



Almost Abba

photo provided

## Abba Tribute Band To Perform

**A**lmost Abba, an Abba tribute band, will perform at the next Edison and Ford Winter Estates' Rhythm on the River celebration on Friday, October 30. Doors open at 5:30 p.m. and the concert starts at 6 p.m.

The concert is the first of the season and offers guests an opportunity to listen to music outdoors, with ample room to maintain social distancing.

Almost Abba is the longest-running North American tribute to the Swedish band ABBA. The concert takes place on the Ford lawn along the Caloosahatchee. Visitors should bring a lawn chair and a

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## Babcock Ranch To Host Art Show

**T**he Babcock Ranch Art Show will feature the work of more than 50 juried artists outdoors in downtown Founder's Square on Saturday, November 7 from 9 a.m. to 4 p.m. Mediums include watercolor, oil and acrylic painting, sculpture, photography, metalwork, jewelry, ceramics, wood and fiber art. Guests also can taste fare from a selection of Southwest Florida's favorite food trucks stationed along Lake Babcock Drive.

"Babcock Ranch's wide open spaces offer plenty of room for guests to spread out and enjoy the art show," said Syd Kitson, chairman and CEO of Babcock Ranch's developer, Kitson & Partners. "We have worked closely with the team from ArtFest Fort Myers to ensure the art show is guided by CDC-recommended best practices and protocols."

Advance ticket purchase is required for all guests ages 6 and older at [www.babcockranchartshow.com](http://www.babcockranchartshow.com). Cost is \$5 per person, while event parking is free. Registered guests will receive a text reminder from HealthShield prior to the event to complete a brief health screening before arriving at the art show entrance.



Glasswork by Steve Palmer photo provided

Admission will be time-staggered through two entrances. All guests older than age 2 and vendors will be required to wear masks and maintain social distancing. Hand sanitizing stations will be available throughout the festival area. Signage will remind guests to abide by recommendations in place for the safety of all.

A Builder Expo area in Founder's Square will offer information from Babcock Ranch's team of nine homebuilders about available home

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Guests at the inaugural Makers Market

photo provided

## Market Returns To Butterfly Estates

**T**he Butterfly Estates will host a Makers Market on Sunday, November 1 from 9 a.m. to 3 p.m. The event, which will be filled with vendors, music and fun for all ages, will feature safety precautions and guidelines such as enter/exit areas for vendors, social distancing markers and hand sanitizer available in all booths.

This is the second Makers Market of 2020, after the success of the inaugural event held in March, just before the pandemic period.

For this event only, children younger than age 12 will be allowed to enter the butterfly conservatory for free, accompanied by an adult. The admission for adults is only \$2 during the event. This is a great opportunity to witness the many species of butterflies housed in the complex and learn about their cycle

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## Quilt Show And Sale This Saturday



Quilts blow in the breeze at a previous Airing of the Quilts quilt show

photo provided

**E**dison and Ford Winter Estates will host the annual Airing of the Quilts quilt show on Saturday, October 24 from 10 a.m. to 2 p.m.

Dozens of quilts from the Quilters' Guild will be on display, suspended from clotheslines between trees. Select antique quilts from the 1880s to 1940s will also be on display inside the Thomas Edison house, Henry Ford house and the Edison

guest house. Quilters' Guild participants will also have quilts available for sale.

Certified quilt appraiser Lars Cain will be on site and conducting appraisals. His vast experience includes the Library of Congress and the Smithsonian Institution. He has been sharing his expertise for many years and has spoken to more than 1,500 quilt groups throughout the

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Historic Downtown Fort Myers, Then And Now:

# Hotel Links Old And New



by Gerri Reaves, PhD

This 1925 bird's-eye view of the Franklin Arms Hotel shows the quieter side to a busy hotel at First and Lee. The eight-story hotel's rear tower had been completed only the previous year, making it the city's tallest building.

As modern as it looks, however, the hotel built during the boom had its roots deep in pioneer days.

Widow Mary F Hill had established Hill House, a frame boardinghouse hotel, on that very corner in the 1880s after coming to Fort Myers from Alabama with her two daughters, Flossie and Annie.

The business prospered, well-known for the homey atmosphere and good food. "Mother Hill," as she was called, came to be one of the town's beloved citizens.

In 1916, Flossie, who had by then established her First Street women's clothing store, replaced the frame structure with the three-story brick section facing First Street. It was called the "new" Hill House.

Only two years later, a group headed by WP Franklin bought the hotel, a new type of venture for him. He had established Franklin Hardware in 1914, a successful decades-long downtown business.

A few years after buying Hill House, he initiated a \$300,000 renovation, adding the rear tower and creating the town's first "skyscraper." Thus, it was propelled into boom times, with 102 rooms in a fireproof structure, a roof garden and steam heat. In subsequent years, a cocktail bar, private baths and a veranda were added to the amenities.

For many years, it was managed by Gilmer Heitman, Jr. In 1975, when it was owned by the Gilmer J Heitman, Sr. Trust, it was renovated into a permanent retiree apartment complex named the Edison Regency House.

The historic building was restored and redecorated, and a second elevator was installed.



In 1925, the Franklin Arms Hotel tower was only a year old. The three-story section at the corner of First and Lee was built in 1916 as the "new" Hill House, a business established in the 1880s. photo courtesy Tampa-Hillsborough County Public Library System

Heitman, Jr. continued as manager.

Today, the three-story "new" Hill House is a law office, and the tower is condominiums.

A related detail in the historic photo should not be overlooked.

That frame house just visible on the left is the Hill family residence. Flossie Hill had built it in the first decade of the 20th century, soon after establishing her famous women's clothing store in 1905. It became one of the longest running businesses in Fort Myers history.

In 1958, the house was relocated and Inter-County Telephone and Telegraph built the building spanning the block behind the hotel.

Today, that building is owned by CenturyLink.

Walk down to Lee and First and envision the law office on the corner as the "new" hotel run by Mother Hill.

Then learn more about the evolution of a boardinghouse into today's "skyscraper" condo tower 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](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://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.\*



Today, the tower is condominiums and the front section a law office. CenturyLink occupies the former site of the Hill family home. photo by Gerri Reaves

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## THE RIVER

### WEEKLY NEWS

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## Donations Sought For Fundraising Campaign

Community Cooperative's popular fall annual fundraiser, *Becoming Cosmopolitan*, will not be held this year due to the pandemic, but the community's need for food is greater than ever. Supporters of the nonprofit dedicated to bringing food to the hungry and hope to the hopeless have pledged \$50,000 and are asking the community to collectively donate \$50,000 too.

"Many of our generous sponsors and attendees for *Becoming Cosmopolitan* have already graciously offered to maintain their pledges for this year's *Becoming Cosmopolitan Cares* campaign," said Stefanie Edwards, chief development and operations officer for Community Cooperative. "Our event may be canceled, but the numbers of those coming to Community Cooperative for food and services continue to grow. As we look toward the holidays, we are counting on the community to help us feed their hungry neighbors."

*Becoming Cosmopolitan Cares* will help fund for these important Community Cooperative programs:

**Full Plates Project** – the annual effort to make sure there are no empty plates this Thanksgiving, supplies meals at the soup kitchen and baskets to families including frozen turkeys, canned veggies, stuffing mix, mashed potatoes, corn bread and more.

**Mobile Food Pantries** – an ongoing effort to distribute food to anyone needing it, have tripled during the pandemic, and during the holiday months, that need traditionally increases.

**Holiday Outreach** – supports families in need of extra help through initiatives like Adopt-a-Family and Adopt-a-Senior,



Your donation can help change a life  
photo provided

where supporters can directly help individuals with gifts and warm wishes for the holidays.

Sponsors who have supported the match for *Becoming Cosmopolitan Cares* include FineMark National Bank & Trust, Waste Pro USA, Custom Packaging & Products, Florida Power & Light, State Farm Sullivan Agencies, Lipman Family Farms, Sam Galloway Ford, Millennium Physician Group, Aloia Roland Attorneys at Law, The Flower Path Floral Studio, LadyCakes, Priority Marketing, Suncoast Beverage Sales, *Florida Weekly* and McGriff Insurance Services.

To support *Becoming Cosmopolitan Cares* visit [communitycooperative.org/](http://communitycooperative.org/) donate and choose the "Becoming Cosmo CARES" in the dropdown menu. Donations are also accepted by mail or by phone. Send donations to P.O. Box 2143, Fort Myers, FL 33902, or call 332-7687. Write "Becoming Cosmopolitan Cares" on the memo line of any check donations.\*

## Bereavement Opportunity For Children

In honor of National Hospice Month, Hope Healthcare is offering a special bereavement opportunity designed for children ages 7 to 12 who have lost a loved one in the past year.

Designed and facilitated by Hope's professional counselors, the free, five-part virtual series will provide kids with a safe space to share with their peers, learn to cope with feelings of grief and discover healthy ways to express their emotions. The therapeutic sessions will include art, music and other creative activities, along with a chance for participants to memorialize their loved one for the holidays as part of their journey through this challenging year.

Virtual Zoom groups divided by age will be held Tuesdays – November 17, December 1 and 15, and January 5 and 19 – from 4 to 5 p.m. Children should plan on attending all five dates.

Registration is required by Monday, November 2. To register a child ages 7

to 9, email [jessica.eastham@hopehcs.org](mailto:jessica.eastham@hopehcs.org). For children ages 10 to 12, email [diana.sanmiguel@hopehcs.org](mailto:diana.sanmiguel@hopehcs.org).

There is no cost to participate in Hope's Brave Hearts for the Holidays group. All necessary supplies will be included and available for pick-up prior to the first session. Registered participants will receive an email link to join the virtual sessions through Zoom video conferencing.

With generous community support, Hope is also able to offer additional specialized counseling programs. Visit [www.hopehcs.org/counseling](http://www.hopehcs.org/counseling) for more information about Hope's support groups, including grief support for teens and children, and for adults who have experienced the loss of a child, the suicide of a loved one, or the loss of a pet. Hope also offers an LGBTQ group, crisis support for community schools and businesses, and Spanish language group.

Hope Healthcare, which includes Hope Hospice and Hope Kids Care programs, is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit [hopehcs.org](http://hopehcs.org).\*

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Fort Myers Art:

FGCU Exhibit  
Explores The Body,  
Fragility And Time



by Tom Hall  
The exhibition  
When We  
See Further:  
Heather Couch,  
Marina Font,  
Renee Rey and  
Terre Rybovich  
is on display  
in the Wasmer  
Gallery at FGCU  
through Thursday,

November 19. There will also be a Taylor Greco dance performance on Friday, November 13 that will also be presented as an Instagram Live event. The exhibition's theme is "the body, fragility and time." Ironically, this theme was proposed in October of 2019. One bewildering year later it feels prophetic – not to mention universal. Too soon to be a response to COVID-19, the show is instead a record of enduring a pandemic by women artists who engage their bodies in their art. Couch, of West Palm Beach, is an uncommon ceramicist. "The idea of precariousness and fragility underlies a lot of my work," she readily admits. In a manner both playful and reflective, she lets the material and forms guide her, each step informed



A collage of artwork by the four exhibiting artists images courtesy www.artswfl.com

by the preceding one. The viewer encounters large vessels and even installations of ceramic (with wood) often imbalanced – even unstable – all bearing the imprint of the artist's hand, and many further softened with raw sheep's wool. Font is a native of Argentina, who lives in Miami. She started out in photography but her work is now photo-based. The photograph is no longer the end product but rather the starting point. In fact, the same photo – a female figure in an anatomic pose – is used over and over, each time elaborated with embroidery and other materials. "My work is deeply rooted in

psychoanalysis," Font said. "I want to bring the unconscious to the surface, both literally and metaphorically." The rich materiality of the surface pulls the viewer in to discover the truths beneath. Rey lives in Bonita Springs and New York City. She is a courageous artist who aims to challenge both traditional landscapes and figurative art. As she explains it, her large, ethereal paintings "portray alternative universes and transformative self-portraits, a search for the sublime in favor of the temporal, the spiritual versus the physical." Exploring three- and four-dimensionality, she seeks connections and commonalities with the hope of bridging people around the world. Recent events have led her to rethink what it means to be connected when we are so separate.

Rybovich, a resident of Homestead, is a lifelong drawer whose technique utilizes both her hands and body. "Drawing backward" was the initial idea, to cover the paper with charcoal and then erase the image. Focused on figure drawing, she tried lying on the drawing. "What I didn't expect was when I let the imprint guide me in the process, I made drawings I never imagined." Also, as a devoted birder, Rybovich draws birds from her photos. In quarantine, these icons of freedom grew huge, and the artist captured both the process of drawing as well as the bird.

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

While the FGCU campus is closed to all but students, you can view the exhibit's online catalog and listen to gallery talks with each artist at [www.fgcu.edu/artgalleries/currentseason/whenweseeffurther](http://www.fgcu.edu/artgalleries/currentseason/whenweseeffurther).

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.✽

Beach Art Group  
Member Show

The Fort Myers Beach Art Association (FMBAA) has reopened Monday through Thursday from 10 a.m. to 3 p.m. with limited capacity and masking required.

