

Celulas Madres by Marina Font
images provided

Instagram Live Exhibition And Artist Discussion

Four artists of the Wasmer Gallery at Florida Gulf Coast University will be involved in an artist roundtable discussion and question-and-answer session for an art exhibition titled *When We See Further* via Instagram Live on Sunday, October 11 from 4 to 5 p.m.

The show is a record of enduring a



Demosthenes by Heather Couch

pandemic by Heather Couch, Marina Font, Renee Rey and Terre Rybovich who engage their bodies in their art. Along with curator John Loscuito, they worked collaboratively to create a physical and virtual exhibition both timely and inspired, complete with dance performance.



Townsend Warbler and the Drawing Process by Terre Rybovich

Couch is an uncommon ceramicist from West Palm Beach. In a manner both playful and reflective, she lets the material and forms guide her, each step informed by the preceding one. The



Dare To Know by Renee Rey

viewer encounters large vessels and even installations of ceramic (with wood) often imbalanced – even unstable – all bearing the imprint of the artist's hand, and many further softened with raw sheep's wool.

Font, a native of Argentina who lives in Miami, started out in photography but her work is now photo-based. The photograph is no longer the end-product but rather the starting point. In fact, the same photo – a female figure in an anatomic pose – is used over and over, each time elaborated with embroidery and other materials.

Rey, who lives in Bonita Springs and
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A group at a previous waterfront tour

Waterfront Tours At Marine Science Center

The local shrimping industry will be highlighted during the Ostego Bay Foundation Working Waterfront Guided Tours, offered every Wednesday from 9 a.m. to noon, weather permitting,

photo courtesy www.ostegobay.org

beginning October 7.

The three-hour tour involves a 1½ hour guided visit at the foundation's marine science center museum and a walking tour of the commercial fishing industry working waterfront.

The museum contains numerous hands-on exhibits, touch tank, beach exhibit and estuarine aquariums. The walking tour includes stops at Erickson & Jensen Supply House, net shop and Trico Shrimp Boat

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Alliance Staging Outdoor Play



The GreenMarket stage

The Alliance for the Arts will present *The Duck Variations* by David Mamet on an outdoor stage in the GreenMarket area. The production will be held on October 8, 9, 15, 16 at 7:30 p.m. as well as October 10 at 7 p.m. and 8:30 p.m. and October 11 and 18 at 11 a.m.

"We've been hard at work to create an intimate, open-air venue where our neighbors can safely enjoy live theater," said

photo provided

Producing Artistic Director Bill Taylor. "And what better backdrop for a performance than the Florida night sky?"

The Duck Variations dramatizes the old adage that people who talk the most with authority about something are the ones most likely to know the least about it. In the play, two old men discuss the ways of ducks and life, making observations that are

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Historic Downtown Fort Myers, Then And Now:

Changes At Bay And Hendry – Again



by Gerri Reaves, PhD

At first glance, these two photos taken at Bay and Hendry might appear to be taken within a year or so of each other, one pre- and one post-Luminary Hotel.

Not so. They were taken eight years apart, a reminder that Bay and Hendry has had its share of upheaval over the last decade.

The pre-hotel photo with the orange fencing was taken in June 2012, years before the Luminary was planned.

It might seem like long-ago history, but think back to another massive construction project, the Downtown Fort Myers’ Riverfront Detention Basin Project, which is now

adjacent to the hotel – its front entrance, so to speak.

That Detention Basin Project had its grand opening in December 2012, and for a while, all was calm and settled at Bay and Hendry.

Then came the plans for the Luminary, and it was back to the bulldozers and street closures – in the name of a good cause, of course.

The photo of the 12-story, 237-room hotel was taken just two days after the Luminary’s ribbon-cutting, showing the new structure amid the last signs of construction to tidy up before the September 23 opening.

Now that the northwest quadrant of that intersection is emerging from its latest transformation and the hotel is a reality, it’s time to rejoice over the disappearance of construction machinery and the reopening of streets.

And, it’s a good time to remember that the spot has always been vulnerable to major changes. After all, most of it was underwater a century ago.

To begin with, Bay Street’s name was no accident. Located along the original



In June 2012, the Downtown Fort Myers’ Riverfront Detention Basin Project was proceeding at Bay and Hendry. It opened in December of that year. photos by Gerri Reaves



Two days after the September 17 ribbon-cutting for the Luminary Hotel, the construction barriers were coming down again and the streets were open

riverfront of the Caloosahatchee in the town’s early history, it flooded regularly during the rainy season.

In fact, the Bay-Hendry corner lay at the foot of the Hendry Street dock until the late 1930s. In the early 20th century, it was the site of a wagon works/ blacksmith shop.

But even a century ago, fill projects had begun transforming the downtown riverfront.

The first seawall had been built in 1908 and the first portion of Bay Street between 1908 and 1912 to improve the shabby waterfront.

Thus, that wagon works was likely built on fill, just as the Luminary is today.

When significant construction projects like the Basin or hotel come along, they seem more or less permanent from the short-sighted perspective of everyday life.

People living in 1908 probably thought that new seawall would be there a good long time, and the people who used that former parking lot at Bay and Hendry probably didn’t expect it to vanish.

But a historical perspective forces the question: How many years before someone is writing about the demolition and replacement of the Basin Project and hotel? Such is the flow of history.

Learn more about the Bay and Hendry corner at the following research centers. Hours might be affected by the coronavirus pandemic, so call first.

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

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

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

Sources: The Archives of the Southwest Florida Historical Society, the *Fort Myers Press*, *The News-Press* and *The Story of Fort Myers* by Karl H. Grismer.✧

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THE RIVER

WEEKLY NEWS

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Teachers shopping in the Education Resource Center

photos provided

Back To School Supply Drive Nets Many Donations

The Foundation for Lee County Public Schools, Inc. held its annual Back to School Supply Drive collecting thousands of supplies, which benefitted the Foundation's Education Resource Center (ERC). Several businesses throughout Lee County gave back to this initiative by donating supplies, such as backpacks, pens, pencils, headphones, markers, desks and filing cabinets.

The ERC provides Lee County School District educators access to new and reusable classroom supplies at no cost. The mission of the ERC is to ensure that all students have the tools necessary to succeed and that educators have what they need to promote student achievement. Teachers often use their own funds for this purpose, so the ERC provides a mean to eliminate that added burden. Over 600 educators have stopped by and shopped since the beginning of the school year.

The drive would have not been possible without the support from all the participating community and business



Foundation for Lee County Public Schools officials Brittany Carroll, director of marketing and communications, and Marshall T Bower, esq, president and CE

partners. The FLCPS wants to thank each business and donor for giving back and spreading the word to ensure educators and students in The School District of Lee County were well equipped to take on the new school year.✧

Locations Sought For Campaign Food Drive

Pushing the Envelope, Inc. (PTE) is seeking drop-off locations for their 10th annual CAN IT! Campaign food drive slated to launch on Thursday, October 15. Designed to help area residents in need, PTE coordinates the food drive through Community Cooperative (CCI) and is trying to collect 2,000 non-perishable food items this year. The more businesses that participate as drop-off locations, the more food can be collected and ultimately donated.

The COVID-19 pandemic has increased the number of people going hungry in our community and with the holiday season quickly approaching, becoming a CAN IT! drop-off location offers an opportunity for local businesses to give back to their community. In order to serve as a drop-off location, businesses are simply asked to allow the public to drop off non-perishable food items at their location between

Thursday, October 15 through Sunday, November 15, during their regular business hours. As a CAN IT! 2020 partner, PTE will recognize your business as a supporter and drop-off location in all publicity, social media posts and on its website. There is no cost associated with participating in the campaign as a drop-off location.

Participation is easy. If desired, PTE will provide wrapped collection boxes and flyers for participating businesses to display at their location, as well as content to share online. PTE coordinates the pick-up of all donations, or they can be dropped off at the PTE office located at 2402 Bay Street, Suite 106, in Fort Myers after November 15.

In the last 10 years of the CAN IT! Campaign, more than 10,000 items and many thousands of pounds of food have been collected for local needy.

If your business is interested in donating or serving as a drop-off location to help PTE "put hunger in its place" this holiday season, call 221-2858 or email annelise@getpushing.com. For more information about CAN IT! visit www.getpushing.com/community/can-it.✧

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Fort Myers Art:

Artists To Join Forces On Buck's Backyard Mural



by Tom Hall

The Fort Myers Public Art Committee has approved a plan by the Fort Myers Mural Society to have finalists JP Almonacid and Erik Schlake join forces on the Buck's Backyard

mural project that is to be installed on the block wall separating historic McCollum Hall from the adjoining residential neighborhood to the north. The ambitious 2,440-square-foot project will cover 17 concrete panels, each measuring eight feet high by 18 feet wide. Although the artists' mural styles are radically different, Fort Myers Mural Society Director Shari Shifrin assured the committee that the size and scope of the project will benefit from a blend of the design concepts that Almonacid and Schlake presented to the committee on September 15.

"The board of directors of the mural society really feel that we can create these 17 panels using both artists," Shifrin told the committee. "Some portions of this mural will complement each other while diversifying the view."

Almonacid credits graffiti, street and the graphic arts as influences, which is reflected in his joyful embrace of a bright and vibrant color palette. More of a realist, Schlake draws more heavily on traditional decorative art, which features a more subdued and sophisticated mix of texture and color. But both artists share a deep and abiding respect for the history of not only McCollum Hall, but the Safety Hill/Dunbar community in which the two-story, 10,000 square-foot Art Deco landmark thrived.

During the 1930s and '40s, McCollum Hall was Southwest Florida's most famous entertainment venue. Part of the "Chitlin' Circuit," the second-floor dance hall hosted such internationally-renowned musicians as Count Basie, Louis Armstrong, BB King, Lionel Hampton, Otis Redding, Lucky Milliner and Duke Ellington and his orchestra. During these



Erik Schlake and JP Almonacid

performances, area residents would gather in the parking lot, where they would eat barbeque, drink beer, smoke cigars and play along with the musicians inside on slap boxes, harmonicas and other instruments. The venue was also the site of boxing matches, dances and other social events, and during World War II, the dance hall functioned as the USO for black officers and enlisted men. Over time, the area surrounding McCollum Hall was affectionately nicknamed Buck's Backyard in honor of the building's owner, Clifford "Buck" McCollum Sr.

The designs submitted by Almonacid and Schlake both pay tribute to this rich history, and both artists spent considerable time at the Lee County Black History Society and the Williams Academy Black History Museum researching the area and the era, and locating old photographs and reference material, which they duly incorporated into their thoughtful designs.

Almonacid and Schlake were chosen from a field of nine applicants by a gold star five-member selection committee who scored the artists' submissions on the basis of originality, technical ability, visibility by motorists passing by on Martin Luther King, Jr. Boulevard, style and how well their designs express the Buck's Backyard theme. The third finalist, Michael Rosato of Maryland, withdrew from consideration citing concerns over the length of time he would have to be away from his family during the coronavirus pandemic.

photo courtesy www.artswfl.com

A number of community members attended the public art committee meeting and showed enthusiasm for the proposals and the prospect of the artists combining their talents to produce a cohesive design that will draw attention to the Dunbar community and Fort Myers at large.

At its August meeting, the committee moved another step closer to approving a plan that includes relocating two of the city's Cor-Ten steel Edgardo Carmona sculptures, *Duo Sinfonico* or *Flute Player* and *Sintonia* or *Nostalgic Tune on the Radio*, to the McCollum Hall site in an effort to convert the location into an "art hub." In so doing, Fort Myers will join Florida cities like Miami, Tampa and Gainesville, which are bringing art and artists into residential neighborhoods to make art accessible to everyone and convert previously ho-hum spaces into centers of creativity that appeal to creative class workers and residents. The McCollum Hall hub will be linked to the city's other creative centers and outdoor public artworks through Otocast, a free mobile app that provides information, audios and maps showing the location of each of the nearly 70 works of art that comprise the city's growing public art collection.

The Fort Myers Mural Society anticipates that work on the mural will begin in early January and be completed on or before April 30, 2021.

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.*

Lee Health Virtual 5K Registration Now Open

Lee Health's Inspiring Health 5K is going virtual. Registration is now open for the 5th annual event set to take place November 4 through 10. This year, the race will raise funds for COVID-19 relief while maintaining its commitment to a healthy and active lifestyle.

Inclusive to all activity levels and families, the virtual 5K allows participants to run, jog or walk at their own pace and at a location of their choice, including indoors on a treadmill. Participants have the option to upload their race time to www.runsignup.com and share photos on www.leehealthstrong.org to be entered into a raffle for great prizes.

"We are pleased to be entering our fifth year of this important event," said Carrie Bloemers, MS, RDN, LDN, director of Healthy Life Center – Education & Navigation at Lee Health. "Although we can't be together for this year's race, we look forward to the opportunity to promote good health and bring families and friends together in a safe and socially distant way."

Visit www.tinyurl.com/inspire5k to register. Registration includes a T-shirt and medal. Register by October 5 to guarantee shirt size.

This event is made possible through the generosity and support of the following sponsors: ACADIA Pharmaceuticals, Arthrex, Caloosa Tent & Rental, Collin's Vision and Florida Skin Center. Sponsorship opportunities are still available. For more information, call 468-0050.*

College Bound

Lily Croke of Cape Coral is a member of the incoming undergraduate class at the University of Iowa in Iowa City, Iowa.

Summer Meade of Fort Myers recently enrolled as a first-year student at Hamilton College in Clinton, New York.*



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Heather Fitzenhagen and Love That Dress Chair Jennifer Nelson photos provided

Record Number Of Donations For PACE Event

Pace Center for Girls, Lee County's virtual dress collection, #MakeSpaceForPace, has raised a record number of fashion-forward apparel for its Love That Dress! shopping event. Initially scheduled for fall 2020, Love That Dress! will now take place in 2021, with a new date to be announced.

