

THE WEEKLY NEWS

FREE Take Me Home

Vol. 19, No. 41

From the Beaches to the River District downtown Fort Myers

OCTOBER 9, 2020

A Fan Favorite At Broadway Palm

by Di Saggau

Amma Mia! is a show based on the songs of 1970s superstars ABBA. Now playing at Broadway Palm Dinner Theatre, it will send you home with smiles on your faces and songs in your heart. The youthful energy and talent that explodes onstage from start to finish is among the best I have seen. Everyone has the voices and acting necessary for their parts, and the choreography is absolutely outstanding. This is the sentiment that everyone at my table voiced after the first act. Nothing new for Director and Choreographer Amy Marie McCleary, but this time it blew us away.

Kate Turner stars at Donna, the former leader of a female singing group. She later settled on a Greek island building a hotel and raising her daughter Sophie, who was born in 1979, while Donna was involved with three different men. Turner's acting and vocals are fabulous. A standout performance comes in the second act when she sings *The Winner Takes It All*. She has a convincing chemistry with Jennie Nasser who plays Sophie.



From left, Renee Reid, Kate Turner and Shannon Connolly are the dancing queens

photo provided

Nasser also excels as Sophie, a 20-year-old on the eve of her wedding to Sky (Kyle Southern). Determined to find out who her father is, Sophie has secretly invited all three of her mother's former lovers to the wedding. The three men are American architect Sam (Nicholas Carroll), Australian adventurer and writer Bill (Andrew Scoggin) and British banker Harry (Victor Legarreta). All three arrive the day before the nuptials, and the fun begins.

The other members of Donna's group are Tanya (Renee Reid) and Rosie (Shannon Connolly). When all three get together to sing *Dancing Queen*, it's

tough not to get up and dance along with them. The lead players are all excellent performers with amazing vocal talent and a sense of comedic timing. The ensemble is also outstanding. There is one hilarious dance scene where the boys are in wet suits, dive masks and flippers. It's priceless, one the audience would have gladly watched again.

All the main characters have a chance to shine in various numbers. Connolly and Scoggin in *Take A Chance On Me* are a total hoot and a half. Carroll and Turner amaze during *SOS*. There are so many memorable moments. A shout out to the orchestra too, which remains unseen, social distancing behind the stage. As part of their health and safety measures, Broadway Palm requires masks while not eating or drinking.

The show doesn't end with the last song on the playbill. There is a rousing encore with songs that have audience members on their feet and waving their hands to the beat.

Mamma Mia! is a must see production that has you feeling much better when you leave the theater than you did walking in. I thank the entire staff for that. The show runs through November 14. For tickets, call 278-4422, visit www.broadwaypalm. com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.



Orchid growers will have a variety of plants available for sale

photo provided

Orchid Sale And Symposium

dison and Ford Winter Estates will hold its annual Orchid Sale and Symposium on Saturday, October 10 from 9 a.m. to 4:30 p.m. The sale will take place outdoors, in the Garden Shoppe and surrounding areas. Horticulturists will staff a "Garden Guidance" table and answer guests' gardening questions.

Admission to the orchid sale is free, but does not include tours or admission to the museum, lab or riverside of the property.

Additional vendors will be on site, including Blue Pagoda, Jim & I Orchids, OFE Orchid Supplies, OrchidsAmore, Orchid Jewels, Red Hawk Nursery, RF Orchids, So Orchids, Sunland Orchids and Tropiflora. Vendors will be available to answer questions about orchids. Hard-to-find varieties and Florida natives will be

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Botanical Garden Reopens



The gazebo at the Berne Davis Botanical Garden

photo provided

The Berne Davis Botanical Garden will reopen for Tuesday morning garden walks beginning October 13 from 10 a.m. to 1 p.m. and continuing into May. Admission and parking are both free; handicap parking is on Virginia Avenue; regular parking is on Larchmont Avenue, off of McGregor Boulevard.

The botanical garden is a project of the Fort Myers-Lee County Garden Council,

whose headquarters are at the Virginia Avenue address. The garden has been referred to as "the most peaceful place in Fort Myers." The garden has been closed to the public these past months due to COVID-19. It has been maintained by the council and is ready for guests.

Although there won't be docents to provide tours, guests are welcome to

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Historic Downtown Fort Myers, Then And Now:

From Duplex To Legion Post



by Gerri Reaves, PhD

he shady duplex pictured here in 1956 was one of many apartment options constructed during the boom. Built circa 1922 and located near the corner of Jackson Street and Martin Luther King, Jr. Boulevard (then Anderson Avenue), the frame structure lacked some of the more urban designs of the many more trendy stucco apartment buildings sprouting up.

It didn't have Murphy beds, a kitchenette, a sun room, or casement windows, but instead had the attributes of an old-style Florida rental: front screened porches with entrances positioned for privacy, wood floors, a fireplace, garage and

metal roof.

There were plenty of double-hung windows to provide ventilation and natural light in the two-bedroom units.

By the time this photo was taken, the duplex was surrounded by coconut palms and other foliage that created much-needed shade in an era before air-conditioning was standard in residences.

For many years, it was owned by Andrew L and Charlotte Kinzie. Andrew, a, pioneer boatman and civic leader, was born in Germany and came to the U.S. with his family as a child.

Along with his brother Capt. George Kinzie, he founded the Kinzie Brothers steamboat line in 1904.

In 1928, the steam line inaugurated ferry service for passengers and cars between Punta Rassa and Sanibel. It ran until the Sanibel Bridge opened in 1963.

AL Kinzie also served as a city councilman for a decade.



This duplex, pictured in 1956, was built in the early 1920s at Jackson Street and MLK **Boulevard** photo courtesy SWFL Historical Society



In 1997, American Legion Post 38 bought this building that had been constructed in 1973 by photo by Gerri Reaves

In the early 1960s, offices were built on the property, but situated closer to the MLK corner than the duplex had been.

Charlotte Kinzie, by then a widow, sold the property in 1972, the offices were demolished and, in 1973, Gulf Title & Abstract, Inc. opened a new building, the one that still exists on the corner.

Described in the press as "one of the most modern in Southwest Florida," it featured a drive-up window that permitted customers to pick up or drop off paperwork without leaving their cars.

That convenient overhang still juts out from the building on the north side, as shown in the center of the recent photo.

It was designed so a second floor could be added when more space was needed, but that never came to pass.

In December 1997, the American Legion Post 38 acquired the property after selling their historic riverfront post on First Street at the foot of Evans (originally the 1925 Elks Lodge).

Walk down to Jackson and MLK Boulevard and imagine a neighborhood once sprinkled with shady residential yards.

Then learn more about the amenities of mid-20th century apartment rentals 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.

Ross Hauser, MD

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WEEKLY NEW
BEACHES TO DOWNTOWN FORT MYERS

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PRINTED ON RECYCLED PAPER

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Jeanie Tinch

Grant Program Benefits Aspiring Firefighters

The School District of Lee County has been awarded special funding through Florida Gov. Ron DeSantis' Emergency Education Relief (GEER) under the Coronavirus Aid, Relief and Economic Security (CARES) Act, Rapid Credentialing, to assist in educational training for residents who are unemployed, underemployed, or furloughed. Scholarships are available for 90 qualifying students at Cape Coral Technical College, Fort Myers Technical College and the Southwest Florida Public Service Academy.

At Cape Coral Tech and Fort Myers Tech, Rapid Credentialing grant funds are available to assist 30 qualifying students at each campus with tuition and fees for the six-week long, 165 clock-hour nursing assistant program. The Southwest Public Service Academy will use the grant funds to assist 30 qualifying students with tuition and fees for the Firefighting I program.

"We applied for this grant to help mitigate the economic impact of COVID-19 for potential students and facilitate training in new career pathways," said Cape Coral Technical College Director Charlie Pease. "We hope to help fulfill the local demand for healthcare workers and first responders as rapidly as possible. We were recently informed that Lee Health has nearly 100 certified nursing assistant (CNA) openings across their network."

The Rapid Credentialing Grant Program provides 100 percent scholarships that include tuition, fees and books in two approved areas of study. The goal is for participants to gain certifications in high-demand fields, ideally positioning them for a quick turnaround into higher wages.

In order to qualify, individuals must



Nursing students work on a mannequin photo provided

be unemployed, underemployed (defined as employed less than full-time or at a job inadequate based on training and educational attainment), or furloughed (or expect to be furloughed due to economic impact in the next six months). Participants must also be a resident of Lee County, a U.S. citizen or resident alien and at least age 18.

The School District was awarded \$367,492 for the Rapid Credentialing Grant Program and is providing an additional \$91,873 in CARES Act funding for a total of \$459,365 available to qualifying students

qualifying students.

Cape Coral Tech and Fort Myers Tech have nursing assistant program classes starting in November, January, February and April. Anyone interested in becoming a Nnursing assistant is encouraged to contact Cape Coral Technical College at 574-4440 or Fort Myers Technical College at 334-4544.

The Firefighting I program at the Southwest Florida Public Service Academy begins in January. Interested students can call 334-3897.

Virtual Wine Tasting, Food Pairing Event

WFL Children's Charities, Inc. is hosting a virtual wine tasting and food pairing event on Friday, October 16 at 630 p.m. Benovia Winery out of Napa Valley, California and Chef Harold Balink of Harold's Restaurant in Fort Myers are featured.

Guests can choose to order four bottles of wine by Benovia Winery and order a five-course menu of specially paired cuisine from Harold's Restaurant. Participants will learn about wines and food pairings, listen to live entertainment and also receive an update from the organization's main beneficiary, Golisano Children's Hospital of Southwest Florida. A portion of the wine sales from the tasting will benefit SWFL Children's Charities, Inc. To order your wine and cuisine, visit www.swflwinefest.org/winetasting.

Because of COVID-19 concerns,

supporters of SWFL Children's Charities, Inc. gathered virtually for the annual check presentation with a virtual wine tasting. More than 60 people attended, and three beneficiaries received more than \$1.4 million in funds raised at the 12th annual Southwest Florida Wine & Food Fest in February 2020. Held in the vibrant setting of Hyatt Regency Coconut Point Resort and Spa, the colorful, paintthemed event brought the community together in support of SWFL Children's Charities, Inc.'s mission to save children's lives and advance pediatric health care across the region. This latest donation to Golisano Children's Hospital makes the total donated by SWFL Children's Charities, Inc. more than \$20 million since 2009.

"We just feel so very fortunate to have been able to host our event to raise much-needed funds for children and families in our region. With the latest donations, we are really just so proud that we have been able to make such an impact by uniting under one cause for the benefit of children," said Sandy Stilwell Youngquist, president of SWFL Children's Charities, Inc. and long-time supporter.

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Fort Myers Art:

Noted Actor Joins University Faculty



by Tom Hall

ristin Mellian has joined the faculty at Florida Gulf Coast University as an assistant professor of theater. Mellian is a SAG-AFTRA actor and performance professor with almost two decades

of experience in professional performance and instruction. She holds a master of fine arts in TV, film and theater from California State University, a bachelor of arts in musical theater from Central Michigan University and is a certified teacher candidate at the National Michael Chekhov Association.

As a performer, Mellian has worked in TV, film, theater, voiceover, commercials and on cruise lines. Her credits include the roles of Ariel in Werewolf Island (2020), Jessica Anderson in Horse Camp: A Love Tail (2020, with Richard Karn and Jason London), performed in 16 episodes of the television series Puppet Dimension (2019), Anna in the short film Brain Engagement (2018), Melody Dalca in Melody on Earth (2018), Erika in Amanda and the Fox (2018), Dr. Daniel Austen in eight episodes of the television series Space Debris (2017), Miss Jessica in Horse Camp (2017), Jessica Lake in The Horse Dancer (2017), Rachel in A Dog for Christmas (2015), a yoga master in an episode of the TV series Bite Me (2012), Hootie Hipster in an episode of the TV series Key and Peele (2012), Sonya Ludwik in four episodes of the television series Circle of İnfluence (2011-12), the deceased wife in The Message (2012), a voice in the short JustUs (2011), The Panelist in the TV series The 6 O'Clock News (2011), Christy in the short film The Sushi Bar (2011), Wife/Red Head in the short film *The Fate of Phoenix* (2011), Krystin in American Scream King (2010), Joanne Rivers in The Vigilante (2010), The Adventurer and the voice of The Humble Wizardess in the video game Elemental: War of Magic (2010), Bistro Gardens Waitress #2 in Valentine's Day (2010), Josie in Shaawanokie (2010) and 12 other productions pre-dating 2010.



Kristin Mellian

photo courtesy www.artswfl.com

Mellian's films have been distributed both nationally and internationally, on Netflix as well in major retailers. Before arriving at FGCU, she taught acting at Compass College of Cinematic Arts and California State University, Los Angeles. Her most recent projects include acting and movement directing for The Pigeon Creek Shakespeare Company, and co-producing Horse Camp: A Love Tail.

Mellian trains and guides students toward creating their best work in their pursuit of acting careers

pursuit of acting careers.

Exploring Ways To Include Public
While Campus Remains Closed

As the FGCU campus is closed to all but students, FGCU art gallery curators have been forced to figure out new ways to present their exhibitions to the public. For example, interviews have been placed online with the four Florida artists who are participating in the next exhibit, When We See Further, along with a catalogue of their work together with an essay reflecting on the show. You can also participate in a gallery tour and artist Q&A via Instagram Live on Sunday, October 11 from 4 to 5 p.m. Another initiative involves launching an online database for the FGCU permanent collection. For more information, visit www.fgcu.edu/ artgalleries.

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.

Best Buddies Champion Of The Year Event

Best Buddies in Southwest Florida will hold its annual Champion of the Year virtual gala on Friday, October 30. It will air on Facebook Live from 7 to 8 p.m.