The October Member Show is exhibiting in the gallery. Artists are working on Tuesdays and Wednesdays. Drop by to vote for People's Choice.

FMBAA is pleased to partner with Shucker's who have graciously offered to use their indoor dining room to display and sell artworks. The artworks feature donations from Lee Ackert, Michele Barron Buelow, Gretchen Johnson, Pam Flaherty, John Rizza and Phil Rasmussen.

For more information, email FMBAA publicity chair Pam Flaherty at [fmbaapublicity@gmail.com](mailto:fmbaapublicity@gmail.com), call 463-3909, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com) or stop by the Fort Myers Beach Arts Association Gallery located at 3030 Shell Mound Boulevard on Fort Myers Beach.✽

Continental  
Women To Meet

The Continental Women's Club of Great Fort Myers will hold a meeting at The Hideaway Country Club on Thursday, November 5 at 11:30 a.m.

Guest speaker Dennis Solon, vice president of the Florida Coalition Against Human Trafficking, will speak about human trafficking on a local level and what programs are in place to help individuals restore their lives and freedoms.

Continental Women's Club monthly meetings are held on the first Thursday of each month. Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information, call 691-7561.✽

From page 1  
Quilt Show

Midwest, New England area and in Florida. Since 1977, he has appraised more than 20,000 quilts. Visitors may bring antique quilts for assessment. Verbal appraisals will be offered for \$20, while the fee for a written appraisal is \$50 per quilt.

Quilts have a long history with the estates. Henry Ford and his wife, Clara, collected quilts and other historical objects that were created and used by people from all across the United States. The quilts were often made from modest scraps of material, demonstrating the resourcefulness of American women.

The quilt show is included with a self-guided or guided tour of the historic homesite and botanical gardens. Tickets may be purchased online or at the ticket counter. Admission is free for Edison Ford members.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information or tickets, call 334-7419 or visit [www.edisonford.org](http://www.edisonford.org).✽

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From left, Butch Moore, Marshall Crosby and Matt Verrecchia

photos provided

## Golf Tournament Raises \$50,000 For Heights Programs

The Heights Foundation 5th annual benefit golf tournament Swing Fore The Kids at Old Corkscrew Golf Club raised \$50,000 for The Heights Foundation's programs. The programs work to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers. The event included lunch, after golf hors d'oeuvres, auction and awards. Sponsors included Five County Insurance (presenting sponsor) and Entech.

Marshall Crosby, Mike Claman, Butch Moore and Matt Verrecchia were the flight one winners. Doug Johnson, Ryan Atwood, Ryan Smith and Steve Palmer were the flight two winners.

"The poverty rate for children in Harlem Heights is more than twice the county average," said Jim Sanger, chief operating officer of The Heights Foundation. "This tournament supports programs at The Heights Center



Doug Johnson

including School Success and our enriching summer camp."

The Heights Center is located at 15570 Hagie Drive in Fort Myers. For more information, call 482-7706 or visit [www.heightsfoundation.org](http://www.heightsfoundation.org).

## Cover Show Fundraiser To Be Held Virtually

Love Your Rebellion's (LYR) annual cover show fundraiser, Sonic Masquerade, will be hosted virtually on Thursday, October 29 at 7 p.m. via Nice Guys Pizza's Facebook page.

LYR is culling submissions for Sonic Masquerade. Musicians are invited to submit cover song videos to be streamed during the show. Viewers can also expect some footage from years past, including some of LYR's Angela Page performing cover songs, and some by the show's co-host, drummer Marc Davis. In addition, Page and Davis will dish on some anecdotes from past shows, and talk about how they came

to work on the project together.

LYR hosts Sonic Masquerade each October as a live show at Nice Guys Pizza, but this year things are a little different. "We just don't think it's safe for our most vulnerable populations to attend music events yet," said Page, "so we've decided to host Sonic Masquerade virtually."

Sonic Masquerade supports LYR's annual nonprofit arts programming, which includes a literary and therapeutic arts zine and a Zine Library in East Fort Myers at Neenie's House. The virtual fundraiser will be LYR's only music event this year, as in-person music events have been put on hold. However, LYR has pivoted to other projects, like Murals on Tour, a traveling art installation project about social justice. For more information on LYR, visit [www.loveyourrebellion.org](http://www.loveyourrebellion.org) or [www.facebook.com/events/1751383915014553](https://www.facebook.com/events/1751383915014553).

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People check out vendors at a previous Santini Farmers Market

photo provided

## Beach Offers Two Farmers Markets

There are two farmers markets on Fort Myers Beach: one at Santini Marina Plaza and the other at Beach Baptist Church.

The Santini Farmers Market will be held Tuesdays and Thursdays from 8 a.m. to 1 p.m. at the 7205 Estero Boulevard location.

Established more than 10 years ago, this market offers fresh, local produce, seafood, honey, breads, jellies, pretzels, authentic Cuban sandwiches, empanadas, French croissants and take-home dishes, Italian cookies and pastries, CBD products, local photography, handmade gemstone

and pearl jewelry, opal and larimar jewelry as well as arts and crafts. The child- and dog-friendly event offers free parking.

The Beach Baptist Farmers Market, benefitting Beach Baptist Church, will take place Wednesdays and Fridays from 8 a.m. to 1 p.m. at the 130 Connecticut Street location.

This market, voted neighborhood favorite by locals, specializes in artisan foods, mountain grown Guatemalan coffee supporting the Church mission, beach clothing, tie dye, handmade jewelry, handmade soaps and lotions, guacamole, fresh produce and seafood, CBD remedies and other arts and crafts. The child- and dog-friendly event also offers free parking.

For more information on both markets, visit [www.41markets.com](http://www.41markets.com).✪

## Event To Raise Funds For Paramobile



Veterans with Paramobiles

photo provided

The Legends Golf and Country Club will host the 8th annual Salute to Our Veterans event on Wednesday, November 11 to raise funds to purchase a Paramobile, an innovative motorized all terrain wheelchair, for Cape Coral resident Army Staff Sergeant Michael Montagne. The event begins at 8 a.m. with a short ceremony to honor local resident veterans, and is followed by competition in golf, tennis, bocce and pickleball events.

SSgt. Montagne, a Bronze Star with valor recipient, was on his third

deployment to Iraq serving with the 82nd Airborne Division. While leading a convoy near Baghdad, SSgt. Montagne's vehicle was hit by an explosive projectile that blasted through the armored door of the vehicle striking him in the hip. As a result, SSgt. Montagne lost his hip, leg and kidney and is permanently wheelchair bound.

For the last eight years, the members of the Legends have partnered with the Stand Up and Play Foundation to provide a Paramobile to a disabled veteran on

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## 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](http://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](http://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](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

**CHABAD LUBAVITCH ORTHODOX**  
Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto: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](mailto: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](http://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](http://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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://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.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 339-334-2261

**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](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

**NEW HOPE PRESBYTERIAN**  
Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

**PEACE COMMUNITY**  
Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

**PEACE LUTHERAN**  
Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto:peace@peaceftmyers.com). 15840 McGregor Boulevard, 437-2599.

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

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

**SAMUDRABADRA BUDDHIST CENTER**  
Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org), 567-9739.

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

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

**SAINT JOHN THE APOSTLE METROPOLITAN**  
Sunday 10 a.m., 3049 McGregor Boulevard, 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](http://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](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

**TEMPLE JUDEA (CONSERVATIVE)**  
Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://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](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

**UNITARIAN UNIVERSALIST**  
Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://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](http://www.zionfm.org), 7401 Winkler Road, 481-4040.  
*Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✪*





**Flies and other insects are attracted by the odor of the spore-bearing slime along the rim of Florida fungus's lattice openings. Note the fly on the lower edge of the right opening**

photo by Gerri Reaves

#### Plant Smart

## Florida Fungus

by Gerri Reaves

Being smart about plants sometimes involves knowing what makes a plant a plant – or not. Such is the case with Florida fungus (*Clathrus crispus*).

The traditional five animal kingdoms classify living things mostly on appearance, a reason why mushrooms and other fungi (including molds, yeasts and mildews) have been considered plants.

It's natural to think of fungi as plants because they are found on the ground or growing plant-like on a tree, log, or other surface – the way epiphytes do. The one pictured here was growing on top of mulch under a tree canopy.

However, in recent decades, scientists

have classified this fungus genetically, revealing that it is more closely related to animals than plants.

Unlike plants, mushrooms do not produce food through photosynthesis but instead feed on living or dead organic matter.

As the name implies, this orange-red wonder is native, and it's found mostly in the Gulf Coast states.

If you've never seen one, the fungus's short life might be a reason. It appears overnight but only after plentiful rains. Amazingly, it can reach baseball size but lasts for only for a day or two. It is a member of the stinkhorn family of fungi and is a saprobe, a type of fungi that eats decaying or rotting plant matter.

It has many circular openings rimmed by grooves coated with a brownish or olive-green sticky slime.

Soft, spongy, hollow "arms" form the lattice-like structure that some sources compare to a Wiffle Ball – thus another common name, Wiffle Ball stinkhorn. Another name is lattice stinkhorn.

That stickiness is the gleba, the fleshy odiferous spore-bearing mass that attracts flies and other insects that then spread the spores.

While insects like the fungi's odor, most people find it repellant.

This stunning visible part of the fungi is only the fruit of the mushroom. Just beneath the soil is a network of filaments.

It can appear any time of year, provided there's sufficient moisture, and is usually found in woody debris or lawns.

As you do your yardwork, keep your eyes open for what's on the ground. You might be treated to the sight of this bizarre and beautiful stinky fungus.

Sources: *National Audubon Society Field Guide to Florida* by Peter Alden et al., [www.medium.com](http://www.medium.com), [www.mushroomexpert.com](http://www.mushroomexpert.com), and [www.newscientist.com](http://www.newscientist.com).

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

## Changes In Regulations For Atlantic Bluefish

The following change will be in effect for bluefish on Monday, October 26:

The recreational daily bag limit will be three fish per person along the Atlantic coast from Nassau through Miami-Dade counties.

Florida Fish and Wildlife Conservation Commission (FWC) regulations for bluefish

do not extend into federal waters of the Atlantic.

A 2019 federal stock assessment found that the Atlantic population of bluefish is overfished. Because of this, federal fishery managers adopted more restrictive recreational bag limits in Atlantic federal waters, and the Atlantic States Marine Fisheries Commission requested states implement similar regulations.

Learn more at [www.myfwc.com/marine](http://www.myfwc.com/marine) by clicking on "Recreational Regulations" and "Bluefish," which is under the "Regulations by Species – General Species" section.✱

## LCEC United Way Fishing Tournament

Anglers are needed for the 24th annual Lee County Electric Cooperative (LCEC) United Fishing Tournament, to be held at D&D Bait and Tackle on Saturday, November 14. Social distancing and CDC recommendations will be part of the tournament including a tailgate-style event to present prizes on tournament day following a day of fishing on the waters.

Fish will be measured and photos

submitted using the FishDonkey app. A small-scale awards event will feature a bite to eat, hydration, digital auction and abbreviated on site raffle, truck give-away, sponsor recognition and announcement of tournament winners.

All proceeds will benefit the United Way of Lee, Hendry, Glades and Okeechobee Counties. Irby is the premiere sponsor of this year's tournament.

D&D Bait and Tackle Registration is located at 3922 Pine Island Road NW in Matlacha. For more information on the captain's meeting and tournament rules, visit <http://uw.lcec.net/SitePages/Fish.aspx>. Email [fish@lcec.net](mailto:fish@lcec.net) or call 656-2204 with questions.✱

## Dates Set For Red Snapper

The Florida Fish and Wildlife Conservation Commission (FWC) announced that a fall red snapper season for private recreational anglers and state for-hire operations in the Gulf of Mexico will open on the following Saturdays and Sundays: October 24, 25, 31 and November 1.

During this season, private recreational anglers may harvest red snapper in gulf state and federal waters. However, state for-hire operations are limited to fishing for red snapper in gulf state waters only.

These additional days would not be possible without the State Reef Fish Survey (SRFS). This survey was developed specifically to provide more robust data for management of red snapper and other important reef fish. It has allowed FWC the unprecedented opportunity to manage gulf red snapper in state and federal waters. Sign up as a state reef fish angler at no cost at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com) or by visiting any location where you can purchase a license.

State reef fish anglers may receive a questionnaire in the mail regarding their reef fish trips as part of Florida's State Reef Fish Survey. If you receive a survey, respond whether you fished this season or



**Young anglers with red snapper**

photo by Brice Williamson

not or whether you've submitted data via other methods.

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit [www.myfwc.com/fishing](http://www.myfwc.com/fishing) and click on "Saltwater Fishing," "Recreational Regulations" and select "Snappers."✱

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# Fabulous Fall Fishing



by Capt. Matt Mitchell

Fall fishing continues to be nothing short of amazing. With so much bait throughout our area, fish are feeding hard as they pack on the weight before the arrival of winter. Wide open blitzes of feeding fish out along the beaches are becoming more and more common. In the sound, both snook and redfish fishing is also on fire.