The #MakeSpaceForPace campaign encouraged the community to clean out their closets for a cause, helping build an expansive inventory for PACE's highly anticipated shopping event. Nearly 6,000 brand-new and gently loved dresses, separates, shoes, handbags and accessories were donated. These items will later be sold at deeply discounted prices to attendees of Love That Dress!

"We are so honored by the incredible number of donations received through our first #MakeSpaceForPace dress collection,"



From left, Mark Blust, Suzanne Boy and John Agnew with donations

said Jennifer Nelson, chair of the 2020 Love That Dress! event. "While we made the difficult decision to postpone our event, we look forward to unveiling these incredible donations at a later date when we can safely gather for an evening of fun and fashion while helping raise critical funds for PACE programs."

The expansive collection features thousands of dresses and separates from well-known brands including high-end brands like BCBG, Calvin Klein, Lilly Pulitzer, Ralph Lauren, St. John Collection, Tory Burch and White House Black Market. Along with gently loved contributions from individual community supporters, local businesses also have donated thousands of brand-new items. The inventory for Love That Dress! also includes 385 brand-new gowns donated by Macy's as well as more than 2,000 items donated from a Coconut Point boutique.

"Donations from local businesses and community donors is what makes



Noelle Casagrande donated to the campaign

Love That Dress! such a fashion-forward and budget-friendly event," said Amy McQuagge, co-chair of the 2020 Love That Dress! event. "Thanks to the community's generosity, for the first time ever, we'll have the unique ability to restock our merchandise throughout the event with amazing, high-quality clothing and accessories."

The new date for Love That Dress! will be announced soon. To sign up for event updates, visit www.lovethatdressleecounty.com.

com. For more information, visit www.pacecenter.org/locations/lee or call 425-2366.✱

Elementary School Grant

San Carlos Elementary School was recently awarded a \$5,000 grant from Burlington Stores, according to the School District of Lee County. Burlington and www.adoptaclassroom.org are adopting the teachers at San Carlos Park to celebrate the opening of their new store at Gulf Coast Town Center.

"We love our neighbors," said San Carlos Park Elementary Principal Christy Kutz. "It is awesome that our newest neighbor Burlington has chosen to recognize our hardworking teachers with this generous gift!"

The \$5,000 grant will be divided among the teachers at San Carlos Park to shop for school supplies through www.adoptaclassroom.org. They were surprised with the news during an online staff meeting when representatives from Burlington joined the zoom.

The website connects teachers to 30 vendors they can buy supplies from that can be put to immediate use. For more information, visit www.adoptaclassroom.org.✱

White Cane Safety Day Is October 15

White Cane Safety Day, which celebrates the achievements of people with blindness and vision loss, will be celebrated Thursday, October 15. The national observance was first celebrated in 1964 with the proclamation by President Lyndon B. Johnson.

A white cane is an important mobility tool as well as the symbol of independence. White canes were introduced in the 1930s as a way of assisting blind pedestrians to travel independently. They also helped motorists identify and yield to people using the white cane, and they have been protected by law in the United States since that time. Canes were painted white to be more easily visible.

For blind people, the white cane is an essential tool that gives them the ability to achieve a full and independent life. Orientation and mobility training enables individuals to know their space in relation to others and objects and how to safely navigate their environments. Instructors certified in orientation and mobility offer training for the blind to safely navigate their community. The orientation and mobility specialist assists the person to get from point A to point B successfully

— whether at work, at school or around the community.

Safety Tips for Drivers:

Stop your car at least 5 feet from a crosswalk. Pedestrians who are blind may use the sound of your engine to locate crosswalk boundaries. If any part of your car is in the crosswalk, they may misjudge the safe area.

Avoid honking at individuals using a white cane. People who are blind have no idea why you are honking.

Yield for pedestrians who have a white cane; it's the law.

Lighthouse of Southwest Florida is a vision rehabilitation center serving Lee, Hendry and Glades counties. Orientation and mobility training is one of many services offered by Lighthouse of Southwest Florida. The team of professional staff compassionately helps people of all ages, with blindness and vision loss, to achieve goals for independence.

For more information, visit www.lighthousewfl.org or call 997-7797.✱

College Graduates

Edwin Fomanka and Cameron Welch, both of Fort Myers, recently graduated from Kennesaw State University in Kennesaw, Georgia.✱

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Samira K. Beckwith with PACE Hope Mobiles

photo provided

Bus Donation Helps Hope PACE Serve Community

Hope PACE, the program of all-inclusive care for the elderly, has received 10 buses from the Florida Department of Transportation in support of their mission of maintaining the quality of life and optimal ability for Lee, Collier and Charlotte county seniors at risk for nursing home placement and keeping them healthy, comfortable and independent in their own homes for as long as possible.

Transformed into Hope Mobiles,

the buses will be used to transport program participants to special Hope PACE Care Centers, where they receive comprehensive medical and therapeutic care, medications, and – prior to the pandemic – social activities and meals. Hope PACE also provides transportation to appointments with specialists and other needed services.

“Hope PACE’s innovative, personal approach helps avoid unnecessary hospitalizations by ensuring our elderly remain safely in the community and receive the care they deserve in the place they call home,” said Samira K. Beckwith, president and CEO of Hope Healthcare. “With these buses, FDOT helps make possible the relied-upon, essential element

of transportation for our PACE program seniors.”

The 10 buses were an in-kind gift in lieu of funding Hope PACE has traditionally received from FDOT.

“FDOT supports Hope PACE along with other deserving nonprofit organizations that work hard to ensure the elderly and frail have access to critical community resources,” said L.K. Nandam, FDOT District One secretary. “We are happy to help further their worthy efforts this year with vehicles to help serve those most in need.”

To be eligible to enroll in Hope PACE, which is free of charge for participants with dual Medicare and Medicaid coverage, you must be at least age 55 and a Lee, Collier or Charlotte county resident who has health problems that qualify for nursing home care. To learn more, visit www.hopepace.org or call 985-6400. If you or a loved one need immediate assistance, contact Hope Healthcare at 482-4673.✪

Library To Close Temporarily For Renovations

The Lakes Regional Library will close temporarily starting Monday, October 5, while interior upgrades happen in the building. The county also is temporarily suspending curbside holds pickup. The library is expected to reopen at 10 a.m. Tuesday, October 13. No items will be due during the closure, and the exterior book return will remain open.

Lakes Regional has been undergoing a

renovation that the county started in May 2020, with the majority of the construction work taking place overnight so patrons were not inconvenienced. The flooring will be replaced during this scheduled closure. The renovation is funded, in part, by a donation from the estate of Frances Prigmore.

For locations of other available branches and for online resources, visit www.leegov.com/library.✪

Science Center To Reopen

The IMAG History and Science Center is reopening on weekends beginning Friday, October 2. The museum will open Fridays from noon to 7 p.m., Saturdays from 10 a.m. to 5 p.m., and Sundays from noon to 5 p.m. The family-friendly destination features interactive exhibits, aquariums, hands-on activities, history displays and more, inspiring the imagination in all of us.

All IMAG staff will wear face masks for the safety and protection of visitors. Proper hand washing and good hygiene practices are encouraged, and convenient sanitation stations are provided throughout the premises. In addition, enhanced hourly cleaning and disinfecting protocols are in practice with additional deep cleanings scheduled twice daily to thoroughly address all touch points, surfaces, spaces, and exhibits.

The IMAG is located at 2000 Cranford Avenue in Fort Myers. For more information, call 243-0043 or visit www.theimag.org.✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 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.

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.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalhouse@aol.com, 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST

Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH UNITED METHODIST

Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH

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.fpcforymyers.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.

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunitychurch.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.MeditationInFortMyers.org, 567-9739.

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ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

Email changes to press@islandsunnews.com or call 395-1213.✪



Dragon fruit is grown commercially and used to make a variety of foods, from smoothies and salads to candy

photos by Gerri Reaves

Plant Smart

Attention-Grabbing Fruit

by Gerri Reaves

South Florida's astounding variety of plant life is a delight to the eye and intellect, and fruit like the ones pictured here are a reminder that we live in a fascinating subtropical region where just about any curious plant will grow.

But it pays to know which are edible – even touchable.

Does a colorful fruit offer a delicious dessert, an allergic reaction, or a possible death sentence? Is the fruit edible but the seeds toxic – or should both be avoided?

Of the four shown here, two are non-native edibles, one a native with poisonous seeds, and one invasive species so dangerous that its sale was prohibited in the state nearly 20 years ago.

What could be a more decorative centerpiece than dragon fruit (*Hylocereus undatus*), with that spiny dayglo pink skin?

In addition to being a conversation-starter, it is easy to grow and edible. Make smoothies, salads, desserts, or jams with it.

Many cultivars exist for this climbing cactus that's native to the tropical forests of Mexico and Central and South America. It is grown commercially in South Florida



Pandanus's pineapple-like fruit is actually numerous prism-like individual fruits

and is pollinated at night mostly by moths.

There is some disagreement over whether the skin is toxic.

Non-native pandanus's (*Pandanus utilis*) pineapple-like fruit is actually 100 to 200 prism-like compressed fruit that is edible for both wildlife and people.

However, not all Pandanus species are edible, so exercise caution.

The fruit can be six to 12 inches long and eight inches in diameter, ripening from green to yellow or orange.

Native to Madagascar and a relative of palms, grasses and bananas, it has "walking" stilt roots and frond-like leaves and is common in South Florida.

Although a Florida native, gray nicker (*Guilandina bonduc*) has its faults, specifically, a tendency to be aggressive and invasive and shade out other plants.

The smooth grayish seeds inside the prickly clam-shaped pod are both a vice and virtue, one might say.

Although they are poisonous, they have medicinal and decorative uses. The seeds that resemble tiny bird eggs or marbles are used to make jewelry, "pet" objects, good-luck charms, or prayer beads.

Even if you're don't make jewelry, though, this shrub-like vine is worth tolerating, for it is a host and nectar plant for several native butterflies, including some species protected at the state and federal levels.

Castorbean's (*Ricinus communis*) fruit is definitely one to avoid.



Native gray nicker's prickly pods contain pretty egg-like poisonous seeds used to make jewelry and other objects



Avoid castorbean. The seeds within its bur-like fruit is the source for deadly ricin

When you hear a news report about deadly ricin being mailed to someone, it's referring to the seeds in this plant's bur-like fruit.

If even one seed is ingested or chewed by people or animals, it can kill. Inhalation can result in death too, although mere touching is not likely to be fatal.

Furthermore, there is no antidote for ricin.

If that's not enough to alarm you, there's more. The spiny fruit splits open

when dry to reveal three mottled or black seeds commonly described as resembling an "engorged tick."

To top it off, this native to Northeastern Africa and the Middle East is listed as a category-II invasive species in Florida. The tree is fast-growing and aggressive.

Think twice before even touching or allowing a child or pet to touch an intriguing unfamiliar fruit.

Plant Smart explores the diverse flora of South Florida.★

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Fabulous Fall Fishing



by Capt.
Matt Mitchell

Signs of fall, although very subtle, have begun. A couple of cooler, less humid mornings were a nice break and a sure sign the oppressive heat of summer is just about over. Massive schools of bait can be found just about everywhere, both in the sound and out on the beaches.

Our water has changed color due to the heavy rains we had a few weeks ago, along with releases from Lake O. Although this

water is now tannic, it's still clear and very healthy. These rains stained and cooled our waters, which turned on both the snook and redfish bite. Giant morning high tides this week were the perfect set up to target both these species on oyster bars throughout the sound.

Fishing in an annual small cooperate tournament out of Captiva this week, our clients who usually do this trip in April, got to experience how good our fall fishing is. After fishing with this group for more than 10 years, they had the most exciting and productive trip ever. This slam tournament not only had lots of fish caught but also let them see how good Pine Island Sound can be.

Fall tarpon fishing is in full swing with the best numbers being found out on the beaches. When you have a nice calm morning with light winds and slick water, ride the beaches looking for diving birds and bait. Go in quietly while keeping your eyes on the water for rolling fish. Some days, the signs are very subtle with fish gently raising up, while other days they can be seen crashing hatch bait. Cast live pinfish and crabs under a float out in front of them for the best results.

While out running the beaches hunting tarpon, take a lighter rod and some smaller baits, and even some lures. Running into Spanish mackerel and bonita is always a possibility, as well as a tripletail.

Quiet waterways and fabulous fishing are what fall is all about. 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.☆☆



Mike from Cape Coral with a redfish caught while oyster bar fishing with Capt. Matt Mitchell this week
photo provided

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CROW Case Of The Week:

Brown Pelican



by Bob Petcher

The brown pelican (*Pelecanus occidentalis*) is a fish-loving seabird that can be found along the southern coasts of the U.S., including the Atlantic and Pacific oceans as well as the Gulf of

Mexico. These water-plungers make huge splashes when diving for fish, or annoy fishermen by hanging out and begging near their boats.

At CROW, a juvenile brown pelican was admitted from the Sanibel Causeway after being seen with a left wing droop and not flying. Upon examination, veterinarians found a hook embedded in the patient's leg, as well as a hook that had been ingested.

"The hook in the right leg is not directly associated with the wing droop; however, we suspect there's a soft tissue injury of that wing associated with being entangled in the associated monofilament line," said Dr. Robin Bast, CROW's staff veterinarian. "The (ingested) hook was in the proventriculus, or the glandular stomach in birds where food begins to be digested before it passes into the ventriculus, also known as the gizzard or mechanical stomach. It was still embedded in a partially digested fish carcass upon removal."

Upon intake, the patient was also noted



CROW medical staff members remove a partially digested fish carcass from patient #20-4427

photo by Brian Bohlman

to be very thin, possibly related to the ingested hook.

"Ingested hooks can cause internal trauma or even obstructions resulting in loss of body weight," said Dr. Bast. "Alternatively, this patient could have had a pre-existing condition (such as a wing injury) that made it difficult to obtain food on its own, making it more tempting to take the easy meal of a fish on a hook/line. Since our patients cannot talk and provide a history, we have to consider both possibilities."

