

Saving Estero Bay Virtual Fundraiser

Calusa Waterkeeper is holding a virtual event entitled Saving Estero Bay on Saturday, November 14 at 5:30 p.m. The fundraiser benefits water quality efforts and awareness, and includes a documentary film premiere focused on restoring Estero Bay's tributaries.

Water quality is essential to the quality of life in Southwest Florida to live, work and play, yet water quality is an ongoing concern in the region. The event will be broadcast on Facebook Live at www.facebook.com/calusawaterkeeper.

Estero Bay was Florida's first state aquatic preserve, and this year marks the 30th anniversary of the designation of the Estero Bay tributaries as Outstanding Florida Waters. While this should be a reason to celebrate, it is also a reason for concern. Estero Bay is a verified impaired waterway, and all of its tributaries have segments that are impaired in various contexts. Calusa Waterkeeper is a nonprofit organization focused on improving the quality of water in the region through public policy, advocacy, community education, training of 80 citizen rangers, monitoring and court



A collage of auction items

action when necessary. The Saving Estero Bay event will directly benefit these programs, which are critical to water restoration efforts.

"Decades ago, it took grassroots activists and forward-looking pioneers to earn protected status for the estuary system," said John Cassani of Calusa Waterkeeper. "Today, the quality of water in Estero Bay's tributaries is declining at an alarming rate, and our organization

plays an important role in restoration efforts. November's event will allow us to continue this crucial work so we can all keep enjoying this natural treasure."

Admission to the online benefit and documentary premiere is free, however, online registration is requested at www.calusawaterkeeper.org/estero.

The highlight of the evening will be the world premiere of Calusa Waterkeeper's documentary *ETERNAL VIGILANCE*:

images provided

Fighting to Restore the Estero Bay Tributaries. The 26-minute film describes the imperiled status of Estero Bay and its nine tributaries, and showcases the heroes working to preserve and restore these vital waters. A trailer for the film can be viewed on the event webpage.

The evening will also include live in-studio presentations by Calusa Waterkeeper Executive Director KC Schulberg and co-host Ruth Watkins, Calusa Waterkeeper president. Contributing artists Clyde Butcher, Paul Arsenault, Myra Roberts, Theodore Morris, Anika Savage, novelist Robert Macomber and colorful fifth-generation Fort Myers native Woody Hanson will make guest appearances. A silent auction will feature donations by these notable figures, as well as local experiences and signed books by Erin Brockovich and a limited edition photograph by naturalist Don McCumber. Bidding on silent auction items began at noon on November 1 and can be found on the event webpage.

Production of the documentary was made possible by a grant from the Coastal and Heartland National Estuary Partnership (CHNEP).

To join Calusa Waterkeeper or make a tax-deductible donation, visit www.calusawaterkeeper.org.✧



Members of the New York Philharmonic String Quartet

photo provided

Quartet To Open Concert Season

The Sidney & Berne Davis Art Center will host the New York Philharmonic String Quartet as the first chamber concert of the season on Friday, November 20 at 7:30 p.m. Cocktail hour begins at 6:30 p.m. and the performance

starts at 7:30 p.m.

The world-class string instrumentalists have won multiple prestigious prizes and have performed as concerto soloists with the New York Philharmonic and orchestras around the world. The blending of these extraordinary instrumentalists – Concertmaster Frank Huang; Principal Associate Concertmaster Sheryl Staples;

continued on page 16

Fall Garden Festival At The Estates



Gardening enthusiasts at a previous festival

photo provided

Edison and Ford Winter Estates will hold its annual fall Garden Festival on Saturday and Sunday, November 21 and 22 from 9 a.m. to 4 p.m. More than 40 garden vendors from around the state of Florida will have tropical and native plants and trees for sale. The festival will also feature food

trucks, beer and live music. "If you're looking for a really unique plant that you don't already have, this is the place to find it," said Debbie Hughes, horticulture director with Edison and Ford Winter Estates. "Vendors and staff will be available to

continued on page 15

Historic Downtown Fort Myers, Then And Now:

'Lady Liberty' Goes Wild For Peace



by Gerri Reaves, PhD

Dressed as "Lady Liberty," high-spirited 20-year-old Ethel Lorraine Sherouse joined all Fort Myers – indeed, most of the world – in celebrating the cessation of fighting in World War I (WWI). Pictured here on November 11, 1918, she stands in a car (on the left) at First and Hendry in front of Heitman-Evans Co. Standing with her are Anna Belle Hand and William R. Anderson, who would later serve as chief of the Fort Myers Fire Department for many years. Also pictured are (seated, L to R) Annabelle Maywald Barron, Charles Bell Jennings, and Mr. Black.

Based on several photos taken of this carload of peace celebrants that day, they were among the most enthusiastic on that first Armistice Day, honking the car horn and waving the American flag.

Photos record their route from First Street locations to as far south as the rudimentary airport on McGregor located approximately between Moreno and Rosado.

Little could Sherouse have predicted that her Armistice Day revelry captured on film would be an iconic image of the young independent WWI-era woman, who in record numbers forged careers outside the home.

In Fort Myers, many women entered careers in real estate, teaching, healthcare, insurance and retail. Soon after the war, the Business and Professional Women's Club was organized.

Sherouse had moved to Fort Myers in 1913 and soon enrolled in a professional business course.

Hired to help organize McCrory's Five and Dime, which opened on First Street in the Earnhardt Building in 1916, she managed the store during the war. Later, she worked at Starnes Dry Goods at Main and Hendry.

On that November 11, the town first learned of the armistice in the wee hours of the



Joyful citizens celebrate the end of World War I at First and Hendry on November 11, 1918. Pictured standing are, from left, "Miss Liberty" Ethel Lorraine Sherouse (Morrow), Anna Belle Hand and William R. Anderson, future chief of the Fort Myers Fire Department. Seated are, from left, Annabelle Maywald Barron, Charles Bell Jennings and Mr. Black.

photo courtesy SWFL Historical Society



The former Heitman-Evans Co. at First and Hendry Street is now an office building photo by Gerri Reaves

morning from the Associated Press, which sent the news over the Atlantic Coast Line Railroad (ACL) wires before Western Union even opened.

Beginning at 6 a.m. local time, steamboat, train and utility-company whistles blasted, church bells pealed, and people shouted in the streets, rang handbells, banged on pie pans, shot pistols, cruised the streets and generally went wild. Shops and schools were closed, a parade was planned, and decorating the town ensued.

Because Armistice Day no longer exists by that name, it's easy to overlook the fact that Veterans Day, as it was renamed in 1954, began as a day to celebrate the cessation of hostilities and the hope of enduring peace, not as a day to honor veterans of all U.S. wars. Thus, when the armistice went into effect at "the 11th hour of the 11th day of the 11th month," as the famous phrase goes (Paris time), the world was justifiably jubilant.

Allies in the war against Germany had incurred more than 320 thousand casualties by April 1917 (casualty defined as killed or died, wounded, or prisoner or missing).

However, the war had been raging in Europe since August 1914 and, in total, more than 9 million people had died. It was called "The Great War," for the scale of the conflict was unprecedented and exacerbated by technologies such as nerve gas, automated guns, submarines, and air combat and bombardments.

The 30-day armistice was regularly renewed until the signing of the Treaty of Versailles on June 28, 1919 officially ended "The War to End All Wars" – a misnomer if ever there was one.

U.S. Pres. Woodrow Wilson officially proclaimed Armistice Day in 1919. But what happened to exuberant Lady Liberty?

Following the Armistice, she met Harry W Morrow at a roller-skating rink on Bay Street. Morrow knew as soon as he met the pretty redhead that he wanted to marry her. In January 1921, they were married at the Edison Estate, where her grandfather, Judge Edgar S Smith, was a caretaker for several years.