With the annual arrival of white pelicans (snowbirds) already starting, this is a sure sign that winter is on the way. The change of season, no matter how subtle it seems to us, has the fish on the hungry and on the move. Out along the beaches, huge schools of bait have begun the annual migration south. Mixed in with this bait are the predators that feed on it. Bonita, mackerel, bluefish, sharks and tarpon smash through this seemingly never ending bait buffet. Grass flats in the sound are also covered with shiners and, although the predators are different here, it's the same thing just on a smaller scale.

Strong gusty northeast winds most of the week gave us some of the lower tides we have seen in a long time.

Deeper water channels had the fish stacked up in big numbers. Snook, redfish, trout, jacks and snapper were caught in all in these same areas. Chumming lots of live shiners in these channels had the fish fired up and eating on the surface. These fish always feed on a moving tide, so concentrate on shorelines that have wind and tide moving in the same direction.

As the tides got higher, I have been switching it up and fishing oyster bars. Picking an oyster bar with the right set-up of wind and tide has made all the difference. Even though I caught fish on one bar yesterday, it certainly has not meant the fish will be there today. Going from bar to bar, I notice it only takes a few casts to see if the fish are there. We have oyster bars throughout the whole sound, so finding the right one is just a matter of moving around. Seeing mullet working the oyster bar is a great sign that you're in the right place.

Fall brings us some of the most diverse and exciting fishing we have all year. Not only do we have our regular inshore species, we also have all the pelagic species moving down the coast. Options are almost endless. When conditions are right, the ability to bounce between the bay and the beach will bring a crazy amount of variety.

*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](mailto:captmattmitchell@aol.com).* ☆



A 33-inch birthday snook for Mr. Oden from Arizona, caught while fishing with Capt. Matt Mitchell photo provided

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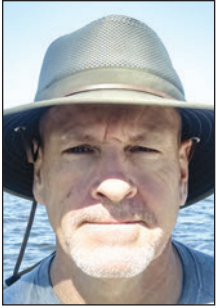
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Dave Doane



## CROW Case Of The Week:

## Merlin



by Bob Petcher

The merlin (*Falco columbarius*) is a smaller raptor that is known for its ferocity and rapid wingbeats. They cruise at high speeds to pursue smaller birds.

These raptors boast a powerful build with a compact body, broad streaked chest, sharply pointed wings and a good-sized tail. They are not shy about perching in open areas while hunting for prey.

Merlins are not nest builders. Rather, they will take over crow nests or abandoned nests. When not chasing birds, merlins go after large insects, dragonflies, rodents, bats and reptiles.

At CROW, an adult merlin was found on Sanibel with what appeared to be an injured wing. Upon examination, the bird was found to have suffered head trauma and soft tissue injuries around its right elbow. After x-rays showed no fractures in the patient's wing, the bird was treated with anti-inflammatory and pain medications. The patient began receiving force feeds as well as a body wrap to help decrease the wing droop, and it started physical therapy to increase the wing's range of motion.

"The patient was not eating, which is a common occurrence in birds with body wraps on due to constricted motion, and patients with injuries due to discomfort," said Dr. Melanie Peel, CROW veterinary intern. "Stress can also be factor, thus all three may have played a role in this patient. Force feeds in avian species entail placing food in the mouth or crop of a



Patient #20-4652 is now spending time outdoors with less stress

photo by Brian Bohiman

bird."

The patient was relieved of its body wrap after a few days but continued to receive physical therapy.

"The body wrap was only placed to help keep the wing in a normal position while the bruising around the elbow resolved," said Dr. Peel. "We performed physical therapy once a day or every other day while the wrap was replaced to help keep the joints moving normally and with full range of motion."

To encourage the patient to eat on its own, it was offered many different diet options and has reportedly started eating on its own. It was also recently moved to an outdoor enclosure.

"The head trauma signs have resolved. The patient shows no changes in mentation, stability or behavior," said Dr. Peel. "At this time, the only injury necessitating rehabilitation is the wing."

Like with many bird patients, the merlin has been moved outdoors for fly time.

"The patient was moved outside to lower stress and allow for self-guided physical therapy. The merlin has taken short flights and has increased strength. The wing droop is mild and has improved greatly since initial presentation," said Dr. Peel. "These birds need perfect or nearly perfect flight due to their eating and behavior patterns, therefore, his prognosis is still guarded, but the patient is showing vast improvements."

The merlin appears to be on the upswing.

"The patient is doing very well. Patient is eating, perching, carrying wing in a more normal position and attempting short flights," said Dr. Peel. "The patient will need to exhibit consistent improvements and will move to larger and larger cages to assess for flight. There are no plans for release yet but hopefully, over the next days to weeks, the patient will continue moving in the right direction."

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](http://www.crowclinic.org).

From page 1

## Butterfly Estates

of life and host plants. Staff will be on site conducting short presentations and answering questions. The use of a mask is mandatory inside the conservatory and all shops around the complex.

The shops at the Butterfly Estates will also be open and offering special

discounts and other surprises. In addition, there will be 18 booths with handcrafted merchandise, art, food and housewares.

Parking is free and will be properly marked with directional signage for various walking-distance sites in the surrounding areas.

The Butterfly Estates is located at 1815 Fowler Street in Fort Myers. For more information, visit [www.daascoop.com/events](http://www.daascoop.com/events).

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## Webinar On Developing A Learning Strategy

As people get more accustomed to the new normals under COVID-19, business leaders must effectively work to manage the learning function of their organizations rather than react to the day-to-day changes of the pandemic. On



Susan Minaya

Wednesday, October 28 from noon to 1 p.m., the Association for Talent Development (ATD) will hold a webinar that will bring to the forefront the key to effective learning management.

When leading all or portions of a learning organization, it is easy to be pulled in many directions by stakeholders and corporate initiatives. Susan Minaya, COO and chief learning strategist of Minaya Learning Global Solutions, will be speaking on how to develop and leverage a learning strategy to manage the learning function. It is also a tool for building stakeholder collaboration and managing

learning expectations.

Minaya's presentation aligns with two domains of the ATD Capability Model: Impacting Organizational Capability and Building Personal Capability.

After the session, attendees will be able to explain the value of a learning strategy, identify what type of learning strategy is needed for the organization, develop a needs assessment plan to inform the strategy, and leverage the strategy to plan and managing learning with business stakeholders.

Registration for this online program is \$15 for members and \$20 for non-members. Members are allowed one guest for free. Students are \$10. Register online at [www.atdswfl.org](http://www.atdswfl.org). Deadline to register is Tuesday, October 27. This session is eligible for one ATD educational credit.✱

## Scholarship Recipients

Two local students were recipients of scholarships at Valdosta State University in Valdosta, Georgia.

Taylor Bristol of Fort Myers received the Jerry and Kay Jennett Scholars Endowment Scholarship and the Lillian and Rea Steele Endowment Scholarship, while Mark Sheme of Fort Myers received the Student Fund Scholarship.✱



2020-21 Metro-McGregor Kiwanis officers and board members: back row from left, Connie Prevatt, Sarah Kuehner, Todd Adams, Shana Del Castillo and Karen Hurst; front row from left, Lindsey Lenhart, Cathy Smith, Rachel Toomey and Kim Berghs photo provided

## New Officers For Metro-McGregor Kiwanis Club

The Metro-McGregor Kiwanis Club held their installation banquet for the club's 2020-21 officers in a hybrid fashion this year at Priority Marketing and via Zoom. Awards were also given to club members for their support in service to the community and new club members were installed.

The individuals that took office include: Cathy Smith as club president, Karen Hurst as president-elect, Kim Berghs as secretary, Todd Adams as treasurer and Lindsey Lenhart as immediate-past president. Smith and Hurst are both retired educators with the Lee County School District. Berghs is volunteer center manager at United Way of Lee, Hendry, Glades and Okeechobee. Adams is wealth

manager at Mills-Price & Associates, Inc. Lenhart is a crime laboratory analyst in a crime laboratory that provides forensic services.

The 2020-21 Metro-McGregor Kiwanis Club Board of Directors are Shana Del Castillo, Barbara Hartman, Sarah Kuehner, Erin McNulty, Connie Prevatt and Paul Weinstein.

Metro-McGregor Kiwanis Club recognized members with top club honors. Karen Hurst was awarded Kiwanian of the Year. Steve Hess was awarded Humanitarian of the Year. Kim Berghs was presented with the highest honor from the Florida Kiwanis Foundation, the Ralph Davis Fellowship award, for her many years of dedication to service in the community.

For details on joining the club, contact membership chair Stewart Ross at 507-304-1624 or [stewart.ross@mnsu.edu](mailto:stewart.ross@mnsu.edu). For more information, visit [www.metro-mcgregor.com](http://www.metro-mcgregor.com).✱

## Managers Promoted In LCEC Division

Lee County Electric Cooperative (LCEC) has promoted four interim managers to managers in its electric operations division: Bill Piland to manager of design and engineering services; Rob Puchacz to manager of

construction and maintenance (working with LCEC contractors); Gary Richardson to manager of system operations; and Frank Sherkus to manager of construction and maintenance (working with LCEC line crews).

These promotions are a testament to LCEC's succession planning and a focus on a sustainable workforce. These team members moved up the ranks throughout their career and gained knowledge and experience in every aspect of the LCEC organization.✱

From page 6

## Paramobile

Veterans Day. The Stand Up and Play Foundation is a nonprofit tax-exempt foundation dedicated to providing wheelchair-bound persons the opportunity to participate in outdoor recreational and sports activities. The Paramobile offers a new level of freedom and independence to wheelchair bound persons. It provides the opportunity to stand up, a basic function that most people take for granted. The Paramobile is designed for activities, such as golf and archery

and can be used to go on the beach, on accessible hiking trails and other activities that have been lost to persons confined to a wheelchair. The physical therapy and positive psychological benefits a wheelchair-bound person achieves from standing to participate in sports and recreation has an enormous impact on their life.

At the end of the day's events, SSgt. Montagne will be presented with a new Paramobile. For additional information or sponsorship details, contact Ranae Frazier at 561-8740 ext. 111 or [ranaef@legends.com](mailto:ranaef@legends.com).✱

# HIRING EVENT!

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## Book Review

# The Last House Guest



by Di Saggau

Megan Miranda has written a chilling thriller in *The Last House Guest*. It's a smart, twisty read with a strong female protagonist named Avery. During a party in Littleport,

Maine, in 2017, the police show up asking to see Parker Loman. They tell him that his sister Sadie has been found dead at the bottom of a cliff. An apparent suicide. The book goes back and forth between Summer 2017 and Summer 2018. There are four suspects. Avery, a good friend of Sadie's, along with Parker, the deceased's older brother, as well as two others. Why would a young woman who had everything to live for, commit suicide? When a suicide note is found there are still questions as to whether Sadie took her own life.

A year later, it seems no one can be trusted as Avery tries to clear Sadie's name. New evidence causes her to investigate further and the deeper she digs, the more secrets she finds that could be worth killing to keep. Avery is the narrator and as she gets closer to the truth, what she discovers is more sad than

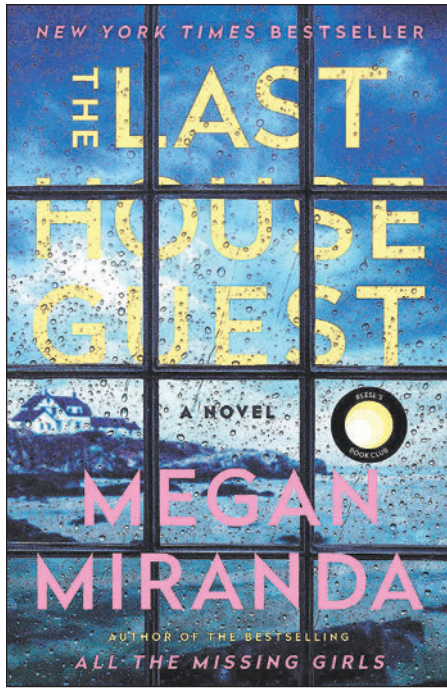


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shocking. The tensions that exist between Littleport's year-round residents and the seasonal tourists who like to spend their money are compelling along with the remembrance of memories past and the various involvements of friendship.

Avery met Sadie during her teen years after her parents died. She and Sadie became close friends and eventually the wealthy Lomans gave her a job as property manager for their coastal rentals, along with a guesthouse in which to live. Everything was rosy until Sadie

died, and things fell apart. Avery finds Sadie's phone hidden in one of the guest cottages, and she turns it into the police. Then someone breaks into the rentals, and Parker is acting strangely, which makes Sadie's death look less and less like a suicide.

The characters are sharply drawn by the author, and the tension builds cleverly. It appears no one can be trusted. In short, *The Last House Guest* is an edge of your seat, riveting read.✧

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, Media is reporting that our children and teens are experiencing high levels of stress. While children have always had to cope with stress, kids

are currently facing many so unknowns in their lives which has increased their stress levels significantly. The American Psychological Association has published a document to help parents learn how to recognize stress in their children with suggestions on how to assist them. Below is the information.

Stress is a normal part of life at every age and, in young people, stress doesn't always look like stress in adults and the sources of their stress is unique to their lives. For young children, tension at home is a common source of stress. Children may be troubled by family discord or divorce, life changes, new stepparent or new home. It can be hard on a child. It is even true for happy events such as the arrival of a new sibling.