At this time, it is unclear if the wing

droop was or will become an injury that the pelican lives with.

"Time will tell. If it was a more recent injury associated with the line entanglement, this bird might improve given time and pain medications while the soft tissues heal," said Dr. Bast. "If it was a chronic injury, it may be a more permanent issue for this animal."

After the hooks were removed, veterinarians flushed the wounds and started the patient on oral fluids and a refeeding plan. The pelican was still seen with the wing droop that has been

wrapped, but is continuing to heal. The patient is receiving tub time and medication.

"This bird is still in ICU (intensive care unit) receiving pain medications and supportive care, but we expect to move it to an outdoor enclosure within the week to test its ability to use the left wing," said Dr. Bast. "This patient must regain full function of the wing and have normal flight ability in order to be considered for release."

CROW has seen an uptick in brown pelicans admitted this year than all of last year. Many of these preventable injuries are related to hook and monofilament line issues as well as anglers feeding pelicans. According to Florida Administrative Code 68A-4.001, intentionally feeding or placing food that attracts pelicans and modifies the natural behavior in a way that is detrimental to the survival or health of a local population is prohibited by law.

"We see hundreds of hook/line cases every year, and not all of those patients survive their injuries," said Dr. Bast. "The good news is these injuries are easily preventable. Check out the Mind Your Line webpage (www.mindyourline.org) for more information on how you can help if you see an animal that has encountered hook and line."

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.

Purchase Of Riverfront Parcel

The Lee Board of County Commissioners approved the purchase of 14 acres of riverfront land in Olga for Conservation 20/20.

The property is located adjacent to Olga Shores Preserve to the west and south, the Caloosahatchee to the north and Linwood Avenue to the east.

The parcel is one of the few remaining undeveloped Caloosahatchee riverfront tracts of land with dense oak hammocks and pristine vegetation. The Conservation 20/20 Land Acquisition and Stewardship Advisory Committee (CLASAC) voted unanimously to forward this purchase agreement for board consideration to

approve.

The purchase price is \$1,075,000, plus closing costs.

In other recent action, the board voted to authorize staff to pursue the purchase of an additional five parcels, totaling more than 200 acres, for Conservation 20/20. Any proposed purchase of those parcels will be brought back before the board for consideration.

There are currently 30,225 acres within the Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.

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Sanibel Captiva Community Bank team with a Habitat for Humanity homeowner

photo provided

Bank Named Finalist For Award

Sanibel Captiva Community Bank was named a finalist for the 2020 Social Assurance Community Spark Awards for outstanding efforts in helping and improving the community. The bank is one of only 12 community banks and credit unions selected nationwide.

"We are honored to be selected as a finalist for this national award, especially as it represents our efforts in helping those around us," said Amy McQuagge, vice president and director of marketing at Sanibel Captiva Community Bank. "We remain committed to supporting our community in both good times and bad. It is what we have done for 17 years, and we will continue to be a champion for the community we all love."

For 17 years, Sanibel Captiva Community Bank has supported over 300 not-for-profit community causes and organizations – from Habitat for Humanity of Lee and Hendry Counties and Blessings in a Backpack to The Foundation for Lee County Public Schools – through a combination of donations, pro bono work and volunteerism. More than 65 percent of employees are nonprofit volunteers, logging over 1,000 volunteer hours annually. Since opening in 2003, the

bank has donated over \$1.4 million dollars to local charitable causes.

As Southwest Florida faced the devastating effects of COVID-19, Sanibel Captiva Community Bank assisted businesses in critical need, processing over 750 Small Business Administration Paycheck Protection Program loans. Totalling nearly \$70 million, the loans helped save an estimated 9,000 jobs in Southwest Florida.

The bank also gifted \$102,500 in charitable donations to help 12 local not-for-profit organizations serving children and feeding people that were in need due to the unprecedented challenges caused by the COVID-19 pandemic. The financial gift supported The Harry Chapin Food Bank of Southwest Florida, FISH of Sanibel-Captiva, Blessings in a Backpack SWFL, Valerie's House, PACE Center for Girls-Lee, The Heights Foundation, Hearts to Home, Senior Friendship Centers, American Legion Post 38, Children's Education Center of the Islands, Sanibel Sea School and the Sanibel School Fund.

Recognizing the added hardship this pandemic has caused nonprofit organizations in fulfilling their missions, the bank donated 2,700 square feet of rent-free office space to the Southwest Florida Chapter of Blessings in a Backpack and the Southwest Florida Symphony.*

Semifinalists Named For Scholarships

Eight students from the School District of Lee County have been selected as semifinalists in the 2021 National Merit Scholarship Program. These semifinalists represent less than one percent of all high school seniors.

The eight students are: Genesis Carias of Bonita Springs High School; Kevin Dimaculangan of Dunbar High School; Brian Robinson of Estero High School; Carlos Torres-Cobian of Estero High School; Charles Cosby of Fort Myers

High School; Thomas Penn of Fort Myers High School; Deven Shah of Fort Myers High School; and Jack Moreland of Riverdale High School.

Over 1.5 million juniors in about 21,000 high schools entered the 2021 National Merit Scholarship Program by taking the 2019 Preliminary SAT/National Merit Scholarship Qualifying Test, which served as an initial screen of program entrants. The nationwide pool of semifinalists includes the highest-scoring entrants in each state.

These academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$30 million that will be offered next spring.*

New Partnership For Award Program



Award presented to Pelican Wire at the 2019 Blue Chip Awards, from left, Gray Davis, Kevin Pearce, Jason Brewer, Trent Dunn, Scott Gregory, Don Dimauro, John Pollock, Frank Balsamo and Gary Trippe

photo provided

The Horizon Foundation has committed to partner long-term with the popular Blue Chip Community Business Awards program starting with its 26th annual event scheduled in 2021.

"The team at McGriff has done such an outstanding job developing the Blue Chip Awards over the past quarter of a century, and we couldn't be more honored to support its ongoing success with the Horizon Council and Lee County Economic Development Office," said Horizon Foundation President Dan Eveloff.

The 26th annual Blue Chip Community Business Awards program is scheduled for Thursday, May 20, 2021 and will be part of a larger multi-day series of business events that will culminate with the prestigious Industry Appreciation Awards luncheon on May 21, 2021.

"The move to partner with the Horizon Foundation, Horizon Council, Board of County Commissioners and Lee County Economic Development Office was a logical next step for our program," said

Blue Chip program coordinator Scott Gregory. "Combining resources will ensure its continued growth and success, making it a real win-win for businesses and our community."

In keeping with its founding principles created by former insurance executive and business leader, Gary V. Trippe, the Blue Chip program will recognize small business owners who have overcome adversity to achieve success. Thriving for-profit companies with their primary office located in Charlotte, Collier, or Lee county may apply. Eligible businesses must have been in continuous operation for at least three years under the same ownership and have five to 400 payroll employees. Registration for the event will remain free.

For more details about the Blue Chip Award program, contact Scott Gregory at spgregory@mcgriffinsurance.com. For more information about the Industry Appreciation Awards and multi-day series of business events, contact Dilman Thomas at dthomas@horizon-foundation.com.*

FSW Welcomes New Vice Provost

Florida SouthWestern State College (FSW) recently appointed Dr. Michele Yovanovich as vice provost for student affairs. She will provide leadership for all FSW student life and housing, enrollment management and athletics.



Dr. Michele Yovanovich

This marks Dr. Yovanovich's return to FSW. Previously, she served as district director for student development, coordinator of college-student relations and marketing, and institutional test administrator and assessment counselor in the 1990s at then Edison Community

College.

Prior to returning to FSW, Dr. Yovanovich served as assistant vice president for campus life and dean of students, director of admissions and recruitment, and director of alumni relations at Florida Gulf Coast University (FGCU).

Dr. Yovanovich is active in national organizations and an adjunct faculty member in the FGCU master's program in the department of leadership, technology and research. She received her associate in art degree from Central Florida Community College, bachelor of arts from Stetson University, master's degree from the University of Georgia and doctorate from Argosy University.

"FSW and its mission are compelling, and its students are inspiring," said Dr. Yovanovich. "I am deeply honored to serve in this leadership capacity during such an exciting time for the college as we support student success by preparing them to meet the future needs of the global society.*"



Fort Myers City Councilman Kevin Anderson and cancer survivor Kadin Williams

photo provided

Local Leaders Shave Heads For Cancer Fund

Throughout September, child advocates and supporters of Barbara's Friends were "braving the shave," allowing local childhood cancer survivors to shave their heads to raise awareness and support for Barbara's Friends – the cancer fund for Golisano Children's Hospital of Southwest Florida.

In addition to raising money for the 25th year of Barbara's Friends, Clips for Cancer raises awareness about the challenges of childhood cancer, including going bald, a frequent side-effect of cancer treatments. Proceeds will provide equipment, staffing and services to support lifesaving cancer care for children in our region at Golisano Children's Hospital.

Dr. Larry Antonucci, president and CEO of Lee Health, had his head shaved by Caliah Russell, who 10 years ago at age 3 was diagnosed with acute lymphoblastic leukemia. Caliah recently turned 13 and dreams of one day being a Disney Imagineer.

"I am shaving my head because I want to show our children, the ones who are fighting for their lives, that they are not alone, we are here with them and we want to do this for them," said Antonucci. "We're here to take care of the community regardless of ability to pay. I am proud to join other leaders as well as the generous donors to Barbara's Friends to encourage our young heroes."

To show their support of Antonucci, The John E. & Aliese Price Foundation issued a \$25,000 challenge grant to the community, pledging to match donations raised by Antonucci up to \$25,000. Right before Antonucci's shave, Nancy and Randy Howell called to donate \$20,000 towards the challenge. Nancy Howell is the sister of Barbara Haskell, the namesake of Barbara's Friends and daughter of Frank Haskell, founder of the pediatric cancer fund. "We know how important these funds are and applauded the community support and challenges," said Nancy Howell.

"Cancer is a devastating disease for anyone, especially for children, and we

are happy to see that Dr. Antonucci and others at Lee Health are willing to shave their heads to help raise matching funds for this important cause," said Dr. Ken Walker, John E. & Aliese Price Foundation president and CEO. "The grant will be paid in full this year to encourage others to join in the fun and watch these administrators and friends raise gifts by going bald."

In addition, Dr. Thomas Presbrey and Florida Radiology Consultants donated \$40,000 to Clips for Cancer to encourage Lee Health leaders to have their heads shaved. Presbrey, president of Florida Radiology Consultants, joined them by having his head shaved by Ashton Hoiles. Hoiles was diagnosed with acute lymphoblastic leukemia (ALL) at just 3 years old. Today, he is an active 11-year-old boy who loves dirt bike racing and giving back to the hospital that helped save his life.

Each Shavee had a personal goal of raising \$2,500 or more to support kids with cancer and the pediatric hematology and oncology program.

Other Lee Health representatives who had their heads shaved included: Dr. Scott Nygaard, chief operating officer; Dave Cato, chief officer of outpatient and hospital operations and post-acute care; Ken Mack, Barbara's Friends advisory board member; Kevin Anderson, Fort Myers City Council and Barbara's Friends advisory board member; Rachel Toa, Golisano Children's Hospital oncology nurse; Al Kinkle, Barbara's Friends Advisory Board chairman; Bill Malstrom, Mel's Diner and Barbara's Friends advisory board member; Dr. Emad Salman, regional medical officer of Golisano Children's Hospital; Dr. Jordon Taillon, pulmonologist and critical care specialist; Dr. Shyam Kapadia, pulmonologist; Dr. Vijay Das, pulmonologist, sleep mind critical care specialist; and Dr. Parmeet Saini, pulmonologist and critical care specialist.

The duo who started the Clips for Cancer event, Armando Llechu, chief officer, hospital operations and women and children's services; and brain cancer survivor Mackenzie Hummer had their heads shaved with Dr. Venkat Prasad, chief medical officer of Lee Physician Group.

To learn more and donate, visit www.barbarasfriends.org/clipsforcancer.*

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Book Review

The Book Of Lost Names



by Di Saggau

Kristin Harmel's *The Book of Lost Names* is inspired by a true story from World War II. A young Polish/French Jewish woman is able to forge documents with

fake names, helping hundreds of Jewish children flee the Nazis. She keeps track of their real names so that they may be reunited with their parents after the war, even though she understands that their parents may not survive the war.

The book begins in 2005 with 86-year-old Eva Traube, who lives in Winter Park, Florida, working at a library. She reads a story about a man in Germany returning rare books stolen by the Nazis and sees a photo of a book that once belonged to her. She immediately leaves for Berlin. Harmel then transitions back to 1940s France, when Traube, at age 23 along with her mother, escape to the tiny town of Aurignon. She eventually joins the French resistance and helps Jewish people escape to Switzerland. She uses an old religious book to keep track of the children's names. It's the book of lost names.

Traube's mother doesn't show much appreciation for her daughter's work.

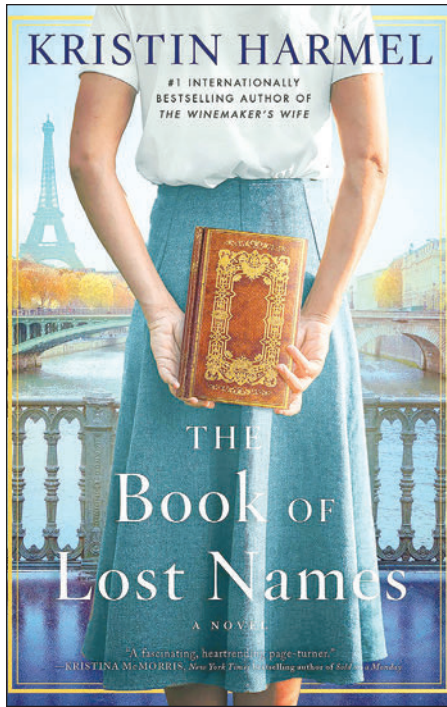


image provided

She remains bitter because her husband was taken into custody during a raid. He instilled a love of reading in Eva who was grateful because he opened the world to her. She realizes she cannot help her father but she can help hundreds of Jewish people. She works close with a mysterious forger named Remy and a local priest. The book is a story of survival and bravery and shows how important forgers were during the war, and the dangers they faced in order to save others.

