresis and a rose-breasted grosbeak (Pheucticus ludovicianus) that was the victim of a cat attack. "The vireo had no history, but (the) physical exam revealed weakness in the back legs suggestive of spinal trauma," said Dr. Cabot. "The grosbeak has pain in its left wing, but no open wounds or apparent fractures on radiographs. We suspect a strain, but there may still be underlying trauma that we have not been able to identify yet."

Both patients were reportedly placed on pain medications and cage rest.

"The vireo passed a flight test a few days (after admittance) and has been released," said Dr. Cabot. "The grosbeak has been with us for a few days so far and will likely need a longer period of supportive care before it is strong enough to be flight tested."

Having nesting and resting areas for these migratory birds is vital to their survival.

"Having locations for migratory birds to safely rest and refuel on their routes is extremely important," said Dr. Cabot. "Birds migrate to reach ideal breeding and feeding grounds, as well as escape harsh weather conditions. Without safe resting locations with appropriate food, these birds won't have the necessary energy to continue their migrations, likely succumbing to starvation or exhaustion from the journey." *CROW (Clinic for the Rehabilitation* 

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.\*



# Switching To Shrimp



by Capt. Matt Mitchell

Despite low levels of red tide being scattered throughout the sound this week, fishing was so much better than it had been. After finding a

few places that were just loaded with redfish, I returned to these areas day after day and just wore these fish out. For sheer numbers of fish, the past few days have been hard to beat.

The low levels of red tide we are currently experiencing are creating issues for keeping our baitfish alive. Most mornings this week, I had an easy time catching shiners in the southern sound. There are tons of bait, and usually it only takes a few casts of the net to get all you need. Once these baits are put in the live well, within a half hour they start to die off due to the stress and the low levels of red tide. After dealing with this for a few days, I started bringing live shrimp as insurance. You can be guaranteed shrimp will live when everything else dies in the live well.

Bouncing these live shrimp rigged on a jig head has turned out to be the formula for catching lots of redfish and a variety of other species. Usually I don't start fishing with shrimp until our first cold front has cooled things off. Deeper channels with fast-moving tide during the lower water periods have been producing lots of redfish of all sizes, ranging from 16 inches all the way up to 28 inches. Along with the redfish, we also caught snook, jacks, whiting and even the first keeper-size sheepshead of fall ... all on shrimp.

While fishing with long-time clients from Indiana for a couple of days this week, we had some of the best fishing they have bad in the 12-plus years they have been coming down for their annual fishing trip. Both days we started out shiner fishing and managed to catch a few quality fish, then switched it up to shrimp fishing. Once the tide got low, we finished up strong catching lots of redfish often having double, and even a few triple, hook-ups.

Though having small amounts of red tide around again is discouraging, it's something we deal with annually and it varies how bad it is from year to year.

Luckily, so far this year, we are yet to see any big fish kills associated with it. The minor change of switching the bait up to shrimp earlier than usual has been the winning ticket for catching lots of fish.

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.\*



Matt from Indiana with a redfish caught while shrimp fishing with Capt. Matt Mitchell this week photo provided



# Sea Blite

by Gerri Reaves

Sea blite (Suaeda linearis) is a native shrub found in salt marshes and flats and on the beaches of Florida's coastal counties.

A member of the goosefoot family, it is also called southern sea-blite, annual seepweed and narrowleaf seepweed.

It's native along the U.S. coasts from Texas to Maine, as well as parts of the Caribbean, Mexico and Central America. In the southern states it is perennial, while in colder climes it is an annual.

The alternative fleshy leaves are dark green, linear and stalkless, i.e., attached directly to the stem. They occur one per node along the stems. The plant takes an erect or

The plant takes an erect or ascending form, and the branches can be woody at the base.

The small white bisexual flowers are arranged in a spiraling pattern along the stem of the inflorescence.

Their five rounded petals, or sepals, are fused into a cup or tube, with five prominent protruding stamens.

Sea blite produces a dry brown flat fruit.

Sources: www.efloras.org, www. gobotany.nativeplanttrust.org and www. regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.



Sea blite is native to Florida's beaches and coastal wetlands photos by Gerri Reaves



The plant has small cup-like flowers and fleshy stalkless leaves

# Free Guided Walk At Preserve

Join in on a free guided history walk at Wild Turkey Strand Preserve on Friday, November 8 from 8 to 10 a.m. This Conservation 20/20 preserve

This Conservation 20/20 preserve includes remnant structures from the Buckingham Army Airfield Flexible Gunnery School, a training base operated by the U.S. military in Lee County during World War II. They include two munitions buildings and an elevated embankment that was used for gunnery training with moving objects to simulate air-to-air combat.

Nearly 50,000 acres in Lee County were once used as part of the Buckingham Army Airfield training base. Beginning in 1942, military recruits from across the country were trained at the base as turret gunners assigned to bomber planes flying over the European and Pacific Theaters. The airfield was deactivated in 1945 when the war ended.

The one-mile roundtrip walk will be guided by historians Jim Zbick and Ted Mikita from the Southwest Florida Military Museum & Library. A large portion of the trail is ADA-accessible.

Participants should bring a water bottle, hat and sunscreen, and wear closed-toed shoes. The tour will begin at the preserve parking entrance. Parking is free. Reservations are required in advance by contacting Jason Boeckman, Conservation 20/20 coordinator, at 204-1125. Space is limited.

Wild Turkey Strand Preserve is located at 11901 Rod & Gun Club Road in Fort Myers.



# **UDDERLY GREAT FOOD!**





First place went to Kent Jager for White-eyed Vireo

# Refuge Photo Contest Winners

n October 20, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) announced the winners of its annual "Ding" Darling Day Amateur Nature Photography Contest at a presentation in the Refuge Visitor & Education Center, part of the "Ding" Day celebration on Sanibel. On October 8, judges had selected three winners and 11 honorable

mentions out of 191 entries from 20 states and Switzerland - one of the highest number of entries in 27 years. All photograph entries were shot at the JN "Ding" Darling National Wildlife Refuge complex.

First place went to Kent Jager of Sanibel, Florida for his white-eyed vireo portrait. Contest judge and professional photographer David Meardon remarked on the bird's rare appearances at the refuge and the photographer's exacting technique.

"The lighting is even, the bird is sharp and separated well from the soft green background," he said. "And the bird is expressive.

photos provided

Martha Huard from Bokeelia, Florida took second place with a photo of a yellow-crowned night heron titled Flight.

"I like the simplicity of the pattern," said Doris Hardy, DDWS past president, an avid bons hardy, *bb* vo past president, an avid birder and refuge volunteer who also judged the contest. "I like the colors, and I think it will reproduce quite well. And I like this bird; I see it a lot when we are out removing monofilament from the refuge

In third place was Larry Brophy from Fort Myers, Florida with shot of an American alligator titled Keep Your Distance.

'We usually see a lot of birds in the contest, but the alligator is also an iconic refuge animal," said Toni Westland, supervisory refuge ranger, the third judge. "Reptiles are so often misrepresented; we need to give them some love.'

The three winners received cash awards from DDWS at the presentation on Sunday – \$300 for first place, \$225 for second and \$175 for third. Each honorable mention winner received a \$25 award, which reflects a refund of the contest entry fee.

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



Larry Brophy won third place for Keep Your Distance



Martha Huard took second place for Flight

Center throughout the year. To view the other top-ranking entries, visit www.dingdarlingsociety. org/articles/photo-contests. That page also contains information for entering the refuge's 75th anniversary celebration photo contest in 2020. The deadline for submissions will be September 15,

2020. Honorable Mentions (in alphabetical order):

Virginia Bayne, Fort Myers, Florida Stance of the Yellow-Crowned Night Heron

Frank Brinker, Switzerland -Refreshing Bath

Thomas Brott, Cape Coral, Florida

# **Butcher Exhibit Opens At Refuge**

he public is invited to attend the free kick-off celebration of the refuge 75th Anniversary Clyde Butcher Photographic Exhibition on Wednesday, November 13 starting at 9 a.m. in the "Ding" Darling Visitor & Education Center on Sanibel.

Guests will be the first to view Butcher's American Everglades collection. The opening will include refreshments and, at 10 a.m., an opportunity to meet the world-famous photographer, who will be available for a limited number of book signings outside the Refuge Nature Store. The store will be carrying books, notecards and other Clyde Butcher gifts.

The 35-piece photo exhibition will remain on view daily free-of-charge through February 5, from 9 a.m. to 4 p.m. Often tagged "the Ansel Adams of

Florida," Butcher has made for himself a big reputation based on big black-and-white nature images taken with big cameras. The award-winning artist captures the Florida Everglades, coastal islands, and other unspoiled areas with stunning majesty. "Wilderness, to me, is a spiritual necessity," said Butcher.

The underlying message to this important exhibition is the value of preserving the fragile Everglades habitat and the quality of our waterways in the pristine state Clyde Butcher has captured them," said DDWS Executive Director Birgie Miller. "We thank Mark and Gretchen Banks for sponsoring the

- Reddish Preening Bill Fischer, Sanibel, Florida –
- Mangrove Cuckoo Flying Chris Gutierrez, Holbrook, New York
- Shells on Shells Haoyu Li, Lake Placid, Florida
- Bullying Karen Lund, Fort Myers, Florida –
- Grab and Catch
- David Mintz, Lehigh Acres, Florida – Breakfast
- Liz Noffsinger, Fort Myers, Florida -Waiting for Food
- Sharon Peace, Center, Texas Mr. Roseate
- Marletta Short, Sanibel, Florida -Learning to Fly茻



The exhibition will include one of Butler's most iconic portraits of the elusive ghost orchid photo by Clyde Butcher

exhibition and Wayne and Linda Boyd for sponsoring the opening reception."

For more information on the exhibition and 75th anniversary calendar of events,

visit ww.Ding75.org. To support "Ding" Darling Wildlife Society (DDWS) and the refuge with a tax-deductible gift, visit www. dingdarlingsociety.org or contact Executive Director Birgie Miller at 292-0566, 472-1100 ext. 4, or dingdarlingsociety@ gmail.com.举

## **Book Review** Educated

#### by Di Saggau



y now, many of you have already read Educated by Tara Westover, as it's been on the best seller list for many months. My book club just reviewed it, and we had a wonderful time

discussing it. This is an amazing story of how a young girl managed to teach herself enough mathematics, grammar and science to take the ACT and be admitted to Brigham Young University. Born to survivalists in the mountains of Idaho, Tara prepared for the end of the world by stockpiling home-canned peaches. Her father didn't trust the medical establishment. She and her six siblings were all treated at home with herbalism prepared by her mother.

Four of the seven children did not have birth certificates or medical records or school records. When she was age 9, Tara was issued a delayed certificate of birth. Her dad thinks public school is a ploy by the government to lead children away from God. He pulled her brothers out of school before she was born and, because they were so isolated from mainstream society, there was no one to make sure the children received an education.