School is another frequent source of concern for kids. Young children might be stressed about making friends, test, grades, dealing with bullies or getting along with their teachers.

As children get older, their sources of stress expand. Teens are more likely than young children to be stressed by events or situations outside the home.

But as it is for younger kids, school remains a top stressor.

Peers can help buffer stress but can also be a source of it. Social relationships are especially important in adolescence. Many teens worry about fitting in, their first romantic relationships and peer pressure around substance use and sex.

Signs of stress in youth can show up in a number of ways:

**Irritability and anger** – Children don't always have the words to describe how they are feeling and sometimes tension bubbles over into a bad mood. Stressed-out kids and teens might be more short-tempered or argumentative than normal.

**Changes in behavior** – A young child who used to be a great listener is suddenly acting out. A once-active teen now doesn't want to leave the house. Sudden changes can be a sign that stress levels are high.

**Trouble sleeping** – A child or teen

might complain of feeling tired all the time, sleep more than usual or have trouble falling asleep at night.

**Neglecting responsibilities** – If an adolescent suddenly drops the ball on homework, forgets obligations or starts procrastinating more than usual, stress might be a factor.

**Eating changes** – Eating too much or too little can both be reactions to stress.

**Getting sick more often** – Stress often shows up as physical symptoms. Children who feel stress often report headaches or stomachaches and making frequent trips to the school nurse.

Facing stressors is a fact of life, for children and adults. These strategies can help keep stress in check:

**Sleep well** – Sleep is essential for physical, emotional well-being and must be a priority. Experts recommend nine to 12 hours of sleep per night for six to 12 year olds and eight to 10 hours a night for teens. Limiting screen use at night and keeping digital devices out of the bedroom is a good strategy for increasing sleep.

**Exercise** – Physical activity is an essential stress reliever for people of all ages. The U.S. Department of Health and Human Services recommends at least 60 minutes a day of activity for children ages 6 to 17.

**Talk it out** – Talking about stressful situations with a trusted adult can help kids and teens put things in perspective and find solutions.

**Make time for fun and quiet** – Just like adults, kids and teens need time to do what brings them joy, whether that's unstructured time to play with building bricks or uninterrupted hours to practice music or art. Also, while some children thrive bouncing from one activity to the next, others need more down time. Find a healthy balance between favorite activities and free time.

**Get outside** – Spending time in nature is an effective way to relieve stress and improve overall well-being.

**Write about it** – Research has found that expressing oneself in writing can help reduce mental distress and improve well-being. Writing about positive things as well can also ease symptoms of stress.

Parents and other caregivers have an important part to play, by adopting their own healthy habits and helping children and teens find stress-managing strategies. Some ways parents can take action:

**Model healthy coping** – Caregivers can talk with children about how they've thought about and dealt with their own stressful situations.

**Let kids be problem-solvers** – It's natural to want to fix your child's problems. But when parents swoop in to solve every little glitch, their children don't have a chance to learn healthy coping skills. Let your children try to solve their low-stakes problems on their own and build their confidence to deal with stress.

**Promote media literacy** – Today's kids spend a lot of time online, where they can run into questionable content, cyberbullying or the peer pressures of social media. Parents can help by teaching their children to be savvy digital consumers, and by limiting screen time.

**Combat negative thinking** – Children  
continued on page 13

## EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL  
ROBIN C. TUTTILL, EDITOR

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## New Trustee At University

**D**ianne Hamberg has joined Hodges University as a trustee.

"Dianne is a great addition to our board of trustees. She brings proven expertise as a leader in the banking world and is also a clear-eyed business analyst," said Dr. John Meyer, president of Hodges University.



Dianne Hamberg

Hamberg's career in banking spans over 25 years. She has been the vice president and branch leader for BB&T, now Truist, for over 10 years. She oversees the client experience and sales goals, operational effectiveness and developing the bank's associates through coaching. She is serving on The Parkinson Association of Southwest Florida Executive Board and as chairman of the advisory committee, and has been involved with the organization since 2008. Hamberg also volunteers with the Cancer Alliance of Naples. Through BB&T, she has been a volunteer, co-captain and captain for multiple BB&T Lighthouse Projects in Collier and Lee counties.

Hamberg attended the University of Georgia and has completed the Dale Carnegie sales and leadership courses.✱

## Campaign Food Drive Kicks Off

**P**ushing the Envelope, Inc. (PTE) has launched the 10th annual CAN IT! Campaign food drive. The Fort Myers-based marketing communication firm has teamed up with Community Cooperative (CCI) once again to help relieve hunger in Southwest Florida. Given the increased need due to the COVID-19 pandemic and with the holiday season right around the corner, PTE's goal is to collect 2,000 food items to help feed local families in need this Thanksgiving.

Donations for the CAN IT! Campaign, including canned food and other non-perishable food items, will be accepted through Sunday, November 15 at these local participating locations:

Pushing the Envelope, Inc. – 2402 Bay Street, unit 106

Artisan Eatery – 8951 Daniels Parkway, Fort Myers

Bullig Coffee and Bites – 1815 Fowler Street, Fort Myers

CareerSource Southwest Florida – 6800 Shoppes at Plantation Drive, suite 170, Fort Myers

Decorum Luxury Apartments – 9851 Six Mile Cypress Parkway, Fort Myers

Greater Fort Myers Chamber of Commerce – 2310 Edwards Drive, Fort Myers

Iron DNA Fitness – 1900 Trailwinds Drive, Fort Myers

Markham Norton Mosteller Wright & Company – 8961 Conference Drive, Fort Myers

Parvey & Frankel, Attorneys, PA – 2069 First Street, unit 100, Fort Myers

Safe Harbor Community Church – 12960 Plantation Road, Fort Myers

Salon Adrian – Gulf Coast Town Center, 9908 Gulf Coast Main Street, unit 145C, Fort Myers

Salon Max and Fi – 6309 Corporate Court, unit 120, Fort Myers

Southwest Florida Symphony – 7500 College Parkway, suite 200, Fort Myers

The Parts House – 10995 Metro Parkway, Fort Myers

Your CBD Store – 4144 Cleveland Avenue, unit 2, Fort Myers

AA Associates Realty and Property

Management, LLC – 1536 NE 4th Lane, Cape Coral

Consumer Roofing Industries – 715 NE 19th Place, unit 45, Cape Coral

Pete's Fish and Chips – 311 Del Prado Boulevard South, unit 5, Cape Coral

Rose Quartz Nail Studio – 3724 Del Prado Boulevard South, unit 5, Cape Coral

Your CBD Store – 1532 SE 47th Street, Cape Coral

To make the donation process as easy as possible, PTE has also created two other ways to donate: shop online via Amazon Pantry and have donation delivered directly to the office; or drop off cash, checks, or gift cards at PTE's office to have the firm purchase non-perishable items and donate on their behalf.

CCI's wish list includes items such as peanut butter and jelly, Hamburger Helper, canned tuna, chicken, ham and roast beef, tuna helper, chicken helper, macaroni and cheese, pasta and pasta sauce.

PTE is accepting local businesses to serve as drop-off locations for the food drive as well. To get involved as a drop-off location or to donate, contact 221-2858 or email [annelise@getpushing.com](mailto:annelise@getpushing.com).✱

From page 12

## School Smart

and teens can easily fall into the trap of negative thinking. When children use negative self-talk, though, don't just disagree. Ask them to really think about whether what they say is true or remind them of times they worked hard and improved. Learning to frame things positively will help them develop resilience to stress.

Credit to APA and psychologists Mary Alvord, PhD, and Raquel Halfond, PhD.

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

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# Sibling Disputes During Estate Administrations



In many families, losing a parent brings us together to remember the good times and mourn a tremendous loss. In others, it can raise long buried grievances between siblings. Hopefully, when the estate plan was created, consideration was given whether the latter is likely to arise. The selection of your attorney, as well as who you name as your personal representative (executor) and successor trustee can either exacerbate or diffuse tense relationships.

Further, the affected individuals find themselves in unfamiliar situations, dealing with tax, legal and financial professionals, among others.

In my 31 years of practice, I've noticed a few trends when siblings fight. First, the strong emotions surrounding the loss make it that much more difficult for the adult child to regulate his behavior. Raw statements normally left unsaid are spoken, often at inappropriate times. The recipient naturally is put on the defensive, and, depending upon their propensities, may likewise lash out, retreat or passive aggressively counterattack.

Second, the party nominated into the position of authority finds herself tugged in several directions. The financial advisor, looking ahead to when the estate is divided between the beneficiaries, speaks of liquidating assets. A home must be sold, which means cleaning out closets and distributing possessions.

The attorney drafts documents that must be filed with courts or circulated among beneficiaries. Estate and income tax issues are identified, and strategies considered. The accountant tallies the income and expenses to be reported to the authorities and beneficiaries. These considerations and more pull at the child named as the estate administrator, not to mention that they may have a full-time job and be raising a family of their own.

It can be overwhelming.

Third, most of the individuals involved underestimate the time that it takes to administer the estate. Even when a trust is fully funded and the probate court is avoided, one must complete many tasks before the trustee can distribute the assets. Since the trustee is personally liable for any mistakes or deficiencies, it's important for creditors to be cleared, taxes to be filed and paid, and for the beneficiaries to sign off on a final

accounting.

The sibling/beneficiaries often blame the sibling/trustee for the time that it takes to complete these tasks, not understanding that six to 12 months is a normal timeframe. The time period might be longer when there are difficult assets to administer such as closely held business interests, commercial or residential real estate. Taxable estates (those requiring a federal estate tax return) also stretch out the timeline.

So how do we diffuse tense situations? I've learned over the years that it's more of an art than a science. Setting expectations is key. It starts back when the estate plan was created. I encourage my clients to hold a meeting with me and their children at some point, usually after the plan is signed. In fact, I held such a Zoom video conference the day before I wrote this column.

Second, when a client passes away, I thoroughly discuss the personal representative/trustee's duties and responsibilities with the selected party before they accept the nomination. We next describe the process in detail to the beneficiaries, often with a timeline letter.

Some of my clients believe that naming two or more of their children as co-trustees will head off future disputes. Especially when the siblings have divergent interests or don't get along, this can be a recipe for disaster. Better to have one cook than too many in the kitchen.

Third, it's important to be transparent in all respects. If a beneficiary has a concern, I'm happy to review that concern with them. My duty is to represent the trustee, so if an issue arises between the beneficiary and the trustee, we let the beneficiary know that they should engage separate counsel to represent their interests. Most of the time, it doesn't rise to that level.

Active listening to all parties may serve to calm down situations. Everyone wants to be heard, and sometimes that's all it takes to arrive at a compromise.

In one place several years ago, a client warned me about one of her children that she named as a trustee. "He can be a problem," she said. After her death, I discovered why she made that statement. I wish I had taken the time to delve deeper into her thoughts and listen carefully to her reasons. Had I reflected her thoughts back to her, perhaps she would have made a different decision.

I won't make that mistake again.

Family dynamics can have a powerful effect on the success of your estate plan. Take the time to consider these intangibles. For a free resource on these issues, go to [www.floridaestateplanning.com/yourtrustee](http://www.floridaestateplanning.com/yourtrustee).

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# United Way Virtual Campaign Kicks Off Tuesday

This year's United Way Annual Kick Off is moving to a virtual platform on Tuesday, October 27 at 9 a.m. with a pre-show at 8:45 a.m. Register at [www.unitedwaylee.org](http://www.unitedwaylee.org).

"By moving to a virtual platform, we can ensure the safety of our volunteers and donors. This also enables more people to 'attend' the kick off than possible in the past," said Jeannine Joy, United Way president and CEO.

The 2020-21 Campaign Co-Chairs are Karen Ryan of LCEC and Bob Beville of Waterman Broadcasting. "This year's campaign kick-off is as unique as the upcoming campaign. Thanks to Waterman Broadcasting NBC-2 ABC-7, we are able to stream the event live so that everyone has a chance to join. We hope to share

the amazing United Way story and how our community is rising to the challenge," said Ryan.

Normally, the event is \$10 a ticket for entry, but this year, there is no charge thanks to generous sponsorships: O'Donnell Landscapes, Inc., Waterman Broadcasting, Scanlon Auto Group and Priority Business Solutions.

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives serve a diverse range of needs in our community such as nurturing children and youth, strengthening families, and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

United Way has raised and distributed over \$188 million since it was established in 1957. For more information, call 433-2000 or visit [www.unitedwaylee.org](http://www.unitedwaylee.org) ✨

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## Superior Interiors

## Choosing The Right Paint Color



by Katie Frederick

One of the easiest ways to completely transform a room is repainting it a different color. The shade you use to dress up your space can impact your room's ambiance and the way people

feel when they are in it. In fact, it has been shown that color accounts for 60 percent of our response to a space. Therefore, finding the perfect color palette for your room is essential to creating the type of environment you are hoping to establish.

However, finding the perfect paint color is only the one step in the design process. You will need to coordinate your furniture with your new color palette, enhance the space with accents that complement your theme to make everything come together and reach its full potential. Since the color palette is the foundation of the room, be sure to avoid these common mistakes people make when choosing their hues.

