



Filmmakers and organizers at a previous film festival

photo provided

Film Festival In Person And Online Next Week

The Fort Myers Film Festival will feature in-person and virtual activities at the Sidney & Berne Davis Art Center – with other venues, restaurants and private parties to be announced – from

Wednesday, October 21 through Sunday, October 25.

The festival will begin with a scaled back Red Carpet Opening Night at the Davis Art Center at 7 p.m. The event will begin with the red carpet rolling out, paparazzi clicking and doors opening at 5 p.m. to VIP guests for drinks, mingling and musical entertainment with local and international filmmakers prior to the featured movie.

Tickets are \$15 for movie only or \$100

continued on page 12

Lab Theater Presents Virtual Stage Production

The Laboratory Theater of Florida will present an audio visual hybrid film and stage production of Nancy Stetson's *Rest Stops of America*. Three virtual performances will be available – Saturday, October 17 at 8 p.m.; Sunday, October 25 at 2 p.m.; and Friday, October 30 at 8 p.m.

This is a beautiful story of sisters Ruby and Pearl, who are on a very special road trip. Along the way, they explore their relationship, the bonds that hold them together and the secrets that might keep them apart.

This production features real-life sisters Cindi Heimberg (Ruby) and Stacy Peres (Pearl) and Mike Dinko (Roy). It is directed by Annette Trossbach.

Digital passes are \$15 and available by calling the box office at 218-0481 or online at www.laboratorytheaterflorida.com.

This is an audio visual recording and is only viewable online. Your digital pass is good for one viewing for the date chosen. The viewing of the video must be started and completed within 24 hours.

With theaters around the world dark to help curb the spread of the global



Cindi Heimberg as Ruby and Stacy Peres as Pearl

photo provided

pandemic, artists are anxious to get back to performing. The theater has instituted a rigorous pandemic protocol, which incorporates a quarantine model for staff, crew and cast. This includes but is not limited to isolation, temperature checks upon arrival, masks for those not on stage (limited to one actor at a time), frequent handwashing and use of hand sanitizer.

This production was filmed under socially safe conditions based on strict adherence to the pandemic protocol.✱



The Heights Foundation Thanksgiving Outreach will assist local families

photo provided

Donations Sought For Thanksgiving Outreach

The Heights Foundation/The Heights Center is seeking organizations and individuals to participate in the Bountiful Blessings Thanksgiving Outreach. Since 1999, the program has provided the ingredients so families in the Harlem Heights neighborhood can make

a traditional Thanksgiving meal in their own homes to share with their families. In 2019, partner agencies, businesses, philanthropic organizations and more than 100 volunteers provided turkeys and groceries to more than 300 families benefitting approximately 1,500 individuals.

"Holiday memories often center around a meal, the joy of preparation and being together as a family," said Kathryn Kelly, president and CEO of The Heights Foundation/The Heights Center. "But,

continued on page 17

Youth Theater Performance Saturday



The cast of *Charlotte's Web*

photo provided

The Alliance for the Arts will digitally present *Charlotte's Web the Musical* on Saturday, October 17 at 7 p.m. This virtual streaming event will give audiences the opportunity to support the Alliance's youth theater cast.

The production, which was scheduled to open on the Alliance stage in March, was canceled due to COVID-19. Alliance youth theater director Carmen Crussard has since been working on creating a digital version to provide the young cast of elementary and middle school-aged children the

opportunity to perform.

"The production team and cast of *Charlotte's Web* are so excited and relieved to finally be able to showcase our hard work. This cast of young artists stayed committed and energized even after months of uncertainty and unpredictable change," said Crussard. "I am proud of them and hope their dedication shows in the final product they were able to produce. It's not what we thought it would be when we embarked on this journey last January,

continued on page 14

Historic Downtown Fort Myers, Then And Now:

Pioneer House Surrenders Spot To Railroad



by Gerri Reaves, PhD

Pictured in this photo taken between 1890 and early 1902 is the home of one of Fort Myers’s first families, Capt. Manuel A. and Evalina Jane Weatherford Gonzalez.

The house was located on the northwest corner of Monroe and Main Street.

Fortunately, despite the damage to the photo, some family members are visible. Capt. Gonzalez is standing on the front porch, and three of his adult children are standing on the balcony: William, Laura Florelina (Garner) and Alphonso.

Note the ornamental carpentry trim along the balcony. Such gingerbread flourishes, now associated with the historic buildings in Key West and New Orleans, were common on frame buildings in that era.

The couple’s life was nothing short of adventurous. The captain was born in Madrid, Spain, in 1832 or 1833, depending on the source. As a 14-year-old, he worked his way on a ship to Key West after shipwrecking in Cuba.

There, he became a U.S. citizen.

His skill as a pilot and seaman was legendary. In the 1850s, he ran a mail boat from Fort Myers to Tampa and came to know the former U.S. Army Fort Myers, which dates from the Seminole Wars.

In 1866, just following the Civil War, the couple, who had married in 1861, took up residence at the abandoned fort, becoming two of only a handful of the town’s earliest settlers. Also in the party were newlyweds Joseph D and Christiana Stirrup



Capt. Manuel A. and Evalina Gonzalez, two of Fort Myers’s first settlers, built this home at Monroe and Main in the late 19th century. Pictured are Capt. Gonzalez on the front porch and three of his adult children upstairs, from left, William, Laura Florelina (Garner) and Alphonso.

photo courtesy SWFL Historical Society



Today, the Lee County Public Works Building and parking lot are located on the former Gonzalez property

photo by Gerri Reaves

Vivas.

The Gonzalezes lived in former officers quarters at the approximate site of today’s Sidney & Berne Davis Art Center.

The captain received a large land grant and opened what might have been the town’s first store, whose business included trade with the Seminole Miccosukee Indians.

He was also a master carpenter, a business his son Manuel S later continued.

In fall 1868, Evalina, from the Bahamas and of English descent, started a home school that was the seed of today’s public school system.

After her husband obtained textbooks from Cuba – or Key West, depending on the source – while on one of his many sea voyages, she started the school in fall 1868 with four students, two of her own children, Manuel S and Mary Evalina (Stewart), and two neighbor children, Janet Clay (Jenkins) and Josephine Powell (Williams).

Circa 1872, Manuel and Evalina moved south of town to Manuel’s Branch, a namesake. However, in the 1890s, they built the house pictured here and returned to town.

The captain died in 1902. In November 1903, Evalina sold the property to the Atlantic Coast Line Railroad.

Rail service came to Fort Myers the following February, and soon the passenger depot was built on the former Gonzalez homesite.

Evalina died in 1905.

Walk down to Monroe and Main and imagine the pretty pioneer house that was sacrificed to the railroad.

Then learn more about Fort Myers’s first families 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*, and *The Story of Fort Myers* by Karl H. Grismer.*

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Collaboration Exhibit And Sale To Benefit Group

Fort Myers Beach Art Association (FMBAA) has partnered with Shucker's Fort Myers Beach, whose indoor dining room will display artworks for sale.

The artworks feature donations from notable past presidents – Lee Ackert, Michele Barron Buelow and Gretchen Johnson – as well as current members Pam Flaherty and John Rizza, and former member Phil Rasmussen.

"Here at Shuckers at the Gulfshore and The Cottage it is of paramount importance to leave a positive long-lasting impression on our local community. One way we have decided to do so is by promoting and celebrating our local art scene," said General Manager Brian Nagle. "In collaboration with the Fort Myers Beach Art Association, we have decided to offer some of our dining room wall space as a continually changing display of local art for sale and show.

Along with the display, we will be working together to host an array of art centric events that can be enjoyed by all our guests. Whether you are an artist yourself, or just like some cool paintings, everyone can appreciate the talent these artists bring to the canvas. Great food, great drinks, great art and excellent company".

FMBAA has been closed since March 19 and plans to reopen Monday, October 19 and remain open Monday through Thursday from 10 to 3 p.m. with limited capacity and masking required. The closure disrupted all income producing events and fundraisers, including the student scholarship show and multiple classes. Like so many other non-profits in the area, FMBAA has much lower income this year due to the virus. FMBAA assembled donated artwork for this initial offering at Shucker's, located at 1250



Blue Bannanas by Gretchen Johnson
image provided

Estero Boulevard on Fort Myers Beach.

"We, at FMBAA, are excited to have the opportunity to display our artwork at Shuckers at the Gulfshore," said Tom Flaherty, president of FMBAA. "We look forward to participating in live painting events and sales. The first such event, painting before sunset, occurs on October 27 in the late afternoon."

For more information, send e-mails to FMBAA publicity chair Pam Flaherty at fmbaapublicity@gmail.com or stop by the Fort Myers Beach Arts Association Gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, call 463-3909 or visit www.fortmyersbeachart.com.✪

Anti-Bullying Event At Shell Factory

The Shell Factory & Nature Park will host the CrocaGator National Bullying Prevention Month Event to encourage children to speak up, reach out and be a friend on Saturday, October 17 from 10 a.m. to 4 p.m. The event will include free admission for kids into the Nature Center. They must be accompanied by an adult.

Activities for school-age guests include:
Tie-dying a CrocaGator shirt
Sidewalk chalking and poster signing
anti-bully pledges

Taking pictures with and receiving
autographs from CrocaGator Sonny

Free slice of pizza for all children that
participate (while supplies last)

Free anti-bullying bracelet with a secret
message

Viewing a plant project donated by
World Farms in Naples

Face painting

Sitting in on a book reading of *You're a Bullied CrocaGator* (occurring every

30 minutes)

Meeting the *You're a Bullied CrocaGator* author Kenny Rager (complementary anti-bullying bookmark)

Discounts from The Shell Factory
throughout the day

Give a small donation and receive a plant of your choice. Meanwhile, The Shell Factory will provide giveaways and event participation bracelets to all children as well as raffle off a one-on-one encounter with a sloth, under the supervision of a park trainer.

The Shell Factory asks children to wear orange to support National Bullying Prevention Month, as it is inspired by a nationwide campaign that brings bullying prevention to the forefront. Founded in 2006 by PACER's National Bullying Prevention Center, it is now recognized by hundreds of schools and organizations via educational and awareness-related activities every October.

The Shell Factory & Nature Park is located at 16554 North Cleveland Avenue US 41 in North Fort Myers. For more information, visit www.shellfactory.com or call 738-1327.✪

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Fort Myers Art:

Youth Players Present Story Of Self-Discovery



by Tom Hall

The Center for Performing Arts Bonita Springs Youth Players are thrilled to finally present *James and The Giant Peach Jr.* With its captivating musical score by Tony Award-

winning songwriters Benj Pasek and Justin Paul (*The Greatest Showman*, *Dear Evan Hansen*), and a book by award-winning playwright Timothy Allen McDonald, *James and the Giant Peach Jr.* tells a story of courage, self-discovery, friendship and the true nature of family that will charm one and all.

The story revolves around a boy by the name of James Henry Trotter. When James is sent by his conniving aunts, Spiker and Sponge, to chop down their old fruit tree, he discovers a magic potion that results in a tremendous peach. Finding himself magically transported into the center of the gigantic peach among human-sized insects with equally oversized personalities, James embarks on an epic journey when the peach falls from the tree and rolls into the ocean. As they bob in waves, the group faces hunger, sharks and plenty of disagreements. But thanks to James' quick wit and creative thinking, the



image courtesy www.artswfl.com

residents learn to live and work together as a family. The dangerous voyage is a success, but the adventure takes a whole new twist once they land on the Empire State Building.

The production first debuted at the Kennedy Center's prestigious New Visions New Voices festival in 2012 and was a festival favorite.

The magical musical comes to the stage at 7 p.m. on Friday and Saturday, October 16 and 17, and at 2 p.m. on Saturday and Sunday, October 17 and 18. The show was originally scheduled for May 15 to 17 but had to be postponed due to the pandemic.

The performance will be held in the Hinman Auditorium at the Center for Performing Arts Bonita Springs, located at 10150 Bonita Beach Road in Bonita Springs. For tickets, call 495-8989 or visit www.artcenterbonita.org.

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.✪

Women's Legacy Fund Virtual Benefit

The Women's Legacy Fund (WLF) of the Southwest Florida Community Foundation will host its fall event virtually on Thursday, October 22, from 8:15 to 9 a.m. This event will feature the work of visually inspiring storyteller, Kin fay Moroti of Hopeful Images.

The free event is for contributors to the fund, WLF Prima Donors and any women interested in being inspired and in impacting women in our community. To register, visit www.bit.ly/sheismeswfl.

"We are inviting all women to grab a cup of coffee and join us as we highlight women in healthcare who are making a difference in the lives of our Southwest Florida community," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "The virtual landscape gives us the opportunity to invite more into this space, and we're excited to share how our impact makers and healthcare workers make a difference in our community."

The virtual event entitled *She is Me* will take attendees on a behind the scenes, day in the life look at the dedicated and inspiring women in healthcare who attended training programs supported by contributors of the Women's Legacy Fund.

The WLF has an ongoing commitment to workforce development for women and girls. To make a more sustainable

impact, the WLF grants committee opted for a three-year funding cycle with the School District of Lee County and its Career Pipelines for Women in Health Care program. The second year of the program is currently underway, and the third year of funding will be awarded upon its completion.

The grant aims to remove barriers for women from underserved and underemployed communities so that they may enroll in health science educations courses at Cape Coral (CCTC) and Fort Myers Technical Colleges (FMTC). This will be accomplished by providing gap funding to meet unmet tuition costs and emergency funding to cover unforeseen expenses that could hinder students from attaining their certificates. The project targets the disciplines of certified nurse assisting (CNA) and certified medical assisting (MA) as they have been identified as critical need positions by local health care partners.