After one of her brothers got himself into college and came back with tales of a world beyond the mountain, Tara

ear

Silvia V, Fort Myers

Shelley,

My

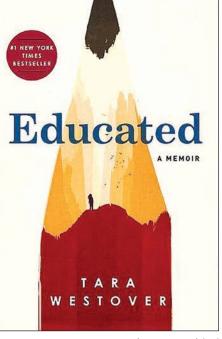


image provided

decided to change her life. At BYU, she studied psychology, politics, philosophy and history, learning for the first time about such events as the Holocaust and the Civil Rights Movement. Her desire to learn took her over oceans and across continents, to Harvard and to Cambridge University.

*Educated* is a heart-wrenching memoir that is tough to put down. It's about a young girl's struggle for self-invention, a universal coming-of-age story that gets right to the heart of what an education is and what it offers. If you haven't read it, I encourage you to put it on your list.從

and organization, too. These include stress, anxiety, trauma and not getting enough sleep. Getting your gradeschooler or tween on a healthy sleep schedule can help.

There are a lot of other ways you can help. First, let your child know there's nothing to feel bad about. Kids develop organization skills at different rates. Some may be ahead of other kids their age, while others are behind. Talk about this problem with your child. Tell him or her that you know they want to be more organized. And, second, that you're going to find ways to help. An important first step is to look

for patterns. In what ways is your child disorganized? When do you notice these difficulties the most? Take notes on what you are seeing at home. You can share those observations with the teacher and find out if the teacher is noticing the same things at school. Your child's teacher is a great source of ideas, information and suggestions. So are other parents and caregivers who can share their organization tips.

And, most importantly, talk to your child about their strengths. It's important to remind kids what they're good at, and to give them examples of when they were very organized and really got things done. Tell your child that you understand the struggles are real and that you'll work together to use strengths to improve trouble spots.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches

#### THE RIVER - NOVEMBER 8, 2019 15

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.☆

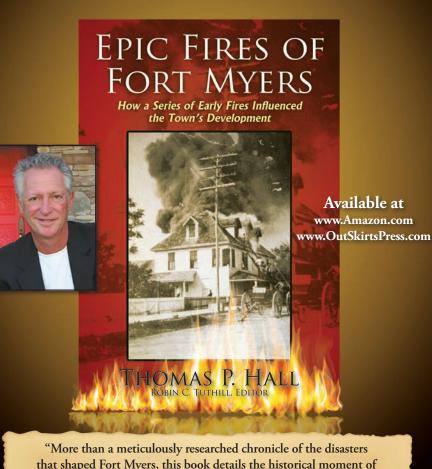
## Midpoint Bridge To Close Three Hours On Monday

idpoint Memorial Bridge will be closed for the Midpoint Madness Veterans Day 5K Run/Walk on Monday, November 11 from 6 to 9 p.m. The race begins at 7 p.m.

Motorists are encouraged to use the Cape Coral Bridge or the U.S. 41 and Business 41 bridges as alternate routes. Lee County Department of Transportation have placed message boards to alert motorists of the closure.

For information about the annual nighttime Veterans Day event, contact the Fort Myers YMCA at www. swflymca.org or the Fort Myers Track Club at www.ftmyerstrackclub.com. Pre- and post-race activities will be at Royal Palm Square at the base of the Midpoint Bridge in Fort Myers at 1400 Colonial Boulevard.

For questions regarding the bridge closure, call 533-9400.举



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

# School Smart



Silvia,

Lots of kids have messy rooms and cluttered backpacks but most will eventually clean their rooms and organize their stuff because they can't take the mess, they're tired of looking

for things or because they're told to do it. However, some kids never put things away, so what's going on?

way?

Many kids really do struggle with organization and all the skills that go into it. Here's some information about why some kids have trouble with organization, and what can help. Kids develop organization skills at different rates. Some may be ahead of other kids their age, while others are behind. Having difficulty with organization typically isn't about laziness.

Being organized is not just about being neat and keeping track of your things. It's also about organizing your thoughts, managing your time, planning and knowing how to get things done. Kids who struggle with this skill may

have trouble: Setting goals;

Estimating how long things take and keeping track of time; Knowing how to start and complete

- tasks and doing them in the right order; Setting priorities and knowing what's
- most important; Creating schedules; and
  - Making decisions.
- At home, this might look like: Taking a long time to get dressed in
- the morning and get ready for bed; Forgetting to take important items
- back and forth from school, like homework;
- Forgetting to gather the right materials for an assignment or project; Not keeping things in a regular place
- so they're easy to find; Struggling to think about, or do,
- more than one thing at a time; and Having trouble telling a story in a logical way.

Organization is part of a group of skills known as executive functions that include skills like focus, working memory and self-control. There are a few other factors that can impact focus

## Sunset Soiree Raises Funds For Valerie's House

Supporters of Valerie's House helped lift up children who have lost a parent or family member at Sunset Soiree, the signature event of Valerie's House, at Miromar Lakes Beach and Golf Club recently.

A sold-out crowd of 300 people raised \$223,000 through sponsorships, ticket sales, children's artwork and both silent and live auctions. A surprise \$25,000 gift from Northern Trust helped elevate the total raised during an evening filled with children's testimonials about how Valerie's House has impacted the way they have healed after the death of a parent or sibling. The annual Sunset Soiree event makes it possible for Valerie's House to offer grief support free to all families.

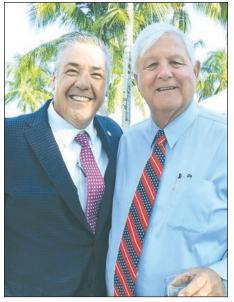
"We are forever grateful for the support of our community and the love they have shown to Valerie's House children who most need our comfort and compassion," said Valerie's House Founder and CEO Angela Melvin. "By attending Sunset Soiree, our guests helped us fulfill our vision that no child will grieve alone."

Valerie's House has helped 800 children and their families since its founding in 2016 by Melvin, whose own mother was killed in a car accident in Fort Myers in 1987. The non-profit organization uses art and music to help children identify, express and process their grief.

Florida Gulf Coast University President Dr. Michael Martin and his wife Jan were the honorary chairs of the event for the second year in a row with ABC-7 Anchor Krista Fogelsong serving as mistress of ceremonies.

"Jan and I have both seen Valerie's House in person and met with the children there and were touched by the work they do. There is nothing else like Valerie's House in all of Southwest Florida," Dr. Martin said.

Auction items included art created



Chris Spiro and Randy Krise photos provided



Doreen and Kevin Ruane

by the children of Valerie's House as well as vacation packages and dining experiences.

Golisano Children's Hospital was the presenting sponsor of the event for the second year. Other major sponsors included Victory Layne Chevrolet,



From left, Heather Bettner, Dr. Larry Antonucci, Dr. Michael Martin and Pamela Jackson



From left, Tricia Sanders, Angela Melvin and Aimee McLaughlin

Enterprise Holdings, Florida Gulf Coast University, Sanibel Captiva Community Bank, Iberiabank and Midland Self-Directed IRAs and 1031s.

For more information about Valerie's House or to register a family for programs, visit www.valerieshouseswfl. org/contact-us, call 204-5804, or email angela@valerieshouseswfl.org. Valerie's House is fully supported through community donations that can be made online at www.valerieshouseswfl.org or by mail to Valerie's House, Inc., P.O. Box 1955, Fort Myers, FL 33902.\*



From left, Trista Meister, Talisha Faber and Krista Fogelsong



Marc Collins and Diana Willis



Jacqueline Wier and Therese Everly



From left, Teri Hansen, Christi Finger, Olivia Orth and Melissa Cofta

## Marketing Firm Gains Global **Benny Award**

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, has been awarded a prestigious international "Benny Award" for its striking design work that promoted the 2019 Southwest Florida Wine & Food Fest.

Printing Industries of America recognized Priority Marketing as a "Best of Category" winner through its Premier Print Awards, the graphic arts industry's largest and most prestigious international printing and design competition. The Benny Award is its top honor and celebrates exceptional graphic artistry and superior print quality.

"The Benny winners represent the best our industry has to offer," said Michael Makin, president and CEO of Printing industries of America. This year's entries were outstanding. There were entries from companies in eight countries. Despite the fierce competition, Priority Marketing, through hard work and dedicated craftsmanship, produced a piece worthy of the Benny."

For the Southwest Florida Wine & Food Fest, Priority Marketing created

Foundation. Anderson recreates an early

worn by Elton John, including boots, glasses and jumpsuits from 1973, as well as his sparkly tuxedo from 1984.

visit www.rocketmanshow.com.

concert with flamboyant costumes actually

For more information on Rocket Man

- The Ultimate Elton John Tribute Show,

Vinul Vibes is a retro records series

that features some of the nation's best

From page 1

Elton John

#### an elegantly designed auction catalog book and a custom event invitation booklet that included RSVP cards and mailing envelopes. Silver metallic highlights accented custom die-cut materials that featured warm blue colors to reflect the Southwest Florida Wine & Food Fest's oceanic theme of "Making Waves." Priority Marketing developed the campaign's concept, imagery and specialized printing concepts, while Palm Printing provided all printed campaign materials and services.

"Our talented creative team and graphic artists always seem to stay a step or two ahead of industry trends, and they take great pride in creating cutting-edge designs that 'wow' our client partners," said Teri Hansen, president and creative director at Priority Marketing. "We're thrilled that our work has earned another Benny Award, but just as ecstatic about our role in helping make the Southwest Florida Wine & Food Fest such a tremendous success each year."

Priority Marketing also earned a Certificate of Merit in the competition's Special Innovations category for its eyecatching video brochure to announce the capital campaign for another Naples-based nonprofit.

The 2019 Premier Print Awards attracted 2,238 entries from around the world. Priority Marketing is the only firm in Southwest Florida that received a Benny Award in 2019.☆

# Hodges University Names Research Director

odges University recently announced that Barbara Miley has joined as director of institutional effectiveness and research.

Miley's responsibilities include continuous development and implementation of assessment plans that support Hodges University students. Additionally, she oversees strategic planning initiatives and the collection and reporting of data for state, federal and accreditation accountability standards. Her career in education spans more than 20 years, including the past six years in institutional research.

Miley earned a bachelor's degree in business administration/finance from The University of Texas Rio Grande Valley in Edinburg, Texas and a master's degree in business administration/ management from Northcentral University in Scottsdale, Arizona. She has co-presented at conferences in Florida and Texas about accountability



**Barbara Milev** and effectiveness. photo provided

Miley is a graduate of Leadership Cape Coral and serves on The Foundation for Lee County Public Schools Golden Apple Selection Committee. She volunteers for the American Business Women's Association and Valerie's House.☆



Saturday, November 9, 2019

## 9:00 a.m. - 2:00 p.m.

tribute acts. The 2019-20 lineup includes Absolute Queen on January 10; Fire & Rain – The James Taylor Experience on February 28; and Resurrection – A Journey tribute band on March 7.

Tickets are \$45 for general admission or \$150 for the series. VIP tickets are \$59 per concert or \$200 for the series.

