



VOL. 19, No. 44

From the Beaches to the River District downtown Fort Myers

OCTOBER 30, 2020

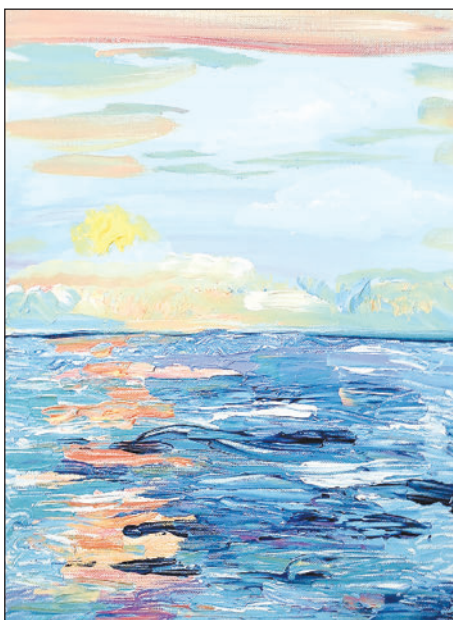
Calendar Contest Winners Named

The Lee Health Arts in Healthcare program had 11 winners in its annual Art by the disABled calendar contest. Artists with special challenges produced 40 entries that have been on display in the atrium at HealthPark Medical Center. Entries were judged by staff of Lee Health.

The winning piece of art, *Tranquil Sea*, created by Taylor Scalzo, will be in the permanent collection on the fifth floor of the Rehabilitation Hospital in Fort Myers. It will also be the central art for the 2021 Art by the disABled Lee Health calendar this year.

Second place went to Carol Sue Henry for her piece *Sunflower*. Third place went to Mia McMillan for *Self-Perspective*. Eight honorable mentions were also awarded. All winners received cash awards or a gift card from the Arts in Healthcare program.

Second, third and honorable mention winners are on display on the Art by the disABled gallery wall at HealthPark



Taylor Scalzo's *Tranquil Sea* captured first place images provided

Medical Center until the first of the new year. The work is for sale.

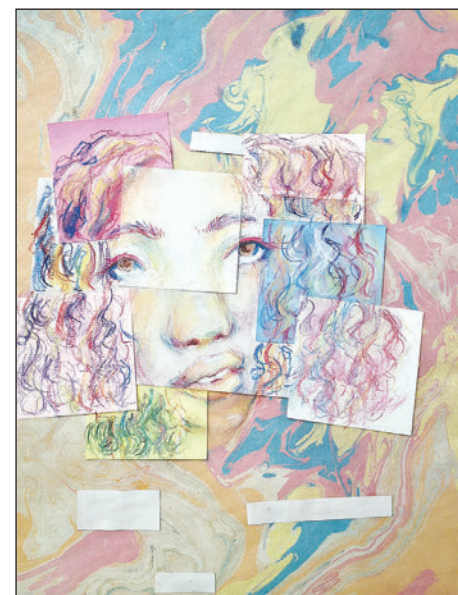
Arts in Healthcare's mission is to comfort Lee Health patients and their



Carol Sue Henry's *Sunflower* placed second

families through the expressive arts and work to support the creative efforts of artists with disabilities in the community.

Besides the top three artworks, honorable mentions went to Carol Murphy for *Junk Yard Dog*; Dottie



Mia McMillan's *Self Perspective* took third

Moser for *Moving Waters*; Jolene Forgie for *Happy Birthday*; Rose McGahee for *Goddess*; Stella Badillo for *Corn Unicorn*; Randy Vavroch for *Chi-Chi*; Gwenn Kranz for *Distant Awareness*; and Kolby Kobs for *Sailing at Sunset*.✱

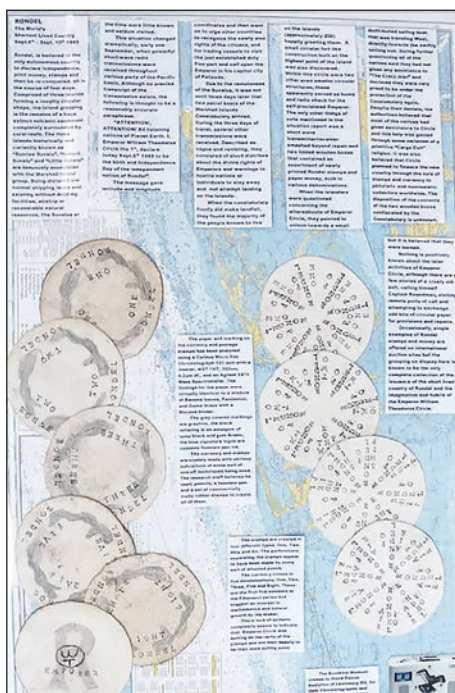


Part of the Aristotle Zenobia Sunshine Museum traveling exhibit photos provided

Traveling Exhibit Coming To Town

The Aristotle Zenobia Sunshine Museum will present The Natural, Technological and Sociological Wonders 2020 Traveling Exhibition at the Sidney & Berne Davis Art Center for the month of November, beginning Friday, November 6.

This highly unique exhibit was created using historical objects and imagination resulting in something never before experienced in an art exhibit. Selections from the collections explore the re-creation of something that never was.



The museum curator describes the exhibit as a "three-dimensional graphic novel"

The differences between the truth and the facts provide limitless opportunities. The Sunshine Museum is an ever-evolving historical visual art experience with a strong performance art component.

The Sunshine Museum's curator describes the show as somewhat of a "three-dimensional graphic novel." The Capital Gallery will display the many unusual and interesting pieces until

continued on page 13

Artist's Works Explore Future Of Humanity

The Sidney & Berne Davis Art Center (SBDAC) will celebrate Beth Carter Bell, one of Southwest Florida's most prolific artists, in the exhibition titled *I'earth* in November. An opening reception featuring an artist meet-and-greet, cocktails and art will be held on Friday, November 6 from 6 to 10 p.m.

Since 2008, Carter Bell has accrued a phenomenal body of work ranging from video, photography, sculpture, painting, installation and performance. As humanity is facing a survival challenge that we are not prepared for, we are confronting an alarming need for new ideas. Carter Bell's work springs to the front lines of our cultural and environmental crisis, to propose and illustrate a new, distinct and altogether surprising role for the arts in the cultural evolution of humanity.

I'earth is a project that Carter Bell started in 2014, which was inspired by the work of Tiite Baquero and particularly in reference to his work regarding his investigation into the role of art in the future of humanity and of all life on earth. As a two-time winner of the coveted Berne's Choice Award at SBDAC, Carter Bell has labored for the past six years in the preparation of the *I'earth* exhibit. However, the timing for the exhibit could never have been more appropriate.

The exhibit is about hope for humanity,

continued on page 15



A *Peace*, mixed media by Beth Carter Bell image provided

Historic Downtown Fort Myers, Then And Now:

Widman Memorial Refurbished



by Gerri Reaves, PhD

One enjoyable way to study local history is to wander through the historic district and examine memorial plaques, statues, monuments, time capsules and other tributes to history, events and people.

Even though they are sometimes prominent objects, it's easy to take them for granted, as they merge into everyday unexamined urban landscape.

We forget that each memorializes something about our common values and purpose, that each was installed with fanfare, whether reverent, sorrowful, or celebratory.

Until recently, the plaque honoring Fort Myers Police Officer Andrew Widman was easy to overlook. Embedded in the walkway at the Main Street entrance to Patio de Leon, it commanded little attention. In fact, it was possible to unknowingly step on.

However, on July 18, on the 12th anniversary of Widman's death in the line of duty, the refurbished plaque on a new display stand was unveiled at a ceremony.

When he was killed on July 18, 2008, Widman was only 30 years old and had served only a year and three months on the force.

Married and the father of three young children, he had an atypical background for a police officer. He had been a missionary and minister, and had a master's degree in theology.

His colleagues nicknamed him "Rev" or "preacher," and he was known for his ready smile, good nature and dedication to duty.

On the night of his "last watch," Widman responded to a dispute between a man and woman at a downtown nightclub only steps from the plaque's location.

The man shot Widman with a 9-mm handgun.

The shooter fled while firing at pursuing officers, who returned fire and killed him.

It was later concluded that Widman's intervention probably saved the life of the shooter's girlfriend.

Community reaction was swift and overwhelming – perhaps unprecedented.

Fundraising and contributions to the family's support far exceeded the goal. A large number of mourners attended the visitation. Law enforcement officers from more than 100 agencies attended the public memorial service.



This plaque at the Main Street entrance to Patio de Leon honors Fort Myers Police Officer Andrew Widman, who died in the line of duty on July 18, 2008. Originally embedded street-level, the plaque was unveiled with a new display last July.

photo by Gerri Reaves

Simultaneous with the widespread grief was outrage.

The man who murdered Widman had been convicted of violent felonies and was on probation. He had then been arrested again on drug-trafficking charges, thus violating his probation.

When he killed Widman, he was on bail. Additionally, it was reported that he had vowed to kill a cop.

The outrage led to the passing of the Andrew Widman Act by the Florida Legislature in 2011. The law intended to keep repeat violent offenders off the streets by allowing judges "to issue a warrant for the arrest of a probationer or offender who has violated the terms of probation or community control," among other provisions.

The city also honored Widman by changing the name of the street on which the police department is located. In October 2008, three months after his death, Peck Street became Widman Way.

Widman's name is one of seven that appears on the Fallen Officer Memorial located in front of the Fort Myers Police Department on Widman Way at Hendry Street.

The first officer killed in the line of duty was Lt. Mathew G. Hisler, whose "end of watch" was January 3, 1930.

The memorial also honors two K-9 officers, or service dogs, who have died while on duty.

Learn more about local history by strolling downtown and discovering memorial plaques and monuments, and by visiting the following two research centers.

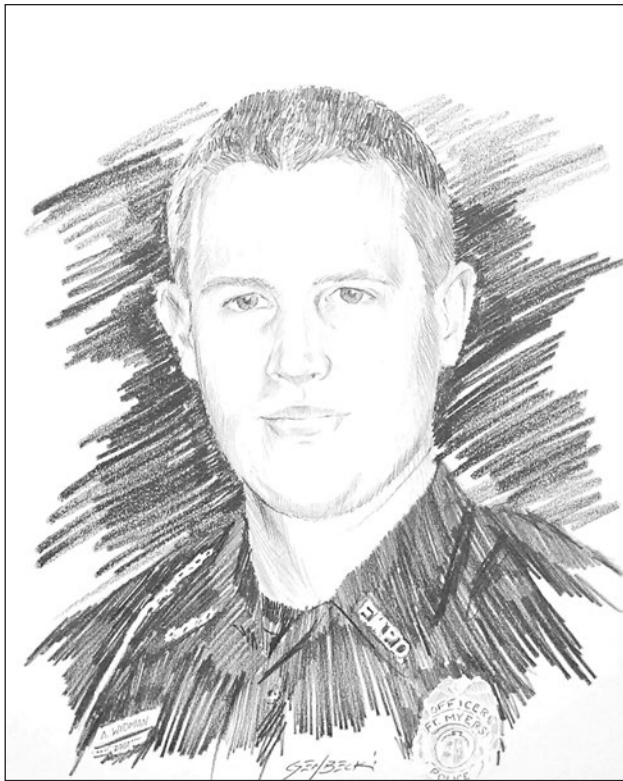
Hours might be affected by the coronavirus pandemic, so call first.

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

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

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

Sources: The Archives of the Southwest Florida Historical Society and *The News-Press*.✧



Fort Myers Police Officer Andrew Widman

image courtesy Fort Myers Police Department

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Members of The Heights 2019 Party Band

photo provided

Live Music At Heights Center

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

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

The party band is led by Randy Thomas (formerly with Shania Twain, ALLIES and Sweet Comfort Band), best known as the Grammy award-winning songwriter of the crossover hit *Butterfly Kisses*. He will head up a professional veteran rock, pop

and country jam.

“There are two sides to the band this year, the local side and the Nashville side,” Thomas said. “The locals include Kevin Kenworthy (formerly with Loretta Lynn) on vocals, keyboards and guitars. Another local, Rob Robinson (producer for Lynyrd Skynyrd), will contribute vocals, keys and guitar work. My Nashville buddies are Matt Chapman (formerly with ALLIES) on bass, and Steve Latanation (Mark Collie, Agent Orange) on drums and vocals. I feel like I’m introducing my beloved old buddies to my beloved new buddies.”

Lori Thomas will also join on vocals. Randy and Lori perform the country club circuit in Naples and Fort Myers.

For tickets, visit www.heightsfoundation.org/heightspartyband. Tickets will also be available at the door. Social distancing precautions will be in place.