The Book of Lost Names is a beautifully written story. It is dedicated in part to: "And to librarians and booksellers everywhere, who ensure that the books with the power to change lives find their

way into the hands of people who need them most." It's a thoughtful story about men and women working together to save lives.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My fifth and seventh grade children have many writing assignments that require revising and editing. Now that we are learning at home, they want

me to help them with their writing. This is becoming very difficult because they think I am being too critical of their work. How can I give them feedback without seeming overly judgmental? Thank you.

Tonie P, Fort Myers

Tonie,

Writing is such a deeply personal and reflective experience. Even for the best writers, it is not an easy process and providing feedback on your children's writing assignments may often feel like walking on eggshells. If you're too critical, your children might not want to share their writing assignments with you again. On the other hand, if you give too much praise, you may not be helping them improve, and your children may question the sincerity of your feedback. It's difficult to make constructive comments to your children so that they accept your advice instead of feeling as if you are criticizing them, but here are a few ideas that may make this easier for you.

Highlight both the positive and negative aspects of the writing without judgment – without using the words "good" and "bad." Make sure that your children understand the functions of revising, editing and rewriting, and explain that revising writing isn't a matter of having done something wrong – it's a chance to make something that's already very good even better. Revising involves making changes like adding or deleting words, reorganizing sentences or ideas, while editing involves reviewing spelling, punctuation, capitalization, sentence structure, grammar and correcting any mistakes.

When something doesn't work, you might ask, "Why did you choose to say it this way?" or "Did you mean to say this?" Making it a conversation, rather than criticism, can help engage your children in the process, and teach him/her that editing and revising are a natural part of growing as a writer, regardless of age or skill level.

With beginning writers, the revising and editing process will be simpler. Start by reading your child's piece aloud exactly as it is written, having your child listen for the following things: Are any words missing? Are any important facts or events missing? Is there a beginning, middle and end to your work? Read the piece aloud again, and if any of these things are missing, have your child revise accordingly.

With a child who has more writing experience, you might also ask him or her to think about the following revising

questions: Do I describe what my characters look and feel like? Do I use the right action words with my nouns? Ask your child to fill in any details she/he may have left out.

Then have your child reread the piece and think about the order of sentences and paragraphs. You might ask whether reordering one or two sentences helps communicate an idea more logically. Ask if words or ideas are repeated in the same paragraph. Use a thesaurus to improve vocabulary and suggest expanding an idea instead of repeating it. Finally, make sure that your child can identify the main idea in each paragraph.

Now it's time to edit the piece for spelling and grammar. Any word processing program will have a spelling / grammar checker that will do this quite easily, but you may want your child to learn how to edit independently. Use a grammar checklist to help your child learn how to edit for grammatical errors. Once they understand how to edit for spelling and grammar, using technology to do this makes sense.

As your children move into middle and high school they should be writing on the computer and using all the supports that technology provides to support the writing process.

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

From page 1

Instagram Live

New York City, is a courageous artist who aims to challenge both traditional landscapes and figurative art. Exploring three- and four-dimensionality, she seeks connections and commonalities with the hope of bridging people around the world. Recent events have led her to rethink what it means to be connected when separated.

Rybovich is from Homestead and a lifelong drawer whose technique utilizes both her hands and body. Focused on figure drawing, she tried lying on the drawing. As a devoted birder, Rybovich draws birds from her photos. In quarantine, these icons of freedom grew huge, and the artist captured both the process of drawing as well as the bird.

To heighten the themes of body, time and fragility, Taylor Greco has choreographed a dance to be performed within the exhibition in November. A senior dance major at Palm Beach Atlantic University (PBAU), Greco designed the work in collaboration with accomplished dancer and PBAU Dance Professor Kathleen Klein.

Visit [@fgcuartgalleries](https://www.fgcuartgalleries.org) or www.fgcu.edu/artgalleries/currentseason/ whenwesee further to learn more.✧

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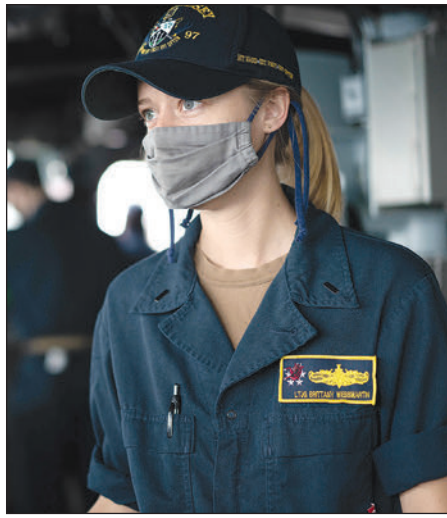
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Cape Coral Native Serves In East China Sea

Lt. j.g. Brittany Webb-Martin of Cape Coral serves as officer of the deck (OOD) on the Arleigh Burke-class guided-missile destroyer USS Halsey (DDG 97). The U.S. Navy celebrates 245 years of unmatched combat power, presence, reach, flexibility, endurance and maneuverability in support of regional stability, which in turn promotes prosperity for all regional countries.

Halsey is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.✱



Lt. j.g. Brittany Webb-Martin
photo by Andrew Langholf

Know Your Flood Zone And Protect From Damage

Lee County Government has added to its online toolkit to prepare residents for heavy rains and hurricane season – and this new resource is one to keep in mind year-round. The latest instructional video, located at www.leegov.com/hurricane, is about the importance of protecting yourself and your property from flood damage.

“While your home’s location may dictate your risk of flooding, no location is immune from flooding in Southwest Florida,” said Lee Mayfield, Lee County public safety director, emergency management. “The quickest way to recover from a storm is to have the appropriate insurance in place beforehand.”

Lee County urges residents and business owners to understand that flood zones and evacuation zones are not the same. Evacuation zones are used in emergencies; when a storm is approaching, it is critical to watch for emergency management updates and know your evacuation zone. Flood zones are routinely used for flood-insurance ratings and some building requirements.

In the new video, county floodplain manager Billie Jacoby explains how residents can better understand their flood zone and flood risk, which is based on factors such as location, elevation, age and construction type, and proximity to waterways.

Most homeowner’s policies do not cover flood damage. One inch of water in your home could result in more than \$25,000 worth of damage. Once you know the flood zone you are in, you can

work with your insurance provider to buy flood insurance, including purchasing a separate policy for coverage of contents.

These and other tips are included in the three-minute video. Other videos – released earlier this summer – include a hurricane season overview, making a plan, preparing your pets, generator safety, emergency shelters, what to do before a storm and what to do after the storm has passed.

Videos include a Hurricane Ready quiz to test viewers’ knowledge. Lee County produced the videos to assist community members who typically attend in-person hurricane seminars offered throughout cities and unincorporated Lee County. Those seminars were not possible this year due to the COVID-19 pandemic.

The county’s annual *All Hazards Guide* also contains the same useful information as the videos – including ways to learn your flood zone, flood hazard and your evacuation zone – in a concise printed form. The guide also includes information on reporting blocked ditches and canals, getting a permit before you build, choosing your flood warning system and contacting your community floodplain manager about flood protection assistance. View the guide at www.leegov.com/publicsafety/emergencymanagement/plan/ahg.

Printed editions of the guide are available at the following Lee County library branches: Bonita Springs Public Library, Cape Coral Lee County Library, East County Regional Library, Fort Myers Regional Library, Lakes Regional Library, North Fort Myers Public Library, Northwest Regional Library and South County Regional Library.

Contactless curbside pick-up of 25 guides or more is also available at the Lee County Emergency Operations Center, 2675 Ortiz Avenue, in Fort Myers. Call 533-0622 or email eminfo@leegov.com in advance to schedule a pick-up.✱

Top Heart Challenge Coordinator

Gulf Middle School Assistant Principal Emma Winfield was recently named Outstanding American Heart Challenge Coordinator, according to The School District of Lee County. Winfield was nominated by the Southeastern Region of the American Heart Association to be in the National Awards Ceremony for the American Heart Association.

“Innovation is a word that would describe Emma,” said Emily Cooper, youth market director for the American Heart and Stroke

Association of Southwest Florida. “Not only did she launch a 5K Color Run that included over 250 students and followed that up with a new school running club, she led the charge as the first school in the Southwest Florida area to launch the Quit Lying campaign focused on educating students on the dangers of teen vaping. She is a champion for her students, putting her time and talents to create programming to meet her middle school students where they are with relevant and engaging content to drive health outcomes.”

Some 34,000 schools participated in the 2019-20 American Heart Challenge Youth Programs. The Outstanding American Heart Challenge Coordinator award is given to one volunteer nationwide each year on the middle and high school level that shows creativity of event, passion of event, community involvement and has truly gone above and beyond for health. More than 500 students at Gulf Middle School took the pledge to not vape on January 31 by joining the American Heart Association’s #QuitLying campaign.✱



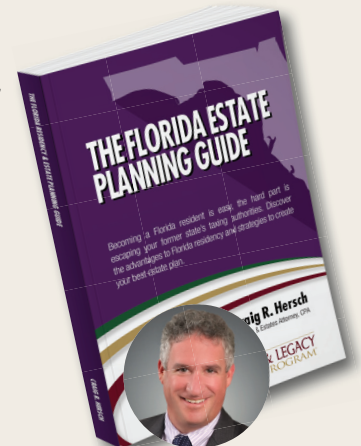
Emma Winfield

photo provided

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by **Craig R. Hersch**
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Who Should Own Your Life Insurance Policy?



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

Several years ago, you took out a life insurance policy on your life and named your spouse as the owner and primary beneficiary. Makes perfect sense, doesn't it?

When completing the life insurance paperwork, you may have relied upon the agent who sold you the policy. Or you may have just figured that because the policy insures your life that it's logical to conclude your spouse will survive you, so she should own the policy.

Except that's not how you should title the ownership of the policy.

Suppose, for example, that you survive your spouse, and you want to change the beneficiary of the policy on your life. You can't change the beneficiary of the policy because you don't own it. Your spouse owned the policy. She was the only one who had the legal right to change the beneficiaries. On her death, her Last Will and Testament leaves you everything, including the insurance policy, but in order to transfer ownership from her estate to you, a probate process would be required.

That probate process could be very time consuming and expensive.

So, how should you title the ownership of life insurance policies? Everyone's situation will be different, so as a general rule, you should tell your estate planning attorney about any life insurance policies that you own. He or she can then counsel you on the most advantageous way to designate the ownership and beneficiaries for that policy.

Important information that your attorney will need to counsel you on includes not only the amount of the death benefit, but also the current cash surrender value, whose life the policy insures, who owns the policy, the amount of the annual premium payments, and the names of the primary and contingent beneficiaries.

Another important factor when deciding who should own the life insurance policy is the tax consequence associated with the policy. While life insurance is usually income tax free to the recipient, the amount of the policy is included in

the deceased owner's estate for federal estate tax purposes. So, if Glenn owns a \$2 million life insurance policy on his life that pays to his children, that \$2 million death benefit increases the value of Glenn's estate. That could, conceivably, create a taxable estate where none would otherwise exist.

If estate tax is not a concern even when adding the value of the life insurance to one's estate, then, generally speaking, it is a good idea for the person who is the insured to own the policy on his or her life. The transfer of the policy to change beneficiaries is not an issue, because when the insured dies, then the policy pays the death benefit to the beneficiaries. In other words, the policy will never continue on beyond the insured's life, since by definition it pays the death benefit when he dies.

If, on the other hand, estate tax could be a concern in the insured's estate, then several other options should be considered. One option is to create an irrevocable life insurance trust (ILIT) to own the policy. By having an ILIT own the policy (provided the insured survives the transfer to the ILIT for a period of three years), the death benefits could avoid taxation. The transfer to the ILIT, however, could be a taxable gift, depending upon the cash surrender value of the policy at the time of transfer. Moreover, the ongoing premium payments could be taxable gifts, so the ILIT should be constructed in such a manner as to take advantage of the gift tax annual exclusion amounts (currently \$15,000 per beneficiary annually). You may have heard of "Crummey powers" that are used to that end.

Another viable option includes having the insured's revocable living trust own the policy and also be the designated beneficiary of the policy. Here, the ownership and beneficiary designation could be constructed to take advantage of the deceased's federal estate tax exemptions, if they are needed, while the revocable trust that receives the death benefits would then benefit the deceased's spouse and children. The trust could also include provisions designed to protect the benefits from creditors or predators of the surviving spouse and children.

Yet another option is to create a revocable trust that the insured's children own. This strategy is used when the children are the intended beneficiaries of the policy but the family's goals include minimizing estate tax while preserving flexibility and avoiding probate.

As one might fathom from this short article, there are several good strategies to think about when considering the owner and beneficiary of a life insurance policy. As with many estate planning decisions, it is good practice to take one's time and consider all alternatives since mistakes can be costly and are easily avoided with a little forethought.

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Meeting To Be Held About Flood Mitigation

Lee County is planning a public meeting to inform stakeholders and residents about the yearlong effort the county has nearly completed for Phase 3 of its post-Hurricane Irma flood-mitigation efforts.

The informational meeting will be formatted to accommodate Centers for Disease Control guidelines and will be held in half-hour time slots from 3 to 6 p.m. Tuesday, October 13, at Wa-Ke Hatchee Recreation Center, 16760 Bass Road, in Fort Myers. Participants are asked to make a reservation by calling or emailing in advance at kwelton@leegov.com or 533-2282. People who arrive without a reservation will be admitted as room capacity allows. Bring a face covering to wear inside the meeting room. The county plans to create a video at the meeting for those who are unable to attend; the meeting will not be broadcast live.