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

## Will Power Inequality Or Unequality?



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

great deal of current political discussion talks about inequality. It usually revolves around perceived injustices Associated with "income inequality" and "wealth inequality." Democratic presidential candidate Sen. Elizabeth Warren proposes an annual federal wealth tax, a balance sheet tax similar to the federal estate tax, which itself is a one-time balance sheet tax imposed at death. Taxpayers whose net worth exceeds \$50 million would, under her platform proposal, pay an annual wealth tax. Aside from a question whether a Warren Wealth Tax is

unconstitutional (see Article One, Section 9), and the very tricky issues surrounding hard-to-value assets such as income producing real estate, closely held business interests, and intellectual property, it's remarkable to consider the emotion and

thought process behind the proposal's attractiveness. The language we use is powerful. Take a moment to compare "unequal" to "inequal," which I acknowledge isn't really a word but bear with me for a moment. If you Google "unequal" you'll find references to "inequality." Dan Sullivan of the Strategic Coach program, however, posits that the two words lead to two very different outcomes.

Except in the case of commodities, no two things are equal. In New York City, for example, the Empire State Building is unequal to the Freedom Tower. Yes, they have similarities in that they're both very tall buildings located in Manhattan, yet they're uniquely different and unequal.

Audi and Mercedes are not equal. Which is better? The answer is subjective, isn't it? Einstein and Gershwin both used their exceptional intellect in completely different ways. They were unequal save the fact that they were both raised in the Jewish faith.

The thing about "unequality" is that it's an observation that has a neutral emotional outcome. Sullivan points out that we don't expect things to be equal. If we constantly compare two things, we don't appreciate their uniqueness. Uniqueness can lead to innovation. Uniqueness leads to a world of abundance.

"Inequality," on the other hand, is rooted in envy and jealousy, which are synonyms that come from different angles. "Envy" typically can be defined as not wanting someone to have something that they currently possess, while the definition of "jealousy" is to want something someone else has.

When I was working my way through college and law school, I was jealous of my friends whose parents could take care of tuition payments and furnish them with reliable transportation. I didn't begrudge my friends their families' money, I simply wished that I had enough to get by without working two jobs while taking a full academic course load.



I wasn't, however, envious. I didn't want someone to take away their wealth and transfer it to me. When Bernie Sanders speaks of free college education, that's what he proposes.

A free university education would be laudable if everyone wanted and needed a four-year degree. Some, however, aren't academically inclined and would rather pursue a vocation. While college educations could be broadly defined to include vocational training, not all vocations require classrooms and instructors.

Is it fair to provide a secondary education to those that want it while not providing economic assistance of some kind to the young waiter, delivery driver or grounds maintenance worker? Would a "free" education entice those who simply want to goof around for a few years to take up classroom space?

Those, like Warren, who cry foul over America's inequality speak of taking wealth away from the "haves" to give it to the "have nots." The proposed solution to inequality could, if enacted in the wrong way, stifle the very uniqueness and innovation that economically sets our country apart.

The counter argument is worth considering as well. A recent New York Times opinion piece illustrated how the wealthiest few Americans have more than the bottom 50 percent combined.

This problem manifests itself most strikingly with health care. Most would agree that health care should be a basic right and not a privilege.

We feel so strongly about this at my firm that we continue to pay for each of our employee's health coverage even though those costs have outpaced inflation at an alarming rate year after year, taking significant amounts away from our bottom line.

The well-being of those who put in a hard day's work each and every day for us and

for our clients outweights the cost. But every small business will buckle at some point. Returning to "inequality" and "unequality," let's be mindful of the power of those words, and the solutions to which each leads. Inequality presumes a world of scarcity, meaning that our economic resources are a fixed pie for everyone to fight over. "Unequality," on the other hand, presumes that we're all uniquely capable to expand that pie. America is abundant, with a bright future.

The key question I therefore pose is whether there's a different way to solve our big problems. Which services are truly necessary for our society to continue to thrive, and given those needs, how should our society view its unique talents and resources to provide those services?

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# Republican Women To Meet

t. Col. Gary Peppers will be the featured speaker at the luncheon meeting of the Fort Myers Republican Women's Club at The Helm Club in the The Landings Yacht, Golf & Tennis Club on Tuesday, November 19. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program.

Lt. Col. Peppers will bring some clarity to the relationship between veterans and the people we serve, and also draw some distinctions among veterans whom the public seem to regard, generally as a single entity. Peppers will discuss his personal perspective on what it means to be a professional warrior today.

Peppers is a former Army helicopter pilot, Air Force fighter pilot and a career military officer. He spent 29 years on active duty in two military services spanning 42 years and four wars, from

Vietnam to the present war on Islamist terrorism. He is a command pilot with over 14,000 career flying hours, including 6,000 in combat military aircraft.

Peppers holds advanced degrees in business administration and national security studies. A civilian pilot since 1967, Colonel Peppers has also been a United Air Lines pilot, an offshore helicopter pilot and the chief pilot for an air charter company in Fort Myers. He is a past president and current secretary of the Calusa Chapter of the Military Officers Association of America.

Oasis JROTC cadets will present the flag and lead the Pledge of Allegiance. The cadets participating will be Emily Sherron, Angelina Echerle, Caterina Brock and Victoria Lee.

Cost is \$20. Reservations are required by Thursday, November 14.

The Landings Yacht, Golf & Tennis Club is located at 4425 South Landings Drive, Suite 100 in Fort Myers. For more information or reservations, call Tina Laurie at 489-4701.🕸



quote.

Have an insurance question?

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Jeannine Joy and Anjali Van Drie

**Record-Breaking** Kickoff For United Way Campaign

ore than 800 people recently celebrated the kickoff of the United Way of Lee, Hendry, Glades, and Okeechobee's 2019-20 Campaign at Barbara B. Mann Performing Arts Hall. The crowd cheered the total of \$6,523,389 raised toward the \$10,783,563 goal and the announcement of the winner of a two-year lease on a Scanlon Acura.

Beth Hendry, United Way board chair, said, "Over the past 63 years, our United Way has raised and distributed over \$177 million dollars and has helped our community's social service network change the lives of countless numbers of people in our community."

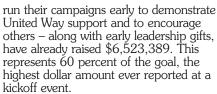
Children from Child Care of Southwest Florida led the Pledge of Allegiance. Caira Everly of the Lee County Sheriff's Office and ReUnite Program sang God Bless America, and Major Carlyle Gargis of The Salvation Army gave the invocation.

photos provided Erica Castner and Krystle Mabery

NBC-2 morning anchor Rachel Pierce was the master of ceremony. Lee County Manager Roger Desjarlais,

the United Way campaign chair, talked about the campaign and the campaign theme: One Way, United Way. "Our community's issues are too large and complex for any one individual or organization to solve alone. But united, we can make a difference for today and for generations to come. United Way brings local organizations together to tackle the complex roots of conditions such as hunger, school readiness, health issues, job readiness, financial stability, domestic violence, veterans' needs and the challenges seniors face. These are the issues that have the greatest impact on our community's social well-being and economic health.

Desiarlais noted that 92.3 percent of all money raised goes directly to programs and initiatives, while only 2.4 percent is administration and 5.3 percent for fundraising. "Our United Way has also received the coveted Perfect 100 score from Charity Navigator, for demonstrating fiscal responsibility while adhering to the principals of good governance," he said. Pacesetter Companies - those who



The top 12 Pacesetter companies

- include the following: Publix Super Markets \$1,732,096 Bonita Bay Group \$552,352 FineMark National Bank & Trust
- \$240,000
- Enterprise Rent-A-Car \$210,453 Chico's FAS - \$200,000 Lee Health – \$198,145 LCEC – \$190,001 Lee County School District - \$134,165

SHEPPARD, BRETT, STEWART,

HERSCH, KINSEY & HILL P.A.

Attorneys at Law



#### Lisa Myhand and Alicia Miller

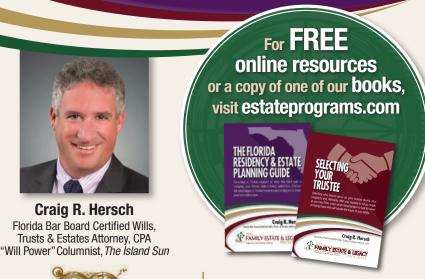
Lee Board of County Commissioners

- \$125,500
- Zachry Group \$123,955 McGriff Insurance Services – \$113,601 Gunterberg Charitable Foundation - \$100,000

All money raised in the United Way Campaign stays in the local community to help support the local human service network of partner agencies. United Way Partner Agencies such as Harry Chapin Food Bank, Alvin A. Dubin Alzheimer's Resource Center, Abuse Counseling and Treatment, Children's Advocacy Center, Literacy Council Gulf Coast, and Boys and Girls Clubs serve a diverse range of needs in the community. For more information, visit www.unitedwaylee.org.☆

# Is your Estate Plan providing you COMFORT, CONFIDENCE & CLARITY?





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The CEOs of Uncommon Friends business ethics finalists, from left, Bethany Solow, David Hall and Teri Hansen participated in a Business Ethics Roundtable at FGCU recently

# Business Ethics Finalists Featured At FGCU Forum

Business ethics finalists will be featured during the Uncommon Evening at the Burroughs Home & Gardens on Thursday, November 14 at 6 p.m. The annual event is a major fundraiser for the Uncommon Friends Foundation.

The finalists for the business ethics award are Priority Marketing, Allyn International and Sanibel Captiva Community Bank. The winner will be announced on November 14.

## Superior Interiors How To Create A Cozy Master Retreat



by Jeanie Tinch

LVL consider their bedroom the coziest place in the house, but creating the ultimate lounge station doesn't mean you have to sacrifice style. From lighting and colors,

to bedding, accessories and other decor, there are dozens of small and simple ways to make your master bedroom your own little oasis. The last thing you want to do is enter this room and feel overwhelmed; the right design tricks can help you cuddle up into bed every evening without a worry in the world.

Coziness comes in different forms for many people, and this holds especially true when you're choosing a color scheme. For some, this means dark, bold shades that bring a romantic vibe to the room. Red walls in merlot or cherry can evoke that intimate feel. Likewise, dark shades of gray can tone down the space and make it easy to fall into a deep slumber.

On the other hand, a light color scheme can make the bedroom feel larger, lighter and airier. Close your eyes and picture a beachside oasis, for example. A room dosed in shades of photo provided

During the event, the lifetime membership award will be presented to Alexandra Bremner, a retired Lee County teacher. The champion teacher to be recognized is Julia Parada, North Fort Myers Academy for the Arts. Twentyfive students will receive scholarship recognition; they were nominated by various schools and organizations and are recognized based on financial need and their potential to succeed in their educational endeavors.

Individual tickets are \$150, while tables of eight are \$1,500.

The Burroughs Home & Gardens is located at 2505 West First Street in Fort Myers. Contact Jennifer Nelson for ticket information, 337-9503, jennifer@ uncommonfriends.org.\*

white cascaded with natural lighting creates the ideal spot for a quick afternoon wind-down with a book in hand.