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

Foundation Awards Another Grant To Heights

The Richard M. Schulze Family Foundation has granted \$50,000 to The Heights Foundation to support The Foundation’s Fostering Academic Achievement program for at-risk kids in the Harlem Heights neighborhood.

Funds will be used to provide an additional half-day of Voluntary Prekindergarten Education (VPK) for children to supplement the free three hours they currently receive, providing them a strong base for entry to kindergarten. Funds will also be used to purchase supplies, materials and equipment for School Success programming to support the continued academic growth of children. The opening of the new 36,000 square foot Heights Education Center has increased enrollment in both programs by 20 percent.

“Children who participate in VPK programs score higher on the kindergarten readiness test. Our School Success program includes academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies and tuition support,” said Kathryn Kelly, president and CEO of The Heights Foundation and The Heights

Center. “Each program is geared to meet the specific needs of children and young adults who seek to further their education. The support of the Schulze Family Foundation helps ensure our kids have the necessary tools to succeed in school.”

Harlem Heights was originally settled as a rural agricultural community. Approximately 780 children live in a mixture of single-family homes and multi-family apartments. The poverty rate for children in Harlem Heights is more than twice the county average, with family income 40 percent below the county average. Families are not able to easily access family support services located in downtown Fort Myers, and benefit greatly from programs located within the neighborhood. The Heights Foundation and The Heights Center were created with the goal of building strong, self-sufficient families in the Harlem Heights neighborhood.

The Richard M. Schulze Family Foundation began its work in 2004 with the charge from its founder to support transformational change for the benefit of mankind. The Foundation has consistently directed its primary efforts and resources toward matters of importance in human and social services, education, and health and medicine.

To learn more about The Heights Foundation and The Heights Center, visit www.heightsfoundation.org or call 482-7706.*

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Fort Myers Art:

Eight Awards Doled Out At Local Film Festival



by Tom Hall

The 10th annual Fort Myers Film Festival wrapped up last Sunday with a Champagne and dessert awards ceremony. Although every entry was a winner by the mere fact of having been

juried into the festival, winners were declared and trophies awarded in these eight categories:

Best Feature Film: *Postal*, directed by Tyler Falbo – A dark comedy based on true events. *Postal* reimagines the emotional meltdown of Phillip Tress, a Jacksonville millennial described by local media as “unable to break from a psychotic, unrequited love affair.” Tress’ downfall gained notoriety as his breakdown was documented by multiple recordings of calls he made to a customer service representative at an international shipping company. *Postal* brings us into the heart and mind of Tress on the morning his downward spiral began.

Best Documentary: *Harry Chapin: When in Doubt Do Something*, directed by Rick Korn – This new documentary explores the life and career of the musician-activist who inspired legions of fans and peers with his music and tireless commitment to end hunger and poverty. The film features his family, band members, Billy Joel, Bruce Springsteen, Pat Benatar, Pete Seeger, Kenny Rogers,



A scene from *Eat The Rainbow*, which captured Best Short Film at the 10th annual Fort Myers Film Festival
photo courtesy www.artsfwfl.com

Darryl “DMC” McDaniels, Sir Bob Geldof, Ken Kragen, Jac Holzman and many more.

Best Short Film: *Eat the Rainbow*, directed by Brian Benson – *Eat the Rainbow* is a musical fable about an odd yet kind man named Bayani who moves into a conservative suburban neighborhood and disrupts the otherwise comfortable homogeny because he doesn’t look or act like anyone else, which causes fear and panic, and ultimately a demand for him to leave the neighborhood. Cousin Wonderlette befriends Bayani and together they take on the opposition led by manipulative and unscrupulous realtor Lobelia Gerber.

Best Short Short: *Ruined It*, directed by Michael Patrick Kane – The film depicts two old-time straight-shooters reminiscing about the good old days and the wholesome pastimes they enjoyed when they were young.

Best Local Film: *Ride Till I Die*,

directed by Tony Rammoss – This was the film that opened this year’s Fort Myers Film Festival. *Ride Till I Die* follows three bull riders chasing the dream of winning a championship and one man’s race against time for that elusive title. That man is Ricky Ringer, and in spite of warnings from his wife, his mother and a body that’s breaking down after 25 years of bullriding competition, Ricky is more determined than ever to chase that elusive title... or die trying.

Best Student Film: *The Quiet*, directed by Radheya Jegatheva – When an astronaut ponders about the quietude of space, he comes upon a startling self-realization. The truth is written in the stars, but what will he uncover?

Best Environmental Film: *Queen Without Land*, directed by Asgeir Helgestad – Based on a true story, the film chronicles the meeting between Frost, a beautiful polar bear mother, and Asgeir Helgestad, a Norwegian wildlife filmmaker. Spanning four years, the film depicts the ways in which rising temperatures and melting ice are dramatically changing Frost’s Arctic home on the Svalbard, not only placing Frost at risk, but the cubs she struggles to raise.

Edison Award for Innovation: *Anacronte*, directed by Raul Koler – Without any fulfilling of their destiny, Anacronte and the Sorcerers of Evil test humanity’s happiness in a struggle that, in short, has each of us as winners and losers.

*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.**

All-Academic Team Member

Madelyn Walther of Fort Myers was among over 40 students from Tallahassee Community College named to the Florida College System Activities Association’s All-Academic Team for having attained a minimum 3.30 GPA during the 2019-20 academic year.*

Appreciation Awards Moved To Next Year

After conducting a survey of local business leaders, the Horizon Council, Horizon Foundation and Lee County Economic Development Office have made the decision to postpone the 2020 Industry Appreciation Awards luncheon and move the flagship event to the second quarter of 2021. The survey showed that the majority of the Lee County business community preferred to postpone the event rather than attend physically or virtually in October 2020.

The date and location of the 2021 Industry Appreciation Awards will be announced in the weeks ahead.

“While we’re disappointed to postpone the 2020 event, we have exciting developments in the works for 2021,” said Horizon Council Chair Christopher Spiro. “The Industry Appreciation Awards will be bigger and better than ever as part of a two-day celebration of Southwest Florida businesses.”

Since 1992, the Industry Appreciation Awards have celebrated the Lee County business community and recognized outstanding local businesses that have positively influenced Southwest Florida. A call for applications for the 2021 awards is forthcoming.

For more information about the 2021 Industry Appreciation Awards, contact Horizon Foundation Chief Fundraising Consultant Dilman Thomas at 810-1948 or dthomas@horizon-foundation.com.*

Indie Movie Mondays Return

Thank God for Indie Movie Mondays will return to the Sidney & Berne Davis Art Center for the 2020-21 season on Monday, November 2 with host Eric Raddatz and co-host Melissa DeHaven. Cocktail hour is at 6:30 p.m., while the show starts at 7 p.m.

Watch the films submitted for selection and help decide which ones make it to the 2021 Fort Myers Film Festival. Each indie film to view comes from a different writer and director. This makes for a truly eclectic line-up of original filmmaking. During intermissions, there will be cocktails and live entertainment. The judges will comment on the films all evening long.

Get a look at how the Fort Myers Film Festival views submissions for independent films and participate in the selection process. TGIM is held every first Monday of the month in season.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, call 333-1933 or visit www.sbdac.com.*

Dean’s List

Jolie Candelore of Fort Myers has been named to the spring 2020 Dean’s List at Seton Hall University in South Orange, New Jersey.*

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Participants attend a gardening class at Edison and Ford Winter Estates

photo provided

Gardening Classes Offered At Estates

Gardening continues to be a popular pastime. This year, as people are spending more time at home, many are realizing the therapeutic benefits. On November 10, Edison and Ford Winter Estates will resume its gardening class series. Taught by horticultural specialist Karen Maxwell, each class focuses on gardening aspects in Southwest Florida.

Building on the monthly Garden Talks, these classes provide a more in-depth look at different areas of gardening and an excellent opportunity to chat one-on-one with an experienced horticulture professional. The information taught is especially helpful for anyone new to Florida, and the classes can also be purchased as a gift.

The estates is the premier botanical garden in Lee County, featuring plants and trees from around the world – many were collected by Thomas and Mina Edison in the early 1900s. New plants and trees are regularly added to the gardens for visitors to enjoy. Participants will also get to see different areas of the botanical gardens.

All garden classes are held in a climate controlled and accessible classroom. Advance registration is required online at www.edisonford.org or in person at the ticket office. All classes are limited to 25, and masks are required. Participants will receive a 20 percent discount coupon toward plant purchases in the Garden Shoppe.

Upcoming classes include:

Roses for Southwest Florida Gardens – November 10 at 1:30 p.m. Cost is \$35 for Edison Ford members; \$50 non-members. Growing roses in Florida is challenging and rewarding. This class will walk participants through each step to becoming a successful rose grower. Classroom time is 60 minutes; garden time is 30 minutes.

Women of the Moonlight Garden; their Inspirations and Contributions – December 8 at 1:30 p.m. Cost is \$35 for Edison Ford members; \$50 non-members. This class will cover the garden design by Ellen Biddle Shipman, one of America's first landscape architects and more. Classroom time is 60 minutes; garden time is 20

minutes.

Introduction to Florida Gardening, Part I – January 12 at 1:30 p.m. Cost is \$50 for Edison Ford members; \$75 non-members (for Part I and II); or \$35 for Edison Ford members; \$50 non-members (for just one class). Registration is required before the commencement of Part I for the cost discount. Both classes are not required, but recommended. This class is designed to provide gardeners with all the tools to un-learn previous gardening experiences and command the exciting world of tropical gardening in less than perfect soil. Classroom time is 90 minutes.

Introduction to Florida Gardening, Part II – January 19 at 1:30 p.m. Cost is \$50 for Edison Ford members; \$75 non-members (for Part I and II); or \$35 for Edison Ford members; \$50 non-members (for just one class). Registration is required before the commencement of Part I for the cost discount. The Part II program will dive deep into some of the important elements of becoming a successful gardener in Southwest Florida. Classroom time is 90 minutes.

Choosing and Caring for Palm Trees in Southwest Florida – February 9 at 1:30 p.m. Cost is \$35 for Edison Ford members; \$50 non-members. This program will cover what palms are and some of the 2,000 different species. Classroom time is 60 minutes; garden time is 20 minutes.

Shade Gardening in Southwest Florida – March 16 at 1:30 p.m. Cost is \$35 for Edison Ford members; \$50 non-members. This class will help one design a multi-layered shade garden that mixes good texture, offers color and contrast and compliments existing plants or trees. Classroom time is 60 minutes; garden time is 20 minutes.

Container Gardening and Introduction to Floral Arranging – April 13 at 1:30 p.m. Cost is \$45 for Edison Ford members; \$60 non-members. This class takes basic floral arranging up a notch by teaching how to braid plants to add a very interesting highlight. Pre-registration is required on or before April 2 to ensure adequate materials for all class participants. Classroom time is 60 minutes; garden time is 20 minutes.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For details, visit www.edisonfordwinterestates.org/calendar.✱

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From left, Michael Reitmann, Annette Nilles, Emily Lincolnhol, Steve Krystyniak, Mandi Wray, Justin Thibaut, Phillip Ford, Crystal Stouten, Dan Beiter and Trevor Taulman photo provided

Funds Raised For Emergency Repairs, Services

The 13th annual Bricks & Sticks Fishing Tournament, hosted by the Lee Building Industry Association, raised more than \$16,000 for Lee BIA Builders Care.

Held in September at the South Seas Island Resort on Captiva Island, the

fishing tournament featured a live auction to raise funds for Lee BIA Builders Care. The donations will support the nonprofit's efforts to provide emergency home repairs and construction services to elderly and/or disabled homeowners and families in Lee County. To date, Builders Care has provided over \$4.75 million in construction services to more than 450 individuals and families, facilitating critical repairs that allow local families to live safely and comfortably in their own homes.

Presented by Builders Insurance

Group and Five County Insurance, the tournament saw 209 anglers on 61 boats competing for cash prizes. First place was awarded to Josh Constantine, Andrew Wiles and Michelle Wiles (total inches: 191.50), second place to Shane Earhart, Mark Wiles, Darin McMurray and Jeff Palmer (total inches: 183), and third place to Ozzie Lessinger, Heriberto Alicea and Jose Medero (total inches: 174).✪

Fish Art Contest Open To Students



Previously submitted artwork

image provided

The Florida Fish and Wildlife Conservation Commission (FWC), in partnership with Wildlife Forever, will host the Florida State-Fish Art Contest. Students in kindergarten through 12th grade can compete in the contest for a chance to win state and national honors, and

prizes. The program inspires creativity while developing the next generation of anglers and conservationists.