Champion of the Year is an annual fundraising competition organized by Best Buddies staff and a volunteer event planning committee, featuring a select group of individuals, professionals and prominent community leaders. These philanthropic trailblazers compete to raise the most funds for Best Buddies and earn the ultimate title of Grand Champion of the Year. By reaching out to the community to raise funds and spread awareness, candidates champion for Best Buddies, the mission and people with intellectual and developmental disabilities

Many people with IDD have been profoundly affected by the COVID-19 pandemic. Cut off from school or community relationships, they can be particularly vulnerable to the emotional and logistical difficulties of social isolation. Best Buddies is rapidly adapting to ensure that supportive friendships, jobs and opportunities for inclusion remain available. Champion of the Year candidates are raising critical funds and awareness to ensure inclusions isn't canceled, it's just virtual.

"The idea of being a part of helping people with intellectual and developmental disabilities feel included is at the core of Best Buddies and that is why supporting this organization means so much to me, says 2019 inaugural Grand Champion Ken Coker. "Making the world a better place just by giving someone who may be different a chance to flourish is paramount to becoming who we are. My dream is the Best Buddies vision becomes a reality: by normalizing inclusion so much that there is no need for Best Buddies. Until that time, the organization has my undying support, especially considering I'm motivated by a 4-year-old granddaughter who is deaf. I want her to be included in all life has to offer and will champion the cause so that she never experiences the hurt of exclusion, just because she's different," Coker added.

Each Champion candidate is matched with a Mission Partner. The $2020\,$

Southwest Florida participating Champions are Susan Christiano, Engel & Völkers Fort Myers Downtown, partnered with Tori Georgelos; Stormy Wilder, Cross Country Mortgage, partnered with Julie Lyle; Carrie Anne Texter, Conditioned Air, partnered with Lauren Nossen; Nicole Coratti, state board for Residential Options of Florida, partnered with Jennifer Denike; Mark Drew, Ida S. Baker High School, partnered with Aden Sanchez; John Schroeder, Big Storm Brewing, partnered with Mason McFelia; James Hunter, James Hunter LLC/MVP Realty, partnered with Billy Hawkins; and Alina Gonzalez-Dockery, Life Law Planning, partnered with Alexis Poore.

Event sponsors currently include City Furniture, Germain Lexus of Naples, Modern Woodmen Fraternal Financial and Laura Georgelos Luxury Homes.

Event sponsorship opportunities are still available, as well as opportunities to donate to the event's silent and live auctions. To learn more about sponsorship opportunities, contact Melanie Musick, area director, at 275-2510 ext. 2787 or email melaniemusick@bestbuddies.org. This annual event is open to the public and an RSVP would be appreciated. To RSVP, support a specific Champion or purchase gala-in-a-box for an at-home celebration, visit www.bestbuddieschampion.org/southwestflorida.

Lakes Park Farmers Market

The Farmers Market at Lee County's Lakes Regional Park will open from 9 a.m. to 1 p.m. every Wednesday beginning October 7 and continuing through April 2021. The market will operate in "grab and go" style, following safety measures and CDC guidelines.

Operated by Local Roots in cooperation with the Lakes Park Enrichment Foundation, the farmers market features fresh local produce, seafood, cheese, meat, flowers and more. The foundation will offer plants propagated by volunteers from specimens grown in the Lakes Park Botanic Garden.

Parking is free for market shoppers, who are encouraged to bring their own re-usable bags.

Lakes Regional Park is located at 7300 Gladiolus Drive in Fort Myers, For more information about Lakes Park or other Lee County Parks & Recreation sites, call 533-7575 or visit www.leeparks.org.

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239.822.9226 • sdf@DanceSuzannes.com • www.DanceSuzannes.com Royal Palm Square, 1400 Colonial Blvd. #27, Fort Myers



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Alliance Scholarship Recipient

The Alliance for the Arts recently named Cypress Lake High School graduate Sydney Gabrielle Hudson as this year's Bruce T. Gora Scholarship recipient. This competitive scholarship was created by the Alliance for the Arts with donations made in honor of the life and legacy of Bruce T. Gora and is administered by the Southwest Florida Community Foundation. The scholarship fund is an annual scholarship given to a Lee County high school senior or a college student who is pursuing a fine arts degree with an emphasis in music or photography.

The Bruce T. Gora scholarship was created in 2010 from proceeds of the Alliance's annual fundraiser, A Night to Remember, to honor the memory of photographer, architect, musician and Alliance for the Arts board member Bruce Gora, who was known throughout the community for his lifelong dedication to the arts and volunteerism.

"I am honored to be a recipient of the Bruce T Gora scholarship," said Hudson. "I hold dear the memories of volunteering at the Alliance for the Arts summer camps. It was a pleasure for me to help students learn about the arts and the music that is so important in my life."

Hudson often hosted a guitar circle in the mornings and afternoons with summer



Sydney Hudson

photo provided

art campers. She is currently a music major at Florida Gulf Coast University.

"The Gora family is proud to play a small part of the Bruce T. Gora Scholarship," said Carolyn Gora, Alliance for the Arts board member and wife of Bruce. "It is so nice to know that the scholarship was awarded to Sydney Hudson, who not only loves music, but is part of the Alliance for the Arts family. Both music and the Alliance were priorities in Bruce's life. Through this scholarship, his memory continues."

For more information, visit www. artinlee.org or call 939-2787.

And Wine of our fiscal year," said Jessica Wisdom, Alliance director of development and marketing. "In an effort to do our part to keep

"In an effort to do our part to keep everyone safe, we had to make the tough decision to not do the event in 2020 but we are so excited to keep one of the hallmark pieces of the event going – our 99 Bottles of Beer on the Wall raffle! Your raffle ticket purchase supports the Alliance's mission to transform lives and improve our community through the arts and helps you finish out 2020 with a little help from our friends. Good luck!"

For event information or to purchase tickets, visit www.artinlee.org/99bottles or call 939-2787.

Beer And Wine Raffle To Support Alliance Mission

The Alliance for the Arts presents 99 Bottles of Beer (and Wine) raffle, featuring an impressive, cherry-picked collection of 99 Bottles of Beer (and Wine) as well as merchandise and gift certificates from local breweries.

Usually this raffle can only be accessed during the Alliance's annual fundraising event Arts In Tap, which is in partnership with the best breweries, restaurants and arts supporters in Southwest Florida. This year, the Alliance has taken the opportunity virtual. The winning raffle ticket will be pulled on Facebook Live on Thursday, October 22 at 6 p.m.

Thursday, October 22 at 6 p.m.
Raffle tickets are \$20 per ticket or six for \$100 and must be purchased before 3 p.m. on October 22. The bundle is valued at over \$700 and features 99 different bottles and cans of beer and wine. The winner will also receive bonus items from local breweries Coastal Dayz, Millennial Brewing, Fort Myers Brewing and Momentum Brewing. All items have been kindly donated, which means the proceeds from this raffle go back right into the community and support the Alliance's mission to transform lives and improve our community through the arts.

"Arts on Tap is one of our favorite events of the year. It is a ton of fun and a chance to bring arts supporters, artists, culinary artists and brewers together for a great night to support the arts. As our annual fundraising event, it also helps us raise about \$60,000 right at the beginning

Military Officers Group To Meet

The Cape Coral Chapter of the Military Officers Association of America (MOAA) will hold a breakfast meeting at the Cape Royal Golf Club on Saturday, October 10 at 10 a.m. All current, former and retired military officers and spouses are invited to attend. Cost for the breakfast is \$12, payable at the door (cash only).

The MOAA chapter will hold its 4th annual golf tournament at the Cape Royal Golf Club on March 6, 2021. The proceeds will benefit Lee County ROTC student scholarships.

Cape Royal Golf Club is located at 11460 Royal Tee Circle in Cape Coral. Reservations are requested by Thursday, Octrober 8, and may be made by contacting Dixie Buick at 945-5030 or via email at calusamoaa@yahoo.com.





Joseph Pre-Genzer and Samira K. Beckwith

Campaign For Hospice Care

ope Healthcare is inviting individuals, businesses and civic ■groups to join them in the movement to give "More Hope" to those in need, and help raise much-needed funds for hospice care and support in the community.

With www.morehope.org, Hope has launched a campaign to help replace essential dollars lost from not being able to hold Hope's annual fundraising events that support unfunded care, as well as to cover additional expenses from ensuring staff and patient safety during COVID-19.

The not-for-profit health care

photo provided

organization cares for 4,000 people each day throughout five Southwest Florida counties, and provides more than \$2.5 million in unfunded hospice care each year. Last year, Hope provided care and comfort to more than 6,000 hospice patients and their loved ones as they fulfilled life's

"As we celebrate our amazing journey through the past four decades, I invite you to join us in creating an even brighter future for hospice care in Southwest Florida," said Samira K. Beckwith, president and CEO of Hope Healthcare. 'On behalf of Hope's staff, volunteers and board of directors, I want to thank you for believing in our mission. Together, we can provide More Hope for generations to come.

The website offers donors the option of making recurring gifts or pledging a future gift in support of hospice care. Information about hosting a fundraiser and becoming a sponsor is also available on the website.

Donors are encouraged to wear the "I gave More Hope" T-shirt they will receive in recognition of their support and share the message of #MoreHope on social media to help spread awareness of Hope's mission within the community.

As a local, not-for-profit, communitybased, safety net organization, Hope Hospice has served Lee, Hendry and Glades counties since 1979. Help is available 24 hours a day, 7 days a week for people facing issues related to serious illness. Hope Hospice is one of many programs and services provided by Hope Healthcare. For more information, call 482-4673 or visit www.morehope.org.☆

Call To Action Sidewalk **Demonstration**

Tomen's March Fort Myers will sponsor a Call to Action Sidewalk Demonstration on Saturday, October 17 at 10 a.m. The Call to Action will line the sidewalks from McGregor Boulevard to Dr. Martin Luther King, Jr. Boulevard in Fort Myers.

The Call to Action will highlight the significant issues in the 2020 election and is a cooperative effort with the National Women's' March initiative. The recent vacancy on the Supreme Court and the current administration's rush to fill this

seat has only heightened the need to bring these issues to the forefront.

Diverse communities within Fort Myers are working together to support the Call to Action. A socially distanced line of people will be created to demonstrate for the critical issues that we are facing. There will be Action Areas (i.e. women's rights, healthcare, reproductive rights, racial justice, economic justice, environmental issues, LGBTQI issues and immigration) along the route championed by various organizations.

The candidates that have been endorsed and who share our values will be invited to participate. The public is encouraged to participate. For more information, visit

From page 1

Botanical Garden

experience the garden on their own; masks are mandatory and social distancing guidelines will be adhered to. No large groups can be accommodated and restrooms are not available.

The garden is the home of the Lorelei statue that was part of the old Fort Myers Library as well as the Mina Edison Botanical Library. Many of the displays in the garden have been provided through the talents and contributions of the 29 local garden clubs, plant societies and other affiliate members, representing over 1,700 members that comprise the garden council.

The Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information, contact the council at fmlcgardencouncil@gmail.com or 332-4942.☼

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,

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.revtedalthouse@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

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,

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, 930 and 11 a.m. 8570 Cypress Lake Drive, 482-1250. **FAITH UNITED METHODIST**

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

FIRST CHURCH OF CHRIST, SCIENTIST Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christianscience fortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.
FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511. 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.fpcfortmyers.org, 2438 Second Street, 239-334-2261 IONA-HOPE EPISCOPAL

CONGREGATION

Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778. JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10

a.m. and 6 p.m., 881 Nuna Avenue, 481-1143

LAMB OF GOD

Sunday 7:45 and 10 a.m., www. lambofgod church.net, 19691 Cypress View Drive,

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

Sunday 8 and 10 a.m., www.peaceftmyers. com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.

REDEĔMER LUTHÉRAN

Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD 8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER Meditation classes. www.MeditationInFort

Myers.org, 567-9739. SAINT COLUMBKILLE CATHOLIC Monday through Saturday 8 a.m.; Saturday 3

and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-397 ST. FRANCIS XAVIER CATHOLIC

Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland

Avenue, 334-2161. SAINT JOHN THE APOSTLE **METROPOLITAN**

Sunday 10 a.m., 3049 McGregor Boulevard,

SAINT MICHAEL LUTHERAN

Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast ery.org, 111 Evergreen Road, 997-2847.
ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818. SOUTHWEST BAPTIST

Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336

TEMPLE BETH EL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9
a.m.; Religious School Wednesday 5:30 p.m.

and Sunday 9:30 a.m., www.templebethel. com, 16225 Winkler Road, 433-0018. TEMPLE JUDEA (CONSÉRVATIVE) Friday 6:30 p.m. and Saturday 9 a.m., www. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER Sunday 9 and 10:30 a.m., Thursday 7:15

p.m., 17650 South Tamiami Trail, Suite 212, THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978. UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125. WORD OF LIFE

Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m., www.zionfm. org, 7401 Winkler Road, 481-4040. Email changes to press@islandsunnews.com or call 395-1213.

Plant Smart

Red-Hair Comb Fern

by Gerri Reaves

Red-hair comb fern (Ctenitis sloanei) is a member of the wood fern family and is the only tree fern native to the continental U.S.

Also called Florida tree fern and Florida lacefern, this species is listed as endangered in the state.

That status means that it is "in imminent danger of extinction within the state" and that its survival is "unlikely if the causes of a decline in the number of plants continue," as described in the Preservation of Native Flora of Florida Act.

Erect with woody stems and sometimes a trunk, this fern reaches three to four feet high, with the fronds arching to an equal width.

Triangular and twice- or



Red-hair comb fern's fronds are up to three feet long photos by Gerri Reaves

thrice-divided, the fronds taper to a sharp point.

The scales on the frond stems are



The lacy fronds are twice- or thrice-divided

orangish, reddish, or golden brown and form a tangled wool-like tuft, thus the term "red-hair."