Area rugs are ideal for adding color, pattern and texture to any living space, but they can also bring more comfort and dimension to the bedroom. This is specifically true if you have hardwood floors, but it can still make a major statement when the master bedroom is carpeted – it just makes it even cozier.

Traditionally, most homeowners

position the bed in the middle of the room for a sense of symmetry. This isn't your only option, however. In fact, you may consider placing your bed on the side of the room that's closest to the window. That way, you have greater access to a view that can be equally aesthetically pleasing and relaxing. Just imagine how satisfying it would be to wake up on a Sunday morning to the sound of birds chirping while the sun glistens over your bed.

Whether you're searching for the next best area rug, throw pillows, or decorative canvases (perhaps a mix of all these accents), a variety of textures can add another layer of comfort to the bedroom. Some super snug textures to consider throughout the living space include velvet and faux fur.

Your master bedroom says a lot about your personality and your desire to relax. If you need help properly executing this feel in your room, consider consulting with a design professional. He or she can discuss the potential changes you can make to create a cozy and inviting space.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindecden.com.&

## Financial Focus Make Money Last During Retirement

by Jennifer Basey



It's probably safe to say that many of us are concerned about having enough money to cover our retirement years. In fact, some surveys have shown that we are more frightened of running out of

money than we are of dying. What can you do to help alleviate these fears?

Your first move is to create a retirement income strategy, and you'll want to develop it well before you need to use it. While there are many ways to develop such a strategy, you may want to consider these three key elements:

Withdrawal rate – Your withdrawal rate is the percentage of your portfolio you use every year during your retirement. So, for example, if you retire with a portfolio worth \$1 million and you choose a 4 percent withdrawal rate, you'll be taking out \$40,000 per year. Your withdrawal rate will depend on several factors – your age at retirement, the size of your portfolio, potential earned income, date at which you start taking Social Security, and so on. Clearly, when deciding on a withdrawal rate, you'll want to reach the "Goldilocks" solution – not too much, not too little, but just the right amount.

Reliance rate – Your reliance rate is essentially the percentage of your overall retirement income that comes from your investment portfolio: your IRA, 401(k) and other accounts. It's called a reliance rate because you rely on this portfolio for your income. The higher your reliance rate, the more you will rely on your portfolio to provide income during your retirement, and the greater your sensitivity to market fluctuations.

Income sources - The more sources of lifetime income you have - such as Social Security and a pension from your employer - the less you may be relying on your investment portfolio to cover your retirement goals. However, many private employers have moved away from pensions in favor of 401(k)-type plans, and Social Security will only provide about 40 percent of your pre-retirement income in retirement, assuming your earned income is average for U.S. workers, according to the Social Security Administration. Consequently, you may want to consider options such as annuities, which can provide lifetime income benefits.

It will take careful planning to put these three factors together in a way that can help you build enough consistent income to last throughout your retirement – which could easily extend two or three decades. And, there's no single formula for everyone. For example, while an annuity could offer lifetime cash flow and help you reduce your reliance on your investment portfolio, it also involves fees and expenses, plus lower liquidity than other sources of income, so it may not be right for everyone.

Fortunately, you don't have to go it alone when taking all your retirement income factors into account. You may want to work with a financial professional – someone who can evaluate your individual situation and then recommend retirement income solutions based on your appropriate reliance rate, withdrawal rate and potential income sources. By getting the help you need and by following a suitable long-term strategy, you can ease some of the stress that comes from wondering if your life span might eventually exceed your financial resources.

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.☆

# Horizon Council To Meet

The Horizon Council and the Lee County Economic Development Office will host the Horizon Council General Membership Meeting in Building U, Room 102 at Florida SouthWestern State College on Friday, November 15 at 8 a.m. Registration and networking start at 8 a.m., while the meeting begins at 8:30 a.m.

The meeting will feature speaker Dale Ketcham, vice president of government and external relations for Space Florida, who will discuss the Importance of the Aerospace Industry in Florida and the Role That Lee County Will Play.

Ketcham has almost 40 years in the space business, including working with major prime aerospace contractors, the 8(a) business development program, engineering firms, Congress, Enterprise Florida and the University of Central Florida.

The Horizon Council is a public-private advisory board established in 1991 to advise the Lee Board of Commissioners on economic development issues. The council's mission is to improve Lee County's business environment, retain and encourage expansion of existing businesses and attract new and diversified employers. The Horizon Foundation, Inc. is a 501(c)3 organizations established as a fundraising vehicle enabling individuals and businesses to actively support the program of work of the Horizon Council and the Lee County Economic Development Office. For more information, visit www.leecountybusiness. com or call 533-6800.

The Lee County Economic Development Office provides business assistance to retain existing businesses, encourage entrepreneurship and attract new businesses. Visit www. leecountybusiness.com for more information.

Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers. To register in advance, visit www.eventbrite.com and enter Horizon Council in the search box.

# Alumnus Of Distinction Named



From left, Dr. Cindy Vaccarino, Dr. John Meyer, Lawrence Force, Dr. Marie Collins and Joe Turner photo provided

Hodges University Alumni Network hosted a reunion for graduates of the Physical Therapist Assistant (PTA) Program. During the event, Lawrence Force was named the Hodges University PTA Alumnus of Distinction. He is employed by SPOT Therapy Associates in Fort Myers.

"He's known by his colleagues as the "baby whisperer." Lawrence has

## Businesses Earn Top Honors At Industry Awards

Six Lee County-based companies recently earned top honors at the 2019 Industry Appreciation Awards ceremony at the Hyatt Regency Coconut Point Resort and Spa in Bonita Springs.

The winners in six categories were chosen for their innovation, integrity, product quality, community commitments and overall excellence in business and value to Lee County. The Industry Appreciation Awards are an annual collaborative effort between the Horizon Council, Horizon Foundation and the Lee County Economic Development Office.

The winners are:

Community Steward of the Year – Markham Norton Mosteller Wright & Company. Since it opened in 1979 by founding partner Gail Markham, the company and its employees continue to invest in community organizations that benefit from their contributions. The other finalists were Cushman & Wakefield Commercial Property Southwest Florida and Sullivan State Farm Agencies.

Startup of the Year – Creative Architectural Resin Products (CARP). Founded in 2014 by Marilyn Santiago and Steven Russell, CARP designs, manufactures and installs architectural decorative trims and accents made from a high-density polymer resin material. The other finalist was Architectural Metal Flashings. made a name for himself by helping children in the community," said Dr. Cindy Vaccarino, PTA program director at Hodges University. "Not only is he making a difference with his young patients, but he is also a role model for our PTA students. This week, Lawrence helped teach the pediatric module to our current PTA students, and has had our students observe him in clinic."

Innovator of the Year – AXI International. AXI is focused on creating clean fuel solutions for mission critical facilities, such as hospitals, data centers and government buildings. The other finalists were HONC Destruction and Lamar Advertising.

Lamar Advertising. Manufacturer of the Year – MY Shower Door / D3 Glass. The family-owned and operated glass manufacturing and commercial retail business, founded by the Daubmann family, recently expanded and moved into a new 60,000-square-foot headquarters and manufacturing facility in Fort Myers. The other finalists were Golden Manufacturing and HF Scientific.

Small Business of the Year (up to 50 employees, six or more years in business in Lee County) – Edison National Bank. When it opened in 1997, Edison National Bank, under the leadership of Robbie and Geoff Roepstorff, was the only locally-owned and chartered community bank in Lee County. It expanded in 1998, opening the Bank of the Islands offices. The other finalists were ITVantage and Chris-Tel Construction.

Large Business of the Year (50 employees or more, six or more years in business in Lee County) – Scotlynn USA Division. The company was founded in 2010 in Fort Myers as a trucking and brokerage logistics service dedicated to hauling perishable products. It has rapidly become one of the fastest-growing logistics providers. The other finalists were MY Shower Door / D3 Glass and Sanibel Captiva Community Bank.

The Horizon Council is a

public-private advisory board established in 1991 to advise the Lee Board of County Commissioners on economic development issues. The council's mission is to improve Lee County's business environment, retain and encourage expansion of existing businesses, and attract new and diversified employers.

The Lee County Economic Development Office provides business assistance to retain existing businesses,

# Florida Wine And Food Fest Kickoff Event A Success

Sufficient of the season of spirited philanthropy.

The cocktail reception was hosted by trustees Jason and Kelly Stephens at their home in Naples. Event chairs Brooke Denson and Sandy Stilwell-Youngquist kicked off the evening with this year's theme, Painting a Difference – Putting Kids First, and featured a preview of once-in-a-lifetime trips to be auctioned off during the live auction of the 2020 Southwest Florida Wine & Food Fest, which will feature Chef Vintner Dinners creatively hosted in private luxury homes across the region on February 21, and attract new businesses and encourage entrepreneurship.

The Horizon Foundation, Inc. is a 501(c)(3) organization established as a fundraising vehicle enabling individuals and businesses to actively support the program of work of the Horizon Council and the Lee County Economic Development Office.

For more information, visit www. leecountybusiness.com or call 533-6800.<sup>‡</sup>



Kelly and Jason Stephens photo provided the grand tasting and live auction at the Hyatt Regency Coconut Point Resort and Spa on February 22.\*\*

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them ahead of time to DrHauser@CaringMedical.com.

## 22 | THE RIVER - NOVEMBER 8, 2019 Frankly Speaking



by Howard Prager Bis finally over. What can I say about the Washington Nationals that hasn't already been said so many times since they've won?

Let's start with the number of

firsts: first team to win four road games to win the World Series and, in fact, first series in any sport that went at least six games and the home team did not win a single game at home. Interesting enough, statistics show that home field advantage in baseball gives only a 4 percent advantage no matter how hard you wave those homer hankies, as opposed to basketball where it is a 12 percent advantage and whose fans are much closer to the action. Some other firsts include: first time that two Cy Young winners faced off in Game 7; oldest team in baseball to win a World Series; and first team to win five possible elimination games where a loss would end the season. The Nationals accomplished that in World Series Games 6 and 7, NL

Division Series Games 4 and 5, and the wild card game. Washington trailed in all of them, coming back each time to win. In fact, in the World Series, Washington scored a total of 12 runs in the first six innings and 21 runs after the seventh. They are the first team to win a world series in Washington since 1924. It is the first World Series championship for the Nationals. Strasburg was the third pitcher in MLB history to win five games in the playoffs. He was selected the World Series MVP. This was a team built around starting pitching without much strength in the relief corps.

So much more to say about this wild card team beating the best team all year in baseball. The Astros had 107 regular season victories, the best rotation and nearly the best hitting team in baseball. Ironically, since the horrendous 19-31 start, the Astros and Nationals had identical records the rest of the way.

So what's not to like? The umpiring. Controversial calls. The Game 5 strike call for a ball out of the strike zone had fans calling for robot umpires. This actually was being tested this fall in the Arizona Fall League. It wasn't perfect. Umps will say the strike zone box we see on TV is not totally accurate – it doesn't adjust for stances and size, and doesn't show the three dimensional way a ball actually crosses

# Bacteria Testing In Area Waterways To Expand

The Lee Board of County Commissioners recently voted to approve a project with Florida Atlantic University (FAU) to provide enhanced bacterial testing and analysis of various Lee County waterways.