Florida winners will be selected by the FWC in four grade categories: kindergarten through third grade; fourth through sixth grade; seventh through ninth grade; and 10th through 12th grade. State winners will advance to the national competition to be judged for top prizes such as Best of Show. The deadline to enter is March 31, 2021.

"We are committed to increasing youth participation in freshwater and saltwater fishing through this effort," said Eric Sutton, director of FWC. "The State-Fish Art program is a unique and creative way to connect to youth anglers, and the FWC is proud to be sponsoring the initiative for Florida."

To enter, students from Florida should submit their entry consisting of: an original horizontal piece of artwork (9-inch by 12-inch) featuring any fish from the Official Fish List; a piece of creative writing, no longer than one page, about the chosen species (required for fourth grade to 12th grade); and a Florida State-Fish Art Contest entry form.

Participants may choose to mail their entry to: Florida Fish and Wildlife Conservation Commission; ATTN: Laura Rambo, Florida Fish Art Contest; 620 South Meridian Street; Tallahassee, FL 32301.

Participants may also submit photos or a scanned copy of their entry to r3@myfwc.com. For contest information, entry forms and the Fish On! Lesson Plan, visit www.statefishart.org.✪

Churches/Temples

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

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

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

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

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

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Cocoplum's rounded entire leaves are attractively reddish when new
photos by Gerri Reaves

Plant Smart

On The Edge

by Gerri Reaves

If you think a leaf is just a green thing hanging on a tree, shrub, or wildflower – a dull accessory to the more interesting flowers – look more closely.

Leaves also have a multitude of characteristics and can be as varied as their floral counterparts.

Attributes like leaf color or shape are obvious. But is the leaf aromatic, rough, silky smooth, prickled, or hairy? Is it thin and delicate or leathery?

One important leaf feature is the leaf margin, or outer edge. Shown here are a few native plants to illustrate some



Tropical sage has serrated aromatic leaves variations you'll encounter.

If the margin is entire, that means it is smooth and uncut, lacking projections or indentations such as teeth or spines. The term entire applies whether the leaf is simple in shape or lobed.

Cocoplum (*Chrysobalanus icaco*), for example, has rounded entire leaves. The reddish new growth makes the foliage particularly attractive.

Year-round white bell-shaped flowers, purple plum-like fruit, wildlife friendliness, and low maintenance make this shrub or small tree a landscape favorite.

Serrate, or saw-toothed, margins have teeth pointing forward toward the apex or leaf tip. The teeth can be regular or asymmetric. The aromatic triangular leaves of tropical sage (*Salvia coccinea*) are serrated.

This popular wildflower usually has



Cutleaf eveningprimrose has toothed wavy leaves

bright red tubular two-lipped flowers, although pink and white cultivars exist too. They bloom throughout the year and attract butterflies.

The flower continually reseeds and requires no maintenance.

As the word dentate suggests, it means toothed. On a dentate leaf, the teeth project outward, however, rather than forward, as with serrated, and the teeth are usually coarser.

Another variation on toothed margins: crenate, or scalloped, ones have rounded blunt teeth.

Leaves with lobed margins are divided by indentations, creating fissures between the sections, as seen with cutleaf eveningprimrose (*Oenothera laciniata*).

The term laciniata means deeply cut, slashed, or divided into narrow segments.



Prickly spiny-leaved sowthistle is aptly named

The leaves are toothed and roundly lobed or wavy.

This common wildflower produces pale yellow flowers all year long, attracting native bees, butterflies and moths. Birds eat the seeds.

Spiny or prickly margins are hard to miss. Take the aptly named spiny-leaved sowthistle (*Sonchus asper*), for example.

It has deeply lobed basal leaves, but the upper ones are less so. Frilly or wavy, they are tipped with spines that give it a daunting prickly appearance.

The yellow flowers provide nectar for insects, and birds eat the seeds.

Take note of fascinating identifying characteristics like leaf margins. Flowers upstage the foliage only if you let them.

Plant Smart explores the diverse flora of South Florida.✱

Conservancy Nets 4-Star Rating

The Conservancy of Southwest Florida received a 4-star rating, the highest from the Charity Navigator for proving strong financial health, a commitment to accountability and transparency and adhering to industry best practices. Only about one quarter of rated charities achieve this distinction.

"Attaining a 4-star rating verifies that Conservancy of Southwest Florida exceeds industry standards

and outperforms most charities in your area of work. This exceptional designation from Charity Navigator sets Conservancy of Southwest Florida apart from its peers," wrote Michael Thatcher, president and CEO of Charity Navigator in a letter announcing the designation. "With more than 1.5 million American charities, Charity Navigator aims to accentuate the work of efficient and transparent organizations. The intent of our work is to provide donors with essential information to give them greater confidence in both the charitable decisions that they make and the

nonprofit sector."

Charity Navigator, a nonprofit itself, is the largest and most-utilized charity evaluator in America.

"We cannot fulfill the Conservancy's vision to protect the region's water, land, wildlife and future without the trust

and support of the community," said Rob Moher, president and CEO of the Conservancy. "Achieving this rating assures our donors that we are good stewards of their support as we work to ensure good stewardship of the area's environment."✱

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The Pattern For Success



by Capt. Matt Mitchell

Big high morning tides along with the same easterly wind direction made my job relatively easy this week. We returned to oyster bars during high water and caught big numbers of snook, redfish and even a few trout. Once I worked out this pattern, we were able to catch fish on this same setup day after day.

Winds and tides change daily so staying on a certain pattern for more than just a few days rarely happens. One big advantage of being

on the water daily is being able to take the information you learned in previous days and apply it to the current day's fishing. As long as conditions remain the same, fish will generally remain in the same places.

This oyster bar pattern has remained nothing short of amazing this entire week. Bars from Matlacha Pass and the sound are all loaded up with snook, redfish and jacks. I've been fishing two ways with live shiners. When freelining, fish them with a slow retrieve by gently raising the rod and letting the bait flutter down. Continually pick up the slack line and keep the bait out of the bottom. Another option is to use a float and let the bait drift down the edge of the bar. Make the bait move naturally for the best presentation.

Beach fishing from Captiva to Knapps Point has remained strong. Schools of surface-feeding bonita, mackerel and sharks make easy sight-fishing targets. With east winds all week, the conditions out along the beaches were smooth. With so much life out here, you need to be prepared to catch a crazy variety of species. Small jigs and spoons are a great way to get started as you fish your way up the food chain.

This annual bonita fishing is some of my favorite fishing of the year. Running and gunning from one school of feeding fish to another makes for exciting visual action. These underrated gamefish are hard fighting and often make 100-yard screaming runs. They are a blast to catch on both spinning tackle, or better yet, a fly rod.

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.✴



Larry from Indiana with a beautiful golden redfish caught while fishing with Capt. Matt Mitchell photo provided

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Dave Doane

CROW Case Of The Week:

Green Sea Turtle



by Bob Petcher

The green sea turtle is one of the world's largest species of turtle, weighing in as much as 420 pounds. Interestingly, they are the only herbivore among the different species, which includes

loggerheads, leatherbacks, hawksbills and Kemp's ridleys in Southwest Florida.

Green turtles are so-named for the green color of the fat under their shell. They live in protected shores and bays – especially in areas with seagrass beds – and rarely venture out into the open waters.

At CROW, a juvenile green sea turtle was admitted from Marco Island after it was found washed up on the beach with trauma. Upon examination by the veterinary team at CROW, the wounds appeared consistent with a shark attack. The patient had a fractured upper shell with small puncture wounds on the underside of the shell, and part of its left hind flipper had an injury with exposed bone. Surgery was elected to fix the shell fracture as well as tend to the flipper injury.

"The principles of shell fracture repairs



Patient #20-4792 will need more time to heal at CROW

photo by Missy Fox

remain the same between sea turtles and the tortoise repairs we have done," said Dr. Melanie Peel, CROW veterinarian intern, when asked to compare shell repairs in sea turtles versus land turtles. "Because sea turtles need to go back in water, their shell repair and healing must be water tight, so although the repair is the same, aftercare is slightly different. We are currently managing the remaining gap in the shell with sealants in hopes of returning this sea turtle to an outside tank

for the remainder of its rehabilitation."

The puncture wounds were not viewed to be troublesome, and left alone.

"These wounds were not true punctures but rather abrasions," said Dr. Peel. "Once this patient is back in a deeper tank, these areas will heal on their own."

During the surgery, there was fluid found in the patient's lungs, which was drained.

"The patient is not exhibiting any difficulties breathing. We suspect removing this water has made the patient much more comfortable," said Dr. Peel. "Without advanced imagining, such as a CT scan

though, we cannot make any definitive statements about the lungs."

Four screws and wire were placed to help close the fractures on the shell. The exposed bone injury needed different attention.

"The distal portion of the flipper with bone exposure was amputated," said Dr. Peel. "Luckily, much of the flipper remains, and the patient will still be able to use this flipper for swimming."

A vacuum-assisted closure was placed over the fracture to decrease pressure on the wound to help it heal effectively.

"A wound-vac is a mechanical suction device that puts gentle suction on a wound to remove excess fluid. It can be used with shell fractures to help form a seal between the body wall and the shell for improved recovery/healing times," said Dr. Peel. "This negative pressure is also antimicrobial due to lack of appropriate environment for bacteria to grow, so it serves multiple purposes."

The green sea turtle will need more time to heal.

"The patient is tolerating the wound-vac well and is in a shallow tub. We are hoping to move the patient to a bigger tank in the upcoming days and hope the patient will eat soon," said Dr. Peel. "If (it's) not eating, we will administer nutrition intravenously."

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.

Airport Reports Increase In Traffic

During September, 255,926 passengers traveled through Southwest Florida International Airport. This is a decrease of 44.5 percent compared to September 2019, but it is a 10.7 percent increase compared to August 2020.

"Although passenger traffic is reduced due to the pandemic, we have significantly improved our numbers since being down 95 percent in April. It is noteworthy that in November we will be adding nonstop flights to the West Coast for the first time with Alaska Airlines' service to Los Angeles and Seattle, as well as new service by JetBlue to Raleigh-Durham and Southwest to Orlando," said Ben Siegel, CPA, CM, acting executive director of the Lee County Port Authority. "We continue with our

firm commitment to keep our airport community safe and want to thank our airlines, concessions and airport business partners for their continued support and actions in helping to keep passengers comfortable and confident about traveling from RSW."

In September, 3,110,643 pounds of air freight were carried through the airport, which was a record-breaking number for that month. Air freight for the year is currently up by nearly 1 percent.

Page Field had 10,071 operations, an 11.5 percent increase compared to September 2019. General aviation continues to be a bright spot in this current challenging environment.

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



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Changes In Leadership At Lee Health

Lee Health announced several promotions and expanded roles to its organizational leadership structure to allow for more integration of clinical operations and improve collaboration across the system. These changes are a reflection of the health system's strategic approach to fully operationalize and continue to work towards its vision to become a more effective and efficient, nationally recognized, high-value, integrated delivery network.

Kris Fay has been appointed chief officer population of health and physician services. In her newly expanded role, she will oversee population health of Lee Physician Group, system-wide case management and service lines of Behavioral Health, Oncology, Neurosciences and Heart & Vascular Institute as well as continue development of value-based care models. Fay joined Lee Health in 2012 and has significantly contributed to the overall success of the health system.

David Cato has been appointed chief officer of outpatient and hospital operations and post-acute care. In his newly expanded role, he will oversee operations for all outpatient facilities and post-acute services, orthopedic service line, emergency departments, surgery, respiratory, radiology, rehabilitation and laboratory services system-wide as well as oversee the health system's



Dave Cato

emergency preparedness plan. Cato joined Lee Health in 2006 and has more than 20 years of clinical and leadership experience.

Armando Llechu has been appointed chief officer of hospital operations and women and children's services. Currently overseeing Golisano Children's Hospital, Llechu's expanded role will now include overseeing operations, quality and cost management of all Lee Health's adult hospitals and women and children's service lines as well as provide oversight of the patient experience across the system. Public safety, food and nutrition, EVS and pharmacy will serve under his leadership. Llechu joined Lee Health in 2017 and was responsible for the programmatic expansion at the children's hospital that resulted in the health system's ability to keep even more children close to home as they receive the expert care they need.

Dr. Venkat Prasad has been appointed chief medical officer of population health and physician services. In his new role, he will continue in dyad leadership with Kris Fay and oversee population health



Kris Fay



Jennifer Higgins

of Lee Physician Group, system-wide case management and service lines of Behavioral Health, Oncology, Neurosciences, Primary Care, and Heart & Vascular Institute as well as continue development of value-based care models. Dr. Prasad joined Lee Health in 2017 and was instrumental in the development of Lee Health's Complex Care Center, an innovative alternative care site that helps patients avoid the emergency room through the support of health care professionals who provide treatment, education and support for patients with limited resources.