The plant's natural habitat includes

wooded limestone ledges, moist tropical hammocks and cypress swamps, so it isn't suitable for the typical home landscape.

However, it's a good choice for a natural landscape with moist, welldrained limestone soils, high humidity and light to moderate shade.

Give it rich organic soil with a layer of humus, for it has high nutritional requirements.

It has a moderate growth rate and low wind, salt and drought tolerance.

It can be grown as an outdoor container plant too.

Propagate it by dividing the clumps or with the spores found in the round sori, or clusters of spore sacs, on the underside of the smallest leaflets.

Sources: *The Ferns of Florida* by Gil Nelson, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.efloras.org, and www.regionalconservation.org.



FSW student Julianna Loredo takes the measurements of a new turtle she discovered in the Southwest Florida marshlands photos provided

Research Class Aims To Prevent Turtle Poaching

In a secret location in Southwest Florida, before even the sun has fully risen for its day, Florida SouthWestern State College Biology Professor Jordan Donini and his Independent Research class are treading through knee-deep water in the Florida marsh.

Unfazed by the snakes, spiders and insects that cross their path and buzz their ears, they are here every Friday morning searching for one thing – the Florida box turtle.

"Turtles are one of the most at-risk groups of animals on the planet right now because of habitat destruction and fragmentation," Donini said. "They are especially sensitive to climate change because they have temperature-dependent sex determination. These specific turtles that we are studying are also especially popular in the pet trade



Professor Jordan Donini prepares to microchip a turtle

and face pressures from illegal poaching and over-collection."

As each new turtle is discovered, the students measure it, assign it a number and mark its scutes according to its assigned number. Donini then microchips it with a radio transmitter so his students can track it and monitor any trends and changes in its location, habitat, size and health.

"The most rewarding part is finding that new turtle," FSW student Jackie Drew said. "It's definitely a cool feeling because you're finding evidence of a healthy population, and they are surviving and thriving and making more of themselves for future generations."

Students in the class also learn how to use radio telemetry equipment and how to do wildlife surveys and measurements, which are basic skills needed for entry-level wildlife jobs.

"Pairing my love of nature with my love of science has made it really cool," said Drew. "It's surprising and rewarding being able to have this experience at a state college."

"When you find a turtle, when you start collecting data, at the end of the day, it's very fulfilling," FSW student



FSW students Isabella Danaher and Adrian Rodriguez record the GPS location of a turtle hidden in a mangrove

Adrian Rodriguez said. "When I first started at FSW, I didn't have any idea what I wanted to do for a degree or career. This course made me realize this is something I want to do for the rest of my life. It's like a dream come true for me to be working out here."

Since Donini began teaching the class in the fall of 2019, he and his



FSW student Jackie Drew tracks a turtle using radio telemetry equipment

students have found and tracked nearly 200 turtles in a variety of species. The data they collect will be analyzed for submission into peer-reviewed scientific journals, and it will also be shared as a report with the Fish and Wildlife Conservation Commission (FWC) every three years, which Donini hopes will be used to inform wildlife policies in the future.



Variety And Quality



by Capt. Matt Mitchell

ain from a stalled Lout cold front and then from Tropical Storm Gamma sat right on top of us for most of the week. This wetter than usual

weather pattern did bring a nice break from the heat though, but made getting out on the water challenging. Managing to get out for brief periods during low morning water had the passes fired up with both snook and redfish. Out along the beaches, birds and bait are everywhere with anglers catching a great variety of fish.

During days of northeast winds, it's the perfect set up for getting out along the beaches. Once out through the choppy pass, you're often greeted by calm seas within a half mile of the beach. With the bait migration in full swing, it does not take long to spot the massive schools of threadfin herring and feeding birds. Mackerel and bonita make easy targets as they can be found breaking the surface in and around these bait schools. With so much life out here, sharks are always an option.

Most of the tarpon we have located over the past few weeks have been out along the beaches too. The western end of Sanibel, Fort Myers Beach and Captiva have all given us shots at fish.

These hungry fall tarpon like to hang out just outside the large schools of threadfins. Look for mudded areas with lots of bait to start your hunt. Once you find an area that looks right, shut down and take your time. Move slowly and hunt with your eyes until you find them. This fall tarpon bite can be amazing and will continue until our first major cold front arrives dropping water temperatures into the low 70s.

Öctober always means redfish, and this has rung true. You have a great shot at catching them right now, anywhere from the passes to the mangrove creeks. During low water periods, the passes have been hard to beat with many of these fish being

Live pinfish with enough lead to hit the bottom has been the bait of choice. During higher tide periods, mangrove islands and oyster bars have been the better option. A cut pinfish thrown up to the structure is hard to beat for a bait. Schools of hungry redfish are also out on the shallow flats, though they've been a little tough to find due to windy conditions

With fall fishing in high gear, this time of year is not only about quality but also variety. Carry different types of tackle so you can take advantage of whichever opportunity presents itself. Being able to switch it up from one species to another is what our amazing

fall fishing 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.\$



Mary Laser with a early morning redfish caught on a recent scouting trip

photo provided

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bait and weather conditions, date of catch, species and weight, and include a photograph with identification.

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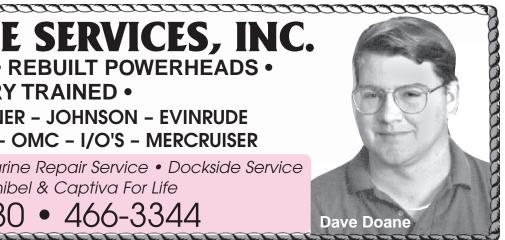
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CROW Case Of The Week:

Southern Black Racer



by Bob Petcher

The southern black racer (Coluber constrictor priapus) is a non-venomous snake that is active during the day and, thus, one of the most frequently seen snakes in the state. Its jet-black upperparts and its ability to move quite fast with agility gives it its name.

The black racer likes to hang out by water where its

prey, including rodents, frogs, toads and lizards, are plentiful. While its bite is nontoxic, it does defecate a foul-smelling musk – like most snakes against predators – when on the defense.

At CROW, an adult black racer was admitted from

At CROW, an adult black racer was admitted from Sanibel after it was reported to have been hit by a lawn mower. Upon further examination, veterinarians found the snake had a fracture on its spine close to its tail, as well as multiple cuts near the fracture. The patient was treated with anti-inflammatory and pain medicine and was scheduled for surgery to amputate the tail.

"The necrotic wounds, in combination with the fracture, were severe enough to require amputation," said CROW Rehabilitation Manager Breanna Frankel. "The spinal fracture is actually above the amputation site and was not removed in surgery. The spinal fracture looks slightly displaced, like a little kink in the snake's back but has not affected its overall ability to be healthy in the wild."

After the procedure, the snake's amputation site appeared to be healing well.

"With any surgery, there is always risk for infection following surgery. The tail amputation site was



CROW medical staff work on patient #20-4476

photo by Amy Kowalsk

cleaned and bandaged daily for the first couple days as it started to heal," said Frankel. "There has been no discharge from the surgical site to indicate any type of infection. The amputation site closed nicely and has

shown no signs of dehiscence – the edges bursting open – or inability to hold the incision closed.

"The multiple cuts were part of the amputation surgery, they were necrotic wounds likely a few days old that did not receive proper care immediately following the injury," Frankel said.

She said snakes cannot regenerate body parts. It is noted that a snake's important organs are located in the front third of its body, so losing a tail would not leave it disabled.

"Unlike starfish and some lizard tails, this snake's tail will not grow back. This snake does not require the end of its tail to survive in the wild and complete all biological functions so, once it heals, it should be ready for release," she said.

ready for release," she said.

After two weeks in care, the patient was reported to be bright and alert and is being monitored for any signs to indicate that it may be in pain.

"Of course, after any traumatic injury, there is associated pain. The snake hasn't shown outward signs of pain aside from trying to bite everyone who tries to get it out of its enclosure, which could just be due to the fact that this type of snake is a little more bite-happy than the other species we see," said Frankel. "It did not like having its tail touched prior to surgery but has been very active and aggressive ever since."

A release schedule has yet to be determined.

"We will monitor until the amputation site closure is healed enough to survive in the wild and then release if all other diagnostics, like blood work, come back clean," said Frankel.

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.**

UDDERLY GREAT FOOD!



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Heather Christman, AAF District 4 Governor, right, presents Celsius Marketing Interactive members with an Angel Award

Marketing Pros Honored With **Angel Awards**

Our Southwest Florida-based marketing groups were among the winners recognized at the 2020 Angel Awards presented at the Luminary Hotel in downtown Fort Myers by the American Advertising Federation-District 4 (AAF-District 4). A total of seven



From left, Mike Weber, Angel Award chair, and Katie Kintz of the Conservancy of SWFL with two Gold Angel awards

awards were given to Southwest Florida firms, which hail from the organization's AAF-Southwest Florida affiliate.

The Angel Award competition recognizes the best in public service advertising from across AAF-District 4, which is comprised of 18 local chapters throughout Florida and the Caribbean Islands. The awards combine two objectives of the AAF: to utilize industry expertise to address community issues, and to celebrate and honor advertising excellence.

Awards were presented to the following organizations:



The Priority Marketing team with three Gold Angel Awards

Priority Marketing won three Gold Angel Awards: for the Conservancy of Southwest Florida "Magic Under the Mangroves Fund-A-Need" video; for the "SalusCare Fund-A-Cause Video" campaign for SalusCare, and in cinematography for "Wulfert Bayous Land Acquisition Video" for the Ding Darling Wildlife Society;

Conservancy of Southwest Florida won two Gold Angel Awards: for its poster series "Animal Speaker Campaign," and for its video "A World Without Turtles;

Celsius Marketing Interactive won a Gold Angel Award for its campaign



From left, Angel Awards Chair Mike Weber, CONRIC pr + marketing's Kirsten O'Donnell and AAF District 4 Governor Heather

"Bring New Hope to Hopeless Animals" for Cape Coral Animal Shelter; and

CONRIC pr+marketing won a Silver Angel Award for its TV PSA "Drive it Home Campaign" for Keep Lee County

AAF-SWFL President Tim Hennessy praised the winners: "We're so proud to have this much talent in Southwest Florida. On behalf of the board of directors and members of AAF-SWFL, congratulations to all of the nominees and winners. Thank you for your commitment to promoting those who provide voices for the voiceless."

Veteran Visitation Program Gains Top Recognition

ee Health's Veteran Visitation Program has been awarded the Partnership Award from the American Red Cross Florida Gulf Coast to Heartland Chapter. The health system will be presented with the award during a virtual award ceremony on October 8.

Set to celebrate its one-year anniversary, the program is a partnership between Lee Health and the American Red Cross. The program is located at Cape Coral Hospital and is the first-inthe-nation veteran visitation program at a civilian hospital. The program helps veteran's seeking services at the hospital by providing information on programs and resources available to them and to also provide a comforting word. The program was modeled after the Red Cross' efforts at veterans affairs (VA) and military hospitals.

We are honored to receive this award from our partners at the Red Cross," said Harry Alberti, MD, vice president of operations and chief physician executive at Cape Coral Hospital. "A program of this type is so important to veterans in our area as many are unaware of their benefits and what resources are available to them leaving them to feel alone. We look forward to entering our second year of the program and continuing to provide a much needed service to those who need it.

Dually-trained with Lee Health and American Red Cross, volunteers visit veterans in their rooms to answer questions and deliver materials detailing veteran benefits and programs in Southwest Florida. Lee Health serves the majority of veterans living in the area, as the closest full-service VA hospital is about two hours away.

Each veteran has the assistance of the American Red Cross upon admittance to Cape Coral Hospital and even after their release. Information provided to veterans includes resources that they can access for assistance at any time including referrals to community resources including Lee Health's Military Support Program and United Way's Mission United.

Lee Health's Military Support Program helps military active duty, families and veterans in Lee County through charitable programs that directly support them. Unique services, events and advocacy programs ensure that members of the military and their families receive the support they need.

Each April, the American Red Cross celebrates National Volunteer Month, highlighting the accomplishments of its volunteer workforce. Although, this year's annual Volunteer Recognition & Appreciation dinner was canceled due to the pandemic, the Red Cross resumed its recognitions for volunteers and partners in a virtual and social distancing approach.

For more information about the Veterans Visitation Program, visit www. leehealth.org/community-affairs/militarysupport-program.☆

Airport Receives 2020 Inclusion Champion Award

outhwest Florida International Airport (RSW) was awarded the 2020 Inclusion Champion Award for a medium-hub airport by the Airports Council International-North America (ACI-NA). This ACI-NA award recognizes one small, medium and large commercial airport and an associate member that demonstrates leadership and achievement in the inclusion of new diverse business, workforce diversity and advocacy/ outreach, as well as a commitment to diversity in aviation.

"I am so pleased that Southwest Florida International Airport has been recognized for its commitment to diversity in its business, workforce and outreach practices," said Ben Siegel, CPA, CM, acting executive director of the Lee County Port Authority. "Our team continues to work hard to bring positive solutions and proactive engagement of inclusion with the companies we do business with, our employees and the community we serve.

The Lee County Port Authority (LCPA), operator of RSW and Page Field (FMY) in Fort Myers has dedicated itself to promoting the full participation of Disadvantaged Business Enterprises (DBEs), Airport

Concession Disadvantaged Business Enterprises (ACDBEs) and Woman and Minority-owned Small Business Enterprises (W/MBEs). LCPA hosted or co-sponsored more than 60 events in the past five years, reaching an audience of more than 12,000 small, women and minority-owned businesses. In the same timeframe, the Port Authority exceeded its DBE participation by an average of 10 percent each year. In addition, LCPA designed an Inclusions Program to improve workplace practices and developed several employee empowerment and educational programs.