Having no mood in mind – Before you begin the color selection process, you should have an idea of the vibe you want your room to give off. This will narrow down your color options. Remember that just because you love a certain shade does not mean you will like the way it looks on your walls. Consider the mood you envision your space evoking and select hues that align with your abstract ideas to ensure the outcome.

Failing to consider lighting – If you simply make your color choice by looking at a paint chip at the store, you'll be surprised at how different it will look when you bring it home and put it against your wall. To get a firm grasp on what the hue is going to do for your space, you must see how lighting affects the color by observing the shade in the morning, afternoon and night hours. The natural lighting will

show the color in its truest form, while fluorescent lighting tends to cast a sharper tone with a hint of blue. Incandescent lighting will pull the warmest tones and hints of yellow from your color. You may find that you want to alter the amount of lighting you have in your space. The addition of lighting fixtures and window treatments can beautifully assist with this adjustment.

Mixing too many colors – While it is true that there is no set limit for the number of colors you can use in a room, mixing several hues in one space can be tricky. If your room features a wide range of colors and feels confining or overwhelming, this is a sure sign that you've mixed too many shades. Approach this dilemma by eliminating hues until the space feels balanced. If your space's color palette has taken center stage, neutral furnishings and decor can create an even balance for an effortless flow throughout the room. Sometimes all it takes is a solid area rug or stylish coffee table to pull everything together.

Going too bold – Using bright and vibrant colors on an accent wall is an effective strategy to create a stimulating space. However, this approach often leaves rooms appearing too intense because the bold hue is too concentrated. Incorporate more subtle hues for your surrounding furniture to tame your accent wall's bright colors. After looking at some furniture suggestions, you may find that you prefer a bold accent chair over a brightly painted focal wall.

Choosing only hues that match – You do not want to select a color palette that's going to end up making your room feel chaotic. However, it is equally as important to avoid hues that don't contribute enough variety to the area. One mistake that often leads to a matchy room is decorating with just one or two bland colors. This creates a repetitive vibe that comes across as predictable and dull. If you are set on painting your walls a neutral shade, such as beige, look to spice things up with a couple of bright accents and accessories that add more flair to your space.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coindeciden.com](mailto:katie@coindeciden.com).✽✽

## Library System Earns Award

The Lee County Library System has received a 2020 Exceptional Employer Award in recognition of its efforts to employ people with disabilities.

The annual Exceptional Employer of the Year Awards program is organized by the Florida Agency for persons with disabilities, vocation rehabilitation and Division of Blind Services.

The Fort Myers office of the Division of Blind Services nominated the Lee County Library System for the award based on its inclusive workforce and dedication to providing materials, services and programs for everyone in the community.

Library Director Mindi Simon, who accepted the award on behalf of the organization in a virtual event, said: "On behalf of the Lee County Library System's employees and patrons, I am proud to accept today's recognition. Our library patrons are as varied as our workforce is,

if not more. That is why we at the Lee County Library System take pride in all of our services, including our Talking Books Library and Books By Mail program. We will continue to provide an environment for our employees to succeed and for our library materials to be accessible to all."

For more information, call 479-4636 or visit [www.leelibrary.net](http://www.leelibrary.net).✽✽

From page 1

## Babcock Ranch

designs and the more than two dozen model homes now open or under way in the town's seven neighborhoods. In the newly redesigned Discovery Center in Woodlea Hall, town ambassadors will be on hand to answer questions about the sustainable vision behind America's first solar-powered town.

Babcock Ranch is located at 42850 Crescent Loop in Punta Gorda. For more information, call 877-709-6620 or visit [www.babcockranch.com](http://www.babcockranch.com).✽✽



From left, Dr. John Meyer, president of Hodges University; Dr. Larry Antonucci, president and CEO of Lee Health; Paul Hiltz, president and CEO of NCH; and Chief Tabatha Butcher of Collier County EMS witnessed the first action of the ambulance photo provided

## University Unveils Training Vehicle

The Hodges University training ambulance is the ideal hands-on vehicle for emergency medical technicians (EMTs) and paramedics.

"This ambulance is the first, four-wheeled addition to the Hodges family," said Dr. John Meyer, president of Hodges University. "It creates even more training opportunities for all of our healthcare professions students, and we thank Collier

County EMS for donating the vehicle, and NCH and Lee Health for their support."

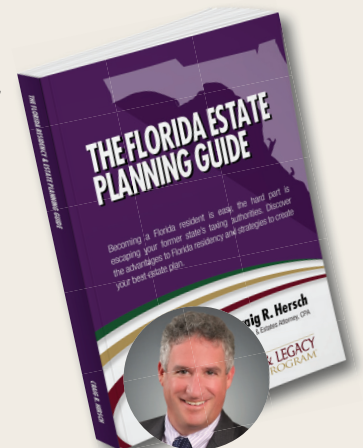
Due to COVID-19, a limited number of attendees were on the university's Fort Myers campus to see the ambulance in action for the first time. The ambulance arrived, sirens blaring and lights flashing. It stopped by the Health Sciences building, where three Hodges University EMT graduates jumped out the back and transported a "patient," who happened to be Dr. Meyer.

The ambulance is numbered 1990, the year the university was established.✽

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by Craig R. Hersch  
Florida Bar Board Certified Wills,  
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# Frankly Speaking



by Howard Prager

Tampa Bay continues to be a hot sports town! First the Lightning winning the Stanley Cup, and now a second major sport's final with the Rays in only their second World Series, while

the Bucs continue to stay near the top of the NFL after thrashing the Packers last weekend. Let's look at the recent league championship series and the number of records that were either set, tied, or nearly broken. We'll start with the vanquished Houston Astros, who became only the second team in major league history to come back from being down 3-0 to tie the series and reach a Game 7. At that game, held in San Diego at Petco Park, a fan with a megaphone in a prime location outside the outfield wall tried to shame all the Astro players who were involved in the sign-stealing saga. Given the fact that no fans were in the stadium, his pronouncements came over loud and clear. Had this been a normal season, Houston would have received that and much more every away series. They avoided that in the short, no-fan season. Randy Arozena from the Rays nearly broke a record by

having the second most rookie hits in a postseason with 21. Derek Jeter has 22. He's not done. This is only the second World Series for the Rays. They are one of only six teams that have not won one, and hope to follow the tracks of the Nationals last year, who won their first World Series (going back to their former Montreal Expos days). Let's look at some of the National League records. How about the Dodgers, clawing back after the Braves took a commanding 3-1 lead in the National League Championship Series (NLCS). In Game 3, they set a new playoff record by scoring 11 runs in the first inning, the most runs in one inning in a baseball playoff game. The Dodgers also tied the record of 16 home runs in an LCS. And Kiki Hernandez became the first pinch hitter to tie a game with a HR after the 6th inning in a winner take all game. How about the Braves? AJ Minter is the first player to get his first professional start in a playoff game, and tied an NLCS record with five consecutive strikeouts. My favorite first is the first time a pitcher and hitter with the same name faced each other in the postseason: Will Smith versus Will Smith. I can only guess how the chatter went between them. Will Smith the batter says, "Welcome to Earth." Will Smith the pitcher says, "All right you alien (expletive), UP YOURS!" (*Independence Day*) Will Smith the hitter says, "I know you're a little scared. And I'm gonna keep it real with you, I'm a little scared too." Will Smith the pitcher says "We ain't got time for this

crap!" (*Men in Black*). Here's a good news story from the past about Jim Morris, a player who was on both teams in this years' World Series and also chronicled in the movie, *The Rookie*. Morris was originally selected 466th overall in the January 1982 amateur baseball draft by the Yankees but did not sign. He was selected out of Ranger College fourth overall in the 1983 amateur draft and signed with the Milwaukee Brewers. He suffered several arm injuries in the minor leagues, missing all of the 1986 season. After four pitching appearances in 1987, he was released, never having progressed past the single-A minor leagues. After sitting out all of 1988, Morris signed with the Chicago White Sox for 1989. Still, arm injuries and ineffectiveness limited him to pitching in just two games, and he never made it past the single-A level before being released. At this point, Morris had retired with a minor league record of 17 wins, 22 losses, and a 5.13 ERA in 270 innings pitched. He retired and became a high-school teacher and baseball coach in Big Lake, Texas. In 1999, Morris made a promise to his team that if they won the district championship, something they hadn't ever done, he would try out for an MLB team. After winning the title, Morris kept his end of the bargain and tried out for Tampa Bay. The scout was not interested in Morris, but gave him a tryout solely to let Morris keep his promise to his players. Surprisingly, Morris discovered that in spite of his age and arm surgeries, he was able to throw 12 consecutive 98-mph fastballs. After much debate with his family, Morris signed a professional contract with the Devil Rays at 35. He started out with the AA Orlando Rays, and moved up quickly to a spot with the AAA Durham Bulls. Thanks to solid pitching performances with Durham, Tampa Bay gave him a chance to pitch with the Rays when rosters expanded in September. On September 18, 1999, against Royce Clayton of the Texas Rangers, Morris made his debut, striking Clayton out on four pitches. He made four more appearances that year. He pitched 16 more times the next year before being released after walking in the winning run at Yankee Stadium in May, 2000. Morris was signed in December 2000 to a minor-league contract by the Dodgers, but was released during spring training. At the end of his major league career he was 0-0 with an ERA of 4.80 and 13 strikeouts. Morris never recorded any wins or losses in any of his major league appearances but, in

the game of life, Morris showed that you're never too old to follow your dreams. 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](mailto:press@islandssunnews.com).

## Golf Tournament To Benefit Local Nonprofits

Advance registration is open for the inaugural Knights of Columbus St. John XXIII charity golf tournament at the Forest Country Club on Friday, October 30. The event benefits local not-for-profits Hope Hospice, Special Equestrians and St. Martin De Porres Outreach. Check-in begins at 8:30 a.m. for the Shamble – Blink Partners format tournament, with a shotgun start at 10 a.m. Cost is \$125 admission per player, which includes tournament and a 2:30 p.m. lunch and awards ceremony; \$30 tickets are available for lunch and awards ceremony only. Sponsorship opportunities with hole signage and event program recognition are available for \$100. The tournament is limited to 100 players. The Forest Country Club is located at 6100 Club Boulevard Southwest in Fort Myers. For tickets, visit [www.kc23.org](http://www.kc23.org) or call 407-796-1645.

## Tribute Band

From page 1  
sweater if the weather is chilly. Refreshments will be available for purchase; no coolers or picnic baskets are permitted. Masks are required and free parking is available in the main Edison Ford parking lot, located at 2350 McGregor Boulevard. Tickets purchased in advance are \$20 for Edison Ford members and \$25 for non-members. Guests are encouraged to purchase tickets in advance, as a limited number of tickets will be sold. If tickets are still available the day of the event, they will be available at the door for \$30 (both members and non-members). For more information or to reserve tickets, visit [www.edisonford.org](http://www.edisonford.org) or stop by the ticket counter at the estates.

# MISSING



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Properly fit hearing aids are very unique to the person wearing them. If you have found a hearing device, please consider dropping it off to Gulf Coast Audiology so we can reunite it with its owner. If you have any information on the location of this device, contact Gulf Coast Audiology, today!

#HelpBringHealthyHearingHome  
8900 Gladiolus Dr. #201 • Fort Myers , FL



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## SPORTS QUIZ

1. What pro football hall of famer amassed 14,101 rushing yards in his career with the New England Patriots and New York Jets from 1995-06?
2. Robert De Niro and Michael Moriarty starred in what 1973 film adaptation of a 1956 Mark Harris sports novel?
3. How many consecutive passes did Iowa Hawkeyes quarterback Chuck Long complete in a 1984 game vs. the Indiana Hoosiers to set an NCAA record?
4. What sport did Uruguayan teacher Juan Carlos Ceriani create in 1930 as an indoor, five-on-five version of soccer?
5. At what university did the NFL's Watt brothers (J.J., T.J. and Derek) play college football?
6. What U.S. archer won two gold medals at the 1996 Summer Olympic Games in Atlanta?
7. Former NBA player Cliff Robinson appeared on the 28th season of what reality TV competition series?

## ANSWERS

1. Curtis Martin. 2. "Bang the Drum Slowly." 3. 22. 4. Futsal. 5. The University of Wisconsin-Madison. 6. Justin Hish. 7. "Survivor."



## Doctor and Dietician

## Reduce Your Risk Of Hip Fracture



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

It has been estimated that one in three women and one in 12 men will sustain a hip fracture in their lifetime. Up to 85 percent of hip fractures occur in people over the age of 65. One of our relatives recently showed us her bone density test. Sure enough, she was losing bone density in her hips. She is at high risk for a hip fracture should she take a fall. So, what should she/we do?

The body gets stronger when you use it, just like when you lift weights you build muscle. Weight-bearing movement is key to preventing osteoporosis and resultant hip fractures. You cannot take this lightly. At minimum, this means you need to walk briskly for 30 minutes twice per day. We are not talking about a stroll around the kitchen. The bones strengthen when you use them. The weather may be getting cooler, but it's not snowing or icy – so put on a jacket and get outside. Add some light hand weights to your walking. Take two- or three-pound weights and walk with them, swinging your arms, pumping your arms, etc.