The testing and analysis will provide a strong understanding of potential sources of human waste bacteria in surface waters in several areas, countywide, with known septic tank coverage. The study will take approximately 18 months to complete. County staff will negotiate the final scope and agreement with FAU.

This will be an extension of similar work FAU is currently conducting in the North Fort Myers area of the Caloosahatchee Estuary. Lee County first contracted with FAU's Harbor Branch Oceanographic Institute in 2017 and, in June, the board approved another year of the research. Based on the first year results of the Caloosahatchee study, the board has expanded it to include other waterways in Lee County.

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

## **SPORTS QUIZ**

- 1. Alex Rodriguez and Ken Griffey Jr., both drafted by the Seattle Mariners, combined to hit 1,326 major-league home runs. How many of them came as a member of the Mariners?
- 2. Entering 2019, the New York Yankees held the record for most World Series games won (139). Which team was second?
- 3. When was the last time before 2018 that the Kentucky Wildcats football team was ranked in The Associated Press Top 25 Poll?
- 4. The Orlando Magic have had the No. 1 overall pick in the NBA Draft three times. Name the players they drafted.
- 5. In 2019, Jeff Blashill became the winningest U.S. coach in the history of the top division of the Ice Hockey World Championship (19 wins). Who had held the mark?
- 6. Driver Lewis Hamilton set a record in 2019 by winning his sixth British Grand Prix. Name either driver who is second with five wins.
- 7. How many times have tennis stars Serena Williams and Maria Sharapova met in a Grand Slam final?

## ANSWERS

1. Rodrigues (189 home runs) and Griffey Jr. (417) combined to hit 606 homers for the Mariners. 2. The St. Louis Cardinals, with 58. 3. It was 2007. 4. Shaquille O'Neal (1992), Chris Webber (1993) and Dwight Howard (2004). 5. Tim Taylor (1989-1993) had 17 victories in the top division. 6. Alain Prost and Jim Clark. 7. Four times, with Serena Williams winning three of them. the plate. Think of how a sinker can drop suddenly after it crosses, looking to both the batter and the public as out of the strike zone. So might a 3-D robot or replays help? They could, or they could just add to delays in the game with managers challenging more ball and strike calls.

The other controversy was in Game 6 involving Trea Turner running interference and being called out after apparently getting to second on a wild throw to Houston first baseman Yuli Gurriel. Dave Martinez, the Nats Manager, was ejected because he was so upset with the call. (Back to firsts, Martinez was the first manager ejected in a World Series game since Bobby Cox in 1996). It turned into a 10-minute delay in the game. Had Rendon not homered later that inning and the Nats had not gone onto win, it could have been a highly contested game. But things do even out. The Nats won the game, but this is a rule that should surely be examined and perhaps replaced. And if MLB has their executive in charge of such things at the game, as Joe Torre was, he should have the right to make a call on the spot. Ah, but baseball doesn't work that way. The umpire and specifically the home plate umpire is judge and jury. And the rules of the game, no matter how seemingly wrong,

# Savvy Caregiver Program

The Alvin A. Dubin Alzheimer's Resource Center will be hosting the Savvy Caregiver Program at the Dubin Center over a 6-week period, starting Tuesday, November 12 through December 17 from 2 to 4 p.m. Light refreshments will be provided. There is no charge for this program and seating is limited.

The program's goal is to educate families and loved ones about the unfamiliar role they face as caregivers to individuals with Alzheimer's disease. The Savvy Caregiver program is a 12-hour program delivered in two-hour increments

This educational program, sponsored by The Cottage at Cypress Cove, is designed to train family caregivers in the basic knowledge, skills and attitudes needed to cope with the challenges of caring for a family member with Alzheimer's disease or related dementia.

Alvin A. Dubin Alzheimer's Resource Center is located at 12468 Brantley

Commons Court in Fort Myers, To RSVP, call 437-3007 by November 8.3

# Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers age 18 months to age 5 on the Ronald McDonald Care Mobile at McDonald's located at 12290 are always the guide. MLB must find a better way to deal with these obscure rules and calls that seem to come from left field (figuratively, not literally!)

What's next? The hot stove league, free agency, trades, new managers and an offseason that is only a little more than three months long at this point.

So let me end this column with the question I've raised in several columns. The Chicago White Sox and New York Yankees are playing a game next year on the Field of Dreams in Iowa. I asked readers who would you like to see come through the corn from the past, if you could from each time, just like in the movie. Babe Ruth, Lou Gehrig, Roger Maris, Joe DiMaggio, Mickey Mantle and Yogi Berra were all mentioned, Yankee greats of the past. For the White Sox it was Minnie Minoso, "Shoeless" Joe Jackson, Nellie Fox, Sherm Lollar and Ted Lyons. It should only happen. Here's to dreams of continued exciting play in baseball, and in all sports, which I'll get back to next week.

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.\*

South Cleveland Avenue in Fort Myers on Friday, November 15 from 9:30 a.m. to 2 p.m.

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

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

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

To schedule a screening, call 343-6838.<sup>‡</sup>

### From page 1

## Songwriter

gifts, home furnishings, apothecary and jewelry. Remedies Parlor features an outdoor garden and bar area with foliage canopies.

Additional dates in the series are January 12, featuring Carlene Thissen and Emma Arnold, as well as March 8, featuring Kyle Anne Duggan and Kiki Lane.

Remedies Parlor is located at 2541 Thompson Street in downtown Fort Myers. For more information, visit www.loveyourrebellion.org.\*



# LILY & CO. JEWELERS — Presents — CHR "Swing For Hope" TENNIS & PICKLEBALL EXPO

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- Tennis Clinic by Nick Bollettieri, Pickleball Clinic by Simone Jardim
- Doubles Round Robin Tournament (No partner needed)
- Continental Breakfast and Champagne Lunch Court-Side
- Lunchtime Tennis & Pickleball Expos

HAO

TENNIS VS. PICKLEBALL MATCHES WITH THE PROS

COU

- "Battle of the Academies" Tennis Pros Take On Pickleball Masters
- Ice Cream Sundae Social Court-Side 11-Noon Provided By Joey's Custard
- Scott "Golden Boy" Golden Will Live-Stream Tournament on Facebook
- Demo Paddletek Pickleball Paddles with Pro Kyle Yates
- Courtside Games, Great Raffle Prizes By Live Auction At Stake

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## deaRPharmacist People Who Need More Choline



by Suzy Cohen, RPh

ear Readers: Fatigue is a challenging issue for people, and it's hard to test for a root cause beyond standard adrenal and thyroid function tests. Sometimes a third etiology is considered, and

that would be B-vitamin status. All these issues can definitely lead to, or contribute to chronic fatigue. But no one typically checks for choline or phosphatidylcholine levels.

Choline forms phosphatidylcholine (PC). This is a naturally occurring B-vitamin compound that is required to make acetylcholine, your memory neurotransmitter.

Persistent fatigue and brain fog could be due to low levels of PC.

Many plastic surgeons use phosphatidylcholine-based fat dissolvers to get rid of chin fat. By "dissolve fat," I mean it could work a bit like your dish soap does. You know how you put that pan in the sink that has globules of fat from the ground beef you just browned? It's kind of like that.

The term "phosphatidylcholine" is sometimes confused with "lecithin," but they're slightly different. Choline is a component of phosphatidylcholine, which is a component of lecithin.

Cholesterol Ratios -Phosphatidylcholine may reduce triglycerides. I think this type of supplement could be taken along with your statin medication with no foreseeable problems but, of course, ask your practitioner what's right for you.

Forgetfulness - PC used in the body to create more acetylcholine, which is known as a memory molecule. Low levels of acetylcholine are associated with Alzheimer's disease. Your brain is made of fat, and fatty tissue craves choline-based supplements. You can eat PC if you like egg yolks, soybeans and sunflower seeds.

Anxiety or Bipolar – We have limited evidence for PC's use in tardive dyskinesia and bipolar. More specifically, it could help with mood swings and depressive symptoms. Before attempting self treatment, ask your psychiatrist/ practitioner.

Fatigue – There was a randomized, double blind, placebo-controlled study published in the Nutritional Journal. The researchers set out to evaluate where supplements of lecithin would help middle-aged women with their fatigue.

The study included 96 women who ranged in age from 40 to 60 years old, who had complained of fatigue. They should have asked me. I would have gladly obliged because I've been tired for like 25 years now, lol! The results were really no surprise. Both of the groups receiving the lecithin did better after supplement treatment than at the onset of the study. The group receiving the high dose (1200mg/day) faired out best.

Pregnant Moms – If you're pregnant, or want to become pregnant soon, your diet should be very rich in choline because it is critical for your developing baby. The risk for neural tube defects (usually associated with low folate but maybe that's old news) is shockingly four times higher if you're choline deficient during pregnancy!

Supplements like this are available at health food stores nationwide, and online.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www. SuzyCohen.com.☆

## Doctor and Dietician Do You Wake **Up Happy?**



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

t is not normal to wake up tired and exhausted. Imagine all that we can accomplish when we wake up happy and refreshed? We need to be intentional because it does not get easier as we age. Let's take charge of our happiness!

Wake up with purpose – Why do you get up in the morning? Remember being excited to take a vacation? We want this feeling all the time. Dream big. Create a reason to JUMP out of bed. So many great opportunities exist in Southwest Florida for work, exercise, volunteering, cooking, sharing and caring for others. Get plugged in.

Get enough sleep – We know it is correlated with mood and energy. Studies show we need at least seven to eight hours, but with age, we may need more. Those who live the longest get good sleep each night. Keep your energy high to accomplish more by getting enough sleep.

Smile first thing in the morning -Studies show that smiling makes you happier. We notice our patients who frown are often unhappy people. Put a grin on your face and say, "today is going to be a great day!

Drink enough water, especially when first rising - Hydrating first thing in the morning makes us feel better.

Make your bed - Have you read

can control the outcome of situations, and we can continue to make them positive, which in the end, will be better for you and for all those around you.

We have no idea what is going on in someone else's world, and it is not our responsibility to know or control that. We do, however, have complete control over our world, our mind and our actions. Regardless of how much you do not feel like cracking that smile, extending those kind words, or reaching out to someone who clearly does not care about you at the moment, just do it. I promise if you practice this, you will see an amazing difference in how you feel and how others react to you.

Remember that the body achieves what the mind believes, and you need to rule your mind, or it will rule you. These lessons are essential to living your most balanced and beautiful life now and for years to come.

My affirmation for you this week is:

"I acknowledge the power of my mind, and will act or react in the best way possible in order to have the most that book? This creates a sense of accomplishment first thing in the morning. Feel good about it.

Move – Exercising first is the key to many successful people's lives. Being extremely busy but making the time to exercise makes us more productive and produces happy hormones (endorphins.)

Break the fast - As mom said, "Breakfast is the most important meal of the day." Skipping breakfast equals tiredness because the body remains in hibernation from sleep. We need energy to tackle the day ahead. Oh, happy day!