County staff and engineering firms will be on hand to provide information about the study and its findings related to potential flood-mitigation projects, including East Lee County, Southeast Lee, South Fort Myers and Whiskey Creek. Information also will be available about a prior study completed for North Fort Myers.

The Lee Board of County Commissioners will schedule a work

session in November to discuss the study. Visit www.leegov.com/bocc or www.leegov.com/flooding for updates as they become available, or follow Lee County Government on Facebook.

This study and process – called Phase 3: Southern Lee County Flood Mitigation Plan – is being developed by local storm water experts under the direction of Lee County Natural Resources. The Lee Board of County Commissioners in 2018 approved a contract for the engineering firms, who were selected via a procurement process, to do a yearlong assessment with recommendations for the board looking at conceptual long-term flood-mitigation projects.

Prior county efforts included Phase 1, which cleaned up waterways and cleared flowways post-Hurricane Irma, and Phase 2, which was a more-detailed post-storm assessment.

Phase 2 involved the county hiring several engineering firms and using residents' and stakeholders' observations and data from the rain event of August 2017 and the hurricane, which made landfall on September 10, 2017.

Phase 2 resulted in flood assessment project reports for the following areas: Imperial River/ Spring Creek/ Halfway Creek/ Estero River; Ten Mile Canal/ Island Park/ Briarcliff/ Six Mile Cypress/ Mullock Creek/ Hendry Creek; Orange River/ Hickey Creek/ Bedman Creek/ Olga; Bayshore Creek/ Popash Creek/ Stroud Creek; and, Whiskey Creek/ Villas/ Pine Lake.

Before launching the Phase 3 study, the county held three public meetings at which hundreds of residents and business

owners were able to ask questions, provide feedback and learn more about the flood history and flood projects in their respective parts of the county. Information obtained at the meetings was incorporated into Phase 3.

While engineers worked on the study, the county continued to clean, assess and maintain flowways, ditches and canals.

Other efforts also continued, including:

The board approved an interlocal agreement with the South Florida Water Management District (SFWMD) that helps the county and district join forces on flood-mitigation efforts. Specifically, the agreement had the SFWMD take over management and maintenance of 13 natural flow ways and waterbodies;

The county obtained a U.S. Department of Agriculture's Natural Resources Conservation Service (NRCS) grant for sediment and debris removal in two areas within the Ten Mile Canal;

The county repaired a water control structure at U.S. 41 and Mullock Creek which was damaged during the storm;

The county worked with the East Mullock Water Control District to remove debris from ditches from the San Carlos Park area;

The county applied for and was awarded \$7.1 million through the Florida Department of Economic Opportunity's Rebuild Florida Infrastructure Repair Program for flood resiliency spending; it allows the county to step up the pace of drainage improvements in the Mullock Creek basin.

Lee County Department of Transportation has performed drainage enhancements along Island Park Road

and in The Villas.

The county applied for a \$10.3 million federal Community Development Block Grant (CDBG) earmarked for post-Hurricane Irma mitigation to build a filter marsh, reservoir and weirs on the GS-10 parcel north of Lehigh Acres. This CDBG-mitigation proposal, approved by commissioners, is being reviewed by the Florida Department of Economic Opportunity.

More information is available at www.leegov.com/flooding; click on the "Interactive Story Map" on the top left part of the landing page. Questions can be emailed to flood@leegov.com.✧

Republican Women To Meet

Lee Republican Women Federated will hold a dinner meeting at KJ's Steakhouse on Monday, October 12. Doors open at 5 p.m. Dinner will be held at 6 p.m., with the program to follow.

Byron Donalds, nominee for Florida's 19th congressional district, and Ray Rodrigues, Florida majority leader of the Florida House of Representatives will be guest speakers. Cost is \$27.

KJ's Steakhouse is located at 10950 Cleveland Avenue in Fort Myers. For reservations, visit www.leerepublicanwomen.com/productcategory/register, call or text Ashley Winstel at 602-708-8663 or email acwinstel@gmail.com before Thursday, October 8 at noon.✧

Superior Interiors

Decorating Tips
For An Upscale
Modern Bedroom

by Marcia Feeney

Bringing a more modern feel to your bedroom will help transform it into a comfortable place that you'll want to spend your time in. Impress anyone who steps foot inside – most

importantly yourself – with key furniture pieces and decor. If this sounds like the type of upscale space that you are looking for, read on for some tips on how to bring your bedroom into the modern age.

Take advantage of unique decor pieces – Finding furniture or decor that is unusual or prominent can really help bring a modern flair to any room. However, it also depends on the structure and layout of your bedroom. Do you have small windows that only allow minimal natural light into your space? Try incorporating some bold lighting fixtures. Not only will this liven up the room, but it will also bring a unique focal point into the mix.

As seen in recent design publications, some of the most innovative and upscale features include a dark statement wall, glamorous wallpaper and distinctive headboards. Adding a dark statement wall to your bedroom will keep it from being bland and will also allow you to incorporate that into your color scheme with your other furniture. Glamorous wallpaper can make even the simplest room turn into a luxurious and modern space. Distinctive headboards can transform your bed into a comfortably modern

getaway, while still adding some decorative style.

Incorporate current, modern color schemes – Keeping your colors overall neutral, clean and consistent will help you to achieve the modern feel you're striving for. Pick one color scheme and stick with it throughout your decor to help your bedroom look more cohesive and upscale. A very popular palette for modern looking rooms is the color white. White walls, white bedspread, white rug... you name it. Keeping everything one neutral color will help give your space a more modern aesthetic.

Besides sticking with neutral themes, incorporating some peaceful colors into your room is also a way to make your bedroom a bit more upscale. Sticking with blues, greens and soft yellows keep your environment feeling calm and serene. While you are more likely to correlate neutral colors with a more modern feel, choosing one accent color is never a bad idea. It can help bring more life to your bedroom.

Choose your style and stick with it – One of the keys to successfully completing a modern bedroom is implementing one clear and cohesive style. Whether you decide to go with a more neutral tone, bold decor choices or even a vibe that pops, it should remain consistent throughout your space. For example, if you want to add some colorful and highly modern art pieces, make sure the rest of your room isn't full of vintage furniture.

An upcoming trend is to include some natural elements to your room. This will add to your aesthetic like no other, and it also goes well with many different types of styles. For a more modern feel, having a sparse uncluttered space will add to the overall appeal, not to mention adding to the appearance of a larger room.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coincdecen.com.✴

Dining Discount
Coupon Book
Fundraiser

The Fort Myers Metro-McGregor Kiwanis has recruited 51 local restaurants in Lee County to offer dining discounts in a Delicious Dining Discount coupon book for \$25. Most discounts are valid now through November 15. Now in its 12th year, the coupon book is the club's largest fundraiser with all profits going back to help local children and the local community. Typically, the coupon is "buy one entrée, get one of equal or lesser value, with the purchase of two beverages," but some restrictions may be applied depending on the restaurant. Each coupon can only be redeemed one-time.

A few of the restaurants featured in the coupon book include: 3 Fisherman Seafood Restaurant, Buon Appetito Restaurant & Bar, Cabañas Beach Bar and Grill, Cibo, Doc Ford's Rum Bar & Grille, Edison Restaurant, Haney's Café, il Pomodoro, Indian Palace, Keg & Cow, Maria's Pizzeria & Italian Restaurant, Matanzas on the Bay, Mona Lisa Italian Restaurant, Monarca's Authentic Mexican Cuisine, Nick & Stella's Family Sports Pub, Old 41 Restaurant, Paradise Deli & Grill, Parrot Key Caribbean Grill, PierSide Grill, Sasse's Restaurant, Trattoria Mia, The Whale and Wylds Café.

You can buy your Delicious Dining Discount book by mail by making \$25 checks payable to Fort Myers Metro-McGregor Kiwanis, P.O. Box 61104, Fort Myers, FL 33906-1104. For more information, email DiscountDining@metro-mcgregor.com or visit www.metro-mcgregor.com.✴

Webinar on
Surveys And
Messaging Tips

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will offer virtual tips on how to effectively use surveys to guide your messaging and drive the client action you want on Tuesday, October 13 from 11:30 a.m. to 1 p.m. Cost is \$5 for students, \$10 for members and \$20 for future members.

When you conduct a survey or other research, how do you use the data you've gathered? Brian Schoedel of Testimonial Tree, Inc. will share how to use collected data effectively for your PR efforts.

As a trusted advisor to entrepreneurs and business executives, Schoedel truly enjoys exchanging insights to share how successful companies are accelerating their growth.

Who should attend?

PR and marketing professionals looking to use data to show return on investment for their efforts;

Small business professionals looking to see how survey numbers can translate to



Brian Schoedel

customer numbers; and

Students looking to learn how PR professionals use numbers to support their work.

To register for the PR Research & Optimizing Survey Feedback webinar, visit www.fpraswfl.org/event-registration/fpra-events/october-webinar-public-relations-surveys-research.✴

Airport Updates
On Investment
Society Webcast

Lee County Port Authority (LCPA) will deliver an overview of air transportation, COVID-19 impact on operations, as well as airport-related real development projects in a live webcast for the Real Estate Investment Society (REIS) on Tuesday, October 13 at noon. Acting Executive Director Ben Siegel will be the guest speaker.

The program will include passenger and air carrier information, project updates for Southwest Florida International Airport (RSW) and Page Field (FMY), as well as commercial real estate development at Skyplex. Following the presentation, Siegel will respond to questions of specific interest to the real estate investment and development industry.

The free presentation is sponsored by DeAngelis Diamond Construction. Register by October 12 at www.reis-swfl.org.✴

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Frankly Speaking



by Howard Prager

I'm not a big hockey fan, but do watch the Stanley Cup Finals, and this year's Stanley Cup has been exciting with lots of action and overtime. Congrats to Tampa Bay on winning

the cup, their second! I thought I'd do a little Wikipedia research about the cup, the oldest trophy to be awarded to a professional sports franchise in North America. The Stanley Cup was commissioned in 1892 as the Dominion Hockey Challenge Cup and is named after Lord Stanley of Preston, the Governor General of Canada, who donated it as an award to Canada's top-ranking amateur ice hockey club. The entire Stanley family supported the sport, the sons and daughters all playing and promoting the game. The first cup was awarded in 1893 to Montreal Hockey Club, and winners from 1893 to 1914 were determined by challenge games and league play. Professional teams first became eligible to challenge for the Stanley Cup in 1906. In 1915, the National Hockey Association (NHA) and the Pacific Coast Hockey Association (PCHA), the two main professional ice hockey organizations, reached a gentlemen's agreement in which their respective champions would face each other annually for the Stanley

Cup. In 1926, it was established as the championship trophy of the NHL and, in 1947, the NHL reached an agreement with trustee J. Cooper Smeaton to grant control of the cup solely to the NHL. It was not awarded in 1919 because of the Spanish flu epidemic, (apparently, they didn't know how to do a bubble), and in 2005 because of the 2004-05 NHL lockout. The Montreal Canadiens have won it a record 24 times; the Detroit Red Wings have won it 11 times, the most of any United States-based NHL team. More than 3,000 different names, including the names of over 1,300 players, had been engraved on it by 2017 although some names were erased from older years to make room for names for the next 10 years.

What's most interesting about the cup and different from any other sports trophy is how it travels with the winning teams and players, with some rather unusual experiences. During the 1940-41 NHL season, the mortgage on Madison Square Garden was paid. The management publicly celebrated by burning the mortgage in the cup. Some fans claimed this act "desecrated" the cup, leading to the Curse of 1940, which allegedly caused the Rangers to wait 54 years for another win. In 1957, Maurice "the Rocket" Richard chipped both of his front teeth while drinking from the Stanley Cup. The New York Islanders' Bryan Trottier admitted to sleeping with the cup (as have, apparently, dozens of players). In 1987, the Edmonton Oilers' Mark Messier took it to his favorite club in his hometown of St. Albert, Alberta, and let fans drink out of it. It wound up slightly bent in various places for

unknown reasons. It was repaired at a local automotive shop, and shipped back to the Hockey Hall of Fame. This appears to be a common occurrence with players, fans and the cup. The 1991 Pittsburgh Penguins and 1993 Montreal Canadiens decided to test its buoyancy by tossing it into Mario Lemieux's and Patrick Roy's respective pools ("The Stanley Cup" – noted then-Canadiens captain Guy Carbonneau – does not float.). In 1994, several New York Rangers took the cup to Belmont Park, filled it with oats and let Kentucky Derby winner *Go for Gin* eat out of it. On August 22, 2004, Walter Neubrand, keeper of the cup, boarded a plane to Fort St. John, British Columbia, to deliver it to Tampa Bay Lightning head scout Jake Goertzen. However, Air Canada officials at Vancouver Airport removed it because of weight restrictions. The cup spent the night in the luggage area and was flown to Fort St. John the following day. On June 17, 2010, the *Chicago Tribune* swabbed the cup for germs. A lab tech for EMSL Analytical stated no staph, salmonella or E. coli were found and the general bacteria count was 4 percent of what is typically found on an office desk. On April 21, 2011, the cup was traveling to Quebec City when its vehicle broke down forcing keeper of the Cup Mike Bolt to hitchhike with the cup.

Here's a great story from the Good News Network. Have you ever repaid a centuries old debt? That's what the country of Ireland's National Lacrosse team did last week, ceding their spot at the next World Lacrosse Games in 2022 to a Native American Iroquois squad

who'd been shut out of the international competition on a technicality. Eight teams were chosen to play based on their standings in 2018. The Iroquois Nationals came in third, but the Iroquois are not recognized as a sovereign nation nor do they have an Olympic Committee, so they were disqualified from the championship. Then in a statement, Michael Kennedy, chief executive officer of Ireland Lacrosse said, "It's simply the right thing to do... As much as our players would have been honored to compete, we know the right thing is for the Iroquois Nationals to represent our sport on this international stage." While it might seem unusual for a team to make this kind of sacrifice for another team, it's not the first time Native Americans and the Irish have reached out to help one another in troubled times. During the Irish Potato Famine of 1845, even though impoverished themselves, the Choctaw tribe sent a monetary donation to help alleviate suffering across the ocean. The Irish recently returned the gesture, donating generously to a GoFundMe campaign that benefits Native American tribes particularly hard-hit by the coronavirus pandemic and now have returned the gesture yet again, centuries later, by stepping aside for the founders of the sport to compete. An example of true sportsmanship.