ACI-NA represents local, regional and state governing bodies that own and operate commercial airports in the United States and Canada. As the Voice of Airports, its mission is to advocate policies and provide services that strengthen commercial airports' ability to serve their passengers, customers and community through cooperation, encourage the exchange of ideas, identify and disseminate industry trends and practices, and create a network of airport professionals and service providers. For more information, visit www. airportscouncil.org.

Southwest Florida International Airport served more than 10.2 million passengers in 2019 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operations or construction. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.

Challenge Grant Issued For Breast Cancer Fund

he John E. & Aliese Price Foundation Inc. has issued a \$250,000 community challenge grant for the Sharon MacDonald Breast Health Fund to provide hope and healing to women and men battling breast cancer. The Price Foundation encourages the community to provide an additional \$250,000, for total support of \$500,000.

The fund was established in 2017 after the trustees of The John E. & Aliese Price Foundation Inc. issued a \$100,000 community challenge gift to honor Sharon MacDonald, the retired chief administrative officer of Lee Health's Regional Cancer Center. The Price Foundation's President and CEO Kenneth Walker is no stranger to cancer. He lost his first wife to cancer, he was diagnosed with colon cancer in 2001, and then in 2016, his daughter was diagnosed with breast cancer. Understanding the costs associated with care, Walker wants to continue to ensure that breast cancer patients in the Southwest Florida community have access to the care they need. With this latest challenge grant, the total raised so far for the breast health fund is \$595,000, which has helped more than 150 women.

Administered by the Lee Health Foundation, donations to the Sharon MacDonald Breast Health Fund cover the cost of treatment for patients battling breast cancer in need of financial support at Lee Health's Regional Cancer Center. The support covers diagnostics, radiation, medication and other services needed to promote successful outcomes for Southwest Florida patients battling breast cancer. Relieving this financial burden and stress allows for patients to focus on their healing.

The fund helps patients like Elizabeth Copeman, an Englewood resident who thought she had injured herself lifting something heavy at work, only to find out she had Stage 1 aggressive breast cancer and needed surgery. She was diagnosed



Sharon MacDonald and Kenneth Walker photo provided

in April but was unable to find anyone to help her until July because she didn't have insurance. After hearing about the Regional Cancer Center from a friend, she made an appointment and within two days learned she qualified for a grant from the Sharon MacDonald Breast Health Fund that would cover the cost of her treatment. "It was a load off my mind," she said. "If you know you have cancer and you know you have bills to pay and no way to pay them, it interferes with your healing. I'm in awe of the whole thing. I have no words to say how thankful and grateful I am.

In August, Walker, MacDonald and other officials toured the top floor of Gulf Coast Medical Center, an inpatient cancer center that's part of the Regional Cancer Center's comprehensive program. The newly enhanced floor features 72 patient beds, therapy and treatment options, an intensive care unit, innovative technology and means that patients won't have to go anywhere else for care.

The Price Foundation fundraising challenge kicks off Lee Health's Hopetober campaign this October, which is Breast Cancer Awareness Month. For information or to donate to the Sharon MacDonald Breast Health Fund, visit www. leehealthfoundation.org/hopetober.*

LeeTran Resumes Regular Routes

ee County Transit (LeeTran) will resume regular service of its fixedroute buses beginning Sunday, October 11.

LeeTran also will reactivate two routes that have been inactive since March due to the pandemic: Route 80, serving the Edison Mall and Bell Tower Shops areas; and Route 160, serving Pine Island on Thursdays

This is a final step in resuming services that the county had altered in response to COVID-19. LeeTran resumed collection of fares on its fixed-route buses and ADA Passport services September 8 and also began letting riders board at the front of the buses. The county has installed driver shields and customer-service safety barriers, resumed selling fare passes and reopened its Rosa Parks Transit Center

and LeeTran headquarters.

Riders who qualify for senior or student discounting on bus fare now can obtain a new special Tap and Go discount photo ID card at the Rosa Parks Transportation Center.

Later this fall, riders will be able to download a smart-phone app affiliated with a recently launched fare-collection system, part of LeeTran's new Tap and Go-fare boxes. The new electronic fare boxes provide an improved rider experience while offering payment methods that minimize touch while boarding buses.

Riders are asked to continue to observe recommendations from the Centers for Disease Control (CDC) for social distancing. For more information, visit www.leegov.com/covid-19.

Riders can access schedules for routes at www.leegov.com/leetran/how-to-ride/ maps-schedules. To follow service-related updates or learn more about LeeTran,

Virtual Program On Political Career Paths

eadership NEXT, a monthly program for advancing business professionals, will present a virtual program on Young Professionals in the Political Arena, to be held on Tuesday, October 13 from 5

The program will provide insight into the world of politics. A panel of young professionals will speak about their experiences in running for political offices and working on political campaigns. Speakers include Bryan Blackwell, Jenna Persons and Elaine Sarlo. The program will be moderated by TECO Peoples Gas regional manager Chris Lopez.

Blackwell is a managing partner of Molloy Financial Group, a financial planning practice of Raymond James. Persons is the Republican nominee for the Florida House of Representatives for District 78 and partner of Strayhorn & Persons law firm. Sarlo is the director of public affairs for TM Strategic Consulting, a Fort Myers-based political consulting firm running campaigns locally.

Attendees of Leadership NEXT represent a variety of businesses and industries throughout Southwest Florida. Sessions take place from 5 to 7 p.m. on the second Tuesday of every month and offer opportunities to develop new



Bryan Blackwell



Chris Lopez



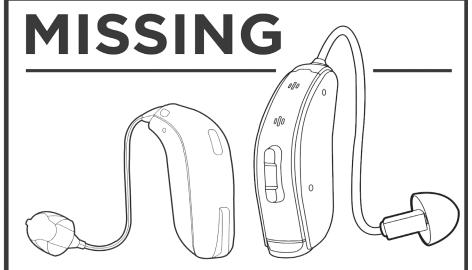
Jenna Persons



Elaine Sarlo

knowledge and skills, establish working relationships with colleagues and engage in valuable programs and discussions to further enhance their careers. Leadership NEXT's annual sponsor is the Florida Gulf Coast University Alumni Association.

The Leadership NEXT program is free for members of the Greater Fort Myers Chamber of Commerce and \$5 for future members. Register at www.fortmyers.org to receive webinar login credentials.



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The Glass Hotel



by Di Saggau

The Glass
Hotel by
Emily St. John
Mandel, involves
the aftermath of a
disturbing graffiti
incident at the
Hotel Caiette on
Vancouver Island
and the collapse
of an international

Ponzi scheme, as well as the mysterious disappearance of a woman from a ship at sea. All three incidents intersect. In the five-star hotel, Vincent is a bartender. She meets Jonathan Alkaitis, not knowing that he is running an international Ponzi scheme, moving imaginary sums of money through clients' accounts. The same night she meets him, someone scrawls a message on the lobby's glass wall: "Why don't you swallow broken glass." Paul, a student at the University of Toronto is suspected and soon fired. Vincent, his half-sister, starts a relationship with Alkaitis, eventually moving into his house in Connecticut and a life of extreme wealth.

When the investment scheme collapses, Vincent changes her identity and works as a cook on a shipping freighter. Alkaitis is sentenced to 172 years in prison. Here, he dreams of a "counter-life" where he made different choices. Thirteen years later, Vincent falls overboard from the ship near the coast of Mauritania. As we look for how this happened, we follow the victims

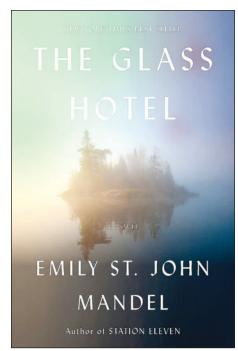


image provided

of Alkaitis' fraudulent investment scheme. Paul is a composer and addict in recovery; Olivia, is an octogenarian who invested her retirement savings; Leon is a former consultant for a shipping company. There are also many office workers who enabled Alkaitis and now fear severe consequences.

The Glass Hotel is a captivating story of crisis and survival. The author takes us through hidden landscapes: campgrounds for the near-homeless, underground clubs, international shipping, luxury hotels and life in a federal prison. The

book is a portrait of greed and guilt, love and delusion, art and the ghosts of our pasts, and the infinite ways we search for meaning in our lives.

School Smart



by Shelley M. Greggs, NCSP

son struggles with handwriting. He's in second grade. I know eventually he will use technology instead of handwriting, but I

think he needs to learn how to write, and I want to help him. Please give me some suggestions.

Johnnie W, Fort Myers

Johnnie,

You are choosing the correct path for your child. Everyone needs to learn how to write and how to read handwriting. For a while there was a trend to do away with manuscript and cursive, but it has been put back into the curriculum as educational leaders realized how important a skill penmanship is. Here are some suggestions for you to use as you work with your son.

Writing may not seem physically demanding but sitting properly and controlling pen and paper require muscle strength and stability in the shoulders and core. Activities that build strength in these areas can help. Activities like planks, push-ups, wheelbarrow walking, crab walking, shooting baskets, hanging from monkey bars and rope climbing are excellent for building strength and stability. Even reading while lying tummy down on the floor builds strength.

For a child to write properly, both sides of his body need to work together, as we see when one arm holds the paper stable and the other does the actual pencil work. Any activity that encourages coordinated movement on both sides of the body provides good reinforcement including crafts that use scissors where one hand holds, the other cuts.

Physical exercises that require crossbody coordination are helpful, too. Have your child do some cross-body exercises before writing – like making windmills, jumping jacks, touching alternate toes and mountain climbers.

Holding a pencil properly is a challenge for many kids. Your child can strengthen his fingers and improve his pencil grip using "pincher" tools found around the house. These include tweezers, clothespins, children's chopsticks that are joined at one end and ice tongs. Here's a game to play to strengthen the pincher grip. Toss pieces of cereal, balled-up scraps of paper or small pencil erasers onto a tabletop. Then see how many you and your child can pick up with a pinching tool in a minute. You may also want to play board games and use pincher tools to move the playing pieces, providing for even more practice.

Experts advise trying activities that help your kid focus on feeling not seeing how a letter is made. For example, use your finger to trace a letter on your child's back. Or he can close his eyes while you

trace a letter on his palm. Then see if he can reproduce that letter on your back or on a piece of paper. At home, young kids can spray big shaving cream letters on the tile wall at bath time or they can smooth out the cream on the tile and write letters in the foam itself.

Another great way to feel how letters are made is to use clay, which is a versatile medium. It's dense, responsive, builds hand strength and increases fine motor skills. Roll the clay into ropes and practice making letters with your child, which reinforces the shapes of letters in his mind as well. The clay provides sensory feedback, which gives more information to the brain about how the letters are formed.

Despite having difficulties writing, many children may be brimming with great ideas, and putting those ideas into written words can be so frustrating for them. Encourage your child to record himself while he talks through his thoughts or the story he'd like to tell. He can then play the recording back when he sits down to write. This can be a helpful and confidence-boosting tool.

Using these strategies will increase your son's strength and coordination so that he can form letters and numbers with ease. If problems persist, a consult with his teacher is warranted.

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.*

Gulf Coast Writers To Meet

The Gulf Coast Writers Association will hold a meeting at the SWFL Military Museum & Library on Saturday, October 17 from 10 a.m. to noon. Guest speaker Rebeca Seitz will be deliver a message about a new opportunity you may not have thought of – podcasting.

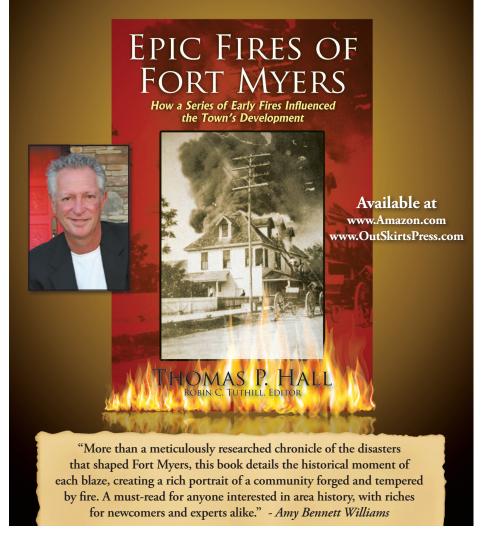
Seitz is the former president and CEO of SON Studios in Naples, a No. 1 bestselling writer on Amazon, and the founding president and CEO of 1CProductions, Inc. In these changing times, it's good to have options.

Come early for light refreshments. As always, first time guests are free so bring

SWFL Military Museum & Library is located at 4820 Leonard Street in Cape Coral. For more information, call 770-906-7885 or visit www.gulfwriters. org. Zoom options are also available.

College Graduate

Rainet Spence of Cape Coral recently graduated from Hofstra University in spring 2020, earning a juris doctor in law.



Businesses Sought To Partner For Festival Of Trees

he 14th annual Goodwill Industries of SWFL and the Sidney & Berne Davis Art Center (SBĎAC) Festival of Trees, sponsored by Sullivan, Inc., returns to the Davis Art Center from December 3 through 6. Area businesses are invited to become a partner by creating extravagant, one-of-a-kind, holiday trees that will be raffled off at the end of the festival to raise money for Goodwill and SBDAC.

This year, the goal is to raise \$150,000 to support the organizations' respective missions of helping people with disadvantages to become more independent and providing innovative arts programming to the community. Your company name will gain considerable public exposure via attendance, live television coverage, Festival of Trees program, social media, news releases, and print advertisements, promotion to loyalty customers, e-blast and newsletter recipients.

Ungarnished trees are provided to each tree sponsor who is then responsible for decorating the tree. Some tree sponsors bring their "team" in to decorate their tree and some hire a decorator to do it. The more valuable the tree and contents are. the more desirable the tree will be, and more raffle tickets would be purchased in hopes of winning that tree. The minimum required "value" of each seven-foot tree is \$1,500 and each nine-foot tree minimum is \$2,000 (with decorations, prize packages, gift cards, etc.) to be included into a theme of your

Tree decorating will take place between November 30 and December 2 this year. The trees will be on display beginning the evening of December 3 through December 6 and then delivered on December 8. At the end of the event, the trees will be delivered by our sponsors Two Men and a Truck to the raffle winners and installed in the winning home or business.