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.炎

# Donation To Help Grieving Children

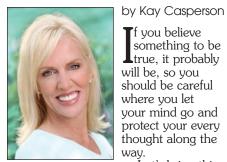
idland IRA & 1031 donated \$5,000 to Valerie's House in Southwest Florida, a charity Midland has supported with past donations and attendance at their annual benefit, the Sunset Soiree.

"We love this organization's purpose and it helps our staff realize that so many children lose loved ones and struggle with that loss," said Sacha Bretz, chairperson of the charitable committee at Midland.

Valerie's House hosts an annual event with a silent auction to raise additional funds. For more information on the charity or the event, visit www. valerieshouseswfl.org.

Midland established a charitable committee to support local nonprofits with employee and company donations. The committee grants those funds to organizations in its business markets of Florida, Chicago and South Dakota. For more information about Midland, visit www.midlandtrust.com.芬

## **Beautifulife:** Mind Over Matter



f you believe something to be true, it probably will be, so you should be careful where you let your mind go and

protect your every thought along the way. Let's bring this

down to reality in your everyday life. There are circumstances that we come across daily that can change the way we or someone else thinks or feels at pretty much every glance.

Here is one example: You walk by someone, and you are pretty much the only other person they are walking by, whether it be on a path or in a building. This person completely ignores you while you are shooting off a great big smile

and ready to say hello or good day. What do you do in this case? Do you take it personally, or do you continue on your way and feel good about your actions?

worn down, on the verge of feeling sick, and you know you have so many things to accomplish. Do you give in to your body, or do you overcome by believing you are well, saying you are well, and pushing through until you can make it happen that day?

One more example is: You feel consistent bad energy from someone, but you are forced to run into this person regularly, either through work or social events. Do you run away the second you see them, or do you greet them with a smile on your face and extend kindness and a sincere greeting?

of instances we deal with regularly that are not warm, fuzzy and comfortable. I want you to understand that we have the power to control how we deal with these circumstances. Our minds are far more powerful than our bodies or actions. We

Another example is: You feel tired or

There are several more examples

beautiful outcome." Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and

Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www. kaycasperson.com or follow on social media @kaycasperson. From page 1 Fall Exhibit followed by a reception and awards ceremony sponsored by Red Coconut RV

Park. For a schedule of workshops and classes, visit www.fortmyersbeachart. com/workshops.php and www. fortmyersbeachart.com/classes.php.

For more information, email FMBAA publicity chair Pam Flaherty at fmbaapublicity@gmail.com, call 463-3909 or stop by the Fort Myers Beach Art Association gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach.

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### PETS OF THE WEEK photos provided

## Lee County Domestic Animal Services Maple, Bali And Lexi

ello, my name is Maple. I am a 5-year-old female pit bull mix who is a classic 'pocket-pit' that will climb in your lap. At a petite 43 pounds, I will make myself fit. I can also rock a flower headband like no other. I get along well with other dogs and have yet to



Maple ID# A798591

meet a person I do not like. Stop by soon to meet this little love bug.

My adoption fee is \$30. Hi, we are Bali and Lexi. We are a 1-year-old female domestic shorthair and a 2-year-old female domestic shorthair who are a bonded pair that came to Animal Services together. We ideally would love to stay together. Lexi is the outgoing gal that brings me out of my shell. And with the adopt one get a friend at no charge, who could resist? Both of us are a great age, litter box trained and past the kitten stage.

Our adoption fee is \$10 with the adopt-one-getone-at-no-additional-charge special.

## **PAWS Of Sanibel** Alex

his is Alex, who is looking for his forever home. Alex is approximately 6 months old. He has been combo tested, had his immunizations, been wormed, treated for fleas, and neutered. He is an exceptionally sweet little guy. A purrrre joy to be around. He would be great with school-aged, kind children, and everyone else above that age. Kitties this wonderful don't come around too often. Call Pam at PAWS at 472-4823 if you want to meet Alex.炎

## Haven on Earth Animal League Baby Grey And Peloton



**Baby Grey** 

i There! We are Baby Grey (grey and white) and Peloton (black and white tuxedo). 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 6-month-old male, and Peloton is a 5-month-old female. We've been neutered and spayed and have all of our vaccinations. We are very playful and sweet.





Bali and Lexi ID# A797277 and A796408

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.举



Alex

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. They both get along great with other cats and would do well in a multi-cat household. Baby Grey has extremely soft fur and feels like a marshmallow, while little Peloton is sleek and Peloton shiny. Peloton has a



white tip at the end of her tail.

Come see us at the PetSmart on Six Mile Cypress Parkway in Fort Myers.

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



Lee County Sheriff's Office.	477-1200
Florida Marine Patrol	332-6066
Florida Highway Patrol	278-7100
Poison Control.	0-282-3171
HealthPark Medical Center	
Ft. Myers Chamber of Commerce	
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	0-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts.	939-2787
Arts For ACT Gallery & Studio	
Art League Of Fort Myers.	275-3970
Barbara B. Mann Performing Arts Hall	. 481-4849
BIG ARTS	
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	
Florida Repertory Theatre at the Arcade	
Florida West Arts	. 948-4427
Fort Myers Harmonica Band 61	0-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony.	. 489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	9-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
American Legion Post #38	9-332-1853
Angel Flight	AN-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	5-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
duPont Company Retirees Edison Porcelain Artists	454-1083 415-2484
duPont Company Retirees Edison Porcelain Artists Embroiderers Guild of America - Sea Grape Chapter	454-1083 415-2484 9-267-1990
duPont Company Retirees Edison Porcelain Artists Embroiderers Guild of America - Sea Grape Chapter	454-1083 415-2484 9-267-1990 728-3743
duPont Company Retirees . Edison Porcelain Artists . Embroiderers Guild of America - Sea Grape Chapter 23 FM UDC Chapter 2614 - United Daughters of the Confederacy Friendship Force Of SW FL	454-1083 415-2484 9-267-1990 728-3743 561-9164
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         23	454-1083 415-2484 .9-267-1990 728-3743 561-9164 .9-257-2654
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         23         Horticulture and Tea Society	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Articulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         23         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter       23         FM UDC Chapter 2614 - United Daughters of the Confederacy       23         Friendship Force Of SW FL       33         Garden Club of Cape Coral       23         Horticulture and Tea Society       34         Lee County Genealogical Society       35         Lee Trust for Historic Preservation       36         NARFE(National Active & Retired Federal Employees       36         Navy Seabees Veterans of America       36         Paradise Iowa Club of SWFL       30         Sons of Confederate Veterans       36	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association	454-1083 415-2484 9-267-1990 728-3743 728-3743 728-3743 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 939-1338 939-1338 561-2118 pr 454-8090
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticultural Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach       765-4254 or         Kiwanis Fort Myers Edison.	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 352-2408 939-1338 561-2118 or 454-8090 694-1056
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach       765-4254 of         Kiwanis Fort Myers Edison         Kiwanis Fort Myers South.	$\begin{array}{c}454-1083\\415-2484\\ 9-267-1990\\728-3743\\561-9164\\ 9-257-2654\\472-8334\\472-6940\\549-9625\\939-7278\\482-6713\\731-1901\\667-1354\\332-2408\\939-1338\\561-2118\\561-2118\\694-1056\\691-1405\\ \end{array}$
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Antriculture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers Edison         Kiwanis Fort Myers South.         Iona-McGregor	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 or 454-8090 694-1056 691-1405 482-0869
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers South.         Iona-McGregor         Lions Club Fort Myers Beach	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 or 454-8090 694-1056 691-1405 482-0869 463-9738
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Southwest Florida Fencing Academy.         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers Edison         Kiwanis Fort Myers Beach         Lions Club Fort Myers High Noon	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 br 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticultural Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Iona Club Fort Myers Beach         Lions Club For	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 or 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228 898-1921
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy         Southwest Florida Federal Music Association         Kiwanis Fort Myers Beach         Kiwanis Fort Myers South         Iona-McGregor         Lions Club Fort Myers High Noon         Lions Club Fort Myers Lions Club Fort Myers Notre Dame Club of Lee County	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 561-2118 561-2118 694-1056 691-1405 482-0869 463-9738 466-4228 489-421 468-0417
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers Edison.         Kiwanis Fort Myers Beach         Lions Club Fort Myers High Noon         Lions Club Fort Myers Reach         Notre Dame Club of Lee County         Organ Transplant Recipients of SW Florida	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 691-1405 691-1405 482-0869 482-0869 463-9738 466-4228 898-1921 768-0417 247-3073
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers South.         Iona-McGregor         Lions Club Fort Myers High Noon	454-1083 415-2484 9-267-1990 728-3743 728-3743 728-3743 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 or 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228 8898-1921 768-0417 247-3073 477-4906
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Lions Club Fort Myers Beach         Lions Club Fort Myers High Noon         Lions Club Fort	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 br 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228 898-1921 768-0417 247-3073 477-4906 332-8158
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers Edison         Kiwanis Fort Myers South.         Iona-McGregor         Lions Club Fort Myers High Noon         Lions Club Fort Myers High Noon         Lions Club Fort Myers South Fort Myers         Notre Dame Club of Lee County         Organ Transplant Recipients of SW Florida.         POLO Club of Lee County         Organ Transplant Recipients of SW Florida.         POLO Club of Lee County         Rotary Club of Fort Myers         Sanibel-Captiva Orchid Society	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 br 454-8090 694-1056 691-1405 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 482-0869 466-4228 898-1921 68-0417 247-3073 477-4906 332-8158 472-6940
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter       23         FM UDC Chapter 2614 - United Daughters of the Confederacy       7         Garden Club of Cape Coral       23         Horticulture and Tea Society       23         Horticultural Society       23         Lee County Genealogical Society       23         Lee Trust for Historic Preservation       NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.       23         Paradise Iowa Club of SWFL       Sons of Confederate Veterans         Southwest Florida Fencing Academy.       Southwest Florida Music Association.         Kiwanis Fort Myers Beach       765-4254 of         Kiwanis Fort Myers South.       Iona-McGregor         Lions Club Fort Myers Beach       Lions Club Fort Myers Beach         Lions Club Fort Myers Beach       Lions Club Fort Myers Migh Noon         Lions Club Fort Myers High Noon       Lions Club Fort Myers High Noon         Lions Club Fort Myers Beach       Organ Transplant Recipients of SW Florida.         POLO Club of Lee County       Organ Transplant Recipients of SW Florida.         POLO Club of Fort Myers       Sanibel-Captiva Orchid Society.         United Way of Lee County       United Way of Lee County	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 or 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228 489-1921 768-0417 477-4906 332-8158 472-6940 433-2000
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Horticultural Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America         Paradise Iowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy         Southwest Flori	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 or 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228 489-1921 768-0417 477-4906 332-8158 472-6940 433-2000
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Garden Club of Cape Coral         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers South.         Iona-McGregor         Lions Club Fort Myers High Noon         Lions Club Fort Myers High Noon         Lions Club Fort Myers High Noon         Lions Club Fort Myers South Fort Myers         Notre Dame Club of Lee County         Organ Transplant Recipients of SW Florida.         POLO Club of Fort Myers         Sanibel-Captiva Orchid Society.         United Way o11 Helpline (24 hour).         AREA ATTRACTIONS	454-1083 415-2484 9-267-1990 728-3743 728-3743 4172-6940 549-9625 939-7278 482-6713 731-1901 667-1354 939-1338 561-2118 br 454-8090 691-1405 482-0869 463-4228 466-4228 889-1921 768-0417 247-3073 477-4906 332-8158 472-6940 433-2000 br 433-3900
duPont Company Retirees         Edison Porcelain Artists         Embroiderers Guild of America - Sea Grape Chapter         23         FM UDC Chapter 2614 - United Daughters of the Confederacy         Friendship Force Of SW FL         Garden Club of Cape Coral         Horticulture and Tea Society         Lee County Genealogical Society         Lee Trust for Historic Preservation         NARFE(National Active & Retired Federal Employees         Navy Seabees Veterans of America.         Paradise lowa Club of SWFL         Sons of Confederate Veterans         Southwest Florida Fencing Academy.         Southwest Florida Music Association.         Kiwanis Fort Myers Beach         Kiwanis Fort Myers Edison.         Kiwanis Fort Myers South.         Iona-McGregor         Lions Club Fort Myers High Noon         Lions Club Fort Myers High Noon         Lions Club Fort Myers South Fort Myers         Notre Dame Club of Lee County         Organ Transplant Recipients of SW Florida.         POLO Club of Fort Myers         Sanibel-Captiva Orchid Society         United Way o11 Helpline (24 hour).         AREA ATTRACTIONS         Bailey-Matthews National Shell Museum.	454-1083 415-2484 9-267-1990 728-3743 561-9164 9-257-2654 472-8334 472-6940 549-9625 939-7278 482-6713 731-1901 667-1354 332-2408 939-1338 561-2118 br 454-8090 694-1056 691-1405 482-0869 463-9738 466-4228 898-1921 768-0417 247-3073 477-4906 332-8158 472-6940 433-2000 br 443-3000 395-2233
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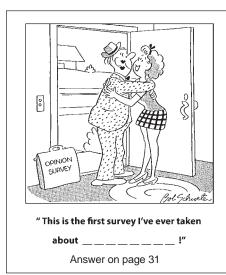
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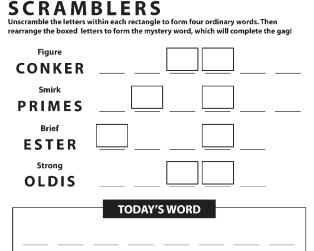
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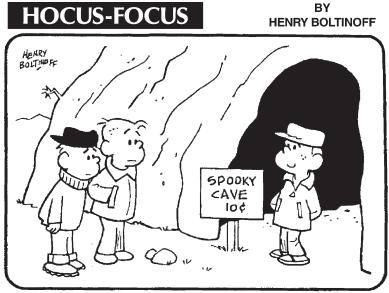