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.✴

Local To Play College Volleyball

Brittany Annand of Fort Myers has been named to the women's volleyball team roster for the 2020-21 academic year at Bob Jones University in Greenville, South Carolina. Annand is a senior majoring in interior architecture and design.✴

Spots Filling Up Fast For Golf Tournament

Team slots are filling up for SWFL Inc.'s October 30 Golf Scramble at Raptor Bay. This tournament is a tradition in the Southwest Florida community and is open to all skill levels, community members and business professionals alike. Foursomes can be registered for \$600 at www.swflinc.com/golf-tournament or call 992-2943.

The tournament will feature raffle prizes, activities throughout the course and lunch. Each member of the winning team will be awarded with a free round of golf for four from Raptor Bay.

Sponsors of the SWFL Inc. Golf Tournament include: The SKY Family YMCA, Iona Cannabis, Prestige

Printing, Pelican Landing Dental, Joe the Home Pro, Vi at Bentley Village and Woods, Weidenmiller, Michetti & Rudnick. For information on promoting your company at this event, contact Christleen Knaub at christleen@swflinc.com.✴

Charity Fishing Tournament

The Conservancy of Southwest Florida will hold the 27th annual RedSnook Catch & Release Charity Fishing Tournament on Friday and Saturday, October 24 and 25. The event will benefit the conservancy's commitment to water quality protection, as well as preservation and enhancement of local fisheries.

In light of the pandemic, the traditional in-person Friday night kickoff party will not be held. Instead, an online silent auction will be available the week before the tournament. Contactless angler bucket and measuring devices will be available for participants to pick up by appointment on October 22 and 23 at the Conservancy Nature Center, located at 1495 Smith Preserve Way in Naples. A virtual awards ceremony will be held at 7:30 p.m. on October 25.

To register, visit www.conservancy.org/events/redsnook.✴

From page 1

Waterfront Tours

loading dock. You'll learn about Florida's "Pink Gold" and the oldest and largest pink shrimp fishing fleet in Florida.

See how the boats are unloaded, the trawl doors are built, the shrimp nets are hand-sewn, the seafood is off-loaded, and other important factors used in this unique multi-million-dollar industry. Bring your camera.

Cost is \$20 per adult and \$10 for children older than age 6. Reservations are required. Participation is limited, and CDC

guidelines for COVID-19 will be followed.

The Ostego Bay Foundation has earned the 2020 Trip Advisor's Travelers' Choice Award, representing the top 10 percent of attractions worldwide. The shrimp fleet of San Carlos Island offloads more Florida pinks than anywhere else in the state, according to a study by the University of Florida.

The Ostego Bay Foundation Marine Science Center is located at 718 Fishermans Wharf on San Carlos Island, right before Fort Myers Beach. Call 765-8101 for details or register online at www.ostegobay.org/waterfront-tours.✴

SPORTS QUIZ

1. What U.S. Olympic gymnast, born in Moscow in 1989, won the women's all-around gold medal at the 2008 Beijing Summer Games?
2. The annual award given to Major League Baseball's best left-handed pitcher is named in honor of what legendary southpaw?
3. What Heisman Trophy winner had his No. 27 retired by both the Tennessee Titans and the Ohio State Buckeyes?
4. What country won the gold medal in the inaugural Olympic women's ice hockey tournament at the 1998 Nagano Winter Games?
5. Name the three drivers who share the record for NASCAR Cup Series season titles with seven apiece.
6. What stadium was ransacked by souvenir hunters during the Philadelphia Phillies' final home game there in 1970?
7. With what Major League Baseball team did Bo Jackson finish his playing career in 1994?

ANSWERS

1. Nastia Liukin. 2. Warren Spahn. 3. Eddie George. 4. The United States. 5. Dale Earnhardt, Jimmie Johnson and Richard Petty. 6. Connie Mack Stadium. 7. The California Angels.

dearRPharmacist

New Treatment Approach To High Cholesterol



by Suzy Cohen, RPh

Dear Readers: For years we have heard that statins are the gold standard pharmacological treatment for high cholesterol. But there's more to the

story, because those drugs, introduced in the 1980s when I was a young pharmacist, do not sweep out the cholesterol in your blood vessels. They only block endogenous production by your body, and in doing so, they can lead to devastating side effects due to the drug mugging effect of ubiquinol, the activated form of CoQ10.

But first I'd like to make sure you know my stance on cholesterol. I don't think it's bad at all, however, the ratios need to be in a healthy balance. It is not cholesterol itself that leads to heart attacks... it couldn't be or we'd all be dead. It's more the imbalanced ratio of certain particles. There are many particles of cholesterol, but the two most famous ones are LDL and HDL. Keeping this superbly simple, you want to keep the HDL level high, and reduce the amount of LDL.

Even though I prefer natural approaches to medical problems, as a pharmacist I can offer you my perspective on a new therapeutic option for high cholesterol. I'm referring to a new category of medications called PCSK9 inhibitors.

The PCSK9 are a new class of LDL-lowering medications, and they are given by self-injection every two weeks.

You, as a human being, carry a gene called PCSK9, which stands for proprotein convertase subtilisin/kexin type 9. The PCSK9 gene provides the blueprint for your body to build a protein also abbreviated as PCSK9. This protein regulates the amount of cholesterol that floats around in your bloodstream. The drugs inhibit PCSK9 and so they work by improving your liver's ability to remove cholesterol from the blood. They do this by inhibiting PCSK9, which prevents destruction of LDL receptors on your cells.

There are two medications in this category:

Praluent (chemical name: Alirocumab)

Repatha (chemical name: Evolocumab)

See the names here, they both end in "cumab" so since it's easier for the sake of reading my article, I will refer to this category of drugs as cumab drugs, or the cumabs. That's not an official nickname, it's just for reading ease and I've made it up!

The cumab drugs reduce LDL cholesterol by about 60 percent, which in turn could reduce risk of heart attack, chest pain, unstable angina and stroke by up to 15 percent. Cumabs are stronger than statins. They do not interfere with CoQ10 like the statins, because the cumabs reduce LDL cholesterol at the level of the receptor site, not by inhibiting production. Please also evaluate homocysteine levels, CRP, Lp(a) and blood pressure. Finally, age and hormone status matter. Insufficient levels of DHEA, estrogen and testosterone all affect your cardiovascular system. If this topic interests you, subscribe to my newsletter at www.suzycohen.com, and I will email you a longer version of this article.

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.✱

control of their lives. For those who are overwhelmed or struggling, seeking help now can address concerns before they become crises. Healthy Minds events will be held at select dates and locations over the next several months, offering valuable resources, tools, techniques and screenings geared to help others gain resilience and overcome adversity.

No advance registration is necessary. Those interested in resources or a free screening can simply show up to the venue at the designated date and time and speak to an expert who will then help link individuals with local service providers and share information about the community resources available. A Healthy Minds Resilience Toolkit, which offers additional tips for navigating life's twists and turns, will be handed out to all guests at the events. The toolkits – available in English, Spanish and Creole – are also available for download at www.healthylee.com/healthyminds.

Dedicated to offering community resources for resilience, support and well-being, the Healthy Minds initiative is pioneered by several community

Doctor and Dietician

Fabulous Fall Foods



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

When we lived in the Midwest, we welcomed fall, cooler weather, crunchy colorful leaves, and, of course, the beautiful fall food. Just the smell of fall is intoxicating, isn't it? Our favorite fall foods include apples, pumpkins and winter squash. So many great recipes are available for these foods. In fact, pumpkin has now become a popular food to use to make gluten-free desserts instead of using flour. Who knew?

Fall foods are loaded with antioxidants.

Apples are a good source of vitamins B and C, fiber and phytonutrients, which help protect the body from free radicals associated with aging. They also stimulate immune function, which helps us fight infections as we move into winter. The apple skin contains three to four times phytonutrients, so make sure you eat it.

We like apple slices with a few pieces of cheese or almond butter to prevent those afternoon sweet cravings. We like to add chopped apples to oatmeal or coconut yogurt for breakfast, sliced apples with some goat cheese and raisins on salads, and a very easy dessert of baked apples – core the apple, stick

a piece of butter inside, sprinkle with cinnamon and a dash of sugar and bake.

Pumpkin is high in antioxidants, including beta-carotene, which provides that vibrant orange color while helping slow the aging process, heart disease and certain types of cancer. Eating pumpkin is good for the heart. It is also a high potassium food, which is important for regulating electrolyte balance, and protects against muscle cramping and the loss of muscle mass.

Pumpkin is also a good source of fiber. We like to add chunks of pumpkin to soup or pasta, or add a couple tablespoons of canned organic pumpkin to oatmeal or rice/risotto. Preparing pumpkin from scratch will provide the highest nutritional bang for the buck, but many find that too laborious. Canned organic pumpkin can provide high nutritional value but read the labels and make sure the only ingredient is pumpkin puree, avoiding those loaded with sugar. Check out www.HauserDiet.com for our pumpkin chocolate brownie recipe that tastes like regular brownies.

Winter squash is loaded with nutrients, as you can imagine, carotenoids and vitamin A due to their bright orange and yellows colors, as well as fiber and phytonutrients. Winter squash refers to acorn, butternut, kabocha, buttercup, spaghetti squashes and more. We love winter squash and Bailey's General Store carries them year-round, but they are especially tasty in the fall. Give them all a try. We have made squash soup, pasta sauce, roasted and pureed squash – you name it, we've tried it.

Happy fall! And here's to some cooler weather too!

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.✱

Healthy Minds Initiative Begins

The mental and emotional effects of COVID-19 are impacting well-being in significant ways amid the pandemic, with 40 percent of U.S. adults reporting symptoms of anxiety or depression, in addition to increases in substance use and thoughts of suicide. To address this urgent and increased need for support on a local level, 17 behavioral health organizations across Lee and Collier counties have partnered to launch a new community initiative, called Healthy Minds.

Healthy Minds offers educational events and complimentary screenings across Lee and Collier counties, providing accessible, convenient tips and resources at no cost for adults who are experiencing new or increased feelings of anxiety, depression, stress, substance use and more. From financial strain due to changes in employment to the demand of juggling jobs while homeschooling young children, many are feeling more isolated and less in

organizations including members of the Healthy Lee Behavioral Health Coalition, which includes David Lawrence Center; Elite DNA Therapy Services; Florida Gulf Coast University; Hazelden Betty Ford Foundation; Healthcare Network; Healthy Lee; Lee County Coalition for a Drug-Free Southwest Florida; Lee Health; Park Royal; SalusCare; United Way of Lee, Hendry, Glades and Okeechobee

Counties; and Valerie's House. Additional community partners include Better Together, Kimmie's Recovery Zone, National Alliance on Mental Illness (NAMI), NCH Healthcare System and The School District of Lee County.

For a full list of upcoming events and resources, or to sign up for volunteer opportunities, visit www.healthylee.com/healthyminds.✱

From page 1

Alliance

profoundly hilarious. The production is directed by Taylor and stars Jim Yarnes and Scott Thomson. The length of the show is 50 minutes.

Seating is limited and attendees will purchase a pass for a six-by-six-foot square space on the GreenMarket lawn. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets. A pass for the square space is \$12.50 for one person, \$25 for two people or \$50 for a group of four. The average per person price is \$12.50 plus

fees. For safety reasons, all tickets must be purchased in advance.

To generate the quintessential dinner-and-a-show experience, attendees are able to pre-order snack boxes, provided by the Broadway Palm Dinner Theatre. Boxes range from dessert and fruit boxes to salad/vegan options and snack boxes. Beverages will be available for purchase on site.

Event staff and volunteers are required to wear masks at all times. Attendees are required to wear masks when indoors of the Alliance, using restrooms and when social distancing is not possible.

For more information or to purchase tickets, visit www.artinlee.org/duckvariations or call 939-2787.✱



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

My Stars ★★★★★ FOR WEEK OF SEPTEMBER 28, 2020

Aries (March 21 to April 19) Although practical situations continue to dominate this week, there's time for the Lamb to indulge in the fun things in life – like maybe taking a special someone out for a great evening.

Taurus (April 20 to May 20) This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business deal.

Gemini (May 21 to June 20) You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you'll want to set aside time to deal with them.

Cancer (June 21 to July 22) A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you've learned.

Leo (July 23 to August 22) A disappointing response to a request might dampen the Lion's spirits. But you might want to ask the reasons behind it. What you learn can be of great importance in a future undertaking.

Virgo (August 23 to September 22) A once-volatile situation should be settled by now, giving you a chance to refocus on a project you've been planning for. Look for an interested party to rally to your support.

Libra (September 23 to October 22) A business matter that unexpectedly turns into a personal situation could create complications. Best to resolve the matter now before too much harm can be done.

Scorpio (October 23 to November 21) Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.

Sagittarius (November 22 to December 21) A positive response to a workplace request could lead the way to other long-sought changes. Congratulations. A personal situation also takes a welcome turn.

Capricorn (December 22 to January 19) Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.

Aquarius (January 20 to February 18) It might be a good idea to take more time to reassess your next move in working out a complex situation. You could benefit from a new perspective on the matter.

Pisces (February 19 to March 20) You might want to consider making time to discuss a change of plans with everyone concerned. Be prepared to explain your actions. Also be prepared to listen to alternatives.

Born This Week: You have a strong sense of what is right, and you try to work from that foundation. Friends see you as reliable.