Jennifer Higgins will continue her role as vice president of operations and chief nurse executive at Gulf Coast Medical Center and will serve as interim system chief nursing officer. In her current role,



Armando Llechu



Dr. Venkat Prasad

she will continue to provide system-wide nursing professional practice and leadership development. Higgins has been instrumental in integrating services as part of the expansion of Gulf Coast Medical Center. She joined Lee Health in 2000 as an emergency room nurse and has held a variety of senior operational roles within the health system.

"These changes will be key in the success of our continued journey toward 'one Lee Health,' a system-wide approach focused on standardizing excellence in patient experience, clinical quality and care coordination," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "Our new leadership structure is designed to improve alignment, efficiency and performance across the organization, reduce costs, decrease silos and increase 'systemness'." ✨

LCEC Appoints Interim Officer

Lee County Electric Cooperative (LCEC) announced that Eric Scott, director of governance, risk and compliance and chief risk/compliance officer, has been named as interim director of finance and accounting/CFO.

Scott joined LCEC in June 2020 with vast utility experience in the areas of governance, risk, compliance, finance and accounting. He held various accounting and finance roles for associated electric cooperative in Springfield, Missouri before joining LCEC. ✨

CROW CRAWL

Sunday, November 1 from Noon-4pm



Captiva



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Every Sunday's CROW CRAWL features different Taste restaurants to visit! Come see the CROW Animal Ambassadors at the CROW Tent and the Taste Sponsors outside the CRAWL restaurants for Taste T-shirts and giveaways. Of course, go inside and satisfy your hunger!





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Book Review

Hannah's War



by Di Saggau

Through various books and movies we've learned about many women who should have been in our history books for their contributions to society and science. The book *Hannah's War* by

Jan Eliasberg, was inspired by a real-life physicist, Dr. Lise Meitner, the unsung physicist who discovered nuclear fission. The author was inspired to write the novel while reading an issue of *The New York Times* published the day America dropped the atom bomb on Hiroshima. One paragraph caught her eye where it talked about a female, non-Aryan physicist, who developed the key component for the bomb. Wondering why she isn't mentioned in every science textbook, the author delved into history to give her a place in history.

In *Hannah's War*, Dr. Hannah Weiss, loosely based on Dr. Lise Meitner, is a brilliant scientist working in a basement lab of the Kaiser Wilhelm Institute with no respect because she is Jewish. However her work on atom splitting is so valuable to the Reich, she is able to protect her remaining family from Nazi persecution. She escaped Nazi Germany and ends up working with the Americans on the atom bomb in 1945 Los Alamos, New Mexico.

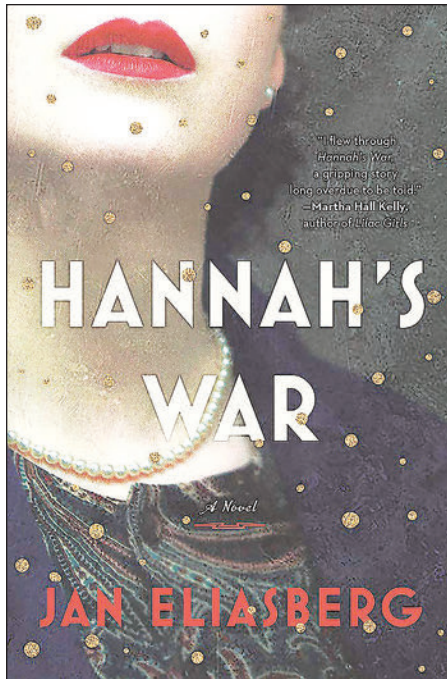


image provided

When petitions circulate about Hannah's colleagues expressing their concerns over the dangerous weapon, military intelligence opens an investigation. They believe someone has been leaking encoded equations to Hitler's scientists. Leading the hunt is Major Jack Delaney and his main suspect is the brilliant and mysterious Hanna. Clever phrasing throughout along with well-developed characters add substance to the intrigue of the novel. It's a triumphant tale of Hannah transcending anti-Semitism during the final

months of World War II. It's also a thrilling wartime love story of loyalty, truth and the dangerous power of Hannah's greatest discovery.*

School Smart



by Shelley M. Greggs, NCS

Dear Readers, Here is a great technique, called Brain Breaks, for you to use with your children as you instruct them at home. Classroom teachers use this

strategy often to help kids refresh and cope with things that arise during a busy school day. Brain breaks are evidence-based techniques to help students learn and cope with stress and overload.

Brain breaks are quick, structured breaks using physical movement, mindfulness exercises, or sensory activities. Brain breaks can be done individually or in a group. No matter what the form, brain breaks take only a few minutes of instructional time. They give your children a brief rest from what they're doing to help their brains shift focus and return ready to work and learn. Research tells us that these breaks increase children's productivity and provide them with opportunities to develop creativity and social skills.

Recent research shows that our brains aren't idle when we take breaks. They're hard at work processing memories and helping us make sense of what we experience. "In 2012 study, Dr. Mary Helen Immordino-Yang and her colleagues at USC and MIT used an MRI scanner to examine neural activity during the brain's 'default mode' – a state of rest that's usually associated with taking a break or letting our minds wander. In this state, the brain is still highly active, with a different set of regions lighting up than when we're focused on the outside world. Further experiments showed that this default mode is crucial for consolidating memories, reflecting on past experiences, and planning for the future – in other words,

it helps shape how we make sense of our lives. Breaks keep our brains healthy and play a key role in cognitive abilities such as reading comprehension and the ability to generate and make sense of novel ideas.

Here are several easy brain breaks that you can add to your daily teach and learn schedule.

At the start of you day when you are preparing to learn, do some stretching movements as well as some deep breathing exercises for a couple of minutes. Both of these activities will help children to settle and focus.

When your children are becoming restless and need some movement, take three minutes and have them play tiptoe tag, in other words playing tag on tiptoes. Statue tag also is a good game for a short time frame. Another favorite is laps around the room. Have them stomp, walk on 'eggs' or walk backwards. In just a short period of time the children will be refreshed.

After lunch you might want to take five to 10 minutes for another brain break. A follow the leader activity with lots of physical movements, dancing or playing 'Simon Says' will get the kids back on track quickly after this physical activity.

It may seem counterintuitive for kids to have these physical action breaks and then settle down to study, but research indicates that these brain breaks are successful for refocusing. The researchers also said, "Teachers were worried it would make kids rowdy, but 99 percent of kids were back on task within 30 seconds of doing activity breaks," Hasson said. "We even had one teacher who did an activity break in the middle of a math exam – she realized the benefit of getting them up and moving."

It's very clear that even short bursts of physical exercise, like brain breaks, helps our children's bodies and minds, and should be encouraged. It's certainly an idea worth trying.

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

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
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Flu Vaccine Recommended

In the U.S., hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes. Enter COVID-19 and you have a perfect storm for the upcoming flu season. For this reason, Lee Health is reminding local residents of the importance of getting a flu vaccine before flu viruses begin to spread throughout the Southwest Florida community.

"Due to the coronavirus, this flu season will be unlike any other that we have experienced in the past," said Alex Daneshmand, DO, MBA, FAAP, chief quality and patient safety officer at Lee Health. "Although we have been trending downward with COVID-19 cases, we don't know what is going to happen as we move into fall and winter. Getting a flu vaccine is more important than ever as we want to

take every precaution to protect ourselves and our community."

Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death while also saving valuable healthcare resources for COVID-19 patient care. Studies have shown that many at higher risk from flu also seem to be at higher risk from COVID-19, including pregnant women, people with chronic conditions such as asthma, diabetes, heart and lung disease, and those age 65 and older.

The flu is spread by airborne respiratory droplets and contaminated surfaces. Last season, the Centers for Disease Control and Prevention (CDC) estimates that fewer than half of Americans got a flu vaccine and at least 410,000 people were hospitalized from flu.

Following guidelines to wash hands frequently, avoid touching your face and wear a face covering will help prevent infection and spread to others. For more information, visit www.leehealth.org.*

Virtual Meeting Addresses Crisis In Behavioral Health

Twenty mental and behavioral health providers, advocates and non-profit organizations participated in a virtual health fair to explore ways the Southwest Florida community can provide cohesive coordination of care for individuals suffering from mental disorders.



Dr. Paul Simeone

The event was hosted by Kids' Minds Matter, which raises awareness and essential funding to enhance pediatric mental and behavioral health programs and services in Southwest Florida through Lee Health, Golisano Children's Hospital of Southwest Florida and community partners.

The event kicked off with opening remarks from Lee Health's Dr. Paul Simeone, PhD, vice president and medical

director of Behavioral and Mental Health and was followed by keynote speaker Shannon Wiseley, a licensed mental health counselor who discussed maternal mental health.

Participating organizations presented their services, and then hosted a panel discussion that included a live question-and-answer session. Mental Health navigators, who are in local schools, shared success stories about working with students, their families and teachers. The fair closed with an update on the Healthy Minds initiative.

"This event was a great opportunity for mental health professionals to collaborate on ways to improve the delivery of health care services to those struggling with behavioral and mental health issues," said Simeone. "The more we can do collectively to provide the appropriate and needed support, the better the overall outcomes for patients."

The health fair brought together mental health providers from around the area and provided professionals with the opportunity to learn from experts across all realms of mental and behavioral health care.

Due to COVID-19, the event hosted a virtual audience but presenters were onsite at Florida SouthWestern State College (FSW) to record the event. For more information, visit www.leehealth.org.

Lee Health Earns Award For Veteran Program

The Florida Gulf Coast to Heartland Chapter of the American Red Cross recognized Lee Health with the Partnership Organization Award for fostering an innovative relationship in creating the Veteran Visitation Program.

The Red Cross presented Lee Health representatives with the award during a virtual ceremony to celebrate the one-year anniversary since the program started.

"We are grateful for the partnership with Lee Health over this past year in supporting the needs of our veteran community," said Jill Palmer, executive director for the chapter. "This collaborative effort exemplifies the spirit of volunteerism and compassion for our veterans."

Last year, the Red Cross and Lee Health launched the first-in-the-nation veteran visitation program at Cape Coral Hospital, a civilian hospital.

Prior to COVID-19, volunteers who have been dually trained with the Red Cross and Lee Health, would visit veterans admitted to Cape Coral Hospital to provide them with information on the programs and resources available for them in Southwest Florida. Lee Health serves many veterans living in the area, where the closest Veteran Administration (VA) hospital is about two hours away.

Lee Health expected to expand the Veteran Visitation Program, but due to the public health emergency, the program's expansion was also put on pause. Fortunately, the program remains active and continues to provide support and services virtually to veterans. Every day, volunteers call veterans admitted to Cape Coral Hospital to check in on them and ensure the Red Cross and other community resources are there to support

them during this time.

"The mission of Service to the Armed Forces within the American Red Cross is to provide care and comfort to members of the United States Armed Forces, veterans and their families," said Heidi O'Sheehan, Service to the Armed Forces director for the South Florida Red Cross. "This partnership has allowed us to deliver that mission through over 3,400 veteran visits in this first year alone. We are grateful to Lee Health as well as to all of the volunteers that have helped make this partnership and program such a success, and we look forward to expanding the program to other Lee Health facilities and other hospital systems in the south Florida area."

The Red Cross' Service to the Armed Forces is dedicated to helping members of the military, veterans and their families prepare for, cope with and respond to, the challenges of military service. Every day, the Red Cross provides 24/7 global emergency communication services and support in military and veteran health care facilities around the country and world.

For veterans or members of the armed forces in need of assistance, call 877-272-7337 or download the American Red Cross Hero Care App at www.redcross.org/apps.

To learn more about the Service to the Armed Forces and how they support military members, veterans and their families, visit www.redcross.org/SAF.

From page 1

Traveling Exhibit

Tuesday, November 24 at 3 p.m.

For more information on the museum, visit www.sunshinemuseum.com.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myer. For more information, call 333-1933 or visit www.sbdac.com.

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Will Power

In My Letter To You



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

I recently watched a television interview with Bruce Springsteen, a favorite of mine. He released a new album entitled *Letters to You*, which can be described as an anthology of this 71-year-old rock and roll legend looking back on his life. The album is focused inward rather than outward, sounding a bit haunted, which is understandable given the loss of two of his E Street Band cohorts, Clarence Clemons and George Theiss, as well as Danny Federici of his first band, The Castiles.

Sometimes it takes a musician to make us reflect on our

own lives.