Festival of Trees is brought to you by Sullivan, Inc. and sponsored by MDAF Certified Public Accountants,

Lowe's Home Improvement, Two Men and A Truck, and Suncoast Beverage. Sponsorship opportunities are also available.

SBDAC is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com/ festival-of-trees or call 333-1933.☼

Webinar In Celebration Of Manufacturing

o celebrate Manufacturing Month in October, the Southwest Regional Manufacturers Association (SRMA) has invited some of Southwest Florida's leading manufacturers to participate in a virtual roundtable discussion that is open and free to the public on Wednesday, October 21 from 8 to 9:30 a.m.

Guests will have the opportunity to meet the owners or representatives of Arthrex, MY Shower Door/D3 Glass, Nor-Tech Boats and Wicked Dolphin Distillery as well as take a virtual plant tour of their facilities. Manufacturers will discuss the challenges they faced during the pandemic and how they pivoted their companies in order to stay relevant. Each manufacturer will then lead participants on a behind the scenes tour of their manufacturing plants to show their day-to-day operations and products.

'Many of us don't realize that some of the products we use are made right here in Southwest Florida," said SRMA Board Chair Jeff Poirier. "The SRMA is proud to join Florida Makes and dozens of other regional manufacturers associations across the state to celebrate the manufacturing industry during Manufacturing Month in October.

Featured panelists for the October roundtable include Jimmy Dascani and Michael Koszewnik from Arthrex, Bill Daubmann of MY Shower Door/D3 Glass, Henrik Margard of Nor-Tech Boats and JoAnn Elardo of Wicked Dolphin Distillery.

The event is free for SRMA members and nonmembers. Guests must preregister online at www.srma.net/ category/events in order to receive the link to the online roundtable event. For more information, visit www.srma.net, call 258-1385 or email info@srma.net.

United Way Names 2020-21 Campaign Chairs

nited Way of Lee, Hendry, Glades, and Okeechobee announced that the 2020-21 United Way Campaign Chairs will be Karen Ryan and Bob Beville. The goal for this year's campaign has been set at \$10.8 million. Last year's campaign raised \$10,785,325 for the local communities of Lee, Hendry, Glades and Okeechobee. The theme of this year's campaign is: Rise to the Challenge.

Ryan and Beville have been business associates and friends for many years, so their partnership to co-chair this year's campaign made sense. Both have been involved in many local charity events and are counting on support from local leaders, friends, employers and all supporters to reach the campaign goal during this unique

Ryan, APR, CPRC, has been involved in United Way for 25 years in various capacities including board member, campaign cabinet, allocations leader, Lee County Electric Cooperative (LCEC) campaign chair and fun-maker. As the public relations leader at LCEC, she noted that the local electric cooperative has been among the top 10 fundraising organizations for United Way in Southwest Florida for decades. Ryan is the mother of two daughters beginning their careers in opposite ends of the country, New York and Los Angeles.

Beville is a fourth generation Floridian, born in Miami but settling in Fort Myers



Karen Ryan and Bob Beville photo provided

in 1976. He celebrated his 40th year at Waterman Broadcasting this year and has pledged that the company will be an integral part of this campaign. Currently, Beville is on the board of Captains for Clean Water, is chairman of the Lee County Parks and Recreation Advisory Board, serves on the United Way Board of Directors, and is co-leader of United Way Allocations Team 1.

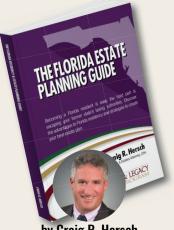
"LCEC was founded to provide service to people who were not being served by any other provider. United Way does the same for those in need," Ryan said. "I feel very fortunate to have the opportunity to be a servant leader. These are challenging times and now, more than ever, we need our community to rise to the challenge and contribute to the agencies that need support more than ever." The campaign chairs look forward to working together on what will arguably be the most important

continued on page 14

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

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Will Power

Locked Up Until Age 35?



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

ob, a well-mannered, intelligent 25-year-old beneficiary to his grandfather's trust came to me with a question: "My father told me that I can't have any of granddad's money until I'm 35 years old because that's what's in the trust," he said, handing me a copy of the document. "I understand granddad's wishes but I took a job in Atlanta and rather than rent, I'd like to buy a condo. There's plenty of money to do that, but Dad says I can't.'

I skimmed through the trust document and found the provisions for a staged distribution, the first to occur upon

Rob's 35th birthday, the second at his 40th and the last upon Rob attaining age 45. "Does your father think it's unwise to buy the Atlanta condo you're looking at?"

'No, actually," Rob said, looking a little exasperated. "He thinks it's a wise investment and that the condo is a good deal. It's near Piedmont Park and needs a little work, but I'm capable of reflooring and painting the place, which would add a lot of value right away.

So, what's the holdup?" I asked.

"Dad says the trust can't distribute anything to me until I'm 35."

"That's not what the trust reads," I stated, pointing to the applicable section in the legal document. Your father's the trustee, so he's in charge of determining how the trust funds are invested, and whether distributions should be made and when. It doesn't say that you can't have any of the trust proceeds until age 35, only that upon that age you can demand that one-third of the principal of the trust be distributed out of the trust to you, so that you can control that amount. You can also demand one-half of what is left at age 40 and the entire remainder by age 45."

Rob furrowed his brow. "I'm not sure I understand. What you're saying is that

Dad can make a distribution to me even though I'm only 25?"

"Yes!" I replied. "The trust funds aren't locked up until you're 35. It's just that your father can decide whether he believes a distribution is appropriate. Your trust share is known as a 'discretionary trust.' In other words, your father, as trustee, can exercise his discretion over the trust funds for you. Earlier, you told me that he thinks you purchasing the condo is a good idea. So if he wants, he can make the distribution to you and you can buy it.

What if the purchase price is more than one-third of the value of the trust?" Rob asked. "When I turn 35, have I forgone that one-third distribution?"

Your father has the discretion to distribute the entire trust to you if he feels it's appropriate," I informed, adding, "When you turn 35, you may still request a distribution of one-third of the remaining balance, even though your father let you use trust funds to buy the condo.'

"Wow, I never knew that," Rob said.
"I'll add one more thing," I said. "The trust is earning interest and dividends each year. At a minimum, your father should consider distributing those out to you since your tax bracket is lower than the trust tax bracket, and the income tax paid will be

"Wait a minute!" Rob exclaimed. "I earn more than the trust does! Why would I be in a lower bracket?"

Because when a trust accumulates income, it becomes the taxpayer. The trust income tax bracket is so compressed that when it has income around \$13,000, it is in the highest marginal income tax bracket. You won't reach that bracket unless you make several hundred thousand dollars.

'There's so much to know with all this," Rob said. 'Yes, there is. But that's why you came to ask me.'

This is a real-world conversation with the facts changed so as to protect confidentiality. If you have a question about a testamentary (after death) trust established under a will or a revocable trust, make sure you ask a qualified attorney. It's not uncommon for lay people to misinterpret trust language, losing

Hope this helps you help others!

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New Member For University Board

arisa Cleveland ■has joined Hodges University as a trustee.
"We are pleased

to have Marisa join our board of trustees. She brings years of expertise in both the academic and business worlds,' said Dr. John



Marisa Cleveland

Meyer, president of Hodges University.

"My hope is to serve the higher education community through mindful participation. My philosophy about higher education has always been to support students in achieving their educational goals, and I'm delighted with Hodges' mission and vision statements, especially the focus on community engagement," said Cleveland. "Community leadership was central to my doctoral dissertation, as well as experiential learning."

Cleveland is the executive director for The Seymour Agency, which offers aspiring and established authors the representation and resources needed in the publishing industry. Additionally, she is an educator and a New York Times and USA Today bestselling author, has been featured at various book festivals and participated on panels and in workshops about diversity, civil discourse, communications and the state of the book publishing industry. She earned a doctor of education in organizational leadership from Northeastern

University, a master of arts degree in educational administration from George Mason University, a master of arts in English from National University and a bachelor of arts in speech communications from George Mason University. She is a 2015 Leadership Marco graduate.☆

Marketing Firm Earns Award Of Distinction

he 24th annual Videographer Awards announced winners for the 2020 international awards competition that recognizes outstanding achievement in video and digital production skills. Competing with over 1,500 entries, CONRIC PR & Marketing received an Award of Distinction for its video submission called Industry in Lee County: Yesterday, Today and Tomorrow. The video featured business leaders from all major industries throughout Lee County including healthcare, travel, tourism, sports, manufacturing, construction, technology and education.

'This award-winning video was a huge project that our CONRIC team developed for the 2019 Industry Appreciation Awards in collaboration with the Horizon Foundation, Horizon Council, Lee County Economic Development Office and M&M Multimedia," said CONRIC PR & Marketing President and CMO Connie Ramos-Williams. "We are excited and honored to share this prestigious award with our clients and friends in business.

CONRIC has won numerous awards for its video campaigns and projects

over the years but this is the agency's first international Videographer Award. The team at CONRIC PR & Marketing was responsible for the video concept, direction, scripts, images and vision, while M&M Multimedia handled shooting and editing. CONRIC team members set up nearly two dozen video shoots across the county and conducted the one-on-one interviews.

This video came together well and showcased the progress Lee County has made during the past 25 years while also providing us a glimpse at Lee County's landscape when we hit that mark of one million population," said Lee County Economic Development Director John Talmage.

The Videographer Awards is one of the most coveted awards in the video industry. Since 1994, thousands of production and communication professionals have entered their best and most creative work. The goal of the Videographer Awards is to identify and recognize the video artisans who excel in the scope of their own environment. The Award of Distinction is awarded for projects that exceed industry standards. Approximately 14 percent of the entries usually win this award.

Award of Distinction winners are listed on the Videographer Awards

Roundabout **Project Meeting**

The Lee County Department of Transportation (DOT) invites the public to an open house to review and comment on plans for a roundabout at the intersection of Buckingham and Gunnery roads at the Gunnery Baptist Church on Tuesday, October 13 from 5 to 7 p.m.

Lee County DOT is developing design plans for the roundabout, which is intended is to reduce delays and improve safety. Posters, handouts and a video will be on display and comment forms will be available. The public meeting is an open-house format; people can come at any time between 5 and 7 p.m. Lee County staff will be available to answer questions. Attendees are asked to follow Centers for Disease Control guidelines.

If you do not wish to attend the meeting in person, all public meeting materials are available on the project website at www. buckinghamgunneryroundabout.com and comments can be submitted on the website. If you do plan to attend in person, please register on the website.

Gunnery Baptist Church is located at 1880 Gunnery Road North in Lehigh Acres.₩

From page 13

United Way

campaign Southwest Florida has faced. The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$188 million since it was established in 1957.

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way Partner Agencies and initiatives include: The Alvin A. Dubin Alzheimer's Resource Center, Partners for Breast Cancer Care, Harry Chapin Food Bank, Boys and Girls Clubs and United Way 211.

For more information, call 433-2000 or visit www.unitedwaylee.org.☆

Superior Interiors

Is Your Home Lacking Character?



by Trinette Nelson

7ou likely want your home to be welcoming, cozy and clean for hosting your friends and family. However, you also want your property to be distinctly your own. If you feel like your home is lacking

some character, here are a few easy things you can do to instantly boost your space's

integrity.

Small changes can make a big difference when it comes to adding character to your home. Consider switching out your generic hardware and lighting fixtures for some creative options that match your personal style better. Changing your silver cabinet handles to copper to match your kitchen can be an eye-catching addition. Similarly, a chandelier or large, modern lighting fixture in your dining or living room can be both the focal point of the room and be functional.

When was the last time you noticed your trim? This feature of your home is often overlooked but giving it a fresh coat of paint can do wonders for any room. If the trim is still natural wood, consider painting it a fresh white for a clean look that will outline your walls and any decor. On the other hand, if you want your walls to appear more spacious, you may want to color the trim the same hue as the rest of the room or add some drama by painting an accent wall.

Another creative way to add some more interest to your home is to opt for unique wall or ceiling treatments. Shiplap and textured wallpaper are great additions to any room, whether it be on an accent wall or encompassing the entire perimeter of the space. However, ceiling treatments are also a popular way to add some extra integrity to your home. Instead of a simply white ceiling, try shiplap up above or even a medallion to bring attention to a light feature or certain architectural element. This is a relatively small project that can be completed in a day but will immediately transform your room.

The windows are an interesting feature of your home because they can be viewed from both the inside and out. Instead of having plain draperies or flimsy curtains, get creative with your window treatment to really make a statement. Curtains and draperies come in a variety of colors, patterns, textures and materials that can add charm to your living spaces and look elegant from the street.

Finally, don't forget to spruce up the exterior of your home as well. Painting the exterior trim, updating landscaping and adding shutters are all a great way to have your personality shine through and add curb appeal. By adding some of these extra touches, your property will stand out from the others on the block, and guests will always know which home is yours. The outside of your home is one of the first things guests and passersby see, so it's important to add a bit of extra flair on the exterior as well.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindecden.com.

Hope Hospice Connection With VR Technology

Ith the introduction of a new virtual reality activity, Hope Hospice is helping to alleviate feelings of isolation for those in their care and encourage a sense of connection with others through a shared experience.

Hope's counselors can customize the virtual reality (VR) activities as users exercise their minds and check items off their bucket list. Specially-designed VR headsets allow access to simulated activities like skydiving, swimming with dolphins, or exploring must-see spots in different countries. Virtually visiting a specific place - like a childhood home or a favorite vacation destination promotes reminiscence therapy, which is especially helpful for those with Alzheimer's disease or related memory disorders. Family and friends are able to connect with their loved one by sharing a VR experience together.