In addition to walking, stand more and sit less. If you are not reminded to stand up every hour, then set a timer to get up every hour and walk around. Sitting all day will kill you. Use good posture when sitting. Do not sit with your belly out and your neck down. Try to put your sit bones in the back of the chair and contract your abs when sitting

in a chair. Use a table for your reading material that is propped up so that you are looking straight ahead with abs contracted, shoulders back, hips pushed into the chair.

You know we could not get through this article without talking about food. Eat dark green leafy vegetables, including broccoli, cabbage, Brussels sprouts, collards, kale, mustard greens, Swiss chard, as well as beans, peas and lentils. Soy (organic) also contains great amounts of bone-strengthening nutrients. If you can tolerate dairy, milk, cheese and cottage cheese are good for the bones.

Having strong bones is not just about what you DO eat, but also what you do NOT eat. Eliminate cola products, as these leach calcium out of the bones. Eliminate diet products – these also are toxic – this means all products containing Nutrasweet, sucralose, etc. Drink water. Eat adequate protein daily – this means chicken, turkey, beef, fish, pork, eggs, nuts etc.

In order to maximize bone strengthening if you have already been told you have bone loss, we use a product called Bone Builder pack from OrthoMolecular Products. This is a twice daily five-pill packet that provides extra nutrients for bone healing. For people who get nauseated taking a lot of pills, you'll have to take one or two every 30 minutes or so and not on an empty stomach.

The death of people as they age relates to immobility and poor balance, which may result in hip fractures from a fall. We cannot stress the importance of doing everything you can to stay strong. There is still so much to do. Let's not lose the ability to do it! We are blessed beyond measure to be able to get outside pretty much any day of the year here in Southwest Florida. We'll be watching for you!

*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@carimgmedical.com.\**

## dearRPharmacist

## Eight Major Drug Muggers Of Iron



by Suzy  
Cohen, RPh

**Dear Readers:**

The symptoms of iron deficiency mimic those of hypothyroidism, and low iron levels go hand in hand with low thyroid levels. It

usually occurs due to reduced gastric acid production as we age, which then reduces iron absorption. The iron deficiency results in sluggish conversion of T4 to T3. Since iron deficiency goes hand in hand with hypothyroidism, I will be switching back and forth between the two conditions periodically.

Symptoms for both of these conditions are similar. One common symptom of both iron deficiency and hypothyroidism is exhaustion. The fatigue may last all day, even if you slept well the prior night. Additionally, you'll see reduced immunity (higher risk of cough/cold), slow wound healing, pale lips and skin, dizziness, weakness, hair loss and mild depression. The reason for the paleness is because your red blood cells store iron, and without enough iron, you have smaller, sicker and fewer red blood cells (RBC). You'll appear pale. Furthermore, since your RBCs tote oxygen to your body's organs and cells, you won't have enough oxygen so you'll feel weaker, short of breath and easily tired.

So many people have iron deficiency (or hypothyroidism) that I want to highlight a few other symptoms such as dizziness, anxiety, frequent miscarriages, cold hands and feet, and occasional abnormal heart rhythm changes. Again, these symptoms are often connected to thyroid insufficiency which makes it critical for you to tease out exactly what you have.

Iron is important during pregnancy, and many women go into their pregnancy with years of mild insufficient iron. In

doing so, this raises the risk of problems (and death) for both mother and child. It's hard to believe, but worldwide, the maternal and neonatal deaths account for about 2.5 to 3.4 million every single year! For this reason, if you're exhausted, and want to get pregnant, soon, it's best to evaluate your iron status (and thyroid) levels first. You can easily correct iron and thyroid deficiencies prior to conception. When testing for iron, obtaining a "ferritin" level is important.

Iron levels in the body can be influenced by many factors such as inflammation, infections, pregnancy, gastric acid levels, drug mugging medications and even the amount of orange juice you drink.

8 Major Drug Muggers of Iron:

Aspirin  
Acid suppressing drugs  
Antacids  
Indomethacin, naproxen and ibuprofen aka NSAIDS  
Calcium supplements  
Chamomile, ginger and peppermint tea  
Coffee

Babesia, a co-infection of Lyme  
It's fairly easy to detect low iron and correct deficiencies. The use of supplements of iron is something you can do for a short period of time, however there are better ways to obtain iron. For example, minimizing the foods, coffee and medications that mug it, while simultaneously raising levels through diet. Heme iron (as opposed to nonheme iron foods) are the fastest way.

If you have low iron (or the symptoms I've described today), you should ask yourself if this is driven by hypothyroidism, or an infection like Babesia? Is it possibly related to a medication you take each day? Spend some time testing and thinking it through; don't just buy an iron pill because that doesn't solve the root cause and can irritate your gastric lining. If this topic interests you, I have a much more comprehensive version at [www.suzycohen.com](http://www.suzycohen.com).

*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](http://www.SuzyCohen.com).\**

## Beautifulife:

## Stress-Free



by Kay Casperson

Living without stress can sometimes seem impossible, especially when chaos hits and life gets turned upside down.

But, I know we all have the power within ourselves to

overcome worry and stress to live our best and most beautiful experiences. Sometimes you have to dig a bit deeper to find your strength and move forward with peace and calm in your soul. I have come up with a few suggestions that just

might help you get there:

Write it down – I am a big believer in clearing your mind by writing things down. I even keep paper next to my bed so that if I wake up thinking about something I forgot to do or need to get done, I can write it down to clear my mind from that thought. Make a list daily of things you want or need to do and cross them off as they are completed. If they don't get done, no worries; just move them to the next list.

Keep moving – This is a big one in terms of helping you stay balanced and calm. Whether you can get out for a long walk, a bike ride, the gym, or just working around your house or yard daily, you need to keep moving. The benefits are endless, from strengthening your heart to elevating your mood and everything in between.

Supplement your diet – Vitamins are essential to me, and they have been for

many years. I eat well for the most part, but I also believe that it is challenging to get everything we need daily from our diets. Life is hectic, sometimes we don't have all the right foods in our homes, and there are many times that our health just requires more. A few of my favorites are vitamins B12, C, D3 and curcumin. I also take melatonin and L-theanine at night to help calm my mind for a good night's sleep, which is extremely important.

Stay connected – We have all been through this crazy time of isolation, and some are still feeling it. It is now even more important to be in touch with individuals who inspire you, make you laugh, bring you joy and brighten your spirits. Whether it is a phone call, a text message, in person, or even virtual gatherings of some kind, everyone needs that connectivity. Make it a point to reach out to others who might need to be inspired.

Listen to your heart – The most important thing you can do to release stress and find your calm is to look within yourself and know that all is well, and nothing is too big to overcome. Pray, meditate and practice daily affirmations. You might be the only person that will tell you how amazing, incredible and beautiful you are today and every day.

My affirmation for you this week is: "I am living a stress-free life because I choose to take control of all things within my power and will manage with success."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit [www.kaycasperson.com](http://www.kaycasperson.com) or follow on social media @kaycasperson.\*





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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
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
<b>AREA ATTRACTIONS</b>	
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](mailto:press@riverweekly.com)

My Stars ★★★★★

FOR WEEK OF OCTOBER 19, 2020

**Aries** (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

**Taurus** (April 20 to May 20) That marriage ‘twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

**Gemini** (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

**Cancer** (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

**Leo** (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion’s hearts and share the glory with those who helped you accomplish so much along the way.

**Virgo** (August 23 to September 22) You might want to get advice from someone who’s been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

**Libra** (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you’ve prepared. Before you act, one way or another, find out who set it up and why.

**Scorpio** (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

**Sagittarius** (November 22 to December 21) Having a weekend fun fest? Your friend or relative who’s down in the emotional dumps could perk up if you find a way to include him or her in your plans.

**Capricorn** (December 22 to January 19) If you’re in one of those “the Goat knows best” periods, you might want to ease up and try listening to what others have to say. You could learn something.

**Aquarius** (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

**Pisces** (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

**Born This Week:** You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

MOMENTS IN TIME

• On Oct. 27, 1659, William Robinson and Marmaduke Stevenson, two Quakers who came from England in 1656 to escape religious persecution, are executed in the Massachusetts Bay Colony for their religious beliefs. The colony had banned Quakers under penalty of death.

• On Nov. 1, 1765, despite widespread opposition in the American colonies, Parliament enacts the Stamp Act, designed to raise revenue for British military in America. The Stamp Act was designed to force colonists to use special stamped paper in the printing of newspapers, pamphlets, almanacs and playing cards.

• On Oct. 28, 1886, President Grover

Cleveland dedicates The Statue of Liberty, a gift of friendship from the people of France, in New York Harbor. Originally known as “Liberty Enlightening the World,” the statue was to commemorate the Franco-American alliance during the American Revolution.

• On Oct. 30, 1890, Oakland, California, enacts a law against opium, morphine and cocaine. It allowed only doctors to prescribe these drugs, which had been legal for cures or pain relief.

• On Oct. 31, 1957, Toyota hopes to saturate the American market with its inexpensive Toyopet Crown sedans. It was a flop: The car could barely meet California’s roadworthiness standards, guzzled extraordinary amounts of gas and oil, and tended to shake violently, overheat and stall.

• On Oct. 29, 1971, Duane Allman, leader of the Allman Brothers Band, is killed when he loses control of his motorcycle and hits a flatbed truck in Macon, Georgia. He was 24. One year later, the band’s bassist Berry Oakley died in a very similar motorcycle accident just a few blocks away.

• On Oct. 26, 1984, at Loma Linda University Medical Center in California, Dr. Leonard Bailey performs the first baboon-to-human heart transplant, replacing a 14-day-old infant girl’s defective heart. “Baby Fae” survived the operation, but died of heart failure after 20 days.

NOW HERE’S A TIP

• “I find it helpful to set calendar reminders on my phone for working out and meal prepping. I have to treat it like a job so that I’ll do it. Thought that might help other people who struggle.” – SO in Wyoming

• “Those hide-a-key rocks can be a little obvious – at least they are to me. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known only to our family members. Also, it’s not right by the door.” – DIE in Mississippi

• Home office motivation: Preplan your outfits for daily success. When it’s all too easy to roll out of bed and log on without a thought, it might help your productivity to prepare for the workday as you would have in the time of commutes and conferences. The right wardrobe choices can help you set the tone for the day.

• “When closing up our cabin for the season, we brought a box of mothballs and scattered them around the porch perimeter. This keeps the small animals like mice and skunks from setting up shop there while no one is around.” – SF in Pennsylvania

• Now’s a great time to start weatherstripping. Check and recaulk windows. Caulk along baseboards to deter drafts. Add insulation to electrical outlets and under sinks around plumbing. Seal it up to stay toasty this winter.

• “When temperatures fall where I live, outside exercise becomes preferred. We all know to drink lots of fluids in the blazing heat of summer, but it’s important to plan your hydration when extreme sweating isn’t the norm. You still need to replace fluids for optimal performance.” – TD in Florida

STRANGE BUT TRUE

• Two journalists invented Trivial Pursuit in 45 minutes after being shocked at the price of a Scrabble set.

• One person in 20 has an extra rib, and they are most often men.

• Fearing that someone would murder him in the recreation yard at Alcatraz prison, gangster Al Capone received permission to spend rec time practicing his banjo in the shower room.

• A Chinese millionaire sold canned air to people on the streets to raise awareness of air pollution. He donated the money to charity.