“You have your 24-year-old self, your 30-year-old, your 45-year-old and your 70-year-old all in that car together,” Springsteen said, “and where you go on any given day depends on which one of you is driving that car.”

After my open-heart surgery last year, I find myself in a reflective mood more often now than perhaps at any other time in my life. What do I want to accomplish in the next decade of my life? How can I make a positive impact on the lives of my family, friends, colleagues and clients?

David Brooks, an opinion columnist with *The New York Times*, wrote of the difference between your résumé virtues and your eulogy virtues:

“The résumé virtues are the skills that bring you to the marketplace,” he writes, “The eulogy virtues are the ones that are talked about at your funeral – whether you were kind, brave, honest or faithful. Were you capable of deep love?”

Brooks continues, “...if you live for external achievement, years pass and the deepest parts of you go unexplored and unstructured. You lack a moral vocabulary. It is easy to slip into a self-satisfied moral mediocrity. You grade yourself on a forgiving curve. You figure as long as you are not obviously hurting anybody and people seem to like you, you must be OK. But you live with an unconscious boredom, separated from the deepest meaning of life and the highest moral joys. Gradually, a humiliating gap opens between your actual self and your desired self, between you and those incandescent souls you sometimes meet.”

Your estate plan is one of the final expressions you make, which gives me great pride in my career. Your estate plan can be so much more than a generic will or trust. Does your plan call for a simple division of assets between your loved ones or do you want to protect what you leave from divorcing spouses, creditors and predators? Does it provide a retirement safety net for your children or can they unwisely spend it as soon as they inherit?

Do you provide the basis for the education of your grandchildren, or will your plan be a means for them to live comfortably while avoiding work? Which philanthropic causes are important to you?

Everyone’s comfort with video conferencing is a silver lining to the COVID-19 crisis. A byproduct of that is the many family conferences I’ve led with my clients and their adult children. Some of them have been quite insightful, as we’ve discussed the big picture attributes underlying the family’s estate plan. Many of my clients have discovered, for example, that their adult children don’t always know their hopes and intentions for the use of future inheritance.

I’ve found that when expectations are expressly laid out, they’re usually followed. Love and devotion are powerful factors that can survive the loss of the family patriarch or matriarch. Where sibling rivalries fester, these conferences also seem to diffuse those tensions, as my clients express their hopes, desires and motivation that are incorporated into their plan.

The closing versus in the title song to Springsteen’s new album seem to fit what I’m writing about here:

*I took all the sunshine and rain,
All my happiness and all my pain,
The dark evening stars,
And the morning sky of blue,
And I sent it in my letter to you,
In my letter to you.
I took all my fears and doubts,
In my letter to you.
All the hard things that I found out,
In my letter to you.
All that I found true,
And I sent it in my letter to you,
I sent it in my letter to you.*

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Virtual Program To Spotlight Nonprofit Industry

Leadership NEXT, a monthly program for advancing business professionals, will present a virtual program highlighting the nonprofit industry and volunteerism on Tuesday, November 10 from 5 to 7 p.m.



Stefanie Edwards

Attendees of Leadership NEXT will hear from Stefanie Edwards, chief development and operating officer of Community Cooperative, a nonprofit with a mission to eliminate hunger and homelessness in Lee County. Edwards is a graduate of the Lutgert College of Business at Florida Gulf Coast University and oversees all of Community Cooperative’s operations, fundraising, development and volunteer programs that include 3,500 volunteers with more than 40,000 hours last year.

During the program, Edwards will discuss the increased need for Community Cooperative’s services due to the COVID-19 pandemic and the resulting impact on staff, volunteers, clients and the community. Edwards will also share more about Community Cooperative’s new Plate It Up! Chef

Challenge, where local chefs create dishes from a selection of mystery ingredients that were donated to the nonprofit’s community market or to its food rescue program.

Attendees of Leadership NEXT represent a variety of businesses and industries throughout Southwest Florida. Sessions take place on the second Tuesday of every month and offer opportunities to develop new knowledge and skills, to establish working relationships with colleagues and to engage in valuable programs and discussions to further enhance their careers. Leadership NEXT’s annual sponsor is the Florida Gulf Coast University Alumni Association.

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

LeeTran Earns Honors AT Conference

LeeTran was honored with six awards this week at the Florida Public Transportation Association (FPTA) annual conference, including the Gold Safety Award for the Develop, Improve, and Grow Training, also known internally as DIG Training.

The DIG Training program was honored for its data-driven performance results and positive testimony from bus

operators. LeeTran was acknowledged by FPTA for their dedication, innovation and forward-thinking efforts.

LeeTran was also awarded five marketing awards within their revenue-based classification: two first place, one second place and one third place award. Additionally, LeeTran was granted the Best of the Best award for its Get Noticed campaign designed to attract bus riders and advertising clients.

First-place awards: Interior signage – Transit Makes a Difference Campaign; Sustaining campaigns – Get Noticed Campaign

Second-place awards: Digital media – Show Your Heart Campaign

Third-place award: Potpourri – Dispatch newsletter

An independent panel of marketing professionals, judged all entries based on the following criteria: 50 percent innovation/creativity; 25 percent production quality; 25 percent overall effectiveness.

Each agency was allowed to submit four marketing projects and the safety submission. LeeTran received awards for each submission made.

For schedules or to learn more about LeeTran, visit www.rideleetran.com.✧

Chiropractic Degree

Brittany Peck of Fort Myers recently graduated with a doctor of chiropractic degree from Palmer College of Chiropractic’s Florida campus in Port Orange.✧

Realtors To Hold Meeting November 10

Charlotte County Economic Development Director Dave Gammon will present an overview of business and real estate development activity at the monthly meeting of the Real Estate Investment Society (REIS) at Pelican Preserve. The meeting, sponsored by GFA International, will begin promptly at 11:30 a.m. on Tuesday, November 10 in the Osprey Room at Pelican Preserve’s Clubhouse.

The meeting program will include the latest updates on Murdock Village, Babcock Ranch, Sunseeker Resort Charlotte Harbor, Lost Lagoon and Charlotte County Airport. Admission is \$30 for members and \$40 for guests, which includes lunch.

Gammon will also provide insight on the hot land market and major projects in planning stages. After his presentation, he will respond to questions from the attending real estate development and investment professionals.

Gammon has been with Charlotte County Economic Development since 2016. He’s a licensed real estate broker with a background in market development and investment.

Pelican Preserve’s Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myers. To make a reservation, required by Thursday, November 5, visit www.reis-swfl.org.✧

Superior Interiors

Create Your Own She Shed



by Linda Coin

You know about a man cave, but have you ever heard of a she shed? Transforming an old or new shed, back porch, or interior storage closet into your own personal oasis is the new

trend these days. However, creating this special oasis requires more than just some sprucing up. If you're thinking of creating a she shed to call your own, here are some tips and tricks to follow.

Keep functionality in mind. The best thing about redesigning an empty space is that it serves as a clean slate. But there are some drawbacks to the design. Depending on how you imagine your she shed to be, you may need to add or adjust access to electricity, plumbing and insulation within the space. These can help you add some light if you want to enjoy the space after dark, have running water if you need it and keep temperature comfortable. While these additions are not necessary, they can definitely make your she shed more functional so you can get the most use from it.

Define the space. After adding the utilities you may need, it's time to make the space your own. There are endless options when it comes to defining your she shed, but it is best to make it fun, practical and personal. For instance, if you enjoy gardening, your she shed could double as a greenhouse. You can store your supplies, have a planting station and a cozy couch where you can read about

your favorite pastime.

The same goes for crafting. With the necessary electricity, you can create the perfect space for all your creativity. Of course, you can always make your she shed a space for entertaining or a reading nook, it is truly an area to showcase your passions and interests!

Furnishing a new space can be expensive. To find great deals and some unique items, consider going to flea markets and antique shops. You can find some truly one-of-a-kind pieces at great prices to make your she shed distinctive. And the vintage look extends beyond big pieces like furniture. You may be able to find some antique art, tables and storage solutions that add more character and charm to the space.

On the topic of storage, it's important to get creative with your options. With a she shed, you're likely to be working with limited space so using large bins may not be practical. Keep devoting area to your passions and instead get creative with vertical storage. Shelving, hooks and even hanging storage are perfect for a shed space. Much like how you can hang a bike from the ceiling of a conventional shed to save space, you can do the same with your accessories.

The last thing to address is sprucing up your entrance way. This will be the first thing you and your guests see, as well as being the focal point as you enter your she shed. Consider enhancements such as switching out the door for something new, like barn doors that are functional and stylish or flowing curtains.

Need some design help for creating your she shed? Consider consulting a design professional to discuss your personal style and ideas. They will provide suggestions for furniture options and accessories to personalize the space.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeden.com.✱

Cape Coral Resident Named To Prominent List

Harrison Ambbs of Cape Coral has been recognized in the *Business Observer's* 2020 40 Under 40 selections. Ambbs, 37, is the chief strategy officer for Vectra Digital and Stickboy in Fort Myers.

"Harrison is constantly innovating and moving Vectra Digital and Stickboy to the forefront of emerging technologies related to artificial intelligence, big data and machine learning," said Albert Arguelles, president of Vectra Digital. "In 2020, Vectra acquired iPartnerMedia, and Harrison took charge to make sure technology wasn't just taken care of, but clients as well. His efforts have led to an unheard of near-perfect client retention rate that continued throughout the economic turmoil of COVID, helping the company achieve significant revenue growth."

Vectra Digital is a high-tech, full-service marketing agency, and Stickboy is a custom software and IT firm.

Each year, the *Business Observer* selects 40 individuals under 40 years old from the Gulf Coast business community. Carefully selected from nominations and original reporting, these individuals represent the best and brightest from Tampa to Naples.

In selecting this year's honorees, the paper's editors looked for candidates who are entrepreneurial, even if they don't



Harrison Ambbs

photo provided

own their own businesses.

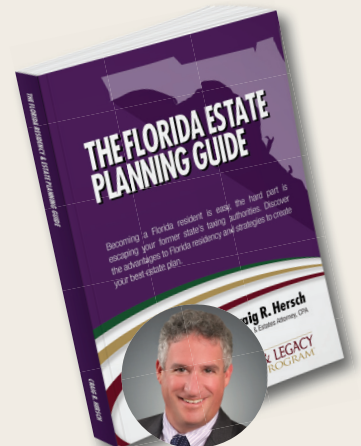
"We wanted our list to stand apart as a group of young professionals who aren't afraid to take charge and take risks in their business," said Business Observer Executive Editor Kat Hughes. They are willing to try new things and put their ideas into action."

Ambbs' vision for artificial intelligence in marketing led to Stickboy's design of an AI-driven algorithm platform that drastically increases return on investment (ROI) on marketing campaigns for Vectra Digital. This has been a game-changer for Vectra, but also for the marketing industry at large.✱

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by **Craig R. Hersch**
Florida Bar Board Certified Wills,
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Island Sun Columnist

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Symbiotic Partnership by Beth Carter Bell

image provided

From page 1

Future Of Humanity

and it is a response to the state of the world. It is not a response with criticism and condemnation of what is happening, rather it is about how to move forward from here on. Carter Bell believes that the culture that brought us to this point is not the culture that will lead us away from social, economic and environmental disaster. Her exhibit suggests that we, humanity, can and should evolve culturally

towards a better version of ourselves with better stewardship of the planet and better relations between humanity and all of the other species who call planet earth home.

The exhibition closes Tuesday, November 24 at 3 p.m. Gallery hours are Monday through Friday from 10 a.m. to 3 p.m.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, call 333-1933 or visit www.sbdac.com.✱

Frankly Speaking



by Howard Prager

There were two plays for the ages this past Saturday: one with replays that couldn't overrule the call, the other with replays to amaze. Big Ten football is back, and 8th ranked Penn State was visiting unranked Indiana. Overtime. Penn State won the toss and scored a TD. Indiana then scored a TD. Just kick the extra point and go to double OT. No. Indiana went for two points and the win with quarterback Michael Penix Jr. stretching the ball toward the goal line. The officials ruled the play a score, but went to replay review. Following a couple of minutes, the play stood as called. Indiana shocks Penn State and, for the first time since 1987, beats a top 10-ranked school. Ed Frank, proud IU alum, is smiling down on them.

The second play for the ages was at the end of the fourth game of the World Series with the Dodgers up two games to one. The Rays had two on and two out with two strikes on Brett Phillips. Phillips was left off the Rays' ALCS roster and had only come into the game as a pinch runner in the eighth. Phillips hit a Kenley Jansen cutter into center field. Kiermaier scored uncontested from second to tie the game at 7-7. But Dodgers center fielder Chris Taylor mishandled the ball, and catcher Will Smith didn't catch the relay home by

first baseman Max Muncy. Jansen didn't bother to back him up at home plate. This allowed Randy Arozarena who was on first to score the winning run, even after falling down on his way to the plate. Rays win, and the series was tied at two each.