In later years, Ethel would tell stories of playing at the estate as a child, swimming in the Edisons' "cement pond" (aka swimming pool) and fishing with the great inventor.

As a former member of the Southwest Florida Historical Society, perhaps she could have appreciated her place in local history as Lady Liberty.

She died in 1982 and is buried in Fort Myers.

Walk down to First and Hendry and imagine Lady Liberty hopping in a car to boisterously celebrate the end of war.

Learn more about Fort Myers in war and in peace at the following two research centers.

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

continued on page 4

Independently Owned And Operated
COPYRIGHT 2020 The River Weekly News
LORKEN Publications, Inc.

Publisher
Lorin Arundel

Accounting
Mike Terry

Advertising
Bob Petcher

The River Weekly News will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, call 239-395-1213 or write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957. FAX number: 239-395-2299. Email: press@islandnews.com. Email: ads@islandnews.com
The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.

Graphic Arts/Production
Ann Ziehl, Manager
Amanda Hartman
Justin Wilder

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers
Kay Casperson
Suzy Cohen
Linda Coin
Marcia Feeney
Katie Frederic
Shelley Greggs
Tom Hall
Marion Hauser, MS, RD
Ross Hauser, MD

Craig R. Hersch
Capt. Matt Mitchell
Trinette Nelson
Howard Prager
Julie Rosenberg, MD
J. Brendan Ryan, CLU, ChFC, MSFS
Di Saggau
Jeanie Tinch

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Read Us Online: www.IslandSunNews.com

'Ding' Darling Photo Contest Open To Students

The 8th annual "Ding" Darling-Theodore Cross High School Photography Contest has kicked off with a deadline of January 15, 2021. It invites high school students in Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that include a Canon digital SLR camera package, chartered class trips to the refuge and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part-time on Sanibel, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; played a prominent role in President Obama's election; and created Birders United, a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography and traveled the world to collect stunning portraits and stories to chronicle his adventures. He shot often at JN "Ding" Darling National Wildlife Refuge on Sanibel, and a number of the images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at age 85; he passed away shortly after that in February 2010.

NPR's *All Things Considered* called Cross' collection of 179 images and countless anecdotes "spectacular." *The New York Times* described it as "part visual encyclopedia, part memoir."

"The Theodore Cross Family Charitable Foundation has made possible this contest with a generous grant to the 'Ding' Darling Wildlife Society-Friends of the Refuge (DDWS)," said Birgie Miller,



Virginia Bayne of Fort Myers High won first place last year with her photo *Lip Smacking Good* photo provided

DDWS executive director. "We couldn't be more thrilled that they wanted their donation used in this way for an eighth year."

"We are so happy to be supporting a contest in my father's name, a contest that will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said daughter Amanda Cross.

Digital image entries can be shot from any outdoor venue in the state of Florida. A writing component to the contest requires entrants grades nine through 12 to submit a 100-word description of the "moment" captured and how it reflects what nature and wildlife mean to the photographer.

Entry rules and guidelines are posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.✪

Scarecrows In The Park VIP Winners

The Lakes Park Enrichment Foundation and Lee County Parks & Recreation have announced the VIP winners of the 11th annual Scarecrows in the Park competition. The theme of this year's competition was Who's Your American Hero? The competition was held in the Children's Garden at Lakes Regional Park.

The VIP Award winners this year are: *One Team, One Dream* sponsored by Harns Marsh Elementary School; *Amelia Earhart* sponsored by Riva Del Lago Condominium Association; *Melissa Stockwell* sponsored by Buckingham Exceptional Student center. Judges for the VIP portion of the competition included Frank Mann, Lee County commissioner; Jesse Lavender, director of Lee County Parks & Recreation; and Staff Officer Leland

Mitchell, Lee County Sheriff's Office.