Women that successfully complete the programs earn valuable state licenses and industry certifications that guarantee them an interview with Lee Health System and/or Cypress Cove at Health Park.

"CCTC and FMTC staff track student monetary needs and provide a pool of gap funding to help the women cover school-related expenses that are not otherwise covered by state or federal funds," said Owen. "This is the critical goal to provide gap funding through the Women's Legacy Fund to help ensure these women are provided the assistance needed to graduate and support our workforce needs."✪✪

Comedian And Pianist At Shell Factory Theater

Stand-up comedian RC Smith will perform at the Players Circle Theatre on Friday, October 23 and Saturday, October 24, while jazz pianist and singer Danny Sinoff will play on Friday, October 30 and Saturday, October 31. Shows on Friday will begin at 8 p.m., while two shows will be offered on Saturday at 6 p.m. and 8:30 p.m.

The theatre has been converted into a nightclub/cabaret style facility, which will have 90 seats, spaced for social distancing in accordance with CDC guidelines. VIP and general admission tickets will be available at \$25 and \$15, respectively, by calling 800-3292 or visiting www.playerscircle.org.

Servers will be available to take orders for appetizers and cocktails. Full dinners are available before the shows in the Southern Grill restaurant. For reservations, call 995-3999.

Temperatures for audiences will be taken before entering the theatre. Masks will be required for all audience members to enter the theatre, at intermission, and when using the rest rooms. While not mandatory, wearing masks during the show is requested. Employees and volunteers will check temperatures, wear face coverings, and practice frequent

hand washing. Hand sanitizer stations will be provided throughout the theatre.

The Players Circle Theatre is located at The Shell Factory at 16554 North Cleveland Avenue in North Fort Myers.✪

University Picks Name For Mascot

Hodges University has named its mascot, the Hawk, after receiving many suggestion entries.

Keaton was chosen after being submitted by Kelly Richards, a staff member at the university. The meaning of the winning name is "a place of Hawks – where Hawks fly."

The runner-up winners: William Blair II, Anna Gloth, Jerry McHale, Donna Jones, Lisa Pedigo, and Tish Pizarro. The most creative name and a runner-up was from Hildy Glick, who submitted the name: Emilia Ehrhawk.

"We appreciate the faculty, staff, students, alumni, trustees and the community at large for their creativity and enthusiasm," said Dr. John Meyer, president of Hodges University.✪

College Bound

Tequon Chatman of Cape Coral has enrolled at the University of Findlay in Findlay, Ohio for the fall 2020 semester. New students began their studies at UF on August 17.✪

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Magazine Issue Highlights Youth And COVID-19

Golisano Children's Hospital has published the latest issue of *Kids First* magazine, a free resource for Southwest Florida's families and the region's only publication solely dedicated to sharing expert-sourced pediatric health and wellness information. The special COVID-19 issue is complete with seasonal advice and tips from local physicians and healthcare providers with a focus on the timely challenges that families are facing during the pandemic and current events.

Articles include:

Health Care Can't Wait – Don't let fear of COVID-19 keep you from getting emergency care;

Telemedicine is Here to Stay – How to make it work for you and your child;

Presence of Mind – Help your kids deal with the psychological impacts of the pandemic;

Raising Strong, Informed Kids – How to talk with your children about challenging topics and teach them resiliency;

Staying Safe While Learning – Protect your kids whether in the classroom or virtually.

Additional topics include healthy habits, mental health, technology, innovations in treatment, advances in local services and nutritious, and kid-approved recipes.

"Much has changed in our world since we first began this publication,"



image provided

said Armando Llechu, chief officer, hospital operations and women's and children's services at Lee Health. "More than ever, we felt compelled to produce a series of articles and advice from pediatric experts to help us all adjust to what has quickly become our new normal in this pandemic era."

The purpose of the magazine is to help ensure children are the healthiest they can be, thus keeping hospital admissions down and experiencing better outcomes if hospitalization is ever necessary. *Kids First* is made possible in partnership with TOTI Media and the support of area businesses and advertisers who believe in and enable the mission and vision of Golisano Children's Hospital.

Kids First magazine current and past issues are available digitally at www.kidsfirstmagazine.org.✱

Care Package Items Needed For Students

Mina Edison Society members are holding a pantry item drive-through event at the Barbara B. Mann Performing Arts Hall on Thursday, November 12 from 11 a.m. to 1 p.m. and 4 to 6 p.m.

People are being asked to bring donated items like toothpaste, body soap, shampoo, plastic dinnerware and hygiene items for students at Florida SouthWestern State College (FSW). Just pop your trunk, and a team will gather your donated items. Cash donations are also accepted.

"Mina's Pantry is created to ensure continuity in our students' education during these uncertain times caused by the COVID-19 pandemic," said FSW Foundation Board Chairman Marcia Hobe. Ginny Henderson, Fort Myers city's first lady, added: "The Mina Edison Society, comprised of area trustees and business leaders, believes that education is the basis to building a strong human capital in Southwest Florida. Providing pantry items helps students financially and emotionally

and lets them focus on education, not survival."

To learn more, visit www.foundation.fsw/minaspantry.✱

Turn Lane Approved For Cape Bridge

The Lee Board of County Commissioners recently voted to approve a contract to build an additional right turn lane from the Cape Coral Bridge Road onto McGregor Boulevard to alleviate traffic congestion.

The board has prioritized projects to improve east-west corridors throughout Lee County to improve traffic flow.

The \$159,365 contract, with Pavement Maintenance, LLC of Fort Myers, includes all paving, drainage and concrete improvements for the turn lane.

The project is included in the joint project list between the county and the City of Cape Coral and is eligible to be funded with surplus from Cape and Midpoint tolls. Construction will begin later this month and take about six months to complete.

For more information about the Lee County Department of Transportation, visit www.lee.gov/dot.✱

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Purchase tickets at ShellMuseum.org

Community Cooperative Receives Award

Community Cooperative was presented the inaugural Bay Pines Director's Cup for service to Southwest Florida's veterans through bimonthly mobile food pantries held at Lee County Veterans Affairs (VA) Clinic in Cape Coral. Until the pantries were stopped in March due to the pandemic, Community Cooperative served more than 500 veterans a month since 2017.

"We're grateful we're able to help area veterans who served our country from World War II to Afghanistan and everything in between," said Tracey Galloway, chief executive officer of Community Cooperative. "Nationally, 25 percent of active military families are getting help from food pantries, and hunger among the 12 million veterans of the age of 60 is sadly skyrocketing. During the pandemic we have helped veterans with our drive-through community food pantries, but we look forward to reinstating the veterans-only food pantries again when the VA locally is ready for us."

At the pantries, veterans received a week's worth of shelf stable food, meat and fresh produce. Community Cooperative started with one pantry a month, but after seeing the need went to twice-a-month distributions for veterans and their families at the Lee



Stefanie Ink-Edwards with the Bay Pines Director's Cup photo provided

County Veterans Affairs Clinic in Cape Coral. The pantries were sponsored in part by the Bonita Bay Veterans Club.

The Bay Pines VA Healthcare System, with headquarters in Bay Pines near St. Petersburg, runs nine facilities serving more than 108,000 veterans in 10 counties in central Southwest Florida. In patients treated or served, the system is the fourth busiest VA Healthcare system in the country.

To support Community Cooperative's programs, including food pantries for veterans, visit www.communitycooperative.com.✪

Keep Lee County Beautiful Calendar For Sale

Keep Lee County Beautiful, Inc. (KLCB) has released the 31st annual Leave The Scene Clean calendar. The 2021 environmental calendar is a historical retrospective showcasing calendar cover winners from the past 30 years. The annual art contest challenges students to visualize a correct environmental action and transfer that mental picture into a work of art.

The calendar is available for distribution to public, private and home schools to serve as a source of funding for school environmental projects. Schools keep 100 percent of the



Calendar cover image provided

money they raise to be used toward the projects. Complete the request form available at www.klcb.org/leave-the-scene-clean-calendar.html.

The calendars are also available for a \$3 donation (plus \$3 shipping) using the order form on the KLCB website.✪

Sporting Clays Tournament

Grampy's Charities is partnering with Kids & Clays for the 2nd annual Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities of Southwest Florida. The tournament will be held at Sarasota Trap, Skeet & Clays on Friday, November 13. The original event date was in April but rescheduled due to COVID-19.

Registration and breakfast begin at 8 a.m. followed by a brief safety meeting. Shotgun start is at 10 a.m.

with lunch, raffle and awards to follow. Each participant receives Grampy's Ditty Bag, a Kids & Clays shooter gift, light breakfast, pig roast lunch with live bluegrass entertainment, as well as eye and ear protection, ammunition and loaner gun, if necessary.

Thanks to the generosity of Grampy's Charities, 100 percent of sponsorships directly supports the mission of helping children and families in need.

Sarasota Trap, Skeet & Clays is located at 3445 Rustic Road in Nokomis. Foursomes and individual spots are available at www.give.classy.org/grampysclays.✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

ANNUNCIATION GREEK ORTHODOX Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.

BETH YESHUA MESSIANIC SYNAGOGUE Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE 10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

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

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

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

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

FIRST CHURCH OF THE NAZARENE Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST; Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS 11 a.m. Sunday, www.fpcforymyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC Friday and Saturday, 7 p.m.; Sunday 8, 10

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

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

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

PEACE COMMUNITY Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.

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

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

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

SAMUDRABADRA BUDDHIST CENTER Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.

ST. FRANCIS XAVIER CATHOLIC Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE METROPOLITAN Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

SAINT NICHOLAS MONASTERY Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

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

TEMPLE 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 (CONSERVATIVE) Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE FAITH CENTER Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

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

Butterflyweed

by Gerri Reaves

Butterflyweed (*Asclepias tuberosa*) is one of the most popular species for butterfly gardens and blooms year 'round in South Florida.

It is the host plant for both the monarch and soldier butterflies, and a nectar source for a variety of other butterfly species, as well as hummingbirds.

This perennial wildflower is one of several milkweeds native to Florida and found throughout the state. In fact, it is native to much of the U.S. and large parts of Canada and Mexico.

Its natural habitat includes generally sandy areas such as dry pinelands or fields, sandhills and woods.

Tending to be rather bushy, it takes an upright or sprawling form, growing as tall as three feet.

Up to 25 flowers make up the flat-topped clusters of bright showy flowers that range in color from yellow to orange and sometimes red.

The clusters appear at the top of the stalk and measure two to five inches across.

Each flower has five backward-curving petals and five erect hoods, each with a horn.

The alternative leaves are lance-like or broadly oval and clasp the stems.



Native butterflyweed is the host plant for monarch and soldier butterflies

photo by Gerri Reaves

Dark green above and lighter underneath, they are coarse and two to four inches long.

Unlike the stems of other milkweeds, butterflyweeds do not contain an irritating milky sap, but a watery one.

The grayish green hairy pod of about six inches long resembles a stretched skinny fig in shape. Upon maturity, it splits open to reveal egg-shaped seeds, each

with a tuft of silky white hairs that aid in wind dispersal – a parachute effect.

Self-propagating and drought tolerant, this wildflower prefers sandy well-drained soil and lots of sun. It will even grow in nutrient-poor soil and is easily cultivated with seed or cuttings.

Remember that if you want butterflies to visit your yard, you must tolerate the caterpillars that eat the foliage.

Be sure to purchase plants from nurseries that have not exposed them to pesticides and other chemicals.

Avoid using chemicals on your landscape, and be careful not to plant butterfly-attracting plants where they might be subject to airborne toxic chemicals from nearby yards.

Native Americans had a variety of medicinal and practical uses for this species.

They chewed the tough root to treat pleurisy and other respiratory ailments, thus another common name, pleurisy root.

Tea made from the tuberous root was a treatment for diarrhea.

A wide variety of fiber products, such as ropes, fabric and yarn, were made with the plant too.

If eaten in large quantities, any part of the plant can be toxic.

The very chemicals in the leaves that are toxic to humans are the butterflies' chemical defense against predators.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* for Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, www.flawildflowers.org, www.plants.usda.gov, www.regionalconservation.org, and www.wildflower.org.

*Plant Smart explores the diverse flora of South Florida.**

LCEC Hosting Annual 5K Run For United Way

Lee County Electric Cooperative (LCEC) will hold its 9th annual LCEC Goblin Gallop 5K fundraiser at Jaycee Park on Halloween day, October 31 in Cape Coral. There is also a virtual race option that can be completed any time from now until midnight on Halloween. The event benefits the United Way.

Runners/walkers must be registered by Saturday, October 17 in order to receive a T-shirt, but event registration officially ends on Wednesday, October 28. There are different registration tiers for the in-person and virtual race that

range from \$15 to \$25 for adults and \$10 for ages 12 and younger. Packet pick-up for all participants will be held on October 29 and 30 from 10 a.m. to 6:30 p.m. at the Run Shoppe in Cape Coral.

LCEC will be following CDC guidelines. All event volunteers will be wearing face coverings and social distancing. If there is inclement weather on race day or health concerns prohibit large gatherings, this event will be completely virtual. Contact 5k@lcec.net with questions and visit <https://uw.lcec.net/SitePages/5k.aspx> for more details. Since its inception, this 5K has netted over \$16,862 for the United Way.

Jaycee Park is located at 4125 SE 20th Place in Cape Coral. To register, visit www.active.com/cape-coral-fl/running/distance-running-races/lcec-goblin-gallop-5K-2020.*

Size Limit Change For Dog Parks

The Lee Board of County Commissioners has approved amendments to a county park ordinance to allow the establishment of size limits within the large and small dog areas at off-leash dog parks.

The small dog areas will now welcome dogs 18 inches and under at the shoulder, while larger dogs will be welcomed in the corresponding area. Rangers and staff will begin educating park patrons immediately; the ordinance will take

effect when it is filed with the Secretary of State. The county will post signs to remind visitors of the size limits.

Of course, for everyone's best day at the park, dogs that behave aggressively are not allowed, regardless of size. Parks employees and Lee County Domestic Animal Services officers are authorized to enforce the ordinance.

In addition to the off-leash areas, more than 40 Lee County Parks & Recreation sites allow dogs that are on-leash as long as the dogs and their companions follow a few rules.

For more information, call 533-7275 or visit www.leeparks.org/dogs before venturing out.*

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Good Times At The Bars



by Capt. Matt Mitchell

Morning high tides this week proved to be the perfect set up for some amazing action on both snook and redfish. The best bite came while concentrating our efforts around oyster bars during the last few hours of the incoming tide through the first few hours of the outgoing. Strong south winds for a few days made this window a

little longer with higher than usual tides.

While moving between oyster bars through the whole sound, it seemed the ones that had the most mullet activity held the most snook and redfish. Free-lined shiners caught both these species along with a few trout, snapper and even flounder. Some of these oyster bars are large with mangroves growing on them, while others can be as small as a dining room table.

No matter where the oyster bars are located, all these bars have lots in common. Most importantly, they attract an abundance of life. Places these oysters choose to grow are not random they require a constant water flow to flourish. Right before the oysters start, there should be a channel, even if its less than a foot deeper than the surrounding waters. This makes a highway for the fish. Also look for white sand holes just out from the oyster bar as a place that fish will lay up to.

Learning the lay out of an oyster bar only comes with time served. Certain bars set up better depending on the wind direction and tide. One trick to working out how a bar is set up is to look at it during lower water periods while it is exposed, then return during the higher tide to fish it.

Fall fishing is a big transition time for our fishery. The many oyster bars throughout the sound are stopping off places for both snook and redfish as they cross the sound from the passes to the back country.



Abe Harpster from Spruce Creek, Pennsylvania caught a big snook with Capt. Jason Marsh this week

photo provided

From day to day, these fish choose which oyster bar to stack up on. Several days this week, we spent our entire morning fishing this oyster bar pattern with great results. In three days of fishing, we caught over 120 fish. Now that's a good time at the bar!

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.✪

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Dave Doane

CROW Case Of The Week:

Eastern Glass Lizard



by Bob Petcher

The eastern glass lizard (*Ophisaurus ventralis*) is a legless lizard that is often mistaken for a snake. It is nonpoisonous and regarded as the most secretive of its species and

difficult to see, even though it can reach a length of 42 inches.

Unlike snakes, glass lizards have visible ear openings, eyelids, small scales on their bellies and are less flexible. They are so-called due to their fractured planes in their tails that “break” if their tails are grabbed.

“Glass lizards do look very similar to snakes but there are a couple key differences for the ease of identification,” said CROW Rehabilitation Manager Breanna Frankel. “Glass lizards cannot unlock their jaw like snakes can to swallow whole prey; their mouth only opens as far as the jaw allows. They also have small ear hole openings, which snakes do not have, that are located right behind the eyes on either side of the head. Glass lizards also have eyelids and you can see them blink – snakes



Patient #20-4609 is still uninterested in solid food but continues to slither around its enclosure
photo by Rachel Rainbolt

do not have eyelids. The most telling characteristic is the ability for glass lizards to drop their tail when they need to evade predators. They can drop it into several smaller segments, like glass breaking, and those pieces will continue to wiggle around to confuse predators.”

At CROW, an eastern glass lizard was admitted from Cape Coral after it was found with a swollen, bleeding mouth and a swollen eye. Upon examination, the patient was reported to have head trauma and a possible jaw fracture, but the cause of the injuries was unknown. Using radiographs, veterinarians determined that the hard

upper palate of the jaw was fractured but not displaced, meaning the bones were aligned and would be able to heal properly.

“If there is, in fact, a fracture, there is no way to repair it with surgery or bandaging. The only thing we can do is offer the patient pain medications and cage rest so the body can heal itself over time,” said Frankel. “There was no evidence of puncture marks or anything else that would obviously tell us it was attacked by a predator. This type of trauma could have been caused by some type of blunt trauma like being hit by a bike or a rock, but we truly don’t know

the cause of the injury.”

For nutrition, the patient is being offered a variety of worms and crickets but remains uninterested, possibly due to pain. It is also getting a liquid form of nourishment through a tube.

“You can tell that side of the face is hurting, and the lizard is very cautious about moving its mouth. That’s why we have been tube-feeding it, very gently, to ensure it gets enough calories while it is healing,” said Frankel. “We will continue to offer food every day, but likely will not see it start to eat until swelling decreases a bit. This could be a few days or a few weeks, there is really no way of telling this soon.”

After a few more days of care, the patient is reported to be more comfortable, but the eye remains swollen and its interest in food has not changed.

“Some of the swelling has gone down, but the left eye continues to stay mostly closed. It seems to be doing okay, getting daily pain medications and tube feeds every couple days to ensure appropriate calories, but is not eating on its own yet,” said Frankel. “It is too soon to determine any release information as the prognosis is still very guarded.”

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.✱

Lee Parks Resumes Normal Operating Hours

Lee County Parks & Recreation have resumed normal operating hours for all recreation/community centers and its administration office, as of Monday, October 12.

The hours at these locations vary. Visit www.leeparks.org for specific operating times. Programs, activities, rentals, weight rooms and gymnasiums will all resume operations with approved safety plans.

Four community pools have resumed classes and normal operating capacity (previously 25 percent capacity) as of

October 13. They are:

Lehigh Acres Community Pool, 1400 West 5th St., Lehigh Acres
North Fort Myers Community Pool, 5170 Orange Grove Boulevard, North Fort Myers

Pine Island Community Pool, 5675 Sesame Drive, Bokeelia
San Carlos Community Pool, 8208 Sanibel Boulevard, Fort Myers

All high use surfaces throughout each center, office and pool will be continually cleaned during hours of operation. 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 will be provided to the public.

For more updates, visit www.leegov.com/covid-19.✱



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Nutrient Sensor Gathering Data

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory is gathering data from a next-generation sensor that measures nutrients in the estuary autonomously. The sensor is in the navigation channel in the Caloosahatchee, in the Intracoastal Waterway (ICW) in an idle speed zone, located between Shell Point Retirement Community and Tarpon Point Marina.

Along with seven other sites from Texas to the Florida Keys, the existence and operation of RECON (River, Estuary, and Coastal Observation Network) and the ability to reliably produce hourly data throughout the region was an attractive platform on which to test and deploy a new sensor to measure inorganic nitrogen.

The combination pump, spectrometer and IV bags are secured to a frame and bolted to the navigation pilings next to existing RECON sensors. The system has an independent source of power, controller and data logger, and communication.

The data are collected continuously every two hours and does not require a boat and person collecting a water sample and analyzing in the lab. Typical water quality sampling programs focus on monthly sample collection to establish long-term status and trends within a water body.

Continuous, real-time data can better



The WIZ (Water In Situ AnalyZer)

photo provided

track storm events, tidal fluctuations, and day/night differences in nutrient concentrations, which provides new insights about the dynamics of nutrients and the role of inorganic nutrients in the ecosystem.

The WIZ (Water In Situ AnalyZer) was purchased by collaborators at the Gulf of Mexico Coastal Ocean Observation System (GCOOS) in

November 2019. The sensor excelled in reliability and accuracy in tests conducted by an independent review of sensor technologies called the Alliance for Coastal Technologies (ACT). A workshop at the University of Louisiana-Lafayette was held to train technicians on the operation, calibration and maintenance of the sensors.

The system was originally deployed in February, during the dry season. The instrument performs internal calibration checks so staff was confident that the WIZ was working correctly. Since there was little rain then, the inorganic nutrients were very low.

After COVID-19 restrictions were eased, the instrument was again deployed in August. This deployment demonstrated changes in nutrient concentrations consistent with changes in tide stage. At low tide, concentrations were high and at high tide, nutrient concentrations were low.

This finding confirms that the sources of inorganic nutrients are from lower salinity waters, like runoff, and not from the Gulf of Mexico, which has higher salinities.

The RECON build-out plan for 2021 includes installing more nutrient sensors upstream at Beautiful Island to better track freshwater flows from the WP Franklin Lock and Dam versus rain events in the tidal basin.*

County Votes To Eliminate Mining Opportunity

The Board of Lee County Commissioners voted recently to approve a settlement agreement with the agricultural company FFD that would eliminate mining as a possible land use on a 5,200-acre parcel in southeast Lee County.

The agreement now sets in motion a three-hearing process at which citizens can provide public comment – one before the hearing examiner and two before county commissioners. Dates are to be determined.

The settlement, which has been the subject of negotiation for more than three years, conveys the company's mining rights to the county in perpetuity. The property is in the county's density reduction groundwater resource (DR/GR) area.

The agreement means a minimum of 65 percent of the property shall be devoted to open space (3,385 acres), of which 2,916 acres must be placed in a conservation easement at no cost to the county.

The owner would also be responsible for restoring natural flow ways for water through nearby environmental areas such as Flint Pen Strand, a Conservation 20/20 preserve. The property is also near CREW, the Corkscrew Regional System Watershed, which is critical to water flow. The agreement means a completed connection for a flow way would exist between these conservation lands and the development known as The Place,

which also has abundant conservation easements and open space.

With the agreement placing 2,916 acres in a conservation easement, that ensures the land will forever be protected from development without the county having to purchase it as it does Conservation 2020 properties, such as the nearby Larry Kiker Preserve.

Additionally, the agreement saves Lee County taxpayers \$60 million in potential liability, had the county gone to court and lost.

The agreement sets forth a Process for Approval of Development for the FFD property, which means homes could be constructed with a density that is consistent with all other Board of County Commissioners-approved developments in this part of the county, which is referred to as the Environmental Enhancement & Preservation Communities Overlay.

For more information, visit www.lee.gov or follow Lee County Government on Facebook.*

More Funding For LeeCARES Programs

The Lee Board of County Commissioners have approved LeeCARES programs to assist residents impacted by the COVID-19 pandemic, including new rounds of utility payment assistance, expanded childcare assistance and more funding for area food banks.

Program extensions include:

Three new rounds of utility assistance in October, November and December to pay up to \$1,000 in water and electric bills for eligible applicants during each round. Assistance may be provided regardless of whether the applicant has received previous utility assistance. LeeCARES provided water/sewer and electric bill payment assistance through nearly 10,000 applications made between May and September.

Increased funding for LeeCARES Childcare Assistance to \$3.6 million because Lee County School District programs for after-school care have been added to the eligible program list. The assistance program, administered by United Way of Lee County, Inc., already has committed \$2 million in childcare scholarships.

An additional \$1.7 million of funding to existing contracts with Harry Chapin, Midwest Food Bank and Community Cooperative. LeeCARES committed over \$2.5 million for food security through September.

Applications will be accepted online starting Monday, October 19.

The LeeCARES programs are funded through the federal Coronavirus Relief Fund through the \$150 billion Coronavirus Aid, Relief and Economic Security Act (CARES). Lee County received \$134,459,744.

Visit www.leeclares.com for more information about programs.*

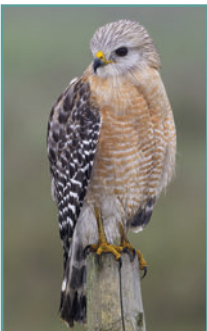
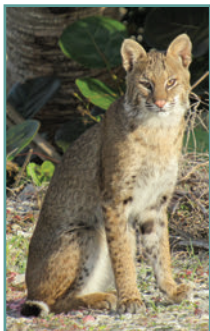
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Businessman Awarded For Charitable Work

Duane Chaney, financial advisor at Raymond James in Fort Myers, was awarded the Community Service Award at the national 14th annual Invest in Others Awards. Chaney was honored in a video presentation and watch party recently at Lee Health Foundation for founding Madisen's Match, a tennis tournament benefiting Barbara's Friends, the cancer fund for Golisano Children's Hospital. Madisen's Match has raised more than \$1.3 million for Lee Health and Golisano Children's Hospital since 2008.

Because Chaney was selected for the award from three finalists, Barbara's Friends will receive a \$45,000 donation from the Invest in Others Charitable Foundation. Chaney recently presented an additional check at Golisano Children's Hospital for \$40,622.56, which he raised this year from donors to Madisen's Match, despite having to cancel the event due to the pandemic. Chaney also delivered a second Madisen's Match Tesla, a child-size version of the Tesla Model S wrapped in the Madisen's Match colors and logo purchased using funds from donors to Madisen's Match. The mini electric vehicle will be used by children staying at the hospital.

"It's invaluable to have a volunteer like Duane Chaney as part of our extended Lee Health Foundation family," said Chris Simoneau, chief foundation and



From left, Al Kinkle, Dr. Emad Salman, Armando Llechu, Alyssa Bostwick, Duane Chaney and Amy Frith photo provided

development officer for Lee Health. "He is driven and passionate, not only leading Madisen's Match, but in sharing our mission of excellent health and well-being with the community. His philanthropic leadership is outstanding. Golisano Children's Hospital has diagnosed 36 children in Southwest Florida with cancer since March, and Duane's support of Barbara's Friends enables us to help these children and families as they get care at Golisano."

The Invest in Others Awards program recognizes the charitable work of financial advisors in communities across the country and around the world. Advisors are nominated for actively giving back to

nonprofits to improve their communities and make a difference in the lives of others. Finalists are selected based on their leadership, dedication, contribution, inspiration and impact on a nonprofit and the community it serves. There are five categories of awards: Catalyst, Community Service, Global Impact, Volunteer of the Year and Lifetime Achievement.

"We've worked really hard to build Madisen's Match to what it is today," Chaney said. "To be able to raise this much money through this award for Lee Health Foundation and kids with cancer, especially with COVID-19, is what it is all about. The recognition is great but it's more knowing we can make a difference in a really tough year. I'm humbled, honored and speechless. To be considered with this class of advisors and be chosen as the winner for being a person who values giving back to their community is a real honor."

In 2008, Chaney's niece, Madisen, was diagnosed with an inoperable brain tumor at the age of three. Chaney decided to use the energy and emotion from this experience to create a fundraising event benefitting Lee Health Foundation and better equip doctors to fight pediatric cancer. Chaney logs hundreds of hours each year organizing the many facets of the event and enjoys connecting with the children who have been helped by the fundraising efforts of events like Madisen's Match.

Madisen's Match is a thriving pro-class tennis tournament featuring some of the best tennis players worldwide. The event has grown over the past 12 years to include a gala, live and silent auctions, tennis clinics with the pros, a kid's clinic and a full pro-class exhibition hosted in a college arena.✱

Donate To The Kids Campaign

Throughout the month of October, you can round up your purchase at a participating Dairy Queen or DQ Grill & Chill in Bonita Springs, Estero, Sanibel, Punta Gorda, Naples, Port Charlotte, Fort Myers and Cape Coral to help local patients and their families at Golisano Children's Hospital of Southwest Florida. The average donation was \$0.47.

DQ and DQ Grill & Chill are a partner of Children's Miracle Network (CMN) hospitals since 1984 and support local children in need. Some 62 kids enter a CMN hospital every minute. Chances are you know someone who has been impacted and receiving care at Golisano Children's Hospital. The funds that a participating DQ partner raises will help ensure that Golisano Children's Hospital has the tools and resources necessary to provide the best care available throughout Lee, Collier, Charlotte, Glades and Hendry counties.

Your help is needed to add these much needed services to the community:

More PPE equipment – Healthcare professionals have a continual need for personal protection equipment to provide care for kids;

Ophthalmology care – Expand services in the area to improve access to care and reduce wait times;

Golisano currently provides ophthalmology services; having only one

provider in the community has created an access issue, with the first available appointment wait time exceeding six months.

Our strategy is to expand ophthalmology services in the area within the next three years. In order to expand services, there is a need to recruit two additional ophthalmologists, one optometrist, expand clinic space as well as add a second (and in the future a third) regional location. This will improve access to care, with the goal to reduce access wait times by greater than 80 percent.

Little Red Wagon Fund – This unrestricted fund plays a key role in advancing innovative programs, technologies and necessary services to strengthen the future of the hospital and meet the region's expanding health care needs. It contributes to programs and services like: Burn Care & Deep Wound Specialty Service; In-patient Dialysis; Urology Specialty Program; AEDs in all local schools; Chest Malformation Program-General Surgery; Pediatric Wellness; and Post Stabilization Trauma.✱

Sports Milestone Achieved

Brittany Annand of Fort Myers recently tallied her 2,000th career assist as a senior setter on the Bob Jones University Women's Volleyball team. Annand is a senior interior design major.✱

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- Key FOH/BOH Managers
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- Sous Chef
- Line/Prep Cooks
- Dishwashers
- Hostesses
- Servers
- Bartenders
- Bussers/Food Runners

Book Review

Thick As Thieves

by Di Saggau

Thick As Thieves by Sandra Brown is a thriller about a woman uncovering old secrets as she tries to find the truth behind her father's involvement in a heist that occurred 20 years ago. Four

seemingly random people pulled off a daring heist involving half a million dollars. The next day one was in the hospital, one was in jail, one was dead, and one got away with it. The most infamous man in Caddo Lake, Texas was Joe Maxwell, the father of Arden Maxwell, the heroine in this novel. Joe disappeared those many years ago, presumably with the money, after murdering his accomplice. Arden has never forgiven her father for abandoning her and her sister Lisa. Arden was in grade school when she and her college-age sister left town. Their mother was dead.

Now after numerous personal setbacks, Arden decides to go back to her family home in Caddo Lake and get some answers to all the questions that have been bothering her. What she doesn't realize is that two of her father's co-conspirators are watching her every move: one a war hero and the other a corrupt district attorney. Ledge Burnet, was a rebellious teen involved in the heist. He evaded his

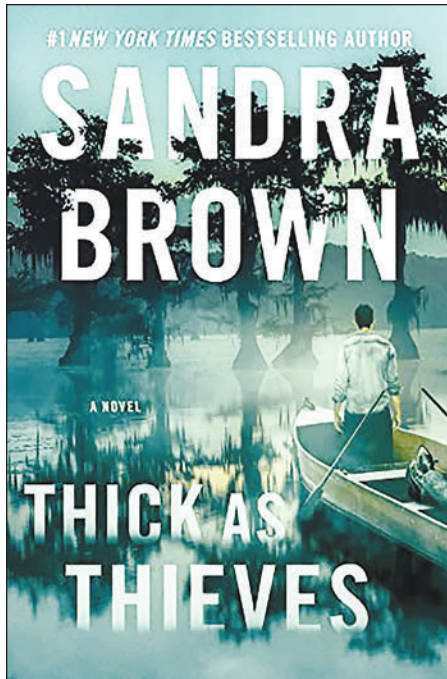


image provided

jail sentence by enlisting in the Army. Now he's back in town to care for his sick father and to keep an eye on the corrupt district attorney he suspects is guilty of the murder. Both men are bound to silence by the crime they committed as young men, and each is hoping that the other will make a fatal mistake. Many in town believe that her father got away with the money stolen from a local business.

When Arden hires Ledge as a contractor to remodel the rundown family home, she learns more about her father

and the theft. Chapters alternate between what happened 20 years earlier told from the thieves' points of view and Arden's search for the truth. When someone suspects Arden of having access to the

stolen cash, the suspense builds. The book ends with a surprise twist. It has good pacing, smooth writing and clever action scenes. *Thick As Thieves* is an entertaining read.✧

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I know a lot of people who have gotten dogs now that they're home more since COVID-19. My kids want a dog but I'm not so sure. What

information is there that might help me decide that getting a dog is a good thing for my children. Someone said it could help them with their schoolwork.

Angela P, Fort Myers Beach

Angela,

I must admit that I am biased toward having a dog; I think they are beneficial for everyone in a family. There is evidence, aside from my personal opinion, that tells us that having a pet is good for most children, however kids with severe impulse control issues or who are aggressive may harm an animal unintentionally and should probably not have a pet.

One of the most important reasons for children to have pets is that pets offer unconditional love and companionship. They can teach kids a lot about responsibility and empathy and that is quite important, especially those children who may struggle with these skills.

Other reasons why having a pet around the house can be good for children include: Caring for a pet can build time management skills. Your children will need to plan ahead so that they have time to feed and care for their animal.

Walking and playing with a dog provides a great outlet for excess energy.

Pets offer unconditional love and companionship.

Petting and cuddling an animal can reduce feelings of anxiety and stress.

Pets can make it easier to socialize. Animals attract attention and can be great conversation starters, which can help with socialization skills.

Here are some other considerations for you and your children to discuss about getting a pet. First of all, there's no one type of pet that's better or worse. It really depends on your children and your family. So, begin by talking to your children about the kinds of animals they love and how a pet will fit in with the rest of the family. You need to think about whether you have the time and financial resources to care for the animal. The pet you choose needs to meet the needs and energy level of your children, as well as the schedule and resources of your family.

Your children may have a particular breed of dog in mind as you begin this conversation. It's important to look for a dog that is tolerant, gentle and trainable. It's less about the breed of dog and more about the individual temperament of the dog, your children and the match between them.

Research potential pets with your kids.

Make a list of what you'll need to buy for the pet and figure out where it will live in the house. Create a schedule that shows who will be responsible for walking, feeding and other chores related to the pet. Make sure that your children are part of the whole process. A discussion like this will have them using their executive functioning skills which includes focusing, planning and follow through.

Sometimes parents create contracts with their kids to emphasize their commitment to caring for their pets. Your kids will most likely insist that they will always take care of their pet, but that will not happen. Kids can forget, not feel well, have too much homework or just be too tired to follow through so you, as the parent, must be prepared to take on some of the work. Creating a family backup plan for walking, cleaning or feeding the animal is wise and could save some arguments.

While there is no definitive research that clearly states a pet will increase a child's grades, there is evidence that a pet can reduce stress and anxiety, and strengthen the skills of time management, empathy and responsibility. All of these above-mentioned attributes contribute strongly towards improved learning. If children are feeling less stress and more responsible, this will most likely have a positive impact on their schoolwork.

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

From page 1

Film Festival

for movie and VIP meet and greet. VIP guests will be treated to a fully stocked bar, food and beverages, and a chance to meet with the stars of the evening's film, other filmmakers and event VIPs.

Watch last year's video at www.vimeo.com/336103431. To buy tickets, go to www.sbdac.com.

The festival will continue with programming at the Sidney & Berne Davis Art Center and other event centers around town. Films and short film blocks are \$10 for the rest of the festival. The safety of participants and attendees will be prioritized with organizers implementing reduced capacity with spaced seating, extra sanitization measures, strongly encouraging the use of masks and social distancing.

Finish off the five-day celebration with an awards ceremony as local and international filmmakers attend to celebrate the winners in many categories. Champagne and dessert will be shared, short award winning films will be played, and toasts will be pronounced.

The 10th annual festival had been on hold due to entertainment regulations and keeping patron safety first.✧

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL
ROBIN C. TUTTILL, EDITORAvailable at
www.Amazon.com
www.OutSkirtsPress.com

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

Showcasing The Expanded Ronald McDonald House

Ronald McDonald House Charities Southwest Florida (RMHC SWFL) will present the Project Design Grand Reveal to honor the talented interior designers that have collaborated to transform the new wing of the Southwest Florida Ronald McDonald House on Thursday, December 3 at 5:30 p.m.

The designers, along with sponsors, vendors, charity supporters, board of directors and staff will gather at the Ronald McDonald House to showcase the expanded “home away from home” for families with children receiving treatment at Golisano Children’s Hospital. Since the kick-off luncheon held in November 2019, these top interior designers have been working to creatively enhance six new bedrooms, two new offices, one new public restroom, one new storage closet and a new entry hallway.

The evening will begin with small group tours of the expansion and continue with cocktails, light bites and a brief program to recognize the designers. Design co-chair Suzanne Costa of Suzanne Costa Interiors, who brought the concept from her experience with project design at the Long Island



The new wing of the Southwest Florida Ronald McDonald House

photo provided

Ronald McDonald House, and Co-Chair Jeffrey Fisher of Jeffrey Fisher Home, are among the featured speakers for the event.

The Ronald McDonald House expansion and Project Design 2020 provides even more comforting accommodations to the many families served by RMHC SWFL each year and enhance the family-centered care they provide through the RMHC SWFL cornerstone program. Participating

designers, vendors, and sponsors include Alexis Marie Interiors, California Closets, Dwayne Bergmann Interiors. Ficarra Design Associates, Jeffrey Fisher Home, Jett and Company, Judith Liegeois Designs, Pamela Durkin Designs, Renee Gaddis Interiors, Republic of Décor, Kravet, Naples Flooring Company, California Closets, The Shade Store, Cambria, Phillip Jeffries, Wilson Lighting, Home & Design Magazine, and Venjhamin Reyes.

If you, your company, or group are interested in sponsoring a space in the newly expanded house, visit www.rmhcswfl.org/expansion**

LCEC Provides Environmental Funding Awards

Lee County Electric Cooperative (LCEC) announced that it will provide Environmental Funding Awards to Cape Coral Friends of Wildlife, Audubon’s Corkscrew Swamp Sanctuary, Future Forestry Corporation, Bailey-Matthews National Shell Museum and Clinic for the Rehabilitation of Wildlife. Collectively, these five organizations are being awarded more than \$17,000.

LCEC’s Environmental Funding Awards are given out twice a year with deadlines in March and September. An application can be downloaded at www.lcec.net/about-lcec/community-and-education/environment. Interested organizations must meet certain criteria to be considered for the award, including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. Funding awards are just one of the many ways that LCEC positively impacts and supports wildlife and the environment.**

Local Company Partners With Coalition

NeoGenomics recently committed to investing \$75,000 to cultivate a partnership with the FutureMakers Coalition and support their process for systems change along the cradle-to-career pathway to meet their goal of 55 percent of the region’s workforce holding the credentials needed to fill in-demand jobs and earn a living wage.

NeoGenomics is a leader in oncology diagnostic services with locations around the world, is publicly traded on NASDAQ and is headquartered in Fort Myers.

This funding leverages the coalition’s Lumina and Kresge foundations national designation of FutureMakers Coalition-Southwest Florida as a talent hub.

“NeoGenomics Inc., is becoming an increasingly important part of the SWFL community,” said Jennifer Balliet, chief culture officer, NeoGenomics, Inc. “Dedicated to saving lives of cancer patients, we provide the most advanced genetic and molecular technologies to hospitals, physicians and pharmaceutical companies. Our services are the foundation for precision medicine that is revolutionizing cancer care.”

Balliet said the FutureMakers Coalition is poised to foster the social and economic conditions their company needs to source talent, find qualified contractors and grow a vibrant and nurturing environment for success.

The FutureMakers Coalition aims to transform Southwest Florida’s workforce by increasing the proportion of working age adults with college degrees, workforce

certificates, industry certifications and other high-quality credentials to 55 percent. The coalition has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee, and Charlotte counties.

“Transforming Southwest Florida’s workforce is critical. And we’re fortunate to have the coalition’s leadership for this transformation to create a more sustainable economy and a higher quality of life throughout our community,” said Douglas M. VanOort, chairman and chief executive officer. “The next decade will see huge changes in science and technology in our society – even right here in our own community. The FutureMakers Coalition has an opportunity to shape that change and make our community an even better place for our families. We are very proud to be a supporting partner, and we challenge other companies and industries to join in this funding with us.”

NeoGenomics has 1,800 employees in 12 locations around the world. VanOort said they hope to add over 300 jobs in Southwest Florida over the next three years as they continue to grow. Their new global headquarters and state-of-the-art laboratory are currently under construction near I-75. The company is investing \$60 million in the new facility that will house some of the most advanced diagnostic technologies in the world and ones that examine the genetic and molecular characteristics of cancer.

The FutureMakers Coalition encourages businesses to join and invest in sustaining this community-changing initiative by visiting www.futuremakerscoalition.com or emailing Tessa LeSage at tlesage@floridacommunity.com.**

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Will Power

Financial Issues During Probate And Trust Administrations



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

Betty was named personal representative and trustee to her mother's estate and trust. She came to me with questions about the investment accounts. Her mother's financial advisor, Wayne, had several suggestions for the account. He advised Betty that she had to follow Florida's "prudent investor rule" during her mother's administration following her death and before the distribution would be made to Betty and her two siblings.

"What does the prudent investor rule say?" Betty asked me.

"It is as it sounds," I began. "You have a duty to prudently

invest the holdings during the course of your mother's

administration. I know that doesn't tell you much, so let me elaborate."

Prudent investor means something different during a probate or trust administration than it does during someone's lifetime. The probate and trust administration, you may recall, is the time period between the passing of the person who owned the investment account (here, Betty's mother) and when that account is divided up and distributed between the beneficiaries.

If Betty were to serve as her mother's trustee during her mother's lifetime because mother contracted dementia, the prudent investor standard would take into consideration mother's age, risk tolerance (when she was healthy), income needs, asset allocation and tax consequences, among other things. Assume, for example, that a major portion of mother's investments consisted of Procter and Gamble stock. Mother worked there and had acquired stock over the years, so her portfolio wasn't diversified.

If Procter and Gamble stock took a tumble in price, mother's economic future would be adversely affected. The reason mother didn't sell the Procter and Gamble stock to diversify was because it paid a healthy dividend, which she needed to live off of, and she didn't want to recognize the capital gains that had built up in the portfolio,

which would have resulted in mother paying tax.

Once Betty took over the portfolio, however, she may have had a duty to diversify the holdings to protect mother against losing her income during retirement. Betty would have to balance the need to diversify against mother's aversion to paying capital gain taxes. A middle approach might have worked here.

Contrast the prudent investor standard after mother's death. At this point, mother's assets received a full step-up in tax cost basis, negating the capital gains consequences that existed during mother's lifetime. The trust administration period would likely last about nine months, so Betty's duties should be viewed with a short-term time horizon.

In a short-term time horizon, this translates into a duty to preserve assets, not necessarily to make those assets grow. If the stock market plummets 20 percent during mother's administration, Betty's siblings would likely be angry that they're inheriting an amount far less than anticipated. Consequently, Betty might consider liquidating all of mother's stock holdings, choosing to invest in cash and cash equivalents.

Cash holdings are easier to divide, and each beneficiary can then take the cash and invest it as she chooses. Sometimes families have an emotional attachment to a holding. "Mother worked at Procter and Gamble and would have wanted us to continue to own the stock," one of the siblings might say.

In that case, Betty has a few options. The siblings could decide to retain the holdings, and Betty would have all the beneficiaries sign a "Letter of Retention" agreement that absolves Betty of liability should the stock plummet before mother's administration is complete.

If one of the beneficiaries wants to retain the stock but Betty and another sibling would rather convert to cash, Betty can divide the assets into three equally valued accounts, but refrain from distribution until after the trust administration completes. Betty doesn't want to make a full distribution until she is certain that all creditors, taxes and professional fees have been paid. Betty may also want to retain sufficient assets to pay ongoing carrying costs of mother's home until it's sold as well. She can deduct the amounts necessary from each account until these matters are resolved.

This simple explanation glosses over other complexities, such as tax treatment, too detailed for me to cover in a short column like this. If you're acting as a trustee or personal representative (executor) for someone's estate, please keep in mind the prudent investor rule.

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Hope Clubhouse Hires New Chief Executive Officer

Hope Clubhouse has welcomed Erin Broussard as its new chief executive officer. She will spearhead the nonprofit's mission of providing a community of support for adults living with a mental illness and opportunities for paid employment and access to education, housing and wellness.

Broussard brings a long history of experience with mental health and nonprofit leadership and is a trained mental health clinician as well as a military veteran.

She holds an associate degree from the Community College of the Air Force, a bachelor's degree from the University of Colorado and a master of science degree in clinical psychology from Capella University.

"I have dedicated my entire life to service work, from my military career to working with nonprofit organizations helping individuals in the most difficult circumstances," said Broussard. "I feel driven to assist in meaningful ways that provide a sense of hope to those in the greatest need, and I am drawn to the mission of The Hope Clubhouse. It is heart work, community work, and deeply important work. I hope to



Erin Broussard

contribute to the continued success of the organization through my role as a servant leader who believes impact should be measured by actions."✱

Family Service Learning Fair

United Way of Lee, Hendry, Glades and Okeechobee Counties will hold its 2nd annual Family Service Learning Fair at Bell Tower Shops on Saturday, October 24 from 9 a.m. to noon. This free event will highlight 24 diverse non-profit agencies offering a variety of hands-on projects for families to participate in. The goal is to introduce families to volunteer opportunities available to them, as well as inspire youth to become community-minded leaders and citizens.

Additionally, October 24 is National Make a Difference Day, so come out and learn how to can make a difference in our community.

The 24 non-profit agencies include: Bikers Against Child Abuse, Calusa

Nature Center, Cancer Alliance of Naples, Catholic Charities, Children's Network, Family Initiative, FISH of Sanibel, Gigi's Playhouse, Girl Scouts of Gulfcoast, Guardian Ad Litem, Gulf Coast Humane Society, Hope Healthcare, LARC Inc., Lee County Sheriff, Lee Health Military Support Group, Life Line Family, Lutheran Services, McGregor Clinic, NAMI Lee County, One More Child, Project Dentist Care, The Salvation Army, YMCA and United Way of Lee, Hendry, Glades and Okeechobee.

Attendees are asked to bring in a non-perishable food item for the local food pantry and wear a mask for the safety of yourself and others. Officials

from the United Way Volunteer Center will be enforcing social distancing and other safety protocols and will have hand sanitizer available.

Bell Tower Shops is located at 13499 South Cleveland Avenue in Fort Myers. For more information, email marym@unitedwaylee.org.✱

Passport Services Resume

Lee County citizens planning to travel overseas in the coming months can once again apply for a passport at the Clerk of Courts. Appointments are now required, and passports may take up to 12 weeks to be issued by the U.S. Department of State.

It is now required that customers bring a completed, unsigned passport application to their appointment. Valid proof of citizenship, photo ID and a passport photo must be provided when applying. Copies of the front and back of the photo ID and citizenship documents must also be provided at the application appointment.

"We're pleased to resume passport services while ensuring the safety and well-being of our customers and deputy clerks," said Lee County Clerk of Courts Linda Doggett. "This much-needed service is essential for many of our residents; especially those who need to travel for business or care for loved ones."

Applicants wishing to receive their passports sooner than 12 weeks can request expedited service for an extra fee to receive their passport within four to six weeks.

Anyone entering the County Administration Building is required to wear a mask. To ensure proper distancing in the office, only customers applying for passports will be allowed into the office.

Children may stay with their parents.

To schedule an appointment, customers can call 533-5007. Passport services are provided in the Recording Department on the 2nd floor of the County Administration Building, located at 2115 Second Street in Fort Myers.

Passports are \$110 for citizens age 16 and older or \$80 for those 15 years old and younger, payable to the U.S. Department of State. A separate \$35 processing fee is payable to the Clerk of Court.

Those customers wishing to renew their passports may do so by mail; no need to make an appointment. Visit www.travel.state.gov/content/travel/en/passports/have-passport/renew.html for more information. For downloadable passport applications and a full list of required documentation and fees, visit www.leeclerk.org/passports.✱

From page 1

Youth Theater

but it is a reflection of the ever evolving nature of art and the inspiring resilience of young artists."

The production features all the familiar characters of EB White's classic novel: Wilbur, the irresistible young pig who desperately wants to avoid the butcher; Fern, a girl who understands what animals say to each other; Templeton, the gluttonous rat who can occasionally be talked into a good deed; the Zuckerman family; the Arables; and, most of all, the extraordinary spider, Charlotte, who proves to be "a true friend and a good writer."

Productions are free to stream, but a suggested donation supports the future of the arts in Southwest Florida. Pre-registration is required at www.artinlee.org/charlottesweb in order to provide an access link prior to showtime.✱

Superior Interiors

Create A Movie Theater In Your Own Yard



by Jeanie Tinch

With everything happening in the world, we are very fortunate to be able to indulge in outdoor enjoyment year-round. Relaxing opportunities spent outdoors

like tending your garden, swimming in the pool and soaking up the sun on the beach are what brings so many to our beautiful area.

However, the fun doesn't have to end when the sun sets. Why not keep the party going into the night with your own backyard movie theater? With the right furniture, mood lighting, accessories and treats, you can achieve a safe and relaxing atmosphere.

First, establish where you envision yourself and family members getting comfortable for the viewing. If you have an empty wall, such as the side of the house, garage or shed, take advantage of it just as long as there is a place to gather around it. If you are having a hard time figuring out where to watch the movies, consider hanging a sheet instead. Then, invest in a projector that makes it easy to access your favorite flicks for the late-night showings. This technology is available at various price points, even in portable versions that can be easily

moved about.

Once you have established the main feature of the theater, it's time to make the space as comfortable as can be. Arrange your patio furniture so it is facing the screen and make sure to go overboard on the throw pillows and blankets. Just because it is apt to be warm outside, that doesn't mean your family members and guests don't want to snuggle up during the rom-com.

While you don't want the movie theater to be fully lit during the showing, you still need to create a space that's easy to navigate when guests need to get up to freshen up or grab a drink. String lighting not only illuminates the way, it also adds a gorgeous, modern ambiance to the outdoor movie theater. Add a dimmer to the lighting to take things to the next level and really create that night-out-at-the-movies type of vibe.

What's a movie viewing without snacks and drinks? Grab two rolling carts and arrange one with the theater essentials, such as chocolate, popcorn and soft pretzels. The other cart can be both adult and kid-friendly with an assortment of juice and soda that is perfect for the kids, but can also come in handy for the adults who need a mixer or would prefer a non-alcoholic beverage. Take requests from your guests about what drinks they want to enjoy for the movie night to please everyone.

As the sun and warm summer months are moving towards milder, dryer conditions for us in Southwest Florida, it's time to get started on the backyard (or front yard) movie theater project. What a fun, creative way to engage with friends, family and neighbors in the outdoor air.

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

New Trustee For University Board

Marilyn Santiago has joined Hodges University as a trustee.

"We are pleased to welcome Marilyn to our board of trustees. Her experience in the entertainment and media industry, and in construction and manufacturing is impressive," said Dr. John Meyer, president of Hodges University. "She adds a new range of real world expertise that is especially valuable as we continue to develop new programs."

A native of Puerto Rico, Santiago began her career in the media and entertainment industry. Her biggest passion – radio – led to numerous awards for her work. She served as a faculty member of the CSB school of Broadcasting. In 2006, she launched Sunshine Integrated Solutions, which focuses on branding, media consulting and entertainment solutions for local and corporate clients. In 2015, she



Marilyn Santiago

became the co-owner of CARP, Creative Architectural Resin Products, Inc., which specializes in designing, manufacturing and installing resin-based, faux architectural trims and accents.

Her community engagement has included The New York Puerto Rico Day Parade, Indigo Sky Collective, the National Association of Women in Construction, KKIDS and Dress for Success. She is also on the City of Fort Myers advisory board for special events.✱

Republican Women To Meet

Lee Republican Women Federated will hold a dinner meeting at KJ's Steakhouse on Monday, November 9. Doors open at 5 p.m., dinner will be at 6 p.m. and program will follow.

November's program will be presenting an Unsung Hero Award to an Iona McGregor Fire District fireman. Cost is \$50 to attend.

KJ's Steakhouse is located at 10950 Cleveland Avenue in Fort Myers. For reservations, call or text Ashley Winstel at 602-708-8663 or email acwinstel@gmail.com or <http://www.leerepublicanwomen.com/productcategory/register> before November 5 at noon.✱

Stone Crab Season Is Open

Stone crab season opened on October 15 and several recreational and commercial regulation changes have gone into effect.

Florida's stone crab fishery has experienced a long-term decline in harvest. Florida Fish and Wildlife Conservation Commission (FWC) staff worked with stakeholders on changes that are intended to increase the population and build resiliency in the fishery.

New regulations in effect this season include:

The minimum claw size limit will be 2 7/8 inches (a 1/8-inch increase).

Possession of whole stone crabs on the water will be limited to two checker boxes, each up to three feet by two feet by two feet or a total volume of 24 cubic feet.

The season will now end on May 2.

All plastic and wood stone crab traps will need to be outfitted with a 2 3/16-inch escape ring before the 2023-24 season.

As a reminder, recreational harvesters who are age 16 and older and fish with traps are required to complete an online, no-cost recreational stone crab trap registration and place their registration number on their traps before using them. To register, visit www.gooutdoorsflorida.com, sign in, click "Purchase a License" button, scroll down to "Saltwater Permits" section and select "Recreational Stone Crab Trap Registration."

Upon completion, each person will receive unique trap registration numbers



Stone crab

photo provided

that must be included on each trap along with the owner's full name and address. This information must be legible and must be permanently attached to each trap.

Claws may not be taken from egg-bearing stone crabs. Stone crabs may not be harvested with any device that can puncture, crush or injure a crab's body. Examples of devices that can cause this kind of damage include spears and hooks.

Recreational harvesters may take a daily bag limit of one gallon of claws per person or two gallons per vessel, whichever is less, and may use up to five stone crab traps per person.

Traps that are not being fished should be removed from the water to avoid ghost fishing, a process in which marine species get caught in the trap for extended periods of time and are not harvested.

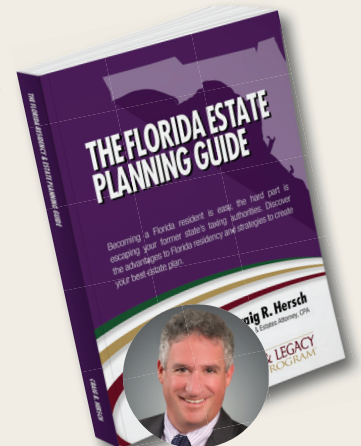
Stone crab regulations are the same in state and federal waters.

For more information on harvesting stone crabs for recreation, trap specifications, commercial stone crab regulations and licensing information, visit www.myfwc.com/marine.✱

FREE ESTATE PLANNING GUIDE

Is Your Plan:

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- providing the PEACE OF MIND knowing everything goes where you want when you pass
- Most importantly, is your plan up-to-date and Florida-compliant?



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

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Frankly Speaking



by Howard Prager

A lot of records were tied and broken last weekend. Rafael Nadal is now 13-0 in the French Open and tied Roger Federer's all-time record with his 20th Grand Slam men's singles title. The

34-year-old became the first Open-era player to win four Grand Slam singles titles without losing a single set, and the first player of that 50-plus-year period to win six major titles since turning 30. On the women's side, a 19-year-old first-time winner. Ranked outside the top 50 and without a pro title in her young career, Iga Swiatek blazed through the Open and becomes the first Polish player – male or female – to win a major, and the first player ranked outside the top 50 to win this event. Remarkable.

In a year that started pre-COVID with the tragic loss of Kobe Bryant and a Utah Jazz player getting COVID-19 leading to a four-month stoppage of NBA play, the Lakers won their 17th NBA Finals, tying the Celtics for most in league history. It involved a restart and playoffs in a tight bubble with no cases, social justice messages on the court and on uniforms, and a Miami Heat team that came from nowhere to challenge the Lakers and take the Finals to six games.

Let's get to baseball and sadly the loss of two more great hall of fame

pitchers, the Yankees' Whitey Ford and the Cardinals' Bob Gibson, along with Joe Morgan, the second basemen and heart of the Big Red Machine. A two-time National League MVP, 10-time All-Star and five-time Gold Glove Award winner, Morgan is remembered for lowering his shoulder several times as he got ready to bat. After his career, Morgan had a stellar career as a broadcaster, including nationally on *Sunday Night Baseball*.

Ford dominated everyone, and baseball analyst Jeff Wilder told me during an interview that a case can be made as to Ford and Gibson being two of the first flamethrowers in baseball. Standout stats. Ford won more World Series games than any other pitcher. Ford's career record of 236-106, established the Yankees' record for victories. His career winning percentage of .690 is the best for any pitcher with at least 300 decisions. His 10 World Series victories are the most for any pitcher, and he pitched 33 consecutive scoreless innings in World Series play, breaking a record set by Babe Ruth. He also holds records for World Series starts (22), innings pitched (146) and strikeouts (94).

Gibson, with 251 wins (and 255 complete games), owned the plate. If anyone got too close, he wouldn't hesitate to brush them back. Gibson also hit 24 home runs and won nine gold gloves. Joe Torre, Gibson's teammate from 1969 to 1975 and a sometime battery mate, said: "Pride, intensity, talent, respect, dedication. You need them all to describe Bob Gibson."

I talked to Wilder about how pitching was then and now. "No active pitcher today has even 50 complete games,

that's how much the game has changed." Wilder explained that "what you see is a specialization and strategy of relief pitching. This is a significant change. In the old days, you only went to a reliever if the starter got exhausted. Not today. It's not uncommon to see pitchers throwing 99 to 100 mph. Velocity is incredible. For example, Aroldis Chapman has been clocked throwing up to 103 mph. Unhittable? No. He said "Chapman throws too many fastballs and loses location. You don't want to throw that kind of fastball low and in. If it's up and in that's much harder to hit. He throws low, and it's in the hitters swing path – he provides their power. With the Rays game-winning hit, Brouseau hit Chapman's slider square that it took the slider away from Chapman. At 3-2 (full count), Brouseau is sitting on a fastball and he got a hold of one. Same thing happened against Chapman in Game 7 of the Cubs-Indians World Series in 2016 when he gave up the game-tying home run." I asked Wilder about why so many flamethrowers? He said medical technology has helped. "Tommy John surgery is now common place. Rays pitcher Pete Fairbanks had Tommy John surgery twice and is now throwing 100 mph."

What else has changed in pitching? "Today, you have 15 men on your relief staff and you have an opener. Some openers are expected to only pitch two innings." The Padres used nine pitchers against the Dodgers, the White Sox and A's used a combined 17 pitchers in the last game of that series. "The whole key to pitching today is having command of several different pitches so the batter doesn't know what's coming." Or have a lot of pitchers come in and keep batters from learning what they're throwing.

I asked Wilder if he had any recollections about Ford and Gibson. "There was an exhibition stunt where a racecar went 100 mph and Whitey released his pitch at the same instant and Whitey's pitch beat the race car 60 feet, 6 inches. As for Gibson, the last pitch he ever threw in the majors was hit for a grand slam by Pete LaCock. A decade later at an Old-Timer's game at Wrigley Field, LaCock comes to the plate and Gibson was pitching. He didn't forget what happened, and beamed him."

The good news story of the week comes from Greece via the Good News Network. Long-distance runner Marios Giannakou has a long record of taking on challenges, including climbing Mount

Olympus' highest peak 50 times. He met and befriended a 22-year-old physically disabled biology student Eleftheria Tosiou and learned of her dream to experience the summit. With a specially modified backpack to carry her, Giannakos, along with an eight-member support team, climbed Olympus's tallest peak, Mount Mytikas. After their ascent, he told the *Greek Reporter*, "For me, all international races, the medals and the distinctions so far, mean little compared to this goal." Real life heroes are truly welcome to see today.

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

Basketball Classic Canceled

Because of health and safety concerns, officials for the Culligan City of Palms Classic have decided to cancel the 2020 high school basketball tournament, scheduled to be played December 18 through 23 at Suncoast Credit Union Arena.

Tournament organizers had been preparing several contingency plans, all with the safety and well-being of players, fans and officials in mind. However, due to the ongoing pandemic, organizers decided this week that the best plan of action was to cancel the tournament for 2020 and look toward 2021.

This marks the first time in its 48-year history that the classic will not be played.

Officials have already set the dates for the 2021 tournament, scheduled for December 17 through 22 at Suncoast Credit Union Arena.

"This was without a doubt the toughest decision we have ever had to make regarding the nation's top high school basketball tournament," said John Naylor, executive director. "With the health of the teams and fans our number one priority, we had to make this decision. We know how much people across the nation – and especially in Lee County – look forward to this great event each year, and we know the 2021 version will be viewed with high anticipation."

Visit www.cityofpalmsclassic.com for updates on the 2021 Culligan City of Palms Classic.

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SPORTS QUIZ

1. What Argentinian tennis player defeated Steffi Graf to win the US Open women's singles championship in 1990?
2. Name the broadcaster who earned the nickname "The Voice of God" as narrator for NFL Films from 1966-84.
3. What Boston Bruins great won the Norris Trophy for the NHL's best defenseman eight years in a row from 1968-75?
4. Before serving as head coach of the Minnesota Vikings, Bud Grant won four Grey Cups as coach of what CFL team?
5. Hadi Saei won two Olympic gold medals and one bronze medal for Iran as a competitor in what sport?
6. What bespectacled Cincinnati Reds third baseman was named NL Rookie of the Year in 1988?
7. Dutch performance artist Iepe Rubingh and French comic-book artist Enki Bilal are credited with creating what hybrid sport?

ANSWERS

1. Gabriela Sabatini!
2. John Facenda.
3. Bobby Orr.
4. The Winnipeg Blue Bombers.
5. Taekwondo.
6. Chris Sabo.
7. Chessboxing.

dearRPharmacist

Ginger Improves Memory And Reduces Pain



by Suzy
Cohen, RPh

Dear Readers: Ginger is a something you've probably walked past a thousand times in the grocery store and passed up. It has some incredible medicinal benefits

and offers people a natural approach to many ailments. Many women use ginger for morning sickness during pregnancy. Sometimes you see it crystallized with sugar to improve flavor. But today, I'm talking about the fresh ginger root that you can buy in food markets.

Known officially as *Zingiber officinale*, ginger contains many therapeutic compounds, all of which have well-documented medicinal actions in the body. In studies with people who ate dried ginger spice in their meals, 75 percent experienced relief from arthritic pain and swelling.

Ginger contains dozens of compounds which have pharmacological activity. Sometimes you have to heat the ginger to see a specific compound. For example, zingerone is negligible in fresh ginger, however cooking it transforms the gingerol to zingerone. The dried (powdered) ginger spice does contain zingerone in it.

We think of ginger (either fresh or powdered) as a flavor agent, but ginger is powerful medicine. It is an antioxidant and strong analgesic. It could thin the blood so you have to avoid it (or minimize it) if you are supported on anticoagulant medications.

Zingerone is well researched and it's incredible. Studies have determined that it reduces inflammation, improves blood sugar, eases muscle pain and spasms, helps with arthritis, speeds fat breakdown and ramps up immune function. In an animal study, ginger compounds protected rodents from brain damage and memory loss, so now drug companies are trying to morph it and patent it into an Alzheimer's drug. I say just eat it!

Ginger can block your enzyme xanthine

oxidase, which is good because that reduces ROS (reactive oxygen species). So the fact that ginger can degrade these ROS free radicals means it protects your DNA and mitochondria. In fact, ginger promotes mitochondrial health and these mito store energy for you in the form of ATP (adenosine triphosphate).

If you have liver disease, or hepatic injury (for example, alcohol-related, or hepatitis), consider ginger in all of your recipes because studies show that zingerone has a hepatoprotective effect.

Here's another fun fact. Ginger might have some heavy metal binding abilities, because it can reduce cadmium levels according to animal studies. It can also reduce the body's burden of organophosphate pesticides. If you have a PON1 gene, make ginger your friend.

Unfortunately, it cannot bind gadolinium from MRIs. Not only does ginger spice up your recipes, it makes for a quick and delicious tea. I have a recipe for this at my website, as well as a free ebook for you called *Spices that Heal*. Ginger is a delicious, safe and affordable way to improve health while adding a warming spice to your meals.

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.✧

Chronic Pain Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health will offer a free six-week workshop virtually, entitled Chronic Pain Self-Management, on Tuesdays beginning October 20 from 9:30 a.m. to noon. The research-based program, originally developed by Stanford University, has information to help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Call 343-9264 for more information.✧

From page 1

Outreach

purchasing the ingredients for a holiday meal can be a large financial burden for many. Thanks to the generous support of our neighbors, we are able to provide that experience for the families in the Harlem Heights community."

Some 300 turkeys are being provided for the outreach. Golisano Children's Hospital is donating 225 turkeys and Gecko Hospitality is donating 75.

The greatest need is for rice, canned vegetables (green beans, peas, corn and mixed vegetables) or monetary donations to purchase those items. Additional food items needed include canned yams, boxed stuffing, boxed potatoes, boxed corn

muffin mix, canned gravy, cranberry sauce and cake mix.

Donations can be dropped off Monday through Friday from 9 a.m. to 5 p.m. until Wednesday, November 18. The outreach event will be held on Saturday, November 21. COVID-19 safety precautions will be in place. The Heights Center is located at 15570 Hagie Drive in Fort Myers.

Volunteers are needed on Friday, November 20 and Saturday, November 21. Contact Melissa Barlow at 482-7706 or melissa@heightsfoundation.org to sign up for a time slot. Organizations and individuals interested in donating can also contact Barlow at 482-7706 or melissa@heightsfoundation.org.

All donations are tax deductible. Monetary donations can be made at www.heightsfoundation.org/donate.✧

Doctor and Dietician

Heart Issues At Normal Body Weight



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

For this article, we wanted to tell you about common scenarios that happen every day at Caring Medical. Patients will come into our office with a story of a sudden onset of panic attacks, heart palpitations, chest pain, or rise in blood pressure. They report that there was no new stresses in their lives, and they were not even thinking "bad thoughts." A recent patient reported, "I had an uncontrolled panic attack while driving to work. All of a sudden, I had chest pain, chest heaviness, shortness of breath and my heart was pounding. I thought I was going to pass out. After I calmed down, I was able to go home and lay down and wait for it to subside." No cardiologist or internist was able to discover a cause after putting the patient through a battery of labs and tests.

While this patient was reporting her history to us, she stated that she worked for a chiropractor and had recently received a lot of cervical manipulation. We performed a Dynamic Motion X-ray of her neck in our office that revealed significant upper cervical instability. In other words, the ligaments that hold her upper cervical spine together were loose. This looseness can cause pressure on

the vagus nerve, which runs down both sides of the neck, as well as her cervical arteries. Blocking the vagus nerve (which is the lifeline to rest of the body) and these arteries can cause these seemingly strange and unrelated symptoms.

This patient experienced the symptoms because she turned her head in one direction while looking to make a turn while she was driving, and these areas were pinched. Thankfully she was able to pull over safely and wait for the symptoms to subside, but you can see how this might result in a serious injury.

We have seen similar cases where patients report new onset anxiety for absolutely no reason. For most of her life, this patient was one of the most calm and wonderful people in the world – great mom, great wife, happy life – nothing would suggest anxiety... even to her! Like the first case, she reported that she was dropping the kids off at school. She had a history of neck tension, headaches, chiropractic care with lots of cracking up high, as well as a swishing sound in the ear. These too are symptoms of cervical instability. Her Dynamic Motion X-ray showed significant upper and mid-cervical instability.

Both of these patients received H3 Prolotherapy injections to tighten the ligament-bone junctions throughout the loose areas – much like spot-welding. Their symptoms gradually resolved as the neck became more stable.

If you have unexplained dizziness, balance problems, blood pressure swings, palpitations, heart rate fluctuations and/or anxiety, consider the neck as a possible cause, especially if all other tests came back negative. If the sensory nerves that deliver messages to the brain are blocked or impaired, these symptoms can develop.

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.✧

Mental Health Fundraising Luncheon Nears

HOPE Clubhouse's annual mental health fundraising luncheon will be held on Monday, October 19 from 11 a.m. to 1 p.m. The event will occur both in-person at the Broadway Palm Dinner Theatre (1380 Colonial Boulevard, Fort Myers) and virtually via Zoom in a new hybrid fashion to adhere to CDC safety guidelines.

Funds raised at the Faces of HOPE: Celebrating 10 Years of Growing HOPE will aid the clubhouse's mission of providing a community of support for adults living with a mental illness and opportunities for paid employment and access to education, housing, and wellness.

A live auction will also occur, with prizes ranging from a wine dinner hosted

by Fran Fenning, to a five-night stay at the HubbHouse in Cape Charles, and even a python hunting experience in the Everglades. Additionally, both in-person and virtual ticket holders will automatically be entered into a drawing for a grand prize.

Tickets and sponsorships for the event are available for purchase online here. Tickets are \$100 to participate in-person and \$75 to participate virtually. All attendees will receive lunch as part of their ticket price. In-person attendees will receive lunch courtesy of Broadway Palm Dinner Theatre. Virtual attendees are invited to pick up an executive box lunch complete with a personal-sized sparkling rosé, specially prepared by members in the HOPE to Go Kitchen.

For more information on the event, visit <https://hopeclubhouse.networkforgood.com/events/23118-faces-of-hope-mental-health-luncheon>, call 267-1777 or email info@hopeclubhouse.org.✧



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

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

My Stars ★★★★★

FOR WEEK OF OCTOBER 12, 2020

Aries (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend.

Taurus (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

Gemini (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

Cancer (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas you can smooth over. Also, try to be flexible about travel plans.

Leo (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent with loved ones.

Virgo (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

Libra (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers unless they can show a real basis for their position.

Scorpio (October 23 to November 21) While potential career changes warrant your interest, don't ignore current job responsibilities. A personal relationship also can benefit from more of your attention.

Sagittarius (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers you get.

Capricorn (December 22 to January 19) Your efforts involving that pesky problem should soon show positive signs of being resolved. This would allow you to shift some of your focus in another direction.

Aquarius (January 20 to February 18) While you enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

Pisces (February 19 to March 20) You might still have explaining to do about your decision, but support grows as you continue to make your case. You also might want to start making plans for the upcoming holidays.

Born This Week: You insist on making decisions based on facts, not on popular opinions. Have you considered a career in science?

MOMENTS IN TIME

• On Oct. 24, 1775, a British naval fleet of six ships sails up the James River to destroy the town of Norfolk, Virginia. Expecting the Patriots and local militia to come charging and to engage in open combat, the British were surprised to come under fire from expert riflemen, who began striking down British troops at a distance.

• On Oct. 19, 1781, hopelessly trapped at Yorktown, Virginia, British Gen. Lord Cornwallis surrenders, effectively bringing an end to the American Revolution. He surrendered 7,087 officers and men, 900 seamen, 144 cannons, 15 galleys, a frigate and 30 transport ships. Pleading

illness, he did not attend the surrender ceremony.

• On Oct. 23, 1921, in France, American Sgt. Edward Younger selects from four caskets the body of the first "Unknown Soldier" to be honored among the approximately 77,000 U.S. servicemen killed during World War I.

• On Oct. 22, 1934, Charles "Pretty Boy" Floyd is shot by FBI agents in Ohio. Floyd, who had been hunted for four years, used his last breath to deny his involvement in the infamous Kansas City Massacre, in which four officers were shot to death at a train station.

• On Oct. 20, 1947, the notorious Red Scare kicks into high gear in Washington, as a Congressional committee begins investigating Communist influence in Hollywood. Some witnesses – including studio honcho Walt Disney – gave the committee names of colleagues they suspected of being communists.

• On Oct. 25, 1973, President Richard Nixon vetoes the War Powers Resolution, which would limit presidential power to commit armed forces abroad without Congressional approval. Congress passed the law over Nixon's veto.

• On Oct. 21, 1988, *Mystic Pizza*, a romantic comedy starring Julia Roberts, Annabeth Gish and Lili Taylor as three young women who work at a pizza parlor in Mystic, Connecticut, opens in theaters. Matt Damon made his big-screen debut in the film.

NOW HERE'S A TIP

• Want a great way to clean around your faucets? The answer may be closer than you think! A worn-out toothbrush can do a much better job of cleaning fixtures than it can your teeth and gums. Simply brush the wet bristles of a toothbrush over the base and it'll get in those nooks and crannies you can't reach with a sponge.

• Remove mildew from plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.

• "We have a playroom, and the kids argue about who made what mess and who should pick up which toys. We made a cleaning schedule for the room, having one or two children per day responsible to clean up at the end of the day. It was a rough start, but the kids have learned to clean up as they go rather than leave a big mess for someone else (payback is not kind)." DAM in Kentucky

• If your vacuum has a paper filter, spray it with your favorite perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.

• "Need your nails to dry in a hurry? You can use the cool setting on your hair dryer. It works really fast." – LE in Georgia

• Using your fireplace? Try adding citrus peels to the logs for a nice aroma. They can be a good starter material as well.

STRANGE BUT TRUE

• Along with henna, old-fashioned hair dye ingredients included the blood of black cows and crushed tadpoles in warm oil.

• While filming in 1957, Elvis Presley inhaled his tooth cap as he slid down a pole in the opening dance number. It lodged in his lung and required surgical removal, but aside from a little hoarseness for a few days, the King made a fairly easy recovery.

• Arachibutyrophobia is the fear of peanut butter getting stuck to the roof of your mouth.

• That little white paper strip coming out of the top of Hershey's Kisses is called a plume and was originally introduced by the company to distinguish the product from phony knock-off candies.

• The popular kids' game "Operation" was continued on page 22

PUZZLES

Answers on page 23

Super Crossword

ONE TOO MANY

- ACROSS**

1 Snagged gold, silver or bronze

8 One phoning

14 Away from the shore

20 Typically

21 Get dressed

22 "Gangsta's Paradise" rapper

23 Nation south of Chad

26 Money unit of Japan

27 — Grande

28 Jekyll's other side

29 Gotten on one's feet

30 Health facility

33 Showiness

35 Many people born in August

37 Popular hangover remedy

47 Hullabaloo

48 Noel hanging

49 Bylaw, for short

50 Revered Fr. woman

51 Bro's sib

54 Part of a roof

55 Slop over

57 Like short tykes

63 Stylist's stuff

64 Blue Ribbon brewer

65 Prefix with compliance

66 Almost certainly, in legal cases

77 — tai

78 1985 Kate Nelligan film

79 Past

80 1973 #1 hit for Gladys Knight & the Pips

90 PC letters

91 17th state

92 Pince- — (gripping glasses)

93 City in south Germany

94 Zippo

95 Shower units

97 Like Mali's desert

101 School with the Bearcats

107 Pal of Garfield

108 Neck-to-waist area

109 Sigh of relief

110 Ravioli, e.g.

113 Bellicose Greek god

117 Regular grind

118 Undecided, on a sched.

121 Pilot's guess

128 Used a razor

129 Blue-purple

130 Truckers' medium

131 Nobelist "Mother"

132 Some waste conduits

133 Apt word formed by this puzzle's missing letters
- DOWN**

1 Bro

2 Suffix with Peking

3 Ex-veep Quayle

4 Too-too

5 Draw in

6 Personal flair

7 Pop singer Lana — Rey

8 Make corrupt

9 Sudden raid

10 Mogul Onassis

11 Scotland's Ness, e.g.

12 PayPal's parent, once

13 Rip up

14 Hail, mainly

15 "Sure can!"

16 Ninth-century emperor called "the Pious"

17 Priestly robes

18 Giza's river

19 Injure gravely

24 Foot curve

25 Pertains

30 Mu — shrimp

31 Soft food for infants

32 Smog soils it

33 UFO pilots

34 Common job for 99-Down

36 Numerical suffix

38 Wooing gift

39 Solemn vow

40 Liberated, in Germany

41 Kinnear of "Sabrina"

42 Rip up

43 "— Nagila"

44 Outing

45 Bark of pain

46 Stare at creepily

51 — -Pei

52 "Let — known ..."

53 Ex-Cub Sammy

55 Foot coverer

56 Duck locale

57 Old CIA foe

58 Previously named

59 Actor Ron in a loincloth

60 College transcript no.

61 Perplexed

62 Skit show since '75

67 Upscale hotel chain

68 Toe part

69 Use a trowel

70 Actor Ken

71 Hawaii's bird

72 Animated bug film

73 Life sketch, for short

74 Scull, e.g.

75 Fleece-lined boot brand

76 "Sk8er —" (Avril Lavigne hit)

80 Clickable list

81 "Sign me up"

82 Artist Salvador

83 Position of stressful responsibility

84 Like some spicy food

85 Slope

86 — -poly

87 Tex-Mex dip, informally

88 K thru 12

89 Gulf nation

95 — Lanka

96 Boozing sort

97 — -cone

98 Protein-making stuff

99 Car club inits.

100 Utmost degree

102 Like many a prayer candle

103 Mingo player on "Daniel Boone"

104 Past

105 Oil or vinegar bottles

106 What "—" means in analogies

110 Irksome type

111 Racket-raising Arthur

112 Nova, e.g.

114 Gives it some gas

115 Falco with four Emmys

116 Store away

118 Classic perfume brand

119 "I'm c-c-cold"

120 "I smell —!"

122 Tooth doctor's org.

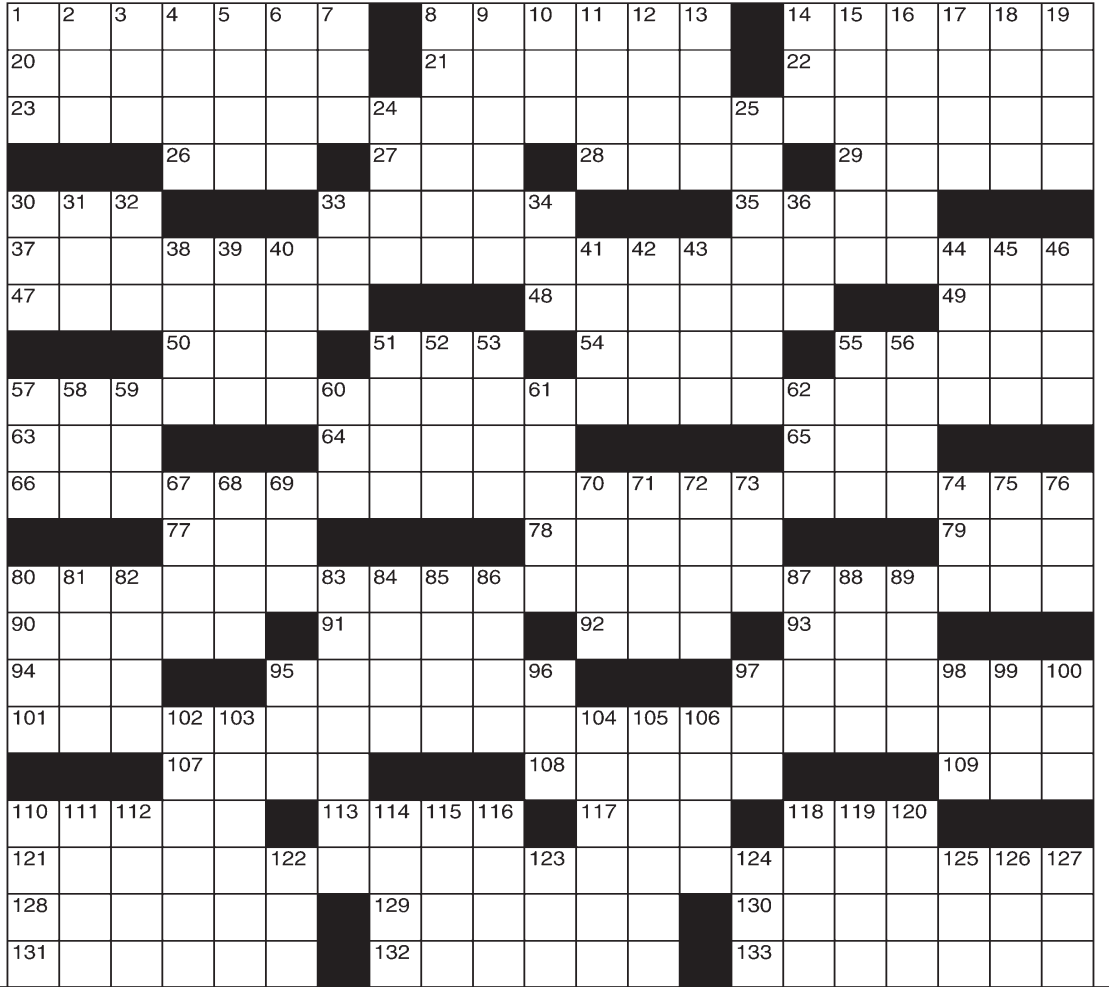
123 Land in eau

124 Govt. media monitor

125 Boise's state: Abbr.

126 Roman 7

127 EarthLink or MSN rival



King Crossword

ACROSS

1 Off

6 Handed out hands

11 Drunk (Sl.)

12 Wickerwork willows

14 WWI president

15 "The Compleat Angler" writer

16 Furthermore

17 Farewell

19 Coloration

20 Requirement

22 Right angle

23 California wine region

24 Contribute

26 Got rid of the bumps

28 Tummy muscles

30 Morning moisture

31 Not as prevalent

35 Bar legally

39 Frilly, in a way

40 Minor worker

42 Bygone times

43 Inseparable

44 Baby-sitters, often

46 Dead heat

47 IBM computer that won on "Jeopardy!"

49 Trumpeter Marsalis

51 Most cunning

52 Prepares to propose

53 Dispatches

54 ESPN datum

7 Birthright barterer

8 Have a bug

9 Deadly

10 Theatrical company

11 Master, on safari

13 Golf's "Slammin' Sammy"

18 Well, — be!

21 Blog, basically

23 Full of info

25 Jimmy Fallon's network

27 Churchill's gesture

29 Cosines' reciprocals

31 Decelerates

32 Venice's thoroughfares

33 Vinegar radical

34 Director Howard

36 Stagger

37 Baltimore athlete

38 Hammerhead parts

41 Stares stupidly

44 Asking too many questions

45 Agreement

48 Red or Black

50 "The Matrix" role

DOWN

1 Straightened

2 Gave shape to

3 "Monty Python" opener

4 Old promenade

5 Device for testing physical conditions

6 Fastened with pegs

MAGIC MAZE ● — NAME

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A NAME GIVEN TO A PRODUCT

- Assumed Code Common Company

Domain Family File Given

Household Maiden Married Middle

Nick Stage User

PETS OF THE WEEK
Lee County Domestic Animal Services

Pumba
And Hickory

Hello, my name is Pumba. I am a 7-year-old male terrier mix who is the lead member of the Boys Club. I have all the manners one would expect of a senior pup. I am a current staff favorite for our walks and a total gentleman on the leash. I am described as "51 pounds of lovebug" and am already past the pesky puppy stage. My adoption fee is \$25.

Hi, I'm Hickory. I am a 4-month-old male domestic shorthair who is a bit reserved at first but will come out of my shell in no time when I get comfortable



Pumba ID# A829446

and snuggle up to you. I am quite curious and like to just sit back and watch what is going on from a distance. I came in with my brother, Teak, who is more outgoing so it allows him be the more assertive one. We would be great in a home together! My adoption fee is \$10, and you can adopt one me and get another at no additional fee.



Hickory ID# A830219

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopted one and get a feline friend at no additional charge. For more information, call 533-7387.*

Electrical Ways
To Save While
Working Remotely

As much of the world has turned to remote work as a result of COVID-19, homes have now become offices. But just because you are spending more time at home doesn't mean your electric usage has to skyrocket. One simple trick to keep your electric costs low while tackling your remote work is to power down your computer when you are not using it. If shutting down your portable computer is not an option, Lee County Electric Cooperative energy experts recommend that you put your computer in sleep mode whenever possible.

Below is the approximate cost difference for keeping your desktop computer with an LCD screen on 24/7 for all 365 days in a year:

Fully powered: approximately \$89.
Sleep mode: approximately \$20.

Below are some additional ways to save when it comes to your computer:

Power off monitor if you will be away from your computer for more than 20 minutes.

Power off your computer and monitor if you will be away from your computer for more than two hours.

Ditch your desktop for a laptop which uses substantially less electricity.

Look for the Energy Star logo when purchasing electronics.

For more ways to keep energy costs low while sheltering and working from home, visit the Energy Efficiency tab on www.lcec.net.*

Addicts Need
Longer Stays

Narconon suggests that an addict should attend a program longer than the traditional rehab stay. An addict's body takes way more than 28 days to physically heal from the damage the drugs and alcohol have done to their body.

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

PUZZLES

Answers on page 23



"No wife of mine is cooking her own
_____ dinner—
why don't you go pick up a large pizza!"

SCRAMBLERS

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

Stabilizer
STABALL

Rush
SLEUTH

Twirl
GARETY

Meander
SEGRIDS

TODAY'S WORD

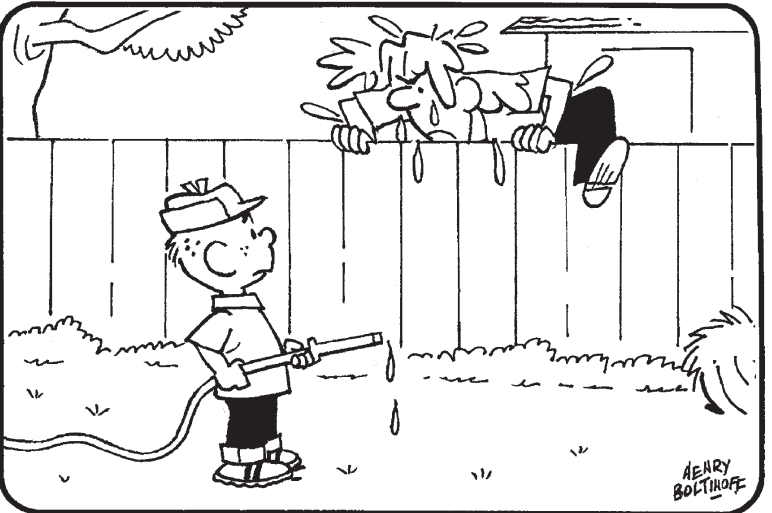
6				5		2	
	2		8		4		
		9		2	3		1
	3		7			1	
5					2		3
		2		9			4
9				4			7
	4				6		9
	6	1	9			8	

SUDOKU

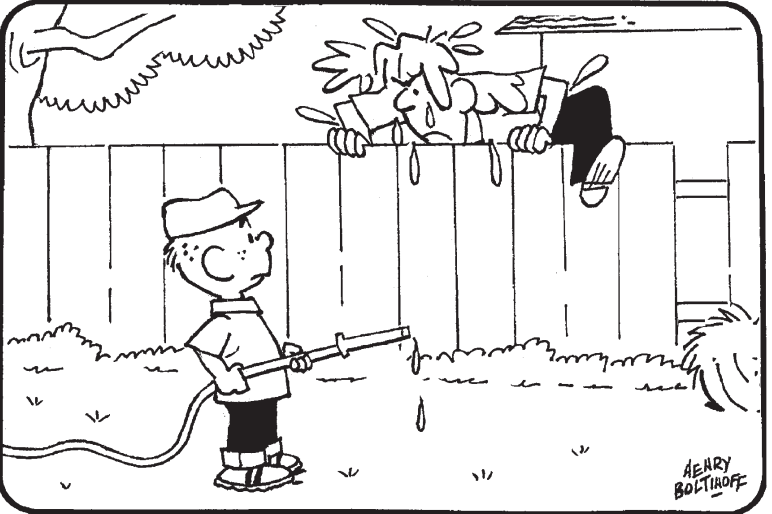
To play Sudoku:
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Fence board is missing. 3. Hose is longer. 4. Window is missing. 5. Tree is fuller. 6. Man's nose is different.

	FRIDAY Mostly Sunny High: 87 Low: 77		SATURDAY Mostly Sunny High: 86 Low: 78		SUNDAY Mostly Cloudy High: 87 Low: 76		MONDAY Mostly Sunny High: 88 Low: 78		TUESDAY Mostly Sunny High: 86 Low: 75		WEDNESDAY Sunny High: 83 Low: 74		THURSDAY Mostly Sunny High: 82 Low: 71
--	---	---	---	---	--	---	---	---	--	---	---	---	---

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	1:00 am	7:02 am	1:51 pm	7:21 pm	Fri	12:05 am	7:04 am	12:56 pm	7:23 pm	Fri	1:03 am	7:36 am	1:56 pm	7:58 pm	Fri	3:10 am	10:18 am	4:01 pm	10:37 pm
Sat	1:22 am	7:50 am	2:49 pm	7:47 pm	Sat	12:27 am	7:52 am	1:54 pm	7:49 pm	Sat	1:30 am	8:25 am	2:50 pm	8:38 pm	Sat	3:32 am	11:06 am	4:59 pm	11:03 pm
Sun	1:47 am	8:40 am	3:49 pm	8:11 pm	Sun	12:52 am	8:42 am	2:54 pm	8:13 pm	Sun	1:58 am	9:13 am	3:46 pm	9:17 pm	Sun	3:57 am	11:56 am	5:59 pm	11:27 pm
Mon	2:16 am	9:34 am	4:58 pm	8:30 pm	Mon	1:21 am	9:36 am	4:03 pm	8:32 pm	Mon	2:28 am	9:59 am	4:39 pm	9:54 pm	Mon	4:26 am	12:50 pm	7:08 pm	11:46 pm
Tue	2:50 am	10:32 am	6:28 pm	8:40 pm	Tue	1:55 am	10:34 am	5:33 pm	8:42 pm	Tue	3:05 am	10:44 am	5:26 pm	10:29 pm	Tue	5:00 am	1:48 pm	8:38 pm	11:56 pm
Wed	3:28 am	11:38 am	None	None	Wed	2:33 am	11:40 am	None	None	Wed	3:51 am	11:30 am	6:14 pm	11:05 pm	Wed	5:38 am	2:54 pm	None	None
Thu	4:15 am	12:53 pm	None	None	Thu	3:20 am	12:55 pm	None	None	Thu	4:42 am	12:23 pm	7:08 pm	11:46 pm	Thu	6:25 am	4:09 pm	None	None

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The New Math:
\$1 = \$8

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THE RIVER WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank OF SOUTHWEST FLORIDA



Chicken Fajitas with Peppers

- 3 bell peppers
- 3 (6-ounce) chicken breasts
- 2 tablespoons olive oil, divided
- 1 tablespoon taco seasoning blend (your favorite)
- Shredded cheese (your favorite)
- Tortillas (flour or corn)
- Cantina-Style Tomato Salsa
- Limes
- Remove peppers’ stems and seeds.
- Julienne peppers. Combine pepper slices,
- 1 tablespoon olive oil, and seasoning blend in a medium bowl.

Preheat skillet over medium-high heat. Add 1 tablespoon olive oil. Cook chicken breasts for 7 to 12 minutes until internal temperature reaches 165 degrees. Remove and set aside.

Assemble tortillas with chicken, peppers, cheese and salsa.

Cantina-Style Tomato Salsa

- 3-4 large tomatoes, large dice
- 1 large sweet pepper, large dice
- 1 chili pepper, large dice, seeds



Chicken Fajitas with Florida Peppers

photo courtesy Fresh From Florida

- removed (jalapeno or serrano)
- 1/2 Poblano pepper, large dice, seeds removed
- 1/2 cup white onion, large dice
- 1 cup red onion, large dice
- 2 tablespoons olive oil
- 2-3 garlic cloves
- 1/4 cup fresh cilantro, finely chopped (optional)
- 1 tablespoon taco seasoning (your favorite)
- 1/2 tablespoon sugar
- 2 limes, juiced
- Couple dashes hot sauce (optional)
- Sea salt and fresh ground pepper, to taste

Preheat broiler to high (500 degrees). Combine tomatoes, all peppers, and all onions in a bowl. Add olive oil and taco seasoning and stir to combine. Season with salt and pepper. Pour contents out on a sheet pan and place under the broiler for 10-15 minutes or until vegetables caramelize and char. Remove from heat and let cool completely. Add ingredients to blender or food processor and pulse until desired consistency. Add garlic cloves sugar, lime juice, hot sauce, and cilantro to blender and pulse. Taste and adjust seasoning with salt and pepper. Fresh tip: if you want the salsa to be hot leave some of the seeds in the chili peppers, this is where the heat lives.✱

From page 18

Strange But True

invented by John Spinello, a sophomore at the University of Illinois in 1962, as part of a class assignment. Sadly, he only made \$500 off the game after selling the prototype. • By the way, in case you’ve ever wondered, the “patient” in “Operation” is named Cavity Sam. • Gigi author Sidonie-Gabrielle Colette could only write after she had plucked all the fleas off her cat. • Many inventions and discoveries

have come about through the medium of dreams, including the alternating current generator, the sewing machine, Google, the periodic table and DNA’s double helix spiral form. • If you had to pick a “standard” pencil color, you’d probably think of a yellow-gold shade – and that’s no accident. When pencils went into mass production in the 1890s, the finest available graphite fillings came from China. Manufacturers wanted everyone to know that they used only the best Chinese graphite, so they painted their pencils yellow, the traditional color of Chinese royalty.

THOUGHT FOR THE DAY

“Our lives begin to end the day we become silent about things that matter.” – Martin Luther King, Jr.

TRIVIA TEST

1. **General Knowledge:** Where was the ancient kingdom of Numidia located?
2. **Language:** What is the opposite of the word convex?
3. **Geography:** In which body of water is the island of St. Vincent found?
4. **Comics:** What was the name of Superman’s pet monkey?
5. **History:** Who was the king of England at the time of the American

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also offered for ages 8 to 18.
7/31 ✱ TFN

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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



Randy Wayne White ©

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