Themed experiences based on holidays and seasons are available, along with interactive VR games and activities designed to help reduce stress and increase movement.

"Improving quality of life is the cornerstone of Hope's mission," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Offering a virtual reality activity helps us give



Peggy Evans in Hope Hospice's care views a virtual reality activity photo provided

those in our care an opportunity to feel the excitement of travel and the sense of well-being that comes from connecting with others - without fear of coronavirus.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit www.hopehcs.org.☆

School District Parent University

The School District of Lee County is opening Parent University for the 2020-21 school year. The goal of the program is to inform and engage parents and guardians as partners, advocates and lifelong teachers in their child's education through a series of educational courses.

Sessions will be held the first Thursday of the month at 6 p.m. on the school district's Facebook page and YouTube Channel. Parents can graduate from Parent University by attending 75 percent (six sessions) of the scheduled learning sessions during a school year.

"I have seen historic levels of community engagement throughout the pandemic, and it is my hope to maximize the relationship between school district and community for the betterment of our students," said Superintendent Dr. Greg Adkins. "I envision Parent University as a framework for strengthening the bonds between parents, teachers and school

During the 2020-21 school year, Parent University will provide eight learning opportunities. Sessions will begin virtually and be presented via produced programming with information and family activities provided by district staff and community guests.

To receive credit towards a graduation

certificate, parents and guardians should RSVP by filling out the registration form or emailing parentuniversity@leeschools.net, watch each program and then complete the survey provided after each program.

Safety Award **Nominations**

Tominations are being sought for three awards to be presented by the Injury Prevention Coalition of Lee County. Individuals, organizations/ agencies and programs that promote safety in Lee County are eligible. The nomination must include an

explanation of why the nomination is being made; it should cover the safety activity/event this calendar year and must be received by October 31. Nominations should be sent to syndi.bultman@

leehealth.org.
The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability and death through advocacy, education, legislation and partnerships.

For more information about the Injury Prevention Coalition or the awards, contact Brian Raimondo at ipcleecounty@ gmail.com or 330-2240.☆





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Frankly Speaking



by Howard Prager

Noridians, what's in your water? We are in the midst of a Florida sports renaissance. The Lightning won the Stanley Cup although got into hot water from over-thetop celebrating and not staying safe. The

Rays are the best team in the AL and now face their archrival Yankees. The Marlins - who started the season with a number of players coming down with COVID-19 - beat those odds and swept my struggling Cubs and now face the Braves who also swept the Reds in the wild card. This is only the third time the Marlins have been in the playoffs, and the past two times they won the World Series. The Heat, an unlikely Finals team at the start of the season, can hold their heads high. Whatever (has) happened this week, they took the Lakers to task and held LeBron in check on Sunday night with a triple double effort by Jimmy Butler while two of their leading players sat out with injury. Tom Brady is working his magic with the Bucs, and the Gators are off to an impressive start in NCAA football.

Let's go to the NBA for an interview today with one of the top NBA podcasters, Nate Duncan, host of Dunc'd On and NBACast. Duncan's a lawyer by training so I asked how he got into becoming an NBA analyst? "I always loved basketball. I read a lot about it and the pioneers in basketball analytics, and consumed all the basketball media I could throughout the 2000s. I wanted to just try something different and started a little blog to cover low level events. I started a podcast with Danny Leroux in 2015 because I thought there was a market for a more detailed podcast. I'm fortunate that the podcast has taken off with over 40,000 subscribers who are really smart basketball fans.

What was your entry to the NBA? "I've been covering the Warriors for seven years, and when they took off it led to a lot of NBA and media connections. The challenge with covering the NBA is understanding the salary cap, to me one of the most confusing parts of the sport.

How did you prepare? "The biggest thing I did was, in 2013-14, I read the

entire collective bargaining agreement and made flash cards to memorize and learn everything. I have broken that down the last six to seven years, and I maintain a list of free agents. I also hired a director of basketball research, and I watch a lot of games. It helps not having to write. That allows me to do better analysis for the podcast. I do a ton of reading, at least three hours a day.'

What about the confluence of sports seasons... how has that affected the NBA Finals? And how did the Heat get here? The NBA is trying to avoid conflicting with football primarily. That's why the games have been scheduled for weeknights and weekend nights. For Miami, it's been four months since the NBA played, which can be viewed like a new season. Guys like Goran Dragic and Tyler Herro really improved since the regular season.

It appears that the bubble has been a success - no games have been cancelled and players have been COVID-19 free. Do you see that continuing into next season? The NBA wants to get fans back into stadiums. A lot of this is up to the players and players association." (I've read that the NBA Players Association is the most powerful in all of sports). "In my opinion, I don't think they will go back in a bubble. Baseball and football have had mixed success (thus far). More rapid testing is coming onto the market and that's going to be a big game changer. Maybe teams will add a testing surcharge for fans before they can go into stadiums.

How do you see the NBA evolving? Will we ever see dynasties like the Celtics, Lakers and Bulls of the 80s and 90s? "Back then there was a bigger difference between teams. Some teams were just bad, and if you were a good organization you could take advantage of that. Today, even bad organizations aren't that bad. And with reform in the lottery rules, it's harder to get a bunch of high draft picks in a row. That's how the Oklahoma City Thunder were built - three great top five picks in a row. The odds of doing that now are astronomical. And contracts are shorter, just look at LeBron and Kawhi being with new teams.

Finally, under (former NBA Commissioner David) Stern and now Adam Silver, the NBA has continued to attain an international following with over 100 international players on rosters. Where do you see this headed? "Behind soccer, basketball is one of the most popular sports internationally. Getting

players from all over is important for that to continue. Africa, Europe, Asia, Australia and South America have provided players and has led to a much higher quality of play. Almost 25 percent of players today are international and adding them meant we've dropped the bottom 25 percent of U.S. players from the teams. It's a much higher level of play today." Thanks Nate. Our good news story of the week is

from football. Nick Foles, new QB of the Bears, was brought to Chicago during the early summer and needed to get into shape, a common problem during the pandemic. He asked his offensive coordinator who called his son Nolan. Nolan, a wide receiver, just started summer workouts with his Vernon Hills High School team, called a few friends and the workout was set. Said one of the receivers: "Foles' mechanics were always perfect, and he treated every throw like a regular NFL practice. He could throw it 50 yards downfield on a dime. Watching him work the way he did made me want to get better." Nice to see professionals reaching out to engage younger players.

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

More Library Systems Have **Restored Services**

he Lee County Library System has reopened five branches and the Talking Books Library lobby. They include:

Captiva Memorial Library, 11560 Chapin Lane, Captiva

Dunbar-Jupiter Hammon Public Library, 3095 Blount Street, Fort Myers Johann Fust Community Library, 1040 West 10th Street, Boca Grande Pine Island Public Library, 10701 Russell Road. Bokeelia

Riverdale Branch Library, 2421 Buckingham Road, Fort Myers

The hours at these five locations will be Tuesday through Saturday from 10 a.m. to 4 p.m.

Curbside pickup will continue at all library locations and be expanded to Tuesday through Saturday at the newly opened locations.

Branches currently open from 10 a.m. to 6 p.m. Monday through Wednesday and 10 a.m. to 4 p.m. Thursday through Saturday include:

Bonita Springs Public Library, 10560 Reynolds Street, Bonita Springs Cape Coral Lee County Library, 921 SW 39th Terrace, Cape Coral

East County Regional Library, 881 Gunnery Road North, Lehigh Acres Fort Myers Regional Library, 2450

First Street, Fort Myers North Fort Myers Public Library,

2001 North Tamiami Trail, North Fort

Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral South County Regional Library, 21100 Three Oaks Parkway, Estero

Lakes Regional Library, 15290 Bass Road, in Fort Myers will reopen with the above hours on Tuesday, October

Signage is posted for following Centers for Disease Control guidelines and social distancing. Plexiglas shields are installed at all public service desks, and hand sanitizer and wipes will be provided to the public. A limited supply of facial coverings, supplied by LeeCARES, are available to the public. The county has removed some furniture to encourage patrons to keep visits brief so that more patrons can enjoy the libraries.

To find out more about the Lee County Library System's month-long virtual Fandom Fest, visit https://www. leegov.com/library/fandom-feStreet. For more information, call 479-4636, text 204-5321, visit www.leelibrary.net or email askalibrarian@leegov.com.☆

From page 1

Orchid Sale

offered. The Southwest Florida Orchid Society is sponsoring the event and will be available to answer orchid-related questions. Members from the society will offer a raffle with an opportunity for guests to win orchids.

A limited number of garden carts will be available; guests are encouraged to bring their own. Members will receive a 15 percent discount off plants in the Edison Garden Shoppe and vendors will offer special discounts as well. Visitors can join during the event to get the discount. Red Roc Cravings food truck and Coastal Dayz Brewery will have refreshments available for purchase.

The Garden Shoppe offers a unique place for gardeners to shop for quality plants. A large selection of orchids will be available, along with flowering and fruit trees, butterfly plants, herbs, succulents, rare exotics and Florida natives. Many of the flowering trees and shrubs in the botanical gardens will be available for purchase, along with wind chimes, fountains, ceramic flower pots and garden

Orchids were Mina Edison's favorite plants and she displayed many of them in her garden. She attached them to trees so they could grow as she saw them in the Everglades. Today, visitors can view many orchid species throughout the 20 acres of botanical gardens. Following in Mina's footsteps, horticulturists continue to attach orchids to trees all around the site.

Following guidelines from the Centers for Disease Control, the organization is undertaking the safety measures. All visitors will be required to wear masks. Staff members wear protective masks, surfaces are cleaned and sanitized daily and protective shields have been installed at the ticket counter. Visitors are also required to wear masks in indoor spaces and on guided tours. Signs are posted throughout the site alerting visitors to practice social distancing, and hand sanitizer stations are available.

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

SPORTS QUIZ

- 1. Fred Thurston, an offensive lineman for the Vince Lombardi-era Green Bay Packers, was better known by what nickname?
- What team selected Georgetown Hoyas basketball standout Ruben Boumtje-Boumtje with the 50th overall pick in the 2001 NBA Draft?
- Name the brothers who played college football for the Miami Hurricanes and were both on the 1997 Seattle Seahawks roster.
- What Big Ten team did Lute Olson leave to accept the head coaching job for the University of Arizona Wildcats men's basketball team in 1983?
- What Heisman Trophy winner from the Florida State University Seminoles was selected by the New York Knicks in the first round of the 1994 NBA Draft?
- Brass Bonanza was the popular theme song for what now-defunct NHL team? What prolific actor was known as "The Hammer" during his eight-year pro football career in the 1960s?

ANSWERS

Hawkeyes. 5. Charlie Ward. 6. The Hartford Whalers. 7. Fred Williamson.

1. "Fuzzy." 2. The Portland Trail Blazers. 3. Bennie and Brian Blades. 4. The University of Iowa

All The President's Meds



by Suzy Cohen, RPh

ear **Readers:** On Friday, October 1, the president of the United States and First Lady Melania tested positive for COVID-19. President Trump's

health is monitored constantly, and he is tested daily for the virus that has taken the lives of more than one million people worldwide, at the time of this writing.

He was taken to Walter Reed National Military Medical Center reportedly with symptoms of fatigue, a hoarse voice and headache, coughing and low-grade fever. He is going to receive better monitoring, and there are qualified, licensed physicians

I think it's a good idea because he is in a high risk category being a senior, and overweight. That said, he has an extraordinary amount of vigor and energy and doesn't look or act 74 years old. He does not drink, or smoke, two risk factors that would be detrimental for this condition.

Now, let's talk about some supplements, and all the president's meds:

Zinc - Zinc deficiency will cause a person to fare out worse if they get COVID-19 due to immune suppression and higher amounts of inflammatory cytokines.

Vitamin D - Vitamin D is thought to be able to reduce the severity of COVID-19 symptoms and reduce the respiratory distress problems associated with the condition.

Baby Aspirin – Studies show that COVID patients have thicker blood (a hypercoagulable state), so aspirin is an appropriate intervention.

Regeneron – A cocktail of antibodies given intravenously. This is given to eat up the virus, which reduces the body's viral load and speeds recovery. It is in late-stage Phase III clinical trials for potential benefit in the treatment and possibly prevention of

Famotidine – The use of this drug for President Trump may have to do with acid reflux, or perhaps from research discovered at Columbia University. Famotidine use seemed to lessen severity of the illness. Patients taking it were approximately 48 percent less likely to require a ventilator.

Melatonin – The news outlets are reporting that this natural supplement is for sleep, however, melatonin is also a strong antioxidant and powerful immune modulator. I think it's a brilliant adjunctive treatment during infection.

There are a few items that I would recommend using my background as a pharmacist. For one, I'd suggest a peptide given by injection called "Thymosin Alpha which has been studied for its effect on COVID-19. This requires a prescription and is often used for people with Lyme disease, EBV, cancer, lupus and severe fatigue. The POTUS would benefit from vitamin C due to its antioxidant benefits, as well as anti-viral herbs such as olive leaf extract and andrographis. Finally, a cup of matcha tea each day could help due to its strong immune-boosting effect. Probiotics would, of course, be useful since COVID is known to hide in the intestinal cells of the

In closing, I'd like to reiterate that I do not have access to President Trump's medical chart, and I am providing my opinion here based upon the list of vitamins and medications that were publicly posted Friday. Please ask your doctor what is right for you.

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

Doctor and Dietician

A Smile Can Change The World





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

id you know that smiling helps you AND others feel better, but it also is good for your health? Who does not love it when you receive a smile from an unsuspecting stranger? A little grin, smirk, smile, or big-broad beam carries immense feel-good power! In days where people are feeling tense, fearful, anxious and just out of sorts, we cannot underestimate the power of sharing a smile! And we need it for ourselves just as much as others.