Speaking of winning the series, the Chicago White Sox believe their young core can win it all and are interviewing former A's, White Sox and Cardinals manager Tony La Russa to return as manager to take them there. Questions were raised in Chicago because of La Russa's age, 76, and not managing for over a dozen years (although he has stayed active in the Angels front office). In 33 years as a manager, La Russa guided his teams to three World Series titles, six league championships and 12 division titles. His 2,728 wins is third most for a major league manager, trailing only Connie Mack and John McGraw. Too old to manage? In 2003, at 72 years old, Jack McKeon won a World Series managing the Marlins. Two full seasons from his previous managing job, McKeon began the 2003 season in retirement but was induced to return to a team that was 16-22 and in next-to-last place. All McKeon did was lead the Marlins to a 75-49 win-loss record, a wild card berth, victories over the Giants and Cubs, and a World Series triumph over the Yankees. McKeon managed through 2005, then retired. In 2011, he took over the Marlins on June 20 for a second time as interim manager and served out the season. At 80, he became the second oldest manager in big league history, behind only Connie Mack.

Speaking of whom, Connie Mack was 88 the last year he managed the

Philadelphia A's. As the longest-serving manager in MLB history, Mack holds records for wins (3,731), losses (3,948), and games managed (7,755). His wins are almost 1,000 more than any other manager. Age then should not be a deterrent in baseball, but in other sports? Bobby Bowden coached at Florida State until he was 80 with a record of 377-219-4 and won two national championships. John Gagliardi started coaching at 16 when his high school coach was called to service in 1943, and continued to coach through college. From there, he went to Carroll College in Montana in 1949 for four years with a 24-6-1 record and moved to Saint John's University in Minnesota from 1953 until 2012. He retired at 85 with a record of 489-138-11, the most wins of any coach in college football history, and four national championships. The NBA's Memphis Grizzlies hired Hubie Brown in 2002 at 69. He last coached 14 years earlier. That didn't stop him from winning 50 games, a playoff spot in 2003 and Coach of the Year honors. He coached for four more years. Scotty Bowman of the NHL coached until he was 69 and holds the record for most wins in NHL history with 1,248 wins in the regular season and 223 in the Stanley Cup playoffs. Bowman ranks second all time for most Stanley Cup victories by a player, coach or executive with 14. His son Stan is GM of the Chicago Blackhawks. Ivor Powell was the oldest football (soccer) coach at 93. He worked as a coach for 58 years. In 2006 as an assistant coach for the University of Bath, he celebrated his 90th birthday and entered the Guinness Book of World Records as the oldest working football coach. He later became club president and passed away at 96. You tell me, is LaRussa really too old?

We move from old to young with our good news story of the week. Wake Forest freshman walk-on Nick Andersen had three interceptions and 11 tackles as he led the unranked Demon Deacons past No. 20 Virginia Tech on Saturday, 23-16. The Hokies entered the game as the top rushing and second-highest scoring team in the ACC. Not on Saturday. Andersen said it was the first game he's ever had three interceptions. That hadn't been done at Wake Forest since 1987. As he was carried off the field with shouts of "scholly," Wake Forest Coach Dave Clawson said, "I think we'll definitely

be taking care of that (scholarship) next semester."

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

Blueway Fishing Tournament Fundraiser

The Calusa Blueway Kayak Fishing Tournament returns to Matlacha on Saturday, November 14 and proceeds will benefit the Candlelighters of Southwest Florida, a charity that supports children with blood disorders and their families. The tournament will begin at safe light. Weigh-ins will be virtual from noon to 3 p.m.

Cost is \$45 per angler or \$180 for a team of four. It includes registration and tournament shirt. There will be a mandatory virtual captains meeting at 7 p.m. Friday, November 13.

Prizes will include a Vanhunks Mahi Mahi kayak, a Body Glove Porter inflatable kayak, Body Glove Performer inflatable iSUP, and other prizes. The tournament is organized by Gulf Coast Kayak.

"I'm really happy Gulf Coast Kayak has such a strong commitment to this event and organized it in a way that anglers do not have to gather," said Mike Hammond, Lee County Parks & Recreation's Calusa Blueway coordinator. "Some anglers will probably like the modifications and new teams division. With a virtual weigh-in, they can actually stay on the water longer and fish anywhere in Lee County without the worry of driving to the weigh-in. They just need a good cell phone signal."

All fishing will be catch, photo and release. Anglers must fish from paddlecraft on Lee County waterways.

Anglers will email their photos to judges in lieu of an onsite weigh-in. Weigh-in updates will be posted on Gulf Coast Kayak's Facebook Live page.

Race details and registration can be found by searching for "Calusa Blueway kayak fishing" at www.eventbrite.com, or call Hammond at 707-7981.✴

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SPORTS QUIZ

1. Name the race-car driver who won the 1996 Indianapolis 500 and the 2000 Indy Racing League season championship.
2. What Chicago Cubs manager went on a profanity-laden tirade to reporters after Wrigley Field fans booed the team during a one-run loss to the Los Angeles Dodgers in 1983?
3. For what college team did U.S. softball pitching great Jennie Finch compile a 119-16 record from 1999-2002?
4. What Golden State Warriors player attacked head coach PJ Carlesimo with a choke hold during a practice in 1997?
5. What is the name of the muscular bundle of wheat that serves as the Wichita State University Shockers mascot?
6. What women's basketball legend recorded the first quintuple double with 25 points, 18 rebounds, 11 assists, 10 steals and 10 blocks in a 1997 game for Texas' Duncanville High School?
7. What sportswriter and author was host of ESPN's *The Sports Reporters* from 1988-2001?

ANSWERS

1. Buddy Lazier. 2. Lee Elia. 3. The University of Arizona Wildcats. 4. Latrell Sprewell. 5. Wushock. 6. Tarnika Catchings. 7. Dick Schaap.

dearRPharmacist

Unusual Signs Of 'D' Deficiency



by Suzy
Cohen, RPh

Dear Readers: When talking to your physician, it's critical that you're as open and forthcoming about your symptoms as possible. Many

doctors need to know all your symptoms in order to figure out if they're connected. This ensures optimal treatment. For example, let's say you have high blood sugar, frequent skin rashes, erectile dysfunction, a weak urine stream, a perspiring head and bouts of sadness. And then you go to the doctor, but focus on on blood sugar assuming that these other symptoms have nothing to do with your visit. You've done yourself a disservice. Why? Because if you focus on blood sugar, your physician will chase it down with conventional pills such as metformin. You will be given instructions for a special diet, and you'll have to start testing your blood sugar with finger sticks. Nothing is wrong with any of that, but had you mentioned all the other symptoms you deal with, it's likely your physician would have picked up on a vitamin D deficiency, and suggested that you take D before prescribing all the pills and pricks.

A deficiency of D can call all of the symptoms I've mentioned plus more. And if you have a good doctor that is truly listening to you, the seemingly random list of symptoms make sense from a broader perspective to them. Furthermore, the treatment you would receive will make a huge difference because it would be nice to

clear all your symptoms up by restoring D levels, rather than chasing down the right drug for every symptom you have.

Vitamin D receptors grab hold of the activated hormone form of vitamin D and then impact the expression of about 900 genes! So if D is low (or high), there are literally hundreds of symptoms that you could experience. Many signs and symptoms of D deficiency get medicated. For example, the "winter blues" results in part from insufficient D and, yet, it's treated with antidepressants. Whether D deficiency is the driving factor, or a contributing factor, it is something that your physician should check.

Here are some other unusual signs of D deficiency in case you are wondering if you have any. It's not me just saying this, there are randomized, controlled studies that have confirmed the following symptoms and related diseases are associated with insufficient D: Skin rashes; Heart arrhythmias; Tearfulness; Fatigue; Irritable bowel; Bloating; Fractures; Cognitive decline; Muscle weakness; Neuropathy; Macular degeneration; Wheezing; High blood pressure; and Frequent infections.

If you decide to supplement, it's a good idea to get your baseline levels of D, and then begin your supplementation. I have a longer version of this article posted at my website in case you're interested. Even though it's a nutrient that is sold everywhere, have a practitioner supervise you and test you periodically. Vitamin D is available in two forms, one that is animal (sheep) derived, and one that is plant (moss) derived. There is no difference in terms of how you absorb either version, or what benefits each provide. It really just comes down to personal preference and sustainability.

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

Doctor and Dietician

Falling Back This Weekend



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

This weekend we "fall back" and set our clocks back an hour. For those of us who like to exercise in the early morning, this is a good thing because we will be able to put away our headlamps for those early morning runs. However, it may be dark when returning home from work! And the number of daylight hours will lessen as we enter into "winter." At least for those of us in Southwest Florida, we have gorgeous weather and beautiful sunsets to look forward to versus ice and snow.

Interestingly enough, studies show that time change can actually have a negative impact on our health! Our internal clocks synchronize to a 24-hour cycle, thus our bodies can have a hard time adjusting to the time change.

Research has even shown that time change can lead to increased risk of heart attacks, as well as affect our mental state. Some people experience food cravings and other studies show an increased incidence of traffic accidents.

Tips to lessen the effects of the time change and maximize health include:

meet unmet tuition costs and emergency funding to cover unforeseen expenses that could hinder students from attaining their certificates. The project targets the disciplines of CNA and MA as they have been identified as critical need positions by local health care partners.

"My mom passed away alone in a nursing home, and I decided I would be a CNA or a nurse to be there for that person that doesn't have family; I want to be there so they are not alone," said Annick Meuleman. "Nobody should be alone to die."

Meuleman, 54, graduated from FMTC's CNA program in November 2018 and from their licensed practical nursing program in October 2020 and now works at a Naples nursing home and hopes to continue her education to become a registered nurse.

"I've been a single mom, and I have no family in America. To do a 360-degree career turn and to be given the opportunity to make it financially possible was a lifesaver," she said. "This was a dream for me, but without the financial help it wouldn't have been possible, so I am very grateful."

"It's very sad when you want to do something so bad and you can't because you can't afford it," said Lisa Rivero who

Try to get the same amount of sleep you normally would – stay on the same schedule.

Make use of the early morning hours. Go to bed earlier so that you can get up and enjoy a beautiful sunrise. Why stay up late to watch the news? You can read about it online if you want to catch up. And, as you know, we find that disconnecting from the news is good for your health anyway.

Eat real food. We had to throw this in there as it is our primary mantra. With the holidays fast approaching, combined with being quarantined inside, the extra pounds can easily appear around the waistline. Stock up on nutritious, fresh foods and cook at home.

Some people find that eating your main meal at noontime and a lighter meal in the evening helps improve weight control. If you are able, this might be a good option for you.

Stay socially and physically active. These have been trying times for staying connected socially. But find ways to do it. As we are blessed with beautiful weather 365 days per year, get outside. Ride your bike, take a walk, go for a swim, join a pickleball group, join the senior center, find a place of worship, join a book club. The possibilities are endless. And even if you cannot connect in person for health reasons, join on Zoom!

Fall back gracefully this season. Life is a precious gift. Let's do all we can to live it to the fullest.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✱

Dedicated And Inspiring Women In Healthcare

The Women's Legacy Fund (WLF) of the Southwest Florida Community Foundation hosted its Fall event virtually on October 22. She is Me featured the work of visually inspiring storyteller, Kinfa Moroti of Hopeful Images and took attendees on a behind-the-scenes, day-in-the-life look at the dedicated and inspiring women in healthcare. These women were able to attend training programs because of the support from contributors of the Women's Legacy Fund.

"I'm guided by this community that supports the Women's Legacy Fund and the Southwest Florida Community Foundation, and I try to be a grateful storyteller," said Moroti. "I'm really grateful the community shares their stories with me, and I'm able to share those stories visually to the greater community. This fund makes these dreamers, doers."

The WLF has an ongoing commitment to workforce development for women

and girls. To make a more sustainable impact, the WLF Grants Committee opted for a three-year funding cycle with the School District of Lee County and its Career Pipelines for Women in Health Care program. The second year of the program is currently underway.

"Through our data, we discovered that funding was really needed to fill gaps for those seeking (CNA Certified Nursing Assistant) and MA (Certified Medical Assistant) certifications. Over 87 percent of those enrolled in these programs at Cape Coral Technical College and Fort Myers Technical College are female, so this was a perfect fit for the Women's Legacy Fund," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "It's more than tuition they need to achieve their certification. We found there was a great need for gap funding for monetary items like scrubs, licensing, certification and more. If you don't have money for all those gaps, you can't achieve the goal."