The VIP Judges were impressed with the positive messages conveyed by both *One Team, One Dream* and *Melissa Stockwell* and found irresistible humor in *Amelia Earhart*.

The judges were not the only ones impressed. Later Saturday, Buckingham Exceptional School's entry caught the attention of the real Melissa Stockwell on Instagram. Stockwell is a two-time American Paralympic triathlete, swimmer and former U.S. Army officer. She earned a bronze medal in the inaugural triathlon event at the 2016 Paralympic Games in Rio de Janeiro. She posted on her own Instagram account about the exhibit and also "liked" every single entry in the competition.

The Lakes Park Enrichment Foundation has organized this event as part of the Lakes Park Fall Festival for 11 years. This year's event has been specially designed to accommodate social distancing due to the global COVID-19 pandemic.

For more information, visit www.lakespark.org.✪

STIFEL

Investment Services Since 1890

Jennifer Basey
First Vice President/Investments

**Call me for a
personalized plan**



KNOWLEDGE

For 130 years, Stifel has served as a trusted financial advisor to individuals, just like you. Our knowledge and service have helped clients navigate all market cycles, even the difficult ones.

SERVICE

Stifel, a full-service wealth management and investment banking firm, has the professional expertise and resources to assist you in developing a financial strategy designed for the challenges of today's up-and-down market and your long-term goals.

EXPERTISE

Contact our office in
Fort Myers, Florida.

(239) 985-6540
baseyj@stifel.com

12800 University Drive, Suite 300
Fort Myers, Florida 33907

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



Two actors rehearse for the play
Fort Myers Art:

Youth Theatre To Perform Classic Play Outdoors



by Tom Hall

The Alliance Youth Theatre is moving outdoors in November with four performances of *A Midsummer's Night Dream: Abridged*. William Shakespeare's classic comedy

unfolds fast and furiously in this truncated one-act version, trimmed to the story's very essence. Performances run Thursday, November 12 through Sunday, November 15 at 7 p.m.

When Hermia and Lysander decide to elope, Demetrius, who is also in love with Hermia, follows with his girlfriend, Helena. But a magical interference by the king and queen of the fairies results in hysterical mixed-up pairings. In the end, all the couples are brought back together for a happy ending, complete with a final performance by Peter Quince and his company of players. Megan Salerno, Harvey Evans, Yuliana Garcia and Alex Leeds play multiple roles.

A Midsummer Night's Dream: Abridged will be performed on the cozy GreenMarket stage. The grass in front of the stage has been divided into six-by-six-foot squares that promote social distancing. Just reserve your square,

photo courtesy www.artsfwl.com

bring your lawn chairs or a picnic blanket and stretch out for a night of live theater under the gorgeous Florida sky. A pass for a square space is \$25 and will seat up to four people.

Attendees are able to pre-order snack boxes for two, provided by Broadway Palm Dinner Theatre. Beverages will be available for purchase.

Note: Event staff and volunteers are required to wear masks at all times. Attendees are required to wear masks indoors at the Alliance for bathrooms and when social distancing is not possible. In the event of inclement weather, the Alliance will reach out to you to either refund or reschedule the performance.

Galyean, Reed and Sanders star in Alliance's One-Act Comedy

Laundry and Bourbon comes to the Alliance's GreenMarket stage November 19 to 29. The show is directed by Sonya McCarter and stars Dena Galyean, Shelley Sanders and Anne Reed. Sonya McCarter directs.

The setting for the play is Elizabeth's porch on a hot summer day in Maynard, Texas, a tiny town plunked down, like so many others of that state, in the middle of a nowhere that seems to consist of burning sun and empty vistas. The action centers on the discontent and hilarious gossip of three small-town wives whose marriages have turned out to be less than they'd hoped.