Did you know that research reveals that children smile five to 10 times more per day than adults? We need to start acting more like children, right?!

Smiling boosts our mood and stimulates our bodies to release cortisol and endorphins. These hormones provide numerous benefits that include reducing blood pressure, pain and stress as well as strengthening our immune systems and improving our endurance. Smiling stimulates the part of the brain that controls the reward mechanisms that supposedly even exceeds that of chocolate! Other studies have stated that smiling 62 times per day could

make you feel like a millionaire! How about that?

Smiles are totally contagious - even to ourselves! Have you ever randomly smiled because someone smiled at you during a time when you were not even feeling that great and found that your mood lifted? Studies do show that smiling is "contagious" because the orbit-frontal-cortex activates that processes the sensory reward system. So next time someone smiles at you feel rewarded!

Research shows that if you smile, even if your mood is not the greatest, you will see improvement in your mood – almost immediately! Do not believe it? Try it? The next time you are in the middle of an argument, smile and observe as the other person's mood changes. The next time you receive annoying information or bad news, take a few moments to breathe, then smile, and patiently wait for a few moments to trick your brain into improving your mood!

We love to smile. And we love to make others smile. We love to make our Caring Medical patients smile. If any of you know Dr. Hauser, his laugh will definitely make you smile! Marion owns a marketing company called Sorridi – which means smile in Italian. We also named our home Sorridi. Why? Because even during tough times, like when our first home on Sanibel burned to the ground in 2012, we needed to smile. Tomorrow is a new day. Smile even though you are lonely and feeling down. It does the body good. And your neighbors as well! We will be looking for your smiling faces out and about.

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.☆

Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www. kaycasperson.com or follow on social media @kaycasperson.☆

Beautifulife:

Game Day



by Kay Casperson

his time of year, there is always so much excitement surrounding college football. We are big Alabama football fans since my husband was involved with the University of

Alabama. My daughter has also decided to attend college there. We have been going to the games either on campus or other parts of the country for a few years now. Both of my daughters are excited about the team each year, and it is so much fun to see them get into the school spirit. Attending the games is one way we can enjoy some great family fun that everyone looks forward to.

If you have ever been on campus when the teams are getting ready for a home game, you will know the kind of spirit in the air. From the students getting prepared

to go to the game, the pre-game gettogethers, or the tailgating surrounding the stadium, there is a positive buzz in the air that is hard to beat. Looking around to see everyone sporting their team colors - in their clothing to their hair accessories – is so much fun and very uplifting.

I just recently attended the Alabama Crimson Tide home football game. Although things were different because of the pandemic, the spirit was just as strong. There was a limited amount of fans allowed in the stadium, and there was no permitted tailgating. Yet, we felt the school's support for the players and the organization everywhere we went.

I wondered how it would be in a stadium that just went through a significant renovation. Would there be the excitement, the noise and the buzz in the air that you feel when you see thousands of fans cheering together for their favorite team? Well, I have to say that I was pleasantly surprised at how seamless things were from the start. Everyone had their school spirit masks on and were seated apart from others, except family members. I was also pleasantly surprised by the sound of cheers coming through loud and clear even with only 20,000 fans allowed out of 100,000

people that generally participate.

I missed seeing the cheerleaders on the field as they were positioned up in the stands by the band. I also missed seeing the marching band on the field, but instead, we saw the virtual band on the big screens. Everything else was virtual, including the flyover after the national anthem and the half-time entertainment. But, we still felt very blessed to be at a game and cheer for the players coming out. It gave a sense of normalcy and optimism that we have all been hoping and praying for.

Yes, game day is fun, whether you are at home watching your favorite team on television, or able to participate in person. It is a reason to get together as a family or with friends. There is always something special about celebrating the victories and dissecting the losses. Game days can warm our hearts, lift our spirits and brighten our days. They are a part of living my beautiful life, and I look forward to them every year.

My affirmation for you this week is: "I am celebrating the game days and cherish the opportunity to cheer on my favorite teams.

Kay Casperson is a beauty and lifestyle expert, founder and CEO of

Chronic Disease Program

ee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, will offer It's All About You on Tuesdays, beginning October 20 from 1 to 3:30 p.m.

The research-based Chronic Disease Self-Management program will be virtual and 2.5 hours once a week for six weeks.

The free program is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions. For more information or to register, call 343-9264.☆



FROM THE BEACHES TO DOWNTOWN FORT MYERS	
Emergency	
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	
Poison Control	1-800-282-3171
HealthPark Medical Center	
Ft. Myers Chamber of Commerce	
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	
Art League Of Fort Myers	275-3970
Art League Of Fort Myers	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	
Fort Myers Harmonica Band	610-653-7040
Fort Myers Symphonic Mastersingers	788.7525
Gulf Coast Symphony	/180.1900
Harmony Chorus, Charles Sutter, Pres	404 0050
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SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	000 000 1050
American Legion Post #38	. 239-332-1853
Angel Flight	//-4AN-ANGEL
Animal Refuge Center	
American Business Women Association	357-6755
Audubon of SWFL	udubonswfl.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
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My Stars ★★★★

FOR WEEK OF OCTOBER 5, 2020

Aries (March 21 to April 19) A workplace change doesn't seem to have turned out quite as you'd hoped. Never mind: Just treat yourself to a healthy dollop of that Aries self-confidence, and you'll soon view things differently.

Taurus (April 20 to May 20) Some of the support you might have hoped for in a difficult situation might not be there. But you have the strength to rely on your own capabilities if you must. Good luck.

Gemini (May 21 to June 20) A disagreement with a longtime friend can be painful, but it also can be a learning lesson. Insist on a full and complete airing of views. You'll both come away the better for it

Cancer (June 21 to July 22) A stalled relationship can be restarted with some give and take on both sides. And while it could take more time than you expect, don't rush it. Be patient, and let it happen naturally.

Leo (July 23 to August 22) An opportunity to move a long-stalled project from concept to construction might be opening up for the Big Cat. Meanwhile, be prepared to spend more time dealing with family matters.

Virgo (August 23 to September 22) Use your Virgo organizational skills to line up support to help you deal with a sticky workplace problem. A personal matter also might be helped with friendly intervention.

Libra (September 23 to October 22) Trying to resolve a workplace problem with a longtime associate can be difficult. Consider bringing in an impartial third party to help you both reach a mutually acceptable solution.

Scorpio (October 23 to November 21) This is a good time to assess your current career situation. Consider whether you have a chance to move up where you are now, or if you should look elsewhere.

Sagittarius (November 22 to December 21) With education being a dominant part of this week's aspect, one of the things you might want to think about is taking courses to enhance your career opportunities.

Capricorn (December 22 to January 19) You might have a problem trying to stay focused on a matter you'd rather not deal with. But the sooner you do, the sooner it will be resolved and out of the way.

Aquarius (January 20 to February 18) An unforeseen complication creates a difficult problem. But things get resolved once you use your ability to turn negative situations into positive experiences.

Pisces (February 19 to March 20) The Pisces penchant for doing the right thing at the right time helps you deal with a particularly troublesome situation. Consider your best option, and act accordingly.

Born This Week: Although you might sometimes seem rigid in your views, your love of justice makes you a trusted friend everyone can rely

MOMENTS IN TIME

- On Oct. 18, 1767, Charles Mason and Jeremiah Dixon complete their survey of the boundary between the colonies of Pennsylvania and Maryland, as well as areas that would become Delaware and West Virginia. The Mason-Dixon Line created the boundary at a northern latitude of 39 degrees and 43 minutes.
- On Oct. 15, 1863, the CSS Hunley, which would become the world's first successful combat submarine, sinks during a test run, killing its inventor and seven crewmembers. The Hunley was operated by a crew of eight one man steered while the other seven turned a crank that drove the ship's propeller.

- On Oct. 14, 1892, The Adventures of Sherlock Holmes, by Arthur Conan Doyle, is published. The book was the first collection of Holmes stories, which Conan Doyle had been publishing in magazines since 1887.
- On Oct. 16, 1923, Walt Disney and his brother Roy found the Disney Brothers Cartoon Studio in Hollywood, California. With the 1928 release of *Steamboat Willie*, the world was introduced to Mickey Mouse.
- On Oct. 12, 1940, cowboy-movie star Tom Mix is killed when his speeding Cord Phaeton rolls into a dry wash in Arizona. Mix died when he was hit in the back of the head by a heavy aluminum suitcase he was carrying in the convertible's backseat.
- On Oct. 17, 1968, American Olympic gold medalist Tommie Smith and bronze medalist John Carlos are forced to return their awards because they raised their fists in a black-power salute during the medal ceremony in Mexico City.
- On Oct. 13, 1975, Charlie Rich stood at the Country Music Association of America show to announce the Entertainer of the Year and set fire to the envelope after he saw that John Denver was the winner. It was later said that Rich was on prescription pain medication and gin-and-tonics that night.

NOW HERE'S A TIP

- For a little extra visibility in the basement, try applying glow-in-the-dark or reflective tape on the edges of the stairs.
- "Peppermint is a wonderful cure for indigestion. To make a quick peppermint tea, use a rolling pin to smash three to four peppermint candies. Add them to a glass of water and microwave for a minute and a half. Stir to melt the candies completely, and drink slowly." GL in California
- Don't stop reading just because it's hard to get to a library. Many public libraries are offering delivery services these days. My local library will let you reserve books online for quick pickup, renew your due date or even have books delivered to your home. Some have regular seminars on all kinds of topics and many of them are done virtually.
- If you are replacing a hinge to re-hang a door and you need to use the same holes, make sure you add grip by placing a matchstick or toothpick in the hole before rescrewing the attachments. Just break it off flush with the frame. It will add some security to the hole so it won't be as loose.
- Maintain a list of all drugs you take both prescription and over the counter and when you fill a new prescription, give a copy to your pharmacist to check for interactions. Also, if you have multiple or complicated medical issues, it might help to patronize a single pharmacy. That way, the pharmacist can advise you of any interactions or complications.
- "My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!" CD in Colorado

STRANGE BUT TRUE

- Some adult details made it into the final cut of the PG-rated film *The Santa Clause*. In one scene, Tim Allen's character jokes that his wife's number is "1-800-SPANK ME." It turned out, however, that was a real line that you could call and hear some naughty stuff as many overly curious children found out. The line was removed from future releases of the film.
- According to Hasbro, the tallest Jenga tower ever was 40 levels, plus two additional blocks on top.

16

PUZZLES

Answers on page 23



111

116 | 117 | 118 | 119

126

129

112 1113

127

130

114

120

115

128

131

121 122 123 124 125

King Crossword

ACROSS

- 1 Former freshmen
- 6 Squid squirt 9 Doctrine

15

25

47

52

55

- 12 Construction piece
- 13 Cattle call
- 14 IRS employee 15 1492 ship
- 16 SAT takers' equipment 18 Pet rodent.
- often 20 Warmth
- Second person
- 23 More, to Manuel
- 24 Portion of a
- repair bill 25 Great Lake
- 27 Amulet "Where the
- Wild Things Are" author
- 31 "Nighthawks" painter
- 35 Edition 37 Genesis

maker

- 43 Promptly 44 Sea eagle 45 Downy ducks 47 Necklace

MAGIC MAZE

- 4 Detest
- 26 Rewrote, maybe 28 Winning
- 5 Unctuous flat- 30 Fool 32 Musinaly terv

50

thoughtful

33 Swelled head

38 Calyx compo-

39 Guiding prin-

34 Uncooked

nent

ciple

36 One

43

33

- 6 Mischievous 52 Commotion 53 Tall tale Yule refrain 54 Rod of tennis 8 "- -Tiki"
- 9 Less friendly lore 55 Actress Myrna 10 Pie-in-the-
- 56 Toss in face sound 57 Tools for
- duels

38 Sings like Ella DOWN 41 Apprehend

- ornament 49 "Psycho" star
- 1 Taste the tea 2 Japanese sash 24 Expert
- 3 Gotham City super-villain
- 11 Sail supports Winners 19 Supports "Certainly 21
- 40 Bother 42 Ball VIP 45 Oklahoma city 22 Mined find

42

- 46 Harvest 48 Carte lead-in
- 50 "Golly!" 51 Storefront

sign abbr.

COFFEE-**EXPORTING**

COUNTRIES

G J G D A X V S P N K I L A F CAXVSOOLJAHEICA AXVTRP NLI J B Z H F DLBYXVA TRPMPAS MKAIGE MMHODARAB ZXWMUTIA ALIRQBRO I E N OAHAGAUF \mathbf{C} X O DCAY T TT Y W IS ENODN Е RIXEMPUUREPNOO

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

Colombia Cuba Ethiopia Guatemala Haiti Honduras India Indonesia

NVLKADNAGUKJ

Jamaica Kenya Uganda Laos Vietnam Mexico



Tomato Soup

- 3 pounds tomatoes, roughly chopped
- 2 carrots, roughly chopped
- 1/4 small onion, roughly chopped 2-4 cups vegetable broth (depending on desired consistency)
 - 6-8 basil leaves, hand torn
 - 2 garlic cloves, minced
 - 1/2 lemon, juiced
 - 1 teaspoon dried oregano
 - 1/2 teaspoon crushed red pepper
 - 1 teaspoon sugar
 - 2 tablespoons olive oil
 - 1/2 cup heavy cream
- Several dashes hot sauce (optional) Sea salt and fresh ground pepper, to taste

Preheat a large pot over medium-high heat and add olive oil. Add carrots, onions, garlic, oregano, and crushed red pepper and sauté for 5 minutes or until slightly soft. Next add the tomatoes, broth, sugar, salt and pepper. Stir to combine, bring



Tomato Soup

photo courtesy Fresh From Florida

to a boil, then reduce to simmer. Cook for 15-20 minutes or until the carrots have softened. Add lemon juice, fresh basil, heavy cream, and hot sauce (if using); remove from heat and allow to cool slightly. Taste and adjust seasoning if needed. Add lemon juice. Using a stand blender* or immersion blender, puree the soup until desired consistency is reached. Garnish with fresh basil and serve warm.