The grant aims to remove barriers for women from underserved and underemployed communities so that they may enroll in health science education courses at Cape Coral (CCTC) and Fort Myers Technical Colleges (FMTC). This is accomplished by providing gap funding to

earned her CNA certification from FMTC in 2019 and now works at Lee Health.

"If I wouldn't have had the Women's Legacy Fund funding, I wouldn't be where I am today. They helped me with my books, they helped me with my tests, they even helped me with my scrubs and that's a lot of money after adding everything up. Thank you and please don't stop. This is going to help so many other women out there who want to start off their career as a nurse or nurse's aid."

To see more inspirational stories from current CNA and MA students benefitting from the WLF's funding, visit www.youtube.com/watch?v=Mj5ucZqzogs&feature=youtu.be

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

For those that are interested in learning more about how they can contribute to the Women's Legacy Fund and the current gap funding for Career Pipelines for Women in Health Care program, call 333-4483 or visit www.floridacomunity.com. Checks can also be mailed to the Southwest Florida Community Foundation at 2031 Jackson Street, Suite 100, in Fort Myers.✱



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

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

My Stars ★★★★★

FOR WEEK OF OCTOBER 26, 2020

ARIES (March 21 to April 19) You might be growing impatient with a situation that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

TAURUS (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

GEMINI (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

CANCER (June 21 to July 22) The Moon Child's ability to adapt to life's ebbs and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a fun-filled family getaway weekend with the mate and the cubs.

VIRGO (August 23 to September 22) A possible workplace change seems promising. If you decide to look into it, try not to form an opinion on just a small part of the picture: Wait for the full image to develop.

LIBRA (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

SCORPIO (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a project could come from a surprising source.

SAGITTARIUS (November 22 to December 21) With more information to work with, you might now be able to start the process that could lead to a major change. Reserve the weekend for family and friends.

CAPRICORN (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter might need extra attention.

AQUARIUS (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

PISCES (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

BORN THIS WEEK: You can always rely on your people skills to help you find solutions to problems others often give up on.

MOMENTS IN TIME

- On Nov. 3, 1777, Gen. George Washington is informed that a conspiracy is afoot to discredit him with Congress and have him replaced by Gen. Horatio Gates. Major Gen. Thomas Conway led the effort. Conway offered his resignation in March 1778 by way of apology, and was surprised and humiliated when Congress accepted.
- On Nov. 4, 1928, Arnold Rothstein, New York's most notorious gambler, is fatally shot during a poker game. Police made arrests after following his trail of blood back to a suite where a group of men were playing cards.
- On Nov. 5, 1930, Sinclair Lewis is awarded

the Nobel Prize in Literature for his novels *Main Street* (1920), *Babbitt* (1922), *Arrowsmith* (1925) and *Elmer Gantry* (1927). In 1926, he had turned down the Pulitzer Prize awarded him for *Arrowsmith*.

- On Nov. 7, 1957, The Gaither Report called for by President Dwight Eisenhower to review the nation's defense readiness urges a vigorous \$30 billion campaign to build fallout shelters. It suggested that American citizens were completely unprotected from nuclear attack.

- On Nov. 2, 1960, a landmark obscenity case over *Lady Chatterley's Lover*, by DH Lawrence, ends in the acquittal of Penguin Books. The publisher had been sued for obscenity in publishing an unexpurgated version of the novel, which deals with the affair between the wife of a landowner and the estate's gamekeeper.

- On Nov. 6, 1982, Shirley Allen is arrested for poisoning her husband, Lloyd Allen, with ethylene glycol, commonly known as antifreeze. After witnessing her mother spike Lloyd's drinks with the deadly substance, Shirley's own daughter turned her in to the authorities.

- On Nov. 8, 1994, 59 percent of California voters approve Proposition 187, banning undocumented immigrants from using major state public services such as non-emergency health care and education. The ballot measure never took effect, and California has since repealed Prop 187.

NOW HERE'S A TIP

- "Use a permanent marker to put your initials on your charging cord. They all look the same, especially if they are white. This way you will know if someone – say, your sister – takes your cord!" – VV in Georgia
- "I use Milk of Magnesia on a cotton ball applied to my toes to ward off itchy feet from athlete's foot or whatever causes itching. I just apply it when I get out of the shower, and it dries before I put socks on. It really works!" – EL in Kentucky
- "An online grocery order mistake landed me with way too many bananas. In addition to banana muffins and breads, I sliced and froze a few bananas to use in smoothies, and mixed mashed bananas together with some other fruit pieces to make a sorbet of sorts." – YD in Arizona
- When painting, most people know to place a roller in a plastic bag to keep it moist between paint sessions. An added layer of protection is to then stick the roller (in the bag) inside a Pringles chip can. It's the right size, and it can keep it safe until the next day.
- "When my curly curly hair gets the frizz, I use a sheet of fabric softener to take the static electricity out of it. This works so well that in the winter, I keep several in my purse." – PM in Michigan
- Childproofing in a pinch: Slip a thick sock over a doorknob, and secure with a rubber band. Little kids will have to work much harder to grip and turn the doorknob, and it can help keep kids from opening doors.

STRANGE BUT TRUE

- An armadillo's shell is so hard that it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital, while the armadillo strolled away unscathed.
- "Pants" was considered a dirty word in Victorian England.
- Two conductors have died while conducting the second act of Wagner's opera "Tristan und Isolde." They collapsed from heart attacks at exactly the same point in the music due to its

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

CITY SCRAMBLE

- ACROSS
- 1 Wash with vigor
- 6 Not there
- 12 Melancholy
- 15 Aspirin, e.g.
- 19 "Petunia" star Birch
- 20 Many a Giotto work
- 21 "Woo- —!"
- 22 Wee amount
- 23 Suit fitter in a California city?
- 25 Holding the attention of
- 27 Seat winners
- 28 "Breezy" co-star Kay
- 29 Boys and men from an Oregon city?
- 31 Michigan city whose residents are a bit more eccentric?
- 36 Jacuzzi sigh
- 37 Swirly letters
- 38 Popular cookie
- 39 Hamm on a soccer field
- 41 Actor Hill of "Moneyball"
- 45 Denounce
- 48 Plundered an Ohio city?
- 51 Big lug
- 54 Judd of song
- 57 L-P middle
- 58 "Renegade" star Lamas
- 59 Hay bundle
- 61 Setting of "Anne of Green Gables"
- 63 Yang partner
- 64 Mouse-spotting cry
- 65 Painting exhibitor on wheels in a Maryland city?
- 70 Sphere
- 71 Sphere
- 72 Debt memo
- 73 Green shade
- 77 Pennsyl- vania city with a big population of forefathers?
- 83 Sussex loc.
- 86 Pale —
- 87 One making a change
- 88 Palo —
- 89 Piano relative
- 92 24-hr. cash convenience
- 93 Runoff conduit
- 95 Part of LAPD
- 96 Includes an Arizona city in the tally?
- 99 Noah's Ark groupings
- 101 Military foe
- 102 Cleanup org.
- 103 Not distant
- 106 Electric car maker
- 110 Sprite
- 112 Speak badly of an Illinois city?
- 116 Off-Broadway awards whose winners hail from an Idaho city?
- 120 Film director Reiner
- 121 Thurman of "Jennifer 8"
- 122 Illumination
- 123 Warehouse vehicle produced in a Texas city?
- 128 First-aid gel
- 129 — -di-dah
- 130 Negative battery poles
- 131 City close to Minneapolis
- 132 Antarctic explorer Richard
- 133 Perch
- 134 Compounds in explosives
- 135 Perch
- 2 Casual slacks
- 3 Scorches
- 4 Net address
- 5 Baseball club
- 6 In pursuit of
- 7 "The Chase" star Marlon
- 8 One nabbing something
- 9 Immigrant's class, in brief
- 10 Sgt., e.g.
- 11 Body trunk
- 12 Collielike pooch
- 13 Top-grade
- 14 Firm belief
- 15 Do some excavating
- 16 Make turbid
- 17 With 105-Down, eclectic digest
- 18 Comics' acts
- 24 Corrida cry
- 26 Three-sharp musical key
- 30 "We — please!"
- 32 Actor Knight
- 33 "No man — island"
- 34 Phone no.
- 35 Lodger
- 40 Impromptu
- 42 Goose of Hawaii
- 43 Timber-dressing tool
- 44 Boxing blow
- 46 Counterpart of "sir"
- 47 De — (afresh)
- 49 Slanting
- 50 R&B's Braxton
- 51 "SOS" group
- 52 Jack of early talk TV
- 53 Model Macpherson
- 55 Melancholy
- 56 Like argon
- 60 Smoky peak in Sicily
- 62 Rodents in research
- 63 Lionel Richie hit of 1983
- 66 Actor Down, McShane
- 67 Lawn pests
- 68 Mauna —
- 69 "Lohengrin" heroine
- 74 "— turn up eventually"
- 75 Executive "no"
- 76 Greek Cupid
- 78 Tigers, e.g.
- 79 Make glad
- 80 Biscotto nut
- 81 Creek critter
- 82 Work detail
- 83 Latin "Behold!"
- 84 Gas in signs
- 85 Pasting stuff
- 90 Snared
- 91 Surgical probe
- 92 Without — (worry-free)
- 94 College military gp.
- 97 On edge
- 98 Modern, in Mannheim
- 100 Island locale
- 104 Consent (to)
- 105 See 17-Down
- 107 Atelier
- 108 Units of light
- 109 Noah's Ark landing site
- 111 Thwarts
- 113 Lion of C.S. Lewis' "Narnia" tales
- 114 Metal waste
- 115 Em preceder
- 116 Blurt out the secret
- 117 Grease-filled
- 118 Monster film lab helper
- 119 — B'rith
- 124 Songwriter DiFranco
- 125 "Baloney!"
- 126 Above, in odes
- 127 Bustle

1	2	3	4	5		6	7	8	9	10	11		12	13	14		15	16	17	18		
19						20							21				22					
23						24							25				26					
27						28						29	30									
31				32	33					34	35					36						
37								38					39		40		41		42	43	44	
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51	52	53		54				55	56		57				58							
59				60		61				62				63					64			
65					66								67				68	69				
70								71				72					73		74	75	76	
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83	84	85				86					87							88				
89				90	91					92			93				94		95			
96									97				98			99			100			
101								102				103		104	105			106		107	108	109
				110		111		112		113						114	115					
116	117	118					119						120						121			
122										123	124	125					126	127				
128										130							131					
132										134							135					

King Crossword

- ACROSS
- 1 Manhandle
- 5 Kimono sash
- 8 Hollywood clashers
- 12 Otherwise
- 13 Paid athlete
- 14 Swindle
- 15 Glass made of lava
- 17 Small song-bird
- 18 Series of battles
- 19 Individual
- 20 Too thin
- 21 Prompt
- 22 Evergreen type
- 23 Happen
- 26 Andean vultures
- 30 Courts
- 31 Email alternative
- 32 Pedestal occupant
- 33 Panacea
- 35 Golfer's aid
- 36 Rowing need
- 37 Junior
- 38 Suspicious
- 41 Pal
- 42 Hot tub
- 45 Stereo hook-up
- 46 — bacon
- 48 Pod vegetable
- 49 Plant bristle
- 50 Fairy tale baddie
- 51 Lowly worker
- 52 Thickness
- 53 Chew like a chipmunk
- 7 Charged bit
- 8 Early era in England's 20th century
- 9 Mentor
- 10 File command
- 11 Transmitted
- 16 Gloomy
- 20 Card player's call
- 21 Janitor
- 22 Hounds' prey
- 23 Possess
- 24 Bill's partner
- 25 Trig ratio
- 26 Rotating part
- 27 Peculiar
- 28 Scepter
- 29 Like 22-Down
- 31 Bear hair
- 34 Shaft of light
- 35 Last few notes
- 37 Optimistic
- 38 Buy stuff
- 39 Woodsy walk
- 40 Frizzy 'do
- 41 Cry loudly
- 42 Portent
- 43 Law firm aide, for short
- 44 From the beginning
- 46 Upper limit
- 47 Mutt
- DOWN
- 1 Cat call?
- 2 Actress Jessica
- 3 Cold War abbr.
- 4 Muumuu accessory
- 5 Put one's two cents in
- 6 Highland hill-

MAGIC MAZE ● ONE-WORD NOVELS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: STATIN

- Beloved
Deliverance
Illusions
Ironweed
Lolita
Loving
Moonheart
Mulengro
Nostromo
Ragtime
Scoop
Shane
Suttree
Trader
Yarrow