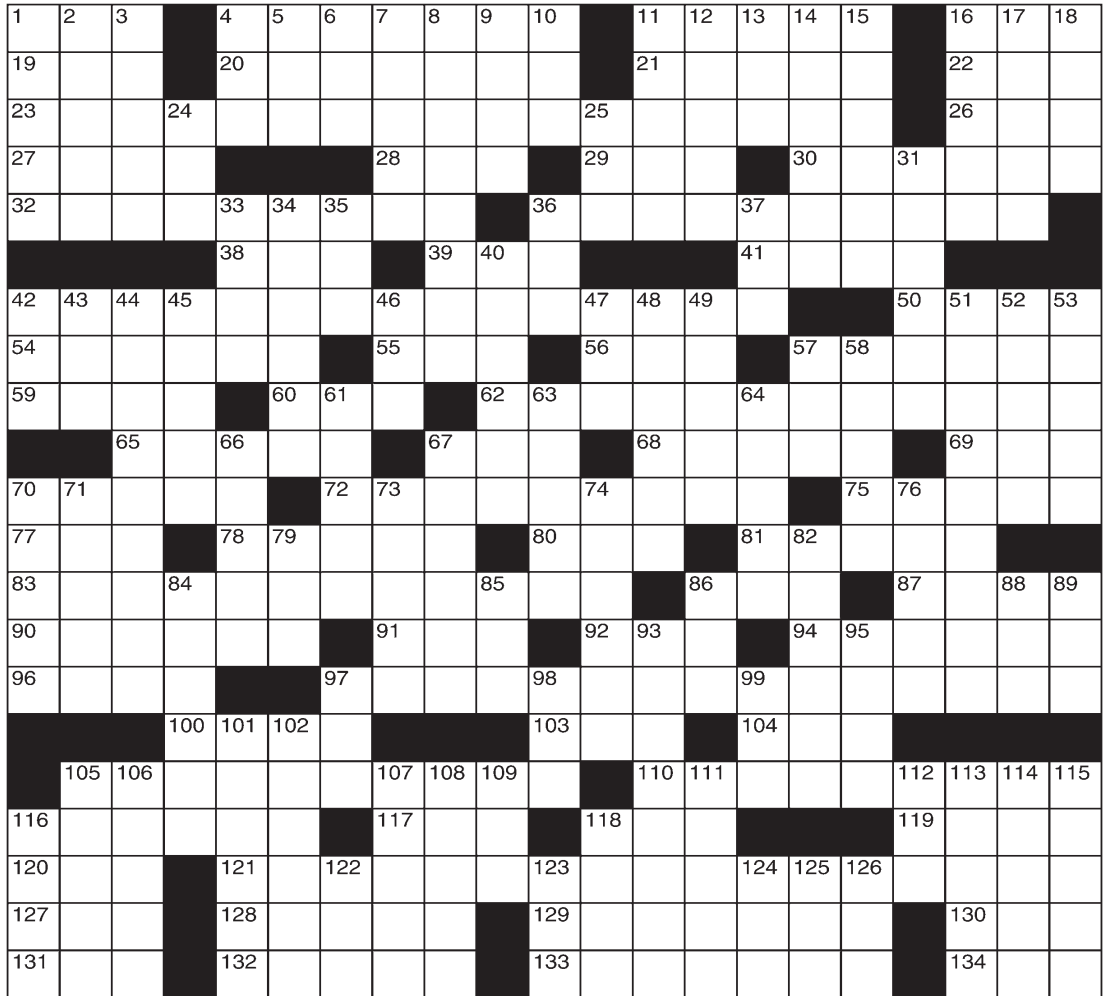
PUZZLES

Answers on page 23

Super Crossword

REVOLUTIONS

- ACROSS
- 1 Mad crowd
- 4 Ritchie Valens hit of 1959
- 11 Artificial waterway
- 16 Jacuzzi joint
- 19 LAX screeners
- 20 Mining stuff
- 21 "Ad — per aspera"
- 22 Formal duds for a dude
- 23 Some Sufi ascetics
- 26 Server's goal
- 27 Actress Garr
- 28 Was ahead
- 29 Julio's gold
- 30 "Much obliged"
- 32 Air-cooling vanes
- 36 Means of telling time
- 38 — good clip
- 39 Writer Capote, to pals
- 41 Steed feed
- 42 Firestone products
- 50 Lots and lots
- 54 Gotten up
- 55 Technique: Abbr.
- 56 Feel ill
- 57 Gloomy
- 59 — mater
- 60 Wolf down
- 62 They succeeded audiotapes
- 65 "Yipes!"
- 67 Big lug
- 68 Ward (off)
- 69 Alley hisser
- 70 Ax-wielding lumberjack
- 72 Dust devils' cousins
- 75 Old overlords
- 77 Lupino of "Jennifer"
- 78 "Arrow" network
- 80 Quarterback Dawson
- 81 Big printer brand
- 83 Carnival classics
- 86 Coll. email ender
- 87 Faint trace
- 90 Tax
- 91 "Kidnapped" author's inits.
- 92 Choose
- 94 Paradiacial
- 96 Talk back to
- 97 Planets, e.g.
- 100 Fill-in worker
- 103 Tyke
- 104 Pampering, for short
- 105 Record player parts
- 110 Kids hold their horses on them
- 116 Tile design
- 117 German city
- 118 It fills la Seine
- 119 Et — (and others)
- 120 "Devious Maids" actress Ortiz
- 121 What 10 of this puzzle's answers do
- 127 Beer barrel
- 128 See 116-Down
- 129 What's often decorated for Christmas
- 130 "— your call"
- 131 Sooner than, in odes
- 132 One-of- — (unique)
- 133 Bleepers of bad words
- 134 Tofu source
- DOWN
- 1 Letters of the weekday
- 2 Actor Milo
- 3 Scottish tyke
- 4 Wee, like Abner
- 5 Meyers of the screen
- 6 — Jovi
- 7 Point of view
- 8 In a self-effacing way
- 9 Engendered
- 10 Ireland's — Lingus
- 11 Nile capital
- 12 Professional org.
- 13 — degree
- 14 Soul queen Franklin
- 15 Beat against, as waves
- 16 Get up
- 17 NHL game souvenirs
- 18 Lines of symmetry
- 24 Celery piece
- 25 Loudness knob abbr.
- 31 Actor Aziz —
- 33 Like flimsy excuses
- 34 Expiated
- 35 Little dollop
- 36 Shorten
- 37 Wallops in the ring
- 40 Create a new digital image of
- 42 Small battery type
- 43 E-address
- 44 Sci-fi travel facilitators
- 45 Inedible kind of orange
- 46 Suffix with 116-Across
- 47 Answer to "Are you?"
- 48 Teases mercilessly
- 49 Give a thrill
- 51 Conductor Arturo
- 52 Film award
- 53 Jays' places
- 57 "Girl Code" channel
- 58 Dramatist Clifford
- 61 In — (agitated)
- 63 Bar none
- 64 Examined before robbing
- 66 "— a jealous mistress"
- 67 "1984" novelist George
- 70 LP players of old
- 71 Plant swelling
- 73 Earthy hue, to Brits
- 74 Explorer Hernando
- 76 Seeded
- 79 1940s pres.
- 82 Hopi abode
- 84 Speakers' platforms
- 85 Ending for Siam
- 86 Zeta follower
- 88 You, in German
- 89 Many laptops
- 93 British island in Polynesia
- 95 Film providing a factual report, for short
- 97 Tax-filing pro
- 98 Rd. relatives
- 99 Piece of mail: Abbr.
- 101 Riddle
- 102 Highest peak in N.Z.
- 105 Copier stuff
- 106 Application
- 107 Martin Van —
- 108 Bridges of film
- 109 Rhea relative
- 111 Moms' sisters, say
- 112 Cyst, e.g.
- 113 — Island (old immigration point)
- 114 Give a false story
- 115 Spacek of "The River"
- 116 With 128-Across, earn wages
- 118 Falco of TV
- 122 DiFranco of song
- 123 The Rams' gridiron gp.
- 124 — -Magnon
- 125 Ending for cash
- 126 Abode: Abbr.



King Crossword

- ACROSS
- 1 Recede
- 4 Petrol
- 7 Potato
- 11 Settled down
- 13 Mischief-maker
- 14 Cautious
- 15 "Bye"
- 16 Neither partner
- 17 Rice or Tyler
- 18 Ledge
- 20 Dispatch
- 22 Mary — cosmetics
- 24 Half a wet-weather pair
- 28 Game like pinochle
- 32 Hoosgow
- 33 Valhalla VIP
- 34 Dog's foot
- 36 Burrito cousin
- 37 Fifth-day Christmas gift
- 39 Paraphrase
- 41 Impressionist?
- 43 Feathery neckpiece
- 44 List-ending abbr.
- 46 It brings out the kid in you
- 50 Coffee
- 53 Run-down horse
- 55 Stead
- 56 Need for 41-Across
- 9 Samovar
- 10 Coloring agent
- 12 TV news pun-dits, often
- 19 Online info page
- 21 Once around the track
- 23 "Uh-huh"
- 25 Gumbo need
- 26 Membership
- 27 Advertise strongly
- 28 Drill
- 29 Fix a manuscript
- 30 Galvanizing stuff
- 31 Listener
- 35 "Charlotte's —"
- 38 Collection
- 40 Weep
- 42 Tall and slender
- 45 Kegler's pathway
- 47 Morning co-host Kelly
- 48 Rip
- 49 Quest
- 50 TV drama that spawned "NCIS"
- 51 Expert
- 52 Energy
- 54 Pistol
- DOWN
- 1 Comestibles
- 2 Mediocre
- 3 Small snack
- 4 Martini ingredient
- 5 Out of control
- 6 Parsley serving
- 7 Brightly marked butterflies
- 8 Skillet

MAGIC MAZE ROAD SIGNS

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

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

- Bump
- Detour
- Do not enter
- Exit
- Give way
- Keep left
- Keep right
- No left turn
- No parking
- No right turn
- One way
- Rough road
- Slow
- Stop
- Wrong way





Egg and Vegetable Bake

- 10 eggs
- 2 (8-ounce) tubes of croissant dough
- 1/3 cup mushrooms, sliced thin
- 1/3 cup sweet peppers, diced
- 1/4 cup zucchini, diced
- 1/4 cup yellow squash, diced
- 1 cup jack cheese, shredded
- 1/3 cup bacon, cooked and chopped
- 1 teaspoon your favorite seasoning blend
- Sea salt and fresh ground pepper to taste

Preheat oven to 350 degrees. In a medium-sized bowl, whisk together eggs and seasoning blend. Open both tubes of croissant dough and unroll them on a clean cutting board. Using a knife slice along all the connecting lines, next cut each triangle in half longways. Roll up each piece of cut croissant dough starting at the big end until all of them have been rolled into what looks like mini croissants. Line your medium to large sized cast-iron pan or baking dish all the way around with the rolled croissant dough pieces to form a crust. Pour the whisked eggs into the lined pan. Start adding the vegetables, bacon, and cheese to the pan. Once finished, lightly season the eggs with salt and fresh ground pepper. Place the pan in the oven and cook for 15 to 25 minutes until the eggs are cooked throughout and the croissants are golden brown. Remove from oven and serve warm.

Fresh Tip: Let each member of the family add the toppings they prefer to their assigned portion of the omelet bake.\*



Egg and Vegetable Bake

photo courtesy Fresh From Florida

PETS OF THE WEEK  
Lee County Domestic Animal Services  
Maui & Blue Eyes

Hello, my name is Maui. I am a 3-year-old male American staffordshire terrier. People know Disney's Maui is pretty cool, but the volunteers here think I am even cooler. If you are looking for a hero in your life, I am the guy for you. A pup came in severely anemic last week, and I stepped up and donated blood to save him! I am the happiest guy, and I love to play. Break out the tennis ball and I am yours for the afternoon. I will also keep myself amused with a ball in the shade as long as I know you are nearby. My perfect family would be an active one as I like to go for walks or even on hikes. My adoption fee is \$75.



Maui ID# A817639

Hi, I'm Blue Eyes. I am a stunner to look at, and I have the personality to go with my looks. I am a 3-year-old female snowshoe who is the complete package. Sweet, affectionate and playful – what else could you ask for in a companion? Take advantage of the adopt one, get a feline friend at no additional charge and double the fun! My adoption fee is \$10, and you can adopt another at no additional fee.

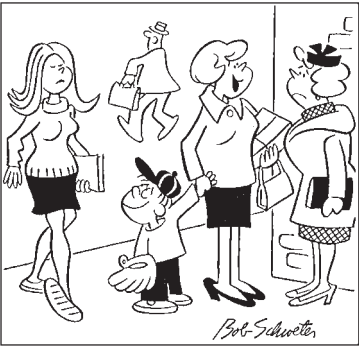


Blue Eyes ID# A831172

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](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

PUZZLES

Answers on page 23



"He's just like his father —  
he loves \_\_\_\_\_."

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!

- Defy  
OLEAVIT
- Oppose  
STEUPID
- Twirl  
CEPPTER
- Furtive  
CRETES

TODAY'S WORD

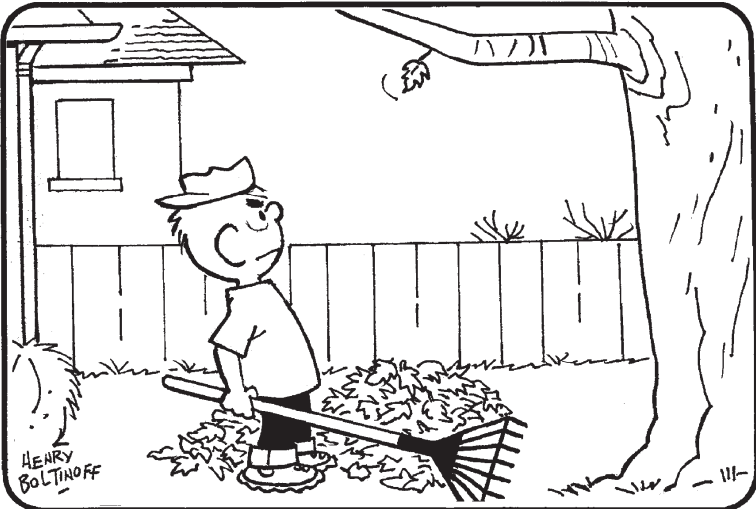
8				2			7
		4	6		8		
	6			5		9	
	1				7		2
6				2	8	3	
		8	1				6
3	7				5		4
		9		3			7
4			7			2	

SUDOKU

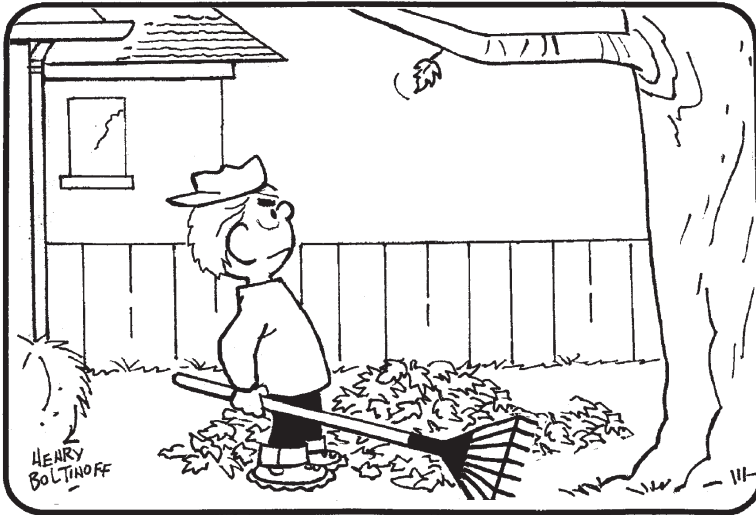
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY  
HENRY BOLTINOFF










Find at least six differences in details between panels.