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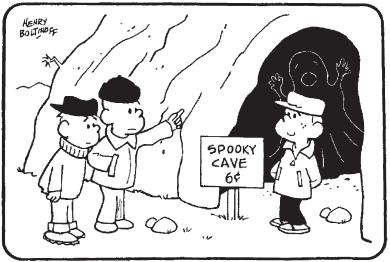
# **SUDOKU**

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



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



been added. 6. Rocks are added in cave. 3. Ghost is added. 4. Boy is pointing. 5. Stocking hat has



#### **Green Bean Casserole**

6 servings

1 pound green beans, blanched and trimmed

10 mushrooms, cleaned and sliced thin

- 1/2 sweet onion, sliced thin
- 1 tablespoon garlic, minced 2-3 tablespoons unsalted butter
- 1 (8-ounce) package Italian blend

cheese

- 1 tablespoon all-purpose seasoning
- 1 teaspoon fresh thyme, chopped
- 2 cups milk

2 tablespoons flour 1 tablespoon Worcestershire sauce Toppings (such as fried onions, crushed

butter crackers, or cracklings) Sea salt and fresh ground pepper, to

taste Preheat oven to 375 degrees. Preheat large skillet over medium-high

heat. Add butter and let melt completely before adding onions. Add onions and sauté for 2 minutes. Add mushrooms and thyme and sauté for another minute. Add garlic and 1 tablespoon all-purpose seasoning and stir to combine. Next sprinkle flour over vegetables and stir



#### Green Bean Casserole

(will look like a paste). Slowly pour in milk while stirring to break up any lumps. Next add three-quarters of the cheese and green beans. Taste and adjust seasoning

as needed. Thoroughly mix and cook over medium heat for 3 minutes. Pour into casserole dish. Top with cracklings, cheese and bake in oven for 30 minutes photo courtesy Fresh From Florida

uncovered. Fresh Tip: This can be prepared one to two days in advance of event and baked in the oven the day of.炎



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# **PUZZLE ANSWERS**

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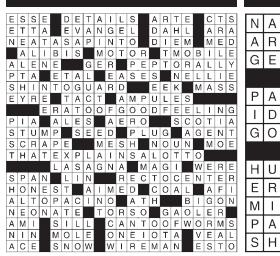
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### SUPER CROSSWORD



### **TRIVIA TEST**

- 1. **Television**: What was the name of the estate in the TV show Dark Shadows?
- 2. Movies: What sport was featured in the movie The Natural?
- 3. **Geography**: What is the largest freshwater lake in Africa?
- 4. U.S. Presidents: What type of clothing did President Dwight Eisenhower popularize?
- 5. **Anatomy**: What sense does the olfactory nerve affect?
- 6. Games: In what year did the Frisbee debut as a flying toy?
- 7. **History**: Which country did the Soviet Union invade in 1979?
- 8. General Knowledge: When is the next Leap Year?
- 9. **Music**: Which famous singer was nicknamed the "Godfather of Soul"?
- 10. Medical: What is the other name of the vitamin riboflavin?

### **TRIVIA ANSWERS**

Brown 10. B2 semel. e 0202 .8 netsinedgtA .7 7261 .6 4. A waist-length jacket 5. Sense of smell 1. Collinwood 2. Baseball 3. Lake Victoria

# My Stars ★★★★

#### FOR WEEK OF NOVEMBER 11, 2019 Aries (March 21 to April 19) Lots of choices could make it difficult to select what is best for your needs. Avoid snap judgments. Take the time to check them all out to find the one that really meets your goals.

**KING CROSSWORD** 

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Taurus (April 20 to May 20) You could once again experience pressure from others who would like to see you move in another direction. But heed your Bovine instincts to stay on your own path.

Gemini (May 21 to June 20) Taking charge of a project that seems to be about to stall or collapse altogether could be a challenge. But once everyone knows what you expect of him or her, things should go smoothly

**Cancer** (June 21 to July 22) Avoid the pressures of the upcoming holiday period by setting a time right now to discuss how to divide up the responsibility of helping a loved one come through a difficult period.

Leo (July 23 to August 22) It's not too early for all you Leonas and Leos to start making long-distance travel plans. The sooner you stop procrastinating and start deciding where, when and how you're going, the better.

Virgo (August 23 to September 22) Someone you've known for years might disappoint you, or even make you feel you've been betrayed. But check the facts carefully before you make charges that could backfire on you.

Libra (September 23 to October 22) A holiday plan might need to be revised to accommodate an unexpected complication. Come up with an alternative arrangement as soon as

possible to avoid more problems down the line

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MAGIC MAZE

Scorpio (October 23 to November 21) Don't accept halfway explanations for a situation that requires full disclosure. The more you know now, the better able you will be to handle any complications that might arise

Sagittarius (November 22 to December 21) The cooperation you relied upon might not be easy to get. Maybe there's an information gap. See if everyone understands the situation. If not, be sure to offer a full explanation.

Capricorn (December 22 to January 19) Problems caused by that recent workplace distraction should soon be easing, allowing you to resume working at a less frantic pace. That personal matter also begins to ease up.

Aquarius (January 20 to February 18) Changing your mind about a job decision isn't easy for the usually committed Aquarian. But once you check it out, you'll find facts you didn't know before. And facts don't lie.

Pisces (February 19 to March 20) Your unique way of sizing up a situation gives you an edge in resolving that upsetting workplace problem. Stay on your current course regardless of any attempts to distract you.

Born This Week: You are emotionally attuned to what's going on around you, and you easily pick up on people's needs.

#### MOMENTS IN TIME

• On Nov. 15, 1867, the first stock ticker is unveiled in New York City. The ticker revolutionized the stock market by making up-to-the-minute prices available SUDOKU

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to investors. Previously, the information traveled by mail or messenger.

• On Nov. 11, 1942, Congress approves lowering the draft age to 18 and raising the upper limit to age 37. In 1940, Congress had imposed the first peacetime draft in U.S. history for men between the ages of 21 and 36. But with the United States fighting in World War II, the draft ages had to be expanded.

• On Nov. 12, 1954, Ellis Island, the gateway to America, shuts its doors after processing more than 12 million immigrants since opening in 1892. Following World War I, Congress passed quota laws, which sharply reduced the number of newcomers.

• On Nov. 13, 1979, during a game at the Municipal Auditorium in Kansas City, Philadelphia 76ers center Darryl Dawkins slam-dunks the basketball, shattering the fiberglass backboard. After a second incident, the NBA commissioner told Dawkins he'd be fined \$5,000 and suspended every time he broke a backboard.

• On Nov. 14, 1985, a volcano erupts in Colombia, killing over 20,000 people as nearby towns are buried in mud, ice and lava. Few people evacuated after radio reports instructed residents to stay in their homes.

#### STRANGE BUT TRUE

• It was influential American theoretical physicist Richard Feynman who made the following sage observation: "It doesn't matter how beautiful your theory is, it doesn't matter how smart you are. If it doesn't agree with experiment, it's wrong

• Those who study such things say that

# **PROFESSIONAL DIRECTORY**



#### THOUGHT FOR THE DAY

condition; that's what a dimple is.

"A premarital lovers' quarrel should never last more than three minutes. In the first year of marriage, a four-minute quarrel should be acceptable. After six years, and eight-minute quarrel is allowed. A 10-minute quarrel is permissible after a decade. Those married longer have more to quarrel about." – EV Durling





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## **HEALTH INSURANCE**



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# First-Time Florida Drivers Rewarded With Giveaways

Florida's roads take drivers on amazing journeys to see the Sunshine State's many treasures. The Lee County Tax Collector wants to enhance that experience for first-time drivers who have moved to Florida from out-of-state or outof-country, and are experiencing the roads for the first time as a Florida resident.

The Tax Collector's Office has created a Facebook contest where first-time Florida drivers can post pictures of their dream road trips and automatically be eligible to win prizes that encourage getting out and exploring Southwest Florida.

"What a great way to experience the beauty and excitement of Florida, share it with others and inspire future dream road trips," Lee County Tax Collector Larry Hart said. "And we are adding to the experience by giving drivers a chance to win great prizes."