MOMENTS IN TIME

• On Oct. 11, 1793, the death toll from a yellow fever epidemic in Philadelphia hits 100. By the time it ended, 5,000 people were dead. A vaccine now prevents yellow fever in much of the world, though 20,000 people still die from it every year.

• On Oct. 5, 1892, the Dalton Gang attempts the simultaneous daylight robbery of two Coffeyville, Kansas, banks, but are surrounded by townspeople, who kill every gang member except for Emmett Dalton. Emmett was convicted and sentenced to life in prison. Paroled after 14 years, he ended up as a screenwriter in Hollywood.

• On Oct. 8, 1918, U.S. Army Cpl. Alvin C. York reportedly kills over 20 German soldiers and captures an additional 132 in France. The exploits earned York the Congressional Medal of Honor.

• On Oct. 6, 1926, Yankee slugger Babe Ruth hits a record three home runs against the St. Louis Cardinals in the fourth game of the World Series. In 1928, in the fourth game of another Yanks-Cards World Series, he knocked three more pitches out of the same park.

• On Oct. 9, 1942, Chicago bootlegger Roger "The Terrible" Touhy escapes from prison by climbing the guard's tower. Touhy, who had been framed for kidnapping, was serving a 99-year sentence. He was recaptured months later.

• On Oct. 7, 1975, a New York State Supreme Court judge reverses a deportation order for John Lennon, allowing him to remain legally in New York City. The order against Lennon and his wife, Yoko Ono, were based on a 1968 marijuana conviction in England.

• On Oct. 10, 1985, the hijacking of the Italian cruise ship *Achille Lauro* ends when U.S. Navy F-14 fighters intercept an Egyptian airliner attempting to fly the Palestinian hijackers to freedom. On Oct. 7, heavily armed terrorists had hijacked the ship and 400 crewmembers and passengers.

NOW HERE'S A TIP

• If you are looking after baby kittens that are bottle feeding, when you handle the kittens, wear pants and long sleeves. Tiny kitten nails are like razor blades they are so sharp. And of course, they love to climb up on you to get your attention.

• "While my family is still participating in virtual learning, it's important that we recognize some structure. This means preparing – or at least planning – lunch meals ahead of time. Our house is small, and one of us is near the kitchen. This saves us two to three periods of someone banging around in the kitchen being disruptive." – E in Florida

• "Want to be more organized in your home cleaning? It seems many people want to have a cleaner, more organized home but get overwhelmed when putting it into practice. Start by creating a cleaning schedule that breaks down jobs into a list incorporating tasks to be done daily, weekly and even monthly or quarterly. It takes the 'if I can't do everything I'll just do nothing' factor out of play." – JM in Pennsylvania

• A bathroom squeegee can help eliminate water spots before they form on your shower doors. Hang one in your shower.

• If you haven't worn an item in six months (of its seasonality), it's time to let it go. That's been the Golden Rule for as long as I can remember. I was asked recently, Does it apply this year? I think now, like always, is a good time to look critically at your overall summer wardrobe, but I would add "opportunity" to the caveats. Meaning, if you haven't worn it because you have not had an opportunity you otherwise would have had, save it. Those work clothes will be important again. – JoAnn

STRANGE BUT TRUE

• In early 2016, a 155-year-old mousetrap caught a mouse in a British museum. The trap was part of the exposition and hadn't even been considered operational for a long time.

• Bill Nye the Science Guy holds a patent for ballet pointe shoes.

• Some odd things have been sold online, but an entire country? Yep, a fellow from Brisbane, Australia, tried to sell New Zealand on eBay in 2006. The site closed the auction at a top bid of \$3,000.

• A mental phenomenon called the Troxler continued on page 22

PUZZLES

Answers on page 23

Super Crossword

LIVING A LIFE OF E'S

- ACROSS
- 1 Renounces the throne

10 Hexa- plus two

14 Best results possible

20 Right Guard, e.g.

21 Oom- (polka sounds)

22 Drink of beer after a shot

23 2014 Oscar show host

25 In a position facing

26 Standing in good —

27 "Put it — tab"

28 Tiny charge carrier

29 In times past

30 Grazing site

32 Sociologist who coined "survival of the fittest"

36 La-la lead-in

39 Mushroom variety

41 Tavern

42 Author and activist on Alabama's state quarter

45 Little — (tots)

46 Appends

50 Egg shapes

51 Get defeated

52 "Kapow!"

54 Bar garnish

55 Kosovo citizen

56 LXX / X

57 He wrote "He's Just Not That Into You" with Liz Tuccillo

61 Ticklish red Muppet

62 Dawn direction

64 A, in Argentina

65 Part of many German names

66 Suffix with lion or seer

67 Player of Colonel Klink on "Hogan's Heroes"

72 — -pitch

75 "The Catch" network

76 Wedded

77 Verve

78 Verge

82 "The Pink Panther" co-star

86 "— you with me?"

87 End a flight

88 Bird-related

89 Tahiti, par exemple

90 Posterior

92 Egyptian peninsula

93 Vapor

94 Guitar's kin, for short

96 Longtime "What's My Line?" panelist

98 Amer. body with 100 members

102 "Aladdin"

103 Cagey

104 1965-66 poet laureate

108 Chichi retreat

110 Coop cackler

111 PC key

112 Mani- —

113 "There Is Nothin' Like —"

117 Not tardy

119 "Nurse Betty" star

124 Vexes

125 A hat hides it

126 Deviations

127 Drive home

128 Finds to be refined

129 Small-stakes poker

DOWN

1 Fruit drinks

2 Boxing prize

3 Portion (out)

4 Utopian

5 Denounces

6 Ending for dull or drunk

7 — kwon do

8 Mem. of the U.K.

9 Canonized Fr. woman

10 Where drinks are on the host

11 Monterey County city

12 "— playing our song"

13 Balking beast

14 Ink-squirting sea creature

15 Gives a ring

16 "I taut I — a puddly tat!"

17 Newton who was knighted

18 Come together

19 Enthusiasm

24 —'easter (storm type)

28 Currently has the stage

31 Just fine

32 Hint-offering columnist

33 Architectural add-ons

34 Twiddled digit

35 Zora — Hurston

36 The ones there

37 Make merry

38 Make fearful

40 Trust

43 Bodily joint

44 Brain wave test, for short

47 Sup stylishly

48 Blockbuster rented them

49 Places

52 Nota —

53 Top competitive effort, informally

54 Novelist Sarah — Jewett

56 "Live" and "learn," e.g.

58 Shah or czar

59 She played Miss Brooks

60 Lena of song

63 Gremlin's kin

68 Be worthy of

69 Bodily joint

70 Appointment calendar

71 Vestige

72 Inbox junk

73 Jeans-maker Strauss

74 Big elevator name

79 Copenhagen citizens

80 Make twisty

81 Uplift morally

83 Devour

84 Claims on property

85 That miss

91 "Bus Stop" playwright William

92 Move aside

94 Of no help

95 Smallville's Clark

96 Drinking spree

97 "— the season to be jolly"

99 Dishonors

100 Emerge

101 — -weenie

104 Bazaar units

105 Creed part

106 PC key

107 Fritz out

109 Writer — Rogers St. Johns

114 Not "fer"

115 Come together

116 Irish Gaelic tongue

118 "— done it!"

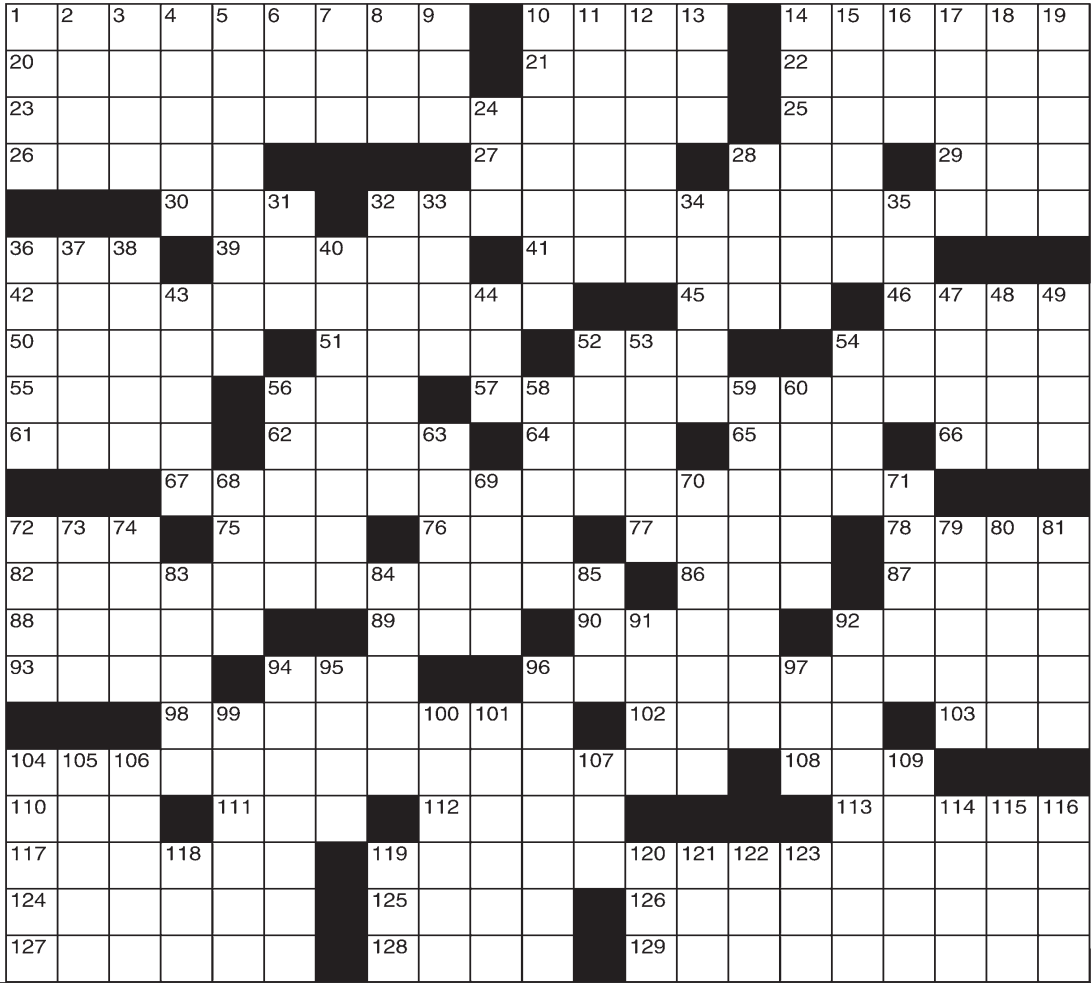
119 Frat letter

120 Electric jolt

121 Ending for ethyl

122 Chaney of old chillers

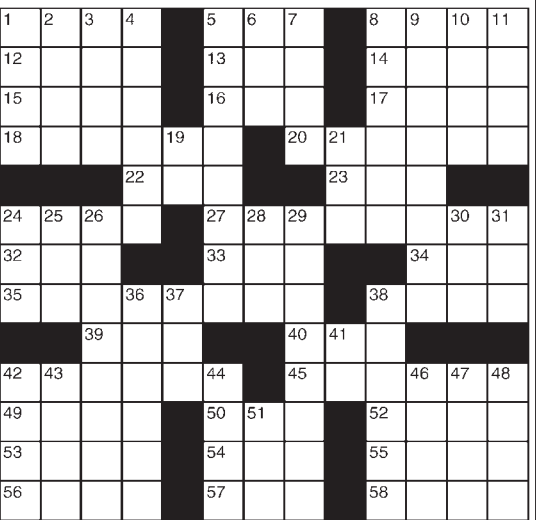
123 Run after K



King Crossword

ACROSS

- 1 Waller or Domino
- 5 "— not choose to run"
- 8 Stoolie
- 12 Hardly ruddy
- 13 Calendar abbr.
- 14 In due time
- 15 Noble gas
- 16 Born
- 17 Loosen
- 18 Cowpoke of the pampas
- 20 Get new actors
- 22 Car-pool lane abbr.
- 23 Profit
- 24 Elevator name
- 27 Crucial experiment
- 32 See
- 33 Heavy weight
- 34 Mainlander's memento
- 35 Midday party
- 38 Favorable votes
- 39 Raw rock
- 40 Boom times
- 42 Merry
- 45 This or that, it matters not
- 49 Sheltered
- 50 Possess
- 52 Legislation
- 53 Factory-fresh
- 54 Craze
- 55 Malaria symptom
- 56 Automaton, for short
- 57 To and —
- 58 Egg part
- 7 Finished
- 8 Tap
- 9 From birth
- 10 Affirmative actions
- 11 Entanglement
- 19 Word after heave or gung
- 21 Finish
- 24 Night flyer
- 25 Greek cross
- 26 Guiltless
- 28 Bill and —
- 29 Sly slur
- 30 Glimpse
- 31 "— the sea-son ..."
- 36 Vinegar bot-
- 37 Coop denizen
- 38 Off
- 41 "Life of —"
- 42 Door-frame piece
- 43 Hodgepodge
- 44 Remove, as a cap
- 46 "Les Miserables" writer
- 47 Hebrew month
- 48 Stench
- 51 Simple card game



- DOWN
- 1 Vampire tooth

2 Cruising

3 Grand

4 Harmonizes

5 Start something new

6 Buck's mate

122 Chaney of old chillers

123 Run after K

MAGIC MAZE ● HERBIVORES

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

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

- Beaver
- Dinosaur
- Hippo
- Rabbit
- Bison
- Elephant
- Horse
- Rhino
- Cattle
- Giraffe
- Kangaroo
- Sheep
- Deer
- Goats
- Koala



Guacamole
2 avocados,
pit removed and
mashed
1 tomato,
diced small
2 Key limes,
juiced
1/4 red
onion, diced small
2 tablespoon
fresh cilantro,
roughly chopped
1/2 teaspoon
cumin
Several
dashes hot sauce
(optional)
Sea salt and
fresh ground
pepper, to taste
Mix all the ingredients together in a large bowl and stir to combine. Taste and adjust
seasoning as needed. Store in an air tight container in the refrigerator.✱



Guacamole photo courtesy Fresh From Florida

PETS OF THE WEEK
Lee County Domestic Animal Services
Lady And Nugget

Lady is a 9-year-old female pit bull who is the “Super Senior” of the week and ready to settle into her forever retirement home. She has lots of spunk, personality for days, and the manners you would expect from a dog named Lady. She is a total cuddle-bug that is quite content spending her afternoons hanging out next to you, or in your lap. Her adoption fee is \$10.
Nugget is a two-year-old male Belgian Malinois mix who got his name



Lady ID# A828216



Nugget ID# A828891

because he is a petite 35 pounds and fully grown. He is the perfect mix of the Malinois look and personality in a pint-sized body. He tilts his head whenever he is curious about something, which makes for great pictures. He would make a great playmate for another canine. His adoption fee is \$75.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

PUZZLES Answers on page 23

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

Glide
ALOFT

Stock
PUPYLS

Edge
ARMING

Eat
SETING

TODAY'S WORD

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

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.