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.✽

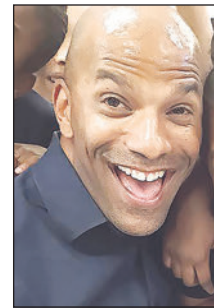
The Art Of Distanced Storytelling



David Cintron



Robert Grabel



Kinfay Moroti



Lisa Murray

The Southwest Florida Chapter of the Florida Public Relations Association invites public relations professionals, development directors and employees of nonprofit organizations to participate in Non-Profit Day: The Art of Distanced Storytelling on Thursday, November 12 from 8:30 to 11:15 a.m.

This virtual event is an opportunity for Southwest Florida's philanthropic organizations – and those interested in learning more about the area's charity landscape – to gather and learn from local industry experts on topics to enhance their community reach and impact.

During this Zoom program, four local experts will offer their insights into storytelling, one of the most effective ways to communicate. During this unprecedented time, the art of storytelling is crucial, reaching and engaging your audiences when we can no longer physically be with them. Studies have shown that effective storytelling will actually affect a listener or reader's brain – it activates more areas of the brain than purely factual content. Also, as an audience listens

to or reads a story, they will put themselves in the protagonist's shoes, and areas of the brain will light up as if they are experiencing the story themselves.

In other words, storytelling is important to public relations strategies because it allows companies to better connect with their audience and ultimately stimulate the audience's feelings, ideas and attitudes to align with their marketing goals.

The speakers for this annual event are:

Robert Grabel – National nonprofit consultant and owner of Nonprofit Now;

Kinfay Moroti – award-winning photojournalist and owner of Hopeful Images;

Lisa Murray, APR, CPRC – Senior manager of corporate communications at Interop Technologies and award-winning PR expert;

David Cintron – Lead multimedia producer for M&M Multimedia.

Cost to register is \$25 per person, \$15 for students. Register at www.fprasfwl.org/nonprofit-day-the-art-of-distanced-storytelling.✽

From page 2

Historic Downtown

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 Fort Myers Press.✽

DANCE PARTY

2nd Saturday of the month! Ballroom, Latin, Swing. 6 p.m. lesson followed by open dancing.



Fitness with Flair @ Royal Palm Square

Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

DANCE FITNESS

Cool moves, cool music, total body, low impact. Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

SOCIAL DANCING

Foxtrot, waltz, rumba, cha-cha, tango, swing, and more! Private lessons, and beginner, intermediate, and advanced group lessons. No partner needed.

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

Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

Tell your pest control professional to **NOT** use these rat poisons:

- brodifacoum
- bromailone
- difenacoum
- difethialone

SCCF
472-2329
sccf.org

Or consider not using any rat poisons at all. Instead, seal all entry points to your home.





Band members from South Fort Myers High with musician masks

photo provided

District Band Members Gain Musician Masks

All middle and high school band members across the School District of Lee County are now able to play music and continue to wear masks. Donations from Cape Coral Elks Lodge 2596 and Suncoast Credit Union helped the district buy 3,300 musician masks.

"As the director of bands at South Fort Myers High School, both I and Principal Ed Mathews are greatly appreciative of the generous donation of playing masks from the Elks Lodge and Suncoast Credit Union," said Staci Hatmaker. "We all want to keep the safety of our arts students a priority in the district of Lee County. Thank you for making this happen!"

The face masks are designed with an opening to allow the musician to play his or her instrument while having a fully

functional face mask when not playing. They are currently being distributed to band students in all 15 high schools and 49 middle school band programs.

"Suncoast is thrilled to be able to help support our local students by providing specialized masks so they can continue to follow their passion for music while staying safe in their school orchestra or playing their school's fight song after a touchdown," said Jeffrey Kunberger, senior service center manager for Suncoast.

Cape Coral Elks Lodge 2596 donated \$5,500 and Suncoast Credit Union, through the Foundation for Lee County Schools, donated \$5,250. The district then contributed more than \$6,000 so that enough masks could be provided to every band student.

"The Elks Lodge always invests in