The #LCTCRockTheRoad Facebook contest runs from through January 15, 2020 and is open to new Lee County drivers who have gotten their license within the last six months and are age 18 or older. Here's how to enter:

1. Like and follow the official Lee County Tax Collector Facebook page @ www.leecountytaxcollecter.

2. Like any of the official Lee County Tax Collector LCTC Rock the Road contest posts.

3. Share one of our contest posts using the hashtag #LCTCRocktheRoad.

Entrants can also post a photo or image of their dream road trip using the hashtag #LCTCRocktheRoad for an extra chance to win. Winners will be selected at random and notified via Facebook Messenger and tagged in the post comments, if account settings allow. Winners are responsible for responding and collecting their prize at the Lee County Tax Collector's office near them. A location will be determined between the Tax Collector and the winner.

Those who are not Facebook users can go to www.leetc.com/driver-license/rockthe-road to enter and also read a complete list of rules and restrictions.

Visit www.leetc.com/driver-licenses/ first-time-drivers to learn the steps to getting a Florida license.\*\*

## Financial Aid Tip Of The Month

ne important phrase in the language of student aid is satisfactory academic progress, or SAP, according to the Kentucky Higher Education Assistance Authority (KHEAA). All colleges that award federal student aid must have SAP standards. Those standards are based on three key areas: your GPA, your pace and a maximum time frame.

The GPA you're required to have may vary by school, major and whether you're an undergraduate or graduate student.

Your pace means that you have to pass a stated percentage of the classes you take in a given period of time. It may also vary by college.

The maximum time frame means you'll have to finish your degree within a given number of attempted credit hours. For example, your school requires you to pass 120 credit hours to earn a bachelor's degree. The maximum time frame might be that you have to pass those 120 hours without attempting more than 150 hours.

The catch is: if you don't meet your school's SAP standards, you may not be able to receive state or federal student aid. Make sure you know what your college's standards are before you get in trouble.

		CLASSIFIED		
COMMERCIAL RENTAL	COMMERCIAL RENTAL	ANNUAL RENTAL	SERVICES OFFERED	HELP WANTED
POPULAR RENTAL LOCATION ON SANIBEL	ISLANDER CENTER 2407 Periwinkle Way. Unit 3 retail space ready to operate. Executive offices in unit 6, including internet, copier and conference room. Contact 239-472-1144. 11/8 * 11/15	ANNUAL RENTAL SANIBEL ANNUAL RENTAL This updated 2 BR/2½ BA home with family room and garage, is offered unfurnished, and is canal front with a dock and direct access. Close to Causeway. \$2,600/mo. Plus utilities. #72-6747 Serving The Islands Rental Needs Since 1975 Culf Beach Properties, Inc.	Complete Landscaping Services & Weekly Lawn Service New Client Special 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project. 239-896-6789	REHAB AIDE Opportunity for a high energy, compassionate individual to work as a rehab aide in a private practice physical therapy office located on Sanibel Island. Full time in season that may be reduced to part time in summer. Ability to learn new tasks and anticipate the needs of the therapists in a fast-paced environment.
Call Judy at 239-851-4073.		Gulf Beach Properties, Inc.	<b>233-030-0709</b> 4/13 <b>≵</b> TFN	E-mail resumes to sanibel@fyzical.com.
OFFICE/COMMERCIAL SPACE FOR RENT	NEW LISTING EAST END ON CANAL GROUND LEVEL 3 BR, 2 BA, Sleeps 8 Large enclosed lanai and pool Deep water access Available November through June Dog friendly 239-472-3458 or 319-651-9132 mknake@aol.com	PRESTIGIOUS WEST GULF DRIVE Elevated Duplex, 2,000 Sq. Feet, Private Beach Access, 3BR, 2 Bath, LR, DR, open floor plan, 2 car garage, vaulted ceilings, 2 lanais, loft, no pets, no pool, \$2,650.	ALTERATIONS BY HAZELLA Reliable and Experienced Reasonable Prices Pick Up & Delivery Available 239-472-8655 8/30 # TFN	LOOKING TO BUY MID CENTURY FURNITURE Danish, Modern, Teak and/or made in the USA during 1950s, 60s and 70s. Send photos to Joyldupree@AOL.com or text 941-313-5427. I make housecalls and pay up front/not consignment. Call Joy 941-313-5427 with questions.
Palm Court Center 2418 Palm Ridge Road, Sanibel, FI 33957 Highly visible ground floor space 960 square feet. Move in condition. Immediate Occupancy \$1,450/month.	VACATION RENTAL	Call 239-910-6430. 10/11 & TEN FORT MYERS GULF HARBOUR YACHT & COUNTY CLUB TOWNHOUSE	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	Retro Home Furnishings, 12717 McGregor Boulevard, Fort Myers. Open TuesSat., 10 a.m. to 4 p.m. 10/11 ** 4/3
Landlord pays all common. Area maintenance. Call 239 472 6543 11/8 <b>*</b> TFN	Of Sanibel & Captiva Million \$ Views Await You! • Cottages • Condos • Homes • Miles of Beaches & Bike Paths 239-472-7277	GOLF HARBOUK FACHT & COUNTY CLUB TOWNHOUSE 3 Bed, 3½ Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa avail. \$2,375 a month. 239-634-0258	1/25 <b>*</b> TFN <b>ROGER NODRUFF ELECTRIC</b> Dock Lighting, affordable LED conversion.	MEN'S BIKE Cannondale F500 on Sanibel. Perfect condition \$300.
COMMERCIAL UNIT FOR RENT East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message.	1-888-451-7277 1/4 * TFN	239-233-2930 11/01 <b>*</b> TFN SERVICES OFFERED	FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788 4/20 # TFN	Call 239-246-3394 10/25 <b>*</b> TFN <b>GARAGE SALE</b>
PELICAN PLACE SHOPPING CENTER Palm Ride Road on Sanibel 3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft). Call 703-593-7024 6/21 <b>*</b> TFN	Cottages To Castles Unique Vacation Rentals 2427 Periwinkle Way Sanibel, FL 33957 Local: (239) 472-6385 Toll Free: (800) 472-5385 Fax: (239) 472-5858 www. cottages-to-castles.com 1/26 ★ TFN	ATTORNEY SABOL FREE CONSULTATION Wills, Living Wills, Power of Attorney, S. Probate from \$995 + costs. Uncontested Agreed Divorce. Prenuptials.1342 Colonial Blvd., Bldg K. Fort Myers, 239-277-0058 or 239-472-2000 11/1 & TEN	HELP WANTED HELP WANTED Licensed cosmetologist wanted for Organic Salon and Spa on Sanibel. Generous percentage plus tips & toll assistance available. Call Amy at 239-472-8464 11/8 * 11/8	GARAGE SALE MULTI-FAMILY Nov. 15 & 16 8 a.m. to 1 p.m. 1095 and 1243 Sandcastle Road, Sanibel Home goods and furnishing's, electronics, tools, art, memorabilia, exercise equipment and much more. 11/8 * 11/15

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

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.\*\*

# Manatees Are On The Move

November is Manatee Awareness Month, and the Florida Fish and Wildlife Conservation Commission (FWC) is reminding the public to slow down and look out for these large aquatic mammals. As cooler weather comes to the Sunshine State, manatees begin to migrate to warmer waters. During this time of year, many of Florida's 7,000-plus manatees will be on the move.

Warm-water habitats, like Florida's springs, are critical to the survival of manatees during the winter because they can't tolerate water temperatures lower than 68 degrees for extended periods of time. Remember, disturbing manatees at warm-water sites may cause them to leave those areas at a time when it is critical for them to remain there.

"Manatees are more vulnerable in the winter months and it's important not to disturb them, especially at warm-water sites," said Ron Mezich, who leads the FWC's Imperiled Species Management Section. "Getting too close to manatees can cause them to leave these critical areas at a time when it is important for them to stay in warm water habitats."

Boaters can make a big difference for manatees by following guidelines and obeying manatee protection zones marked by waterway signs. Maps of manatee protection zones in your area and

### SCRAMBLERS

1. Reckon; 2. Simper; 3. Terse; 4. Solid *Today's Word* **LIPSTICK**  information about cold weather seasonal zone changes are available online at www. myfwc.com/manatee by clicking on "Rules/ Data and Maps."

How to help manatees:

Wear polarized sunglasses to spot them moving, grazing and resting in the water. Keep a lookout for the circular "footprints" or ripples they leave on the surface of the water;

Follow posted manatee zones;

Observe manatees from a distance to limit disturbance. Disturbing manatees at their warm-water sites may cause them to leave these areas during the winter;

Report injured, entangled, orphaned or dead manatees to the FWC's Wildlife Alert Hotline: 888-404-FWCC (3922), #FWC or \*FWC on your cellphone or text tip@ myfwc.com;

Check out our guidelines for boaters and paddlers for more information about how

# HORTOONS

to view manatees safely and respectfully; Purchase the manatee decal and license

plate and tell everyone how the decal and license plate support the FWC's manatee conservation efforts; and

Contribute to the Fish & Wildlife Foundation of Florida's Marine Mammal Fund by visiting www.wildlifeflorida.org and clicking on "Support Us," "Funding Priorities" and "Marine Mammal Fund."

You can show your support for manatees and spread awareness about the importance of warm-water habitat with a 2019 "Warm Water Saves Manatees" decal. These high-quality decals feature beautiful original art and look great on any boat, car or cooler. Get yours today by making a \$5 donation at your local Tax Collector's office.

For more information about manatees in Florida, visit www.myfwc.com/manatee.\*\*

# Extend Treatment For Drug Abuse

Narconon suggests that an addict should attend a program longer than the traditional rehab stay. An addict's body takes way more than 28 days to physically heal from the damage the drugs and alcohol have done to their body. Making the shorter but "more convenient" rehab stays are not very effective. An addict should take the time to physically get better then dig into the different things they need to deal with emotionally. They will then have the best chance at remaining clean and sober for good.

For more information on choosing treatment, visit www.narconon-suncoast. org/blog/long-term-treatment-vs-traditional-28-day-program.html.



# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Glen Lakes	Estero	2005	3,396	\$1,434,900	\$1,275,000	127
Cape Coral	Cape Coral	2010	3,507	\$1,375,000	\$1,200,000	0
Beachview Country Club Estates	Sanibel	2003	2,642	\$1,189,000	\$1,100,000	43
Beachview Country Club Estates	Sanibel	2001	2,594	\$998,500	\$925,000	364
Sanctuary	Bonita Springs	1992	3,168	\$875,000	\$810,000	15
Fairview Isles	Fort Myers Beach	1978	2,000	\$799,900	\$779,900	0
Renaissance	Fort Myers	2018	3,250	\$799,000	\$775,000	283
Gulf Shores	Sanibel	1971	1,597	\$749,000	\$735,000	20
Cypress Bend	Fort Myers	2006	2,790	\$729,000	\$685,000	94
Not Applicable	Cape Coral	2002	2,447	\$729,000	\$705,500	94

Courtesy of Royal Shell Real Estate



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