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Rug is missing. 2. Hat is backward. 3. Blanket is shorter. 4. Man's hair is different. 5. Sun has fewer rays. 6. Shrubs have been added.

	FRIDAY Partly Cloudy High: 84 Low: 70		SATURDAY Mostly Cloudy High: 81 Low: 68		SUNDAY Cloudy High: 84 Low: 69		MONDAY Cloudy High: 85 Low: 72		TUESDAY Cloudy High: 82 Low: 67		WEDNESDAY Few Showers High: 84 Low: 71		THURSDAY Few Showers High: 81 Low: 66
--	---	---	---	---	--------------------------------------	---	--------------------------------------	---	---------------------------------------	---	--	---	---

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	1:47 am	7:46 am	2:28 pm	7:55 pm	Fri	12:52 am	7:48 am	1:33 pm	7:57 pm	Fri	2:12 am	8:37 am	2:34 pm	8:54 pm	Fri	3:57 am	11:02 am	4:38 pm	11:11 pm
Sat	1:59 am	8:20 am	3:05 pm	8:13 pm	Sat	1:04 am	8:22 am	2:10 pm	8:15 pm	Sat	2:34 am	9:12 am	3:15 pm	9:22 pm	Sat	4:09 am	11:36 am	5:15 pm	11:29 pm
Sun	2:15 am	8:55 am	3:45 pm	8:31 pm	Sun	1:20 am	8:57 am	2:50 pm	8:33 pm	Sun	2:52 am	9:45 am	3:56 pm	9:44 pm	Sun	4:25 am	12:11 pm	5:55 pm	11:47 pm
Mon	2:37 am	9:34 am	4:31 pm	8:50 pm	Mon	1:42 am	9:36 am	3:36 pm	8:52 pm	Mon	3:04 am	10:16 am	4:36 pm	10:01 pm	Mon	4:47 am	12:50 pm	6:41 pm	None
Tue	3:04 am	10:19 am	5:26 pm	9:10 pm	Tue	2:09 am	10:21 am	4:31 pm	9:12 pm	Tue	3:16 am	10:47 am	5:14 pm	10:16 pm	Tue	5:14 am	12:06 am	7:36 pm	1:35 pm
Wed	3:36 am	11:12 am	6:44 pm	9:27 pm	Wed	2:41 am	11:14 am	5:49 pm	9:29 pm	Wed	3:43 am	11:20 am	5:52 pm	10:32 pm	Wed	5:46 am	12:26 am	8:54 pm	2:28 pm
Thu	4:16 am	12:19 pm	None	None	Thu	3:21 am	12:21 pm	None	None	Thu	4:19 am	11:59 am	6:35 pm	10:53 pm	Thu	6:26 am	12:43 am	None	3:35 pm

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Airport Introduces More Touchless Travel Initiatives

As part of the Lee County Port Authority's Stay Safe - RSW Cares About You program, Southwest Florida International Airport and the Transportation Security Administration are introducing several recent touchless travel initiatives. Guests using the short-term parking lot will notice a new ticket dispenser that operates with a wave of your hand, instead of having to push a button for a ticket and to open the gate. In addition to extensive cleaning and disinfecting measures throughout the airport, other Stay Safe touchless initiatives include hand sanitizer stations, social distancing signage, floor markers throughout the terminal and plexiglas shields at all customer touchpoints.

As past of the Transportation Security Administration's "Stay Healthy. Stay Secure." campaign, many proactive and preventative measures are in place at security checkpoints to make the screening process safer for passengers and their workforce by reducing the potential for exposure. At RSW, Ticket Document Checking (TDC)

stations have been reconfigured to provide a touchless experience for the passengers by keeping IDs and boarding passes in their possession. Credential Authentication Technology (CAT) readers can automatically verify identification documents presented by passengers in all three concourses. The TSA has installed acrylic shields at the majority of the TDCs and throughout the checkpoints to help reduce physical contact between the workforce and the traveling public. The TSA utilizes Enhanced Advance Imaging Technology (eAIT) to safely screen passengers for threats without physical contact at all three concourses, and will be installing additional eAITs this fall. To help stop the spread of COVID-19, the TSA has also increased the frequency and intensity of cleaning and disinfecting high-touch surfaces throughout the checkpoints, including equipment and bins. For more information, visit www.tsa.gov/coronavirus.✴

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From page 18

Strange But True

effect, discovered in 1804, causes people to see monsters in mirrors – whether they say “bloody Mary” three times or not.

- In order to prevent Boggle players from using a certain swear word, the letters F and K appear only once on the same cube, making it impossible for them to both be played at the same time.
- In 1987, Steve Rothstein paid \$250,000 for a lifetime unlimited first-class American Airlines ticket, even hopping on planes to get a sandwich or go to a baseball game in other cities. It cost American Airlines around \$21 million, and they unsurprisingly ended his contract in 2008.
- A full 12 percent of sighted people dream exclusively in black and white.
- Levi's once made an all-denim tuxedo for singer Bing Crosby after he was refused admittance to a hotel simply for wearing jeans.
- Japan has the highest density of vending machines worldwide, with approximately five million machines, or one for every 23 people. You can buy everything from live lobsters and bread in a can to underwear and Buddhist amulets from a vending machine.

• Anakin Skywalker/Darth Vader meets six of the nine diagnostic criteria for Borderline Personality Disorder. Five are sufficient for a diagnosis.

THOUGHT FOR THE DAY

“If you think education is expensive, try ignorance.” – Andy McIntyre

TRIVIA TEST

1. **Geography:** Which modern city was originally named Byzantium?
2. **Ad Slogans:** Which national company's slogan is “We'll leave a light on for you”?
3. **Anatomy:** Which bone are babies born without?
4. **History:** Which European monarch was known as the “Sun King”?
5. **General Knowledge:** What is Samhain?
6. **Medical Terms:** What is the condition formally known as diastema?
7. **Art:** Which famous painting is also known as *La Gioconda*?
8. **Literature:** Where does Winnie-the-Pooh live with his friends?
9. **Music:** Which country is the rock group AC/DC from?
10. **Food & Drink:** What is the primary ingredient in traditional hummus?

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9/4 ✴ 10/23

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you're going to release it. The less you can touch a fish before release the better for the fish. If you want a picture with the fish, support it as you lift it out of the water – and do it quickly. Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

TRIVIA ANSWERS

1. Istanbul, Turkey 2. Motel 6 3. Kneecaps, which develop after birth 4. Louis XIV of France 5. A Gaelic festival Oct. 31-Nov. 1 celebrating the end of the harvest and beginning of winter 6. A noticeable gap between two teeth 7. Mona Lisa 8. Hundred Acre Wood 9. Australia 10. Chickpeas

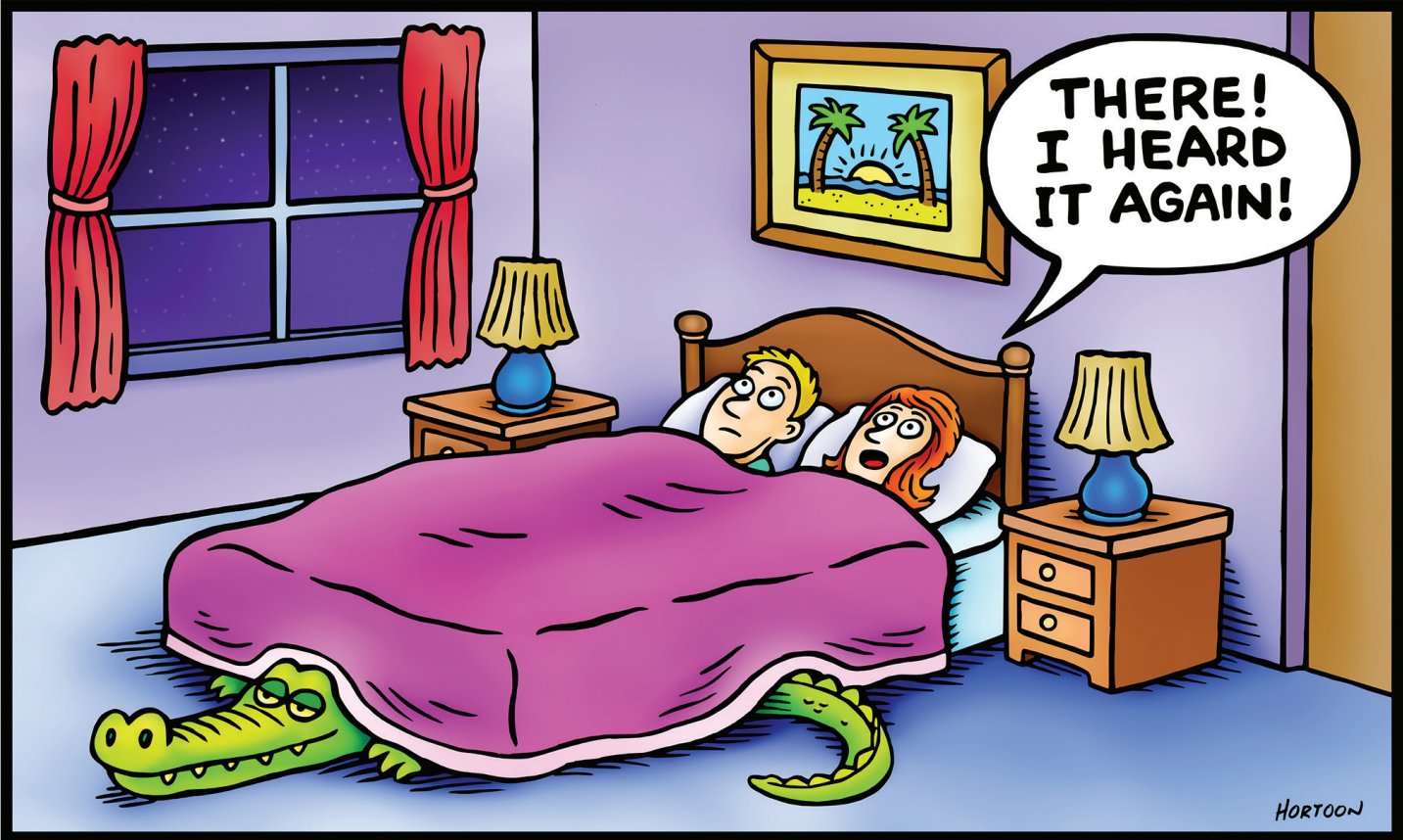
SCRAMBLERS ANSWER

1. Float 2. Supply;
3. Margin; 4. Ingest

Today's Word
FAMILY



HORTOONS



PUZZLE ANSWERS

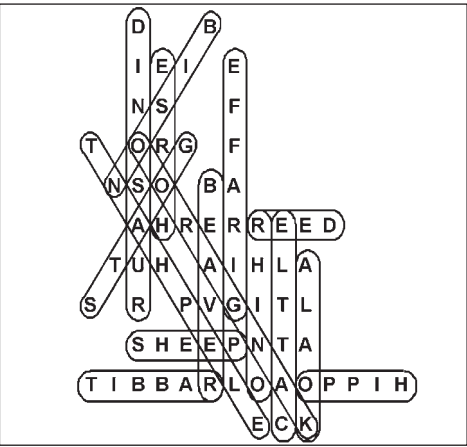
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A	B	D	I	C	A	T	E	S	O	C	T	A	O	P	T	I	M	A
A	D	E	O	R	A	N	T	O	P	A	H	S	O	C	H	A	S	E
E	L	L	E	N	D	E	G	E	N	E	R	E	S	T	O	A	R	D
S	T	E	A	D	O	N	M	Y	I	O	N	A	G	O				
T	R	A	M	O	R	E	L	A	L	E	H	O	U	S	E			
H	E	L	E	N	K	E	L	L	E	R								
O	V	A	L	S														
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W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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Salerno	Miromar Lakes	2018	5,648	\$3,795,000	\$3,450,000	16
Imperial Shores	Bonita Springs	2019	3,515	\$2,399,000	\$2,100,000	333
Waldens Riviera Estates	Fort Myers	2009	4,534	\$2,395,000	\$2,150,000	205
Southport On The Bay	Bonita Springs	1995	2,835	\$1,750,000	\$1,410,000	304
Volterra	Miromar Lakes	2006	3,126	\$1,399,000	\$1,299,000	19
Cape Coral	Cape Coral	2018	2,683	\$1,214,000	\$1,150,000	73
Country Club Estates	Fort Myers	1959	4,707	\$1,199,000	\$1,160,000	304
Magnolia Bend	Estero	2006	4,082	\$1,149,700	\$1,100,000	169
Edgewater	Fort Myers	1996	4,180	\$979,000	\$880,000	164
Savona	Fort Myers	2014	3,717	\$964,500	\$964,500	4



Randy Wayne White ©

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