Fresh tip: It is optional to remove the seeds and skins from the tomatoes before cooking, but not necessary.

*If using a stand blender, puree soup in small batches. Steam from hot soup can cause severe burns.☆

PETS OF THE WEEK

Lee County Domestic Animal Services

Thora And Jayla

Tello, my name is Thora. One look into my emerald eyes, and you will most certainly fall in love. I am a 2-yearold female domestic shorthair with stunning beauty and strong affectionate



Thora ID# A829147

qualities. I do prefer to be queen of my castle and the only feline in the home. But, with this combination of looks and personality what more do you need?

My adoption fee is \$50.

Hi, I'm Jayla. I am a 4-year-old female labrador retriever and rottweiller mix who has the perfect combo of the rottie head, lab fur and personality. I am a playful pup that likes to run around in play yards and going for walks. If you have an active lifestyle, I would be a great fit. To visit with me, visit www. leelostpets. com and complete an



Jayla ID# A829143

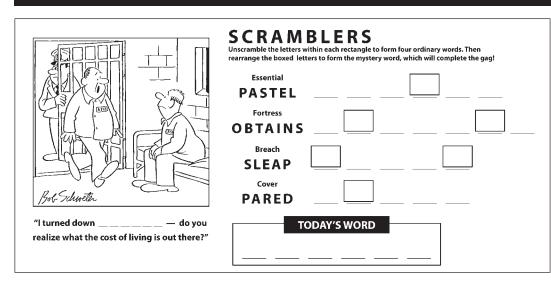
online application, and call 533-7387 to make an appointment.

My 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 kttens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.☆

PUZZLES

Answers on page 23



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

SUDOKU

To play Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY **HENRY BOLTINOFF**



Find at least six differences in details between panels.



have been added. 6. Tree has additional limb. Pants are longer. 4. Flowers have been added. 5. Bushes Differences: 1. Bear has been added. 2. Window is wider. 3.



FRIDAY Few Showers High: 85 Low: 76



SATURDAY Mostly Cloudy High: 83 Low: 75



SUNDAY Cloudy High: 85 Low: 74



MONDAY Few Showers High: 86 Low: 78



TUESDAY Cloudy High: 84 Low: 74



WEDNESDAY Partly Cloudy High: 86 Low: 78



THURSDAY Partly Cloudy High: 85 Low: 75

Redfish Pass Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	5:07 am	1:38 pm	None	None
Sat	6:19 am	2:55 pm	11:40 pm	None
Sun	7:57 am	1:32 am	11:50 pm	4:00 pm
Mon	9:34 am	3:22 am	None	4:53 pm
Tue	12:06 am	4:30 am	10:51 am	5:38 pm
Wed	12:23 am	5:25 am	11:56 am	6:16 pm
Thu	12:41 am	6:14 am	12:54 pm	6:50 pm

Point Ybel Tides

Day	<u>High</u>	Low	<u>High</u>	Low
Fri	4:12 am	1:40 pm	None	None
Sat	5:24 am	2:57 pm	10:45 pm	None
Sun	7:02 am	1:34 am	10:55 pm	4:02 pn
Mon	8:39 am	3:24 am	11:11 pm	4:55 pn
Tue	9:56 am	4:32 am	11:28 pm	5:40 pn
Wed	11:01 am	5:27 am	11:46 pm	6:18 pn
Thu	11:59 am	6:16 am	None	6:52 pn

Punta Rassa Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	4:59 am	12:57 pm	7:29 pm	11:20 pm
Sat	5:44 am	2:19 pm	8:34 pm	11:55 pm
Sun	6:40 am	3:30 pm	9:46 pm	None
Mon	8:01 am	1:20 am	11:04 pm	4:34 pm
Tue	10:29 am	4:11 am	11:58 pm	5:36 pm
Wed	12:03 pm	5:39 am	None	6:30 pm
Thu	12:34 am	6:43 am	1:03 pm	7:16 pm

Cape Coral Bridge Tides

<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low
Fri	7:17 am	4:54 pm	None	None
Sat	8:29 am	6:11 pm	None	None
Sun	1:50 am	4:48 am	10:07 am	7:16 pm
Mon	2:00 am	6:38 am	11:44 am	8:09 pm
Tue	2:16 am	7:46 am	1:01 pm	8:54 pm
Wed	2:33 am	8:41 am	2:06 pm	9:32 pm
Thu	2:51 am	9:30 am	3:04 pm	10:06 pm

PROFESSIONAL DIRECTORY

ELECTRICAL



POWER Authorized Deale Lee, Collier, Hendry, Charlotte, Sarasota Counties Lic.# EC-13002460

generator@iteelectricinc.com 204-B Waldo Avenue, Lehigh Acres, FL 33971

GENERAL CONTRACTOR



TREE TRIMMING, ARBORIST



CONSTRUCTION/REMODELING



Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

CLEANING SERVICES





IRRIGATION





FISHING CHARTER





The Harry Chapin Food Bank

3760 Fowler Street, Fort Myers, FL 33901 Call (239) 334-7007 or donate online at: harrychapinfoodbank.org

HOME SERVICES





The New Math:

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

Thank you for your generosity!

Mail your tax-deductible donation to: The Harry Chapin Food Bank 3760 Fowler Street, Fort Myers, FL 33901 Call (239) 334-7007 or donate online at: harrychapinfoodbank.org





ets get into everything around the house, but don't let their curiosity get them injured or, even worse, killed. Pet-proofing your home is a necessity to protect your beloved pets. Below are some simple tips for keeping your fuzzy family members safe:

Be sure that all plugs are completely in their wall sockets - You do not want a wet nose, paw and tongue coming into contact with exposed prongs.

Watch your cords for fraying or damage from nibbling - If unplugging cords is not an option and your furry friend is seeking out electrical cords, consider coating them in pet deterrent which is available at pet stores or wrap the cords in a cable or PVC.

Never leave any electrical items plugged in near water.

Do not allow your pet near lamps - If your pet loves lamps too much to keep them away, consider a low-heat lamp so there is less chance of fire if it is knocked

Keep your furry friends away from cords behind your computer or television - It may be warm and cozy for them, but the

risk is too great with all of those cords and electrical connections. If possible, set up a comfy area for your pet that is completely free of electricity. This would be the ideal spot for their crate, bed, toys, etc.

Pet-proofing a home is just as important to baby-proofing since our "kids" rely on us to keep them safe. For more tips on electrical safety and more, visit www.lcec.

Quick Response Is Needed For Addiction

Tarconon warns friends and families that the window period of desperation when an addict reaches for help is very short lived. Knowing this is important when dealing with an addict needing treatment. It is a life or death situation and the next pill, hit, shot or drink could very well be their last. Do not wait for that to happen, act accordingly. No addict deserves to die.

For more information on time importance, visit www.narconon-suncoast. org/blog/time-kills-addicts.html. Call for a no cost screening or referral at 1-877-841-5509.☆

From page 18

Strange But True

- There have been more than 300 different Kit Kat flavors in Japan, including soy sauce, "European cheese" and wasabi. Some of them are limited or regional editions. Because the candy bar's name coincidentally sounds like the Japanese expression "Kitto Katsu," which translates to "You will surely win." it is a popular good-luck gift for students ahead of their university exams.
- Astronauts cannot cry in space, as the tears need gravity to flow. They also lose their sense of smell in space.
- The fingerprints of a koala bear are so indistinguishable from those of humans that they have on occasion been confused at a crime scene.
- Winston Churchill had a doctor's note permitting him to drink "unlimited" amounts of alcohol while visiting the
- Speaking of beverages, in 16thcentury Turkey, a woman could initiate a divorce if her husband didn't pour coffee for her.
- Because they both lost so many players to World War II military service, the Pittsburgh Steelers and Philadelphia Eagles combined to become the "Steagles" during the 1943 season.

• The Anglo-Zanzibar War (August 1896), between the United Kingdom and the Zanzibar Sultanate, is the shortest war in recorded history, clocking in at a mere 38 minutes.

THOUGHT FOR THE DAY

"Every strike brings me closer to the next home run." - Babe Ruth

TRIVIA TEST

- 1. Geography: In which mountain range is Mount Everest located?
- 2. Ad Slogans: "What can brown do for you?" is a slogan for which company?
- 3. **Government**: What is the subject matter of the 12th Amendment to the U.S. Constitution?
- 4. **Music**: In what year was Live Aid held, a relief concert to benefit the Ethiopian famine?
- 5. **Psychology**: What is a fear of flying called?
- 6. Animal Kingdom: What is a group of porcupines called?
- 7. Language: What kind of sentence is the following: "The five boxing wizards jump quickly"?
- 8. **Games**: What is the most frequently landed-upon property in the Monopoly game?
- 9. Food & Drink: In which two

CLASSIFIED

COMMERCIAL RENTAL

PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel 3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft). Call 703-593-7024 6/21 **☆** TFN

OFFICE/COMMERCIAL SPACE FOR RENT



Palm Court Center 2424 Palm Ridge Road, Sanibel, FL 33957 Highly visible ground floor space, 534 square feet. Move in condition. Formerly Buyer's Choice Realty. \$ 900 per month. Landlord pays all common. Area Maintenance. Call 973-726-3213

ground level home. 1 min bike ride, 5 min walk- door to shore. 3 bed/2 bath with additional private outdoor shower. This home has it all, lush landscaping, updates galore, spacious family room, over the top remodeled kitchen looking out onto the heated pool with attached enclosed sunroom. This home is ready for October and January rentals, call today before you miss out!! Brooke Brownyard 239-281-4179 9/25 * 10/9

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VACATION RENTAL



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FEMALE SEEKING RENTAL

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RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment. chip@chipwolfe.com chipwolfe.com 239-848-0906 REMAX OF THE ISLANDS 6/5 **☆** TFN

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. Tree Trimming by a Licensed Arborist Professional Irrigation Repair

 Licensed & Insured Home Watch Service Residential & Commercial



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LOST CAT

VEHICLE FOR SALE

2016 WOLF ISLANDER SCOOTER

Pretty turquoise blue and white color. Only 620 island miles on it.

Runs perfect.

\$800. 10/9 **#** 10/16

Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy." Reward.

If seen, please call 239-980-3592.

PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org. Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.

To advertise in the Island Sun and The River Weekly News Call 395-1213

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IMMACULATE MOTORHOME



32' Motorhome - ONLY 26.815 miles! NADA VALUATION with included options is over \$70.000. We are selling for \$62.500. One owner Class C 2015 Model Forester 3051S maintained in immaculate condition!

We love this RV, however we have purchased a second home in Sanibel and no longer use RV like we originally did. Will also sell 2013 Honda CRV Toad with Tow Bar and InvisiBrake System. NADA value of CRV is \$13,250, selling for \$11,000. CRV is will maintained with 4 new tires and includes a bike rack that carries 4 bikes. Together, the RV and CRV is priced to sell and will provide you everything you need to explore the country. 412-580-5467.

U.S. states are coffee beans grown commercially?

10. **Famous Quotations**: Which modern author wrote, "Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple"?

TRIVIA ANSWERS

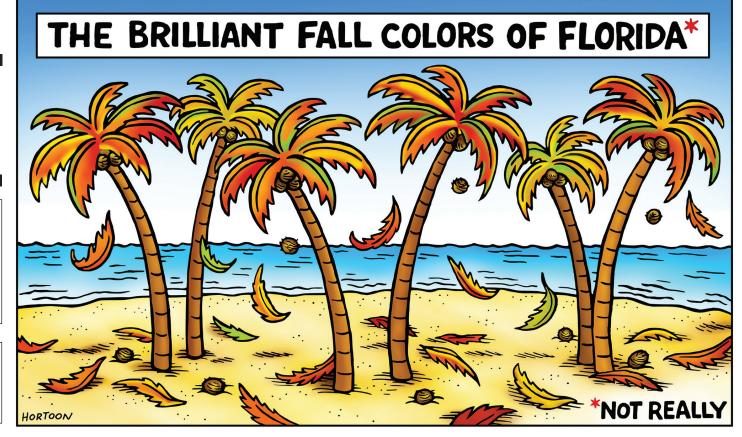
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SCRAMBLERS ANSWER

1. Staple 2. Bastion; 3. Lapse; 4. Drape Today's Word **PAROLE**

Read us online at www.islandsunnews.com

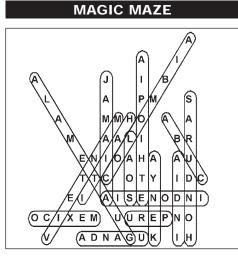
HORTOONS



PUZZLE ANSWERS

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SUDOKU

Top 10 Real Estate Sales

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Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fairview Isles	Fort Myers Beach	2019	3,451	\$4,200,000	\$4,145,000	0
Bonita Beach	Bonita Springs	1980	1,518	\$3,350,000	\$3,300,000	0
Beach Homes	Captiva	1974	2,200	\$3,650,000	\$3,150,000	71
Southport On The Bay	Bonita Springs	1997	3,425	\$2,495,000	\$2,350,000	320
The Reserve	Estero	2004	5,076	\$2,095,000	\$2,095,000	106
Devonwood	Fort Myers	2004	6,967	\$1,990,000	\$1,900,000	78
Edgewater	Fort Myers	2000	5,860	\$2,500,000	\$1,750,000	568
Dolphin Cove	Bonita Springs	2001	3,900	\$1,749,000	\$1,645,000	175
Cape Coral	Cape Coral	2016	3,014	\$1,500,000	\$1,500,000	3
Fairview Isles	Fort Myers Beach	2013	2,275	\$1,449,000	\$1,439,000	125

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