Hidden Vegetable Mac and Cheese

8 ounces your favorite macaroni
1 cup cheddar and jack cheese blend, shredded (plus extra as needed)
3/4 cup yellow squash, grated fine
3/4 cup zucchini, grated fine
1 1/2 cups Florida milk
1 teaspoon all purpose low sodium seasoning blend
1/2 fresh lemon, juiced
Parmesan cheese as needed for garnish
Cook macaroni in boiling salted water as directed on the package. Check macaroni during this process to make sure it is cooked to just under your desired tenderness. Carefully drain the water from the macaroni. Return the drained macaroni to the cooking pot, add the milk and seasoning blend and return to a medium low heat. At this point, you do not want the milk to boil, it just needs to get hot. When the milk and macaroni mixture is hot, add the grated zucchini and yellow squash. Stir the contents of the pan well



Hidden Vegetable Mac and Cheese
photo courtesy Fresh From Florida

to incorporate. Let everything in the pot come back up to temperature. Slowly add the grated cheese and stir to incorporate over a medium low heat. Add the lemon juice, and taste to adjust seasoning with salt and pepper. Add extra grated cheese blend to adjust for desired consistency. Folding a small handful of grated cheese in the macaroni just before serving it will make it really string cheesy. Serve warm with grated parmesan cheese as garnish.✱

PETS OF THE WEEK
Lee County Domestic Animal Services
Soldier And Toby Jack

My name is Soldier and I am a 1-year-old male, petite pit bull mix with a big personality. I can be shy at first but once I warm up to you, I will be your constant companion and faithful friend. I love other dogs, so a home with another pup would be ideal. My adoption fee is \$25.
Hi, I'm Toby Jack, a 1-year-old male domestic shorthair. I like to be the king of his castle but will happily co-exist with other felines. I am a sweetheart with my people and love attention. My adoption fee has been waived.
During the November Fall in Love



Soldier ID# A839792



Toby Jack
ID# A830360

adoption promotion, adoption fees on all adult dogs and cats are reduced to \$25 and all senior pets age 6 and older are \$10. Meet potential companions and discover the many benefits of having a pet: happiness, companionship, improved physical and emotional health, and unconditional love.
The adoption package includes spay or neuter surgery, age-appropriate vaccinations, microchip ID and a 10-day health check.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

PUZZLES

Answers on page 22

“Being a _____ sure has it’s perks.”

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!

Passage	TARREY					
Sheet	SUITES					
Trellis	BARRO					
Whiten	CEBAHL					

TODAY'S WORD

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

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. Cloud is missing. 2. Artist has glasses. 3. Boy's neckline is different. 4. Easel has third leg. 5. Painting is different. 6. Artist's paint rag is gone.



FRIDAY
Partly Cloudy
High: 82 Low: 71



SATURDAY
Sunny
High: 83 Low: 73



SUNDAY
Sunny
High: 80 Low: 69



MONDAY
Sunny
High: 77 Low: 68



TUESDAY
Sunny
High: 74 Low: 63



WEDNESDAY
Sunny
High: 75 Low: 65



THURSDAY
Sunny
High: 78 Low: 67

Redfish Pass Tides

Day	High	Low	High	Low
Fri	12:38 am	7:05 am	1:54 pm	6:43 pm
Sat	12:50 am	7:37 am	2:34 pm	7:00 pm
Sun	12:05 am	7:08 am	2:14 pm	6:16 pm
Mon	12:25 am	7:42 am	2:55 pm	6:32 pm
Tue	12:51 am	8:20 am	3:42 pm	6:49 pm
Wed	1:21 am	9:04 am	4:43 pm	7:07 pm
Thu	1:58 am	9:56 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:59 pm	7:07 am	11:55 pm	6:45 pm
Sat	1:39 pm	7:39 am	11:10 pm	7:02 pm
Sun	1:19 pm	7:10 am	11:30 pm	6:18 pm
Mon	2:00 pm	7:44 am	11:56 pm	6:34 pm
Tue	2:47 pm	8:22 am	None	6:51 pm
Wed	12:26 am	9:06 am	3:48 pm	7:09 pm
Thu	1:03 am	9:58 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:59 am	7:31 am	1:35 pm	7:34 pm
Sat	1:19 am	8:07 am	2:10 pm	8:04 pm
Sun	12:36 am	7:42 am	1:48 pm	7:30 pm
Mon	12:45 am	8:16 am	2:30 pm	7:52 pm
Tue	12:55 am	8:50 am	3:13 pm	8:11 pm
Wed	1:18 am	9:25 am	3:57 pm	8:32 pm
Thu	1:52 am	10:02 am	4:43 pm	8:57 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	2:48 am	10:21 am	4:04 pm	9:59 pm
Sat	3:00 am	10:53 am	4:44 pm	10:16 pm
Sun	2:15 am	10:24 am	4:24 pm	9:32 pm
Mon	2:35 am	10:58 am	5:05 pm	9:48 pm
Tue	3:01 am	11:36 am	5:52 pm	10:05 pm
Wed	3:31 am	12:20 pm	6:53 pm	10:23 pm
Thu	4:08 am	1:12 pm	None	None

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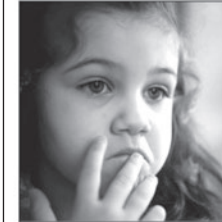
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Donors Provide Immigration Program Grant

With the support of national funders, the Southwest Florida Community Foundation recently awarded Legal Aid Service of Collier County (LASCC) a \$200,000 grant for the expansion of their Immigration Legal Services and Empowerment Project.

The grant will fund to build, sustain and expand LASCC’s ability to provide vital immigration legal services and the capacity to more comprehensively address emergent crises and opportunities in our region, and meet the evolving legal needs of immigrants in the Southwest Florida community.

“This grant funding from donors of the Southwest Florida Community Foundation will put in place the most comprehensive legal safety net ever offered for at-risk immigrants and their family members in our local region,” said Carol O’Callaghan, managing attorney of LASCC.

O’Callaghan said the grant will allow them to build upon the infrastructure they have developed over many years and to deliver timely, reliable and impactful legal assistance to local residents in need of immigration law services.

“The Immigration Project will allow us to be there for those in need, keeping families together, enabling victims of violence or human trafficking to seek

help, securing legal permanent residency status and citizenship for those legally eligible, and empowering people to work and live in safety and with the peace of mind our lawyers can bring through the legal process,” she said.

As part of the funding, LASCC will provide comprehensive direct legal services to Collier County residents on a wide spectrum of Immigration law issues, including Asylum, DACA, TPS, Deportation Defense, Family-Based Petition, Adjustment and Immigrant Visa, Naturalization, Special Immigrant Juvenile Status, T Visa, U Visa and VAWA.

Currently, 4.1 million immigrants reside in Florida representing 20 percent of the state’s population. They are considerably and significantly contributing members of our communities with one in three businesses being immigrant owned providing tax income for local and state governments amounting to \$7.8 billion in taxes paid and representing a substantial number of employees.

Immigrants also face elevated health risks due to COVID-19. Many immigrants work in frontline jobs deemed ‘essential’ such as farm workers, truck drivers, supermarket employees and medical industry workers placing them at risk of serious illness due to the virus. Many other immigrants in detention face extremely dangerous conditions resulting from overcrowding, the lack of social distancing and inadequate access to appropriate medical care. Fears pertaining to Immigration and Customs Enforcement (ICE) and the ‘public charge rule’ have made at

risk immigrants even more hesitant than ever before to seek medical or income benefits needed to preserve their health and wellbeing.

With funding from The Florida Bar Foundation and national funders, the Southwest Florida Community Foundation launched its first ever Immigrant Program Grant in 2018 to fund projects and programs for services (both established and new) designed to increase the quality of life in sustainable and equitable ways for immigrants and refugees in Southwest Florida. Projects and programs support equity and empowerment in our region.

“Immigration and immigrant families play an important role in our community, and they have long been a part of our state and region, with one in five state residents being foreign-born,” said Sarah Owen, president and CEO of Southwest Florida Community Foundation.

“Immigrants and refugees in Florida come from every global region, with most born in Latin America (including the Caribbean), followed by people from Asia and Europe. The human, social and economic capital they bring contributes to our state’s vitality.”

The Southwest Florida Community Foundation encourages individuals and businesses to join and invest in this immigration program, which is designed to increase the quality of life in sustainable and equitable ways for immigrants and refugees in Southwest Florida. For more information, email give@floridacommunity.com or call 333-4483.✴

From page 18

Strange But True

technical demands!

- Had Georgie Fletcher of Australia never signed on to play the mobile game “Words With Friends,” her husband, Simon, might be dead. Georgie struck up a friendship via the game’s chat feature with frequent opponent Beth Legler from Missouri. One day, Georgie told Beth that Simon hadn’t been feeling well. Beth relayed his symptoms to her husband Larry, a doctor, who insisted that the Fletchers go to the hospital immediately. A 99 percent blockage was discovered near his heart, which, left untreated, would have certainly been fatal.
- In 2015, Legoland became the first theme park to create its own currency.
- Writer Guy de Maupassant frequently lunched in a restaurant at the base of the Eiffel Tower. Why? It was the only place he could go where he didn’t have to look at it.
- The process of things being stretched out and torn apart as they enter a black hole is called spaghettification.
- Our senses of taste and smell are cut by 50 and 20 percent, respectively, during flights, which is why airplane food has never tasted so hot. (“That’s what I’ve been telling you!” said every airplane food chef, ever.)

THOUGHT FOR THE DAY

“A mind that is stretched by a new experience can never go back to its old dimensions.”

– Oliver Wendell Holmes

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TRIVIA TEST

- 1. **TELEVISION:** What is Homer's favorite beer brand on *The Simpsons*?
- 2. **MEASUREMENTS:** How much does a gallon of water weigh?
- 3. **GEOMETRY:** How many sides does a triskaidecagon have?
- 4. **MOVIES:** Who is the voice of Buzz Lightyear in the *Toy Stories* movies?
- 5. **LITERATURE:** What are the names of *The Three Musketeers*?
- 6. **HISTORY:** What was the first car that was mass-produced?
- 7. **FOOD & DRINK:** Which region of Italy produces Marsala wine?
- 8. **ANIMAL KINGDOM:** How do snakes smell?
- 9. **SCIENCE:** What is the study of sight and light called?
- 10. **GENERAL KNOWLEDGE:** What was Twitter's original character limit?

TRIVIA ANSWERS

1. Duff 2. 8.34 pounds 3. 13 4. Tim Allen 5. Athos, Porthos and Aramis 6. Ford Model T 7. Sicily 8. With their tongues 9. Optics 10. 140

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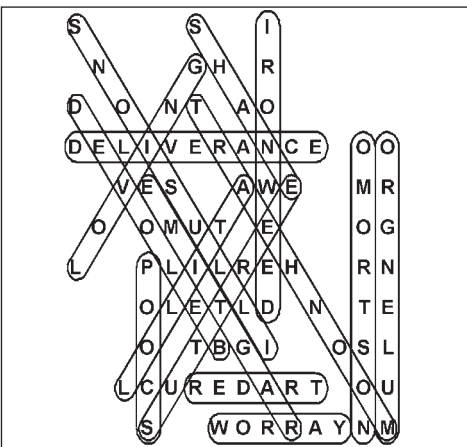
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6	9	5	8	2	1	3	4	7
3	8	7	6	4	9	2	1	5
1	2	4	3	7	5	6	9	8
7	3	6	2	1	8	4	5	9
2	4	1	5	9	7	8	6	3
9	5	8	4	6	3	1	7	2

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Butterknife	Sanibel	2016	4,160	\$2,415,000	\$2,415,000	0
Bay Woods	Bonita Springs	2000	4,517	\$2,498,900	\$2,390,000	217
Metes And Bounds	Captiva	1971	2,984	\$1,459,000	\$2,350,000	418
Imperial Shores	Bonita Springs	2019	3,515	\$2,299,000	\$2,020,000	294
Harbour Preserve	Cape Coral	2016	3,454	\$1,875,000	\$1,815,000	180
Hermitage	Cape Coral	2001	5,497	\$2,300,000	\$1,751,000	79
Gopher Walk	Sanibel	1998	3,435	\$1,575,000	\$1,444,500	71
The Reserve	Estero	2004	4,093	\$1,350,000	\$1,275,000	216
Renaissance	Fort Myers	2016	3,342	\$1,188,000	\$1,188,000	--
Overiver Shores	North Fort Myers	2001	2,785	\$1,125,000	\$1,110,000	14

Courtesy of Royal Shell Real Estate



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