Differences: 1. Window is cracked. 2. Boy's hair is different. 3. Bushes are missing. 4. Pile of leaves is larger. 5. House is narrower. 6. Shirt has long sleeves.



	<b>FRIDAY</b> Partly Cloudy High: 86 Low: 75		<b>SATURDAY</b> Mostly Cloudy High: 87 Low: 76		<b>SUNDAY</b> Cloudy High: 84 Low: 72		<b>MONDAY</b> Sunny High: 81 Low: 71		<b>TUESDAY</b> Partly Cloudy High: 75 Low: 63		<b>WEDNESDAY</b> Sunny High: 74 Low: 64		<b>THURSDAY</b> Mostly Cloudy High: 78 Low: 66
--	--	---	--	---	---	---	--	---	---	---	---	---	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:18 am	2:10 pm	None	None	Fri	4:23 am	2:12 pm	None	None	Fri	5:37 am	1:33 pm	8:07 pm	None	Fri	7:28 am	5:26 pm	None	None
Sat	6:59 am	3:18 pm	11:30 pm	None	Sat	6:04 am	3:20 pm	10:35 pm	None	Sat	6:57 am	1:20 am	9:11 pm	2:44 pm	Sat	9:09 am	6:34 pm	None	None
Sun	9:01 am	3:05 am	11:43 pm	4:13 pm	Sun	8:06 am	3:07 am	10:48 pm	4:15 pm	Sun	8:29 am	3:01 am	10:28 pm	3:46 pm	Sun	1:40 am	6:21 am	11:11 am	7:29 pm
Mon	10:28 am	4:24 am	11:58 pm	4:56 pm	Mon	9:33 am	4:26 am	11:03 pm	4:58 pm	Mon	9:50 am	4:12 am	11:42 pm	4:43 pm	Mon	1:53 am	7:40 am	12:38 pm	8:12 pm
Tue	11:33 am	5:15 am	None	5:31 pm	Tue	10:38 am	5:17 am	11:18 pm	5:33 pm	Tue	11:17 am	5:16 am	None	5:36 pm	Tue	2:08 am	8:31 am	1:43 pm	8:47 pm
Wed	12:13 am	5:56 am	12:25 pm	5:59 pm	Wed	11:30 am	5:58 am	11:31 pm	6:01 pm	Wed	12:13 am	6:10 am	12:18 pm	6:22 pm	Wed	2:23 am	9:12 am	2:35 pm	9:15 pm
Thu	12:26 am	6:32 am	1:12 pm	6:23 pm	Thu	12:17 pm	6:34 am	11:43 pm	6:25 pm	Thu	12:37 am	6:53 am	12:59 pm	7:01 pm	Thu	2:36 am	9:48 am	3:22 pm	9:39 pm

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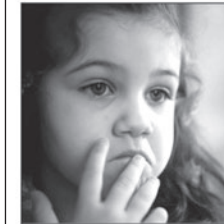
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**The New Math:**  
**\$1 = \$8**

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

*Thank you for your generosity!*

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

**Be a Voice for Manatees**  
Report sick or injured manatees

**Learn more at**  
[savethemanatee.org/rescue](http://savethemanatee.org/rescue)

**Harry Chapin Food Bank OF SOUTHWEST FLORIDA**

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

**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA



# A Beautiful Addition To Your Pollinator Garden

While the name doesn't make it sound too pleasant, sneezeweed (*Helenium amarum*), is a showy wildflower that can be a great addition to any pollinator garden (and doesn't cause sneezing). Sneezeweed can grow in a variety of soils from dry to wet and prefers full sun.

This wildflower can be impressive if planted in mass, blooming prolifically in late summer to early fall but would also be good to plant with other wildflowers as pictured here with blue porterweed (*Stachytarpheta jamaicensis*) as it does die back after blooming and going to seed. Sneezeweed seeds itself easily, so it can be guaranteed to pop up year after year.

Stop by the Sanibel-Captiva Conservation Foundation (SCCF) Native Landscapes & Garden Center on Tuesday or Thursday from 10 a.m. to 3 p.m. to view the demonstration pollinator garden that features sneezeweed. Located at 1300 Periwinkle Way on the grounds of the historic Bailey Homestead Preserve on Sanibel, the garden center offers plenty of room for safe, social distancing.



Sneezeweed mixed with blue porterweed  
photo provided

Contactless deliveries and curbside pickup continue. On-island deliveries and curbside pickup are made on Wednesdays from 2 to 3 p.m. Place your order online by midnight on Tuesday for pickup or delivery that Wednesday.

Email Garden Center Assistant Sue Ramos at sramos@sccf.org with any questions or requests.

SCCF members get their discount by entering promo code: SCCFMBR10.★

From page 18

## Strange But True

- Female cats are mostly right-pawed, while male cats are more frequently left-pawed.
- The universe has a color – but it's not what you might think. Researchers at Johns Hopkins University took the average of light from over 200,000 galaxies and discovered that the universe is actually kind of beige. They dubbed the hue "cosmic latte."
- A centuries-old Japanese tradition holds that if a sumo wrestler can make your baby cry, the baby will live a healthy life. During a special ceremony, parents hand their infants to wrestlers who not only bounce the babies up and down but sometimes even roar in their faces to start the waterworks. As one mom, Mae Shige,

remarked of her son at a 2014 event: "He's not a baby that cries much, but today he cried a lot for us and we are very happy about it."

• Daisies aren't just for picking or playing "He loves me, he loves me not." They're also an excellent source of vitamin C and have been said to slow bleeding, relieve indigestion, and soothe coughs.

• There are eight times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic Ocean.

## THOUGHT FOR THE DAY

"The best revenge is to be unlike him who performed the injury." – Marcus Aurelius

## TRIVIA TEST

1. **Geography:** Which city is known as "The Eternal City"?
2. **Food & Drink:** What is the name of the bee used in advertisements for Honey Nut Cheerios?
3. **Language:** What does the Latin phrase "ad meliora" mean?
4. **Measurements:** How many inches are in a hand?
5. **U.S. States:** A resident of which state might be called a Buckeye?
6. **Movies:** Who were the three stars of the film *Three Amigos*?

# CLASSIFIED

## COMMERCIAL RENTAL

**PELICAN PLACE SHOPPING CENTER**  
Palm Ride Road on Sanibel  
3 units available or combined 2,400 sq. ft.  
(2 at 700 sq. ft., 1 at 1,000 sq. ft.)  
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## VACATION RENTAL

**FOR RENT: HURRICANE HOUSE**  
Gorgeous 2 bedroom 2 bath condo directly on beach, very desirable upper corner unit, Available  
Jan. 8 to Jan. 15, 2021 and  
Jan. 15 to 22, 2021.  
\$2,275. per week.  
No pets, Nonsmoking  
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10/23 ★ 10/23

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10/9 ★ 11/27

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1/25 ★ TFN

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32' Motorhome – ONLY 26,815 miles!  
NADA VALUATION with included options is over \$70,000. We are selling for \$62,500. One owner Class C 2015 Model Forester 3051S maintained in immaculate condition!  
We love this RV, however we have purchased a second home in Sanibel and no longer use RV like we originally did. Will also sell 2013 Honda CRV Toad with Tow Bar and InvisiBrake System. NADA value of CRV is \$13,250, selling for \$11,000. CRV is will maintained with 4 new tires and includes a bike rack that carries 4 bikes. Together, the RV and CRV is priced to sell and will provide you everything you need to explore the country. 412-580-5467.  
9/4 ★ 10/23

## PSA

**AL-ATEEN HELP LINE**  
Are you concerned with a friend or family member's drinking?  
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.  
Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.  
7/31 ★ TFN

## LEGAL NOTICE

**NOTICE OF PUBLIC SALE**  
The below listed vehicle(s) will be offered for sale November 4, 2020 by Friendly/LGM Auto Finance at Manheim Fort Myers, 2100 Rockfill Rd., Fort Myers 33916  
2013 Nissan Altima 1N4AL3AP3DN403946  
By virtue of security interest, the above vehicles will be offered for sale. Seller reserves the right to withdraw vehicle(s) from sale if adequate bids are not received.  
Vehicles are sold as is.  
Terms: cash and bank-certified funds.  
10/23 ★ 10/23

## LOST/FOUND

**LOST CAT**  
Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy."  
Reward.  
If seen, please call 239-980-3592.  
8/7 ★ TFN

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



- 7. **Games:** Which “ailment” was added to the Operation board game in 2004?
- 8. **Astronomy:** Which two planets in our solar system lack natural moons?
- 9. **Mythology:** What is a Valkyrie in Norse mythology?
- 10. **Television:** What was the name of the android on *Star Trek: The Next Generation*?

TRIVIA ANSWERS

1. Rome 2. Buzz 3. Toward better things 4. Four 5. Ohio 6. Steve Martin, Martin Short and Chevy Chase 7. Brain Freeze 8. Mercury and Venus 9. A maiden who chooses who may die in battle, and which of the slain are worthy of a place in Valhalla 10. Data.

SCRAMBLERS ANSWER

- 1. Violate 2. Dispute;
- 3. Precept; 4. Secret

Today's Word  
**SPORTS**

Read us online at  
[www.IslandSunNews.com](http://www.IslandSunNews.com)



PUZZLE ANSWERS

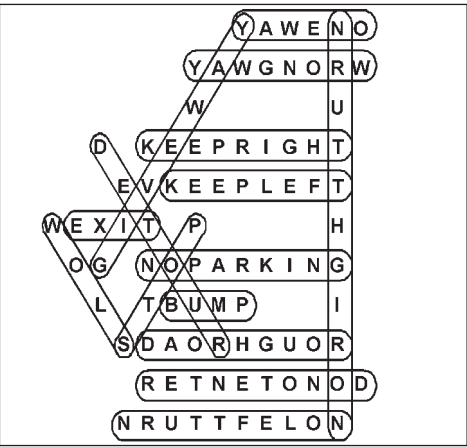
SUPER CROSSWORD

MOB	LAB	AMBA	CANAL	SPA
TSA	IRON	ORE	ASTRA	TUX
WHIRL	ING	DERVISH	ES	ACE
TERI		LED	OROTHANKS	
FANBLADES	CLOCKHANDS			
ATA	TRU	OATS		
AUTOMOBILE	TIRES	ATON		
ARISE	NSYS	AIL	MOROSE	
ALMA	EAT	COMPACT	DISCS	
EGADS	OAF	STAVE	CAT	
HEWER	TORNADO	DOES	TSARS	
IDA	THECW	LEN	EPSON	
FERRIS	WHEELS	EDU	WISP	
IMPOST	RLS	OPT	EDENIC	
SASS	CELESTIAL	BODIES		
TEMP	TOT	TLC		
TURN	TABLES	CAROUSELS		
MOSAIC	ULM	EAU	ALII	
ANA	GOAROUND	INCIRCLES		
KEG	MONEY	FIR	TREE	ITS
ERE	AKIND	CENSORS	SOY	

KING CROSSWORD

EBB		GAS		SPUD
ALIT		IMP		WARY
TATA		NOR		ANNE
SHELF		KILL		
	KAY	GALOSH		
BEZIQUE		POKEY		
ODIN		PAW		WRAP
RINGS		RESTATE		
ETCHER		BOA		
	ETAL	BIRTH		
JAVA		NAG		LIEU
ACID		GNU		SPAN
GEMS		YEN		ART

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2020	5,637	\$7,995,000	\$7,750,000	166
Ancona	Miromar Lakes	2020	4,265	\$3,049,000	\$2,975,000	259
Southport On The Bay	Bonita Springs	1997	4,000	\$3,345,000	\$2,950,000	219
Dickeys John R Subd	Captiva	1930	1,279	\$2,389,000	\$2,100,000	185
Salerno	Miromar Lakes	2017	3,235	\$1,995,000	\$1,995,000	170
Cortona	Miromar Lakes	2019	3,971	\$1,995,000	\$1,835,000	290
Palmetto Point	Fort Myers	1984	4,491	\$1,675,000	\$1,600,000	33
Bellagio At The Colony	Bonita Springs	2003	4,080	\$1,595,000	\$1,575,000	253
Shell Harbor	Sanibel	1979	3,406	\$1,295,000	\$1,180,000	63
Valencia Bonita	Bonita Springs	2018	3,102	\$1,125,000	\$1,080,000	72

Courtesy of Royal Shell Real Estate





*Randy Wayne White ©*

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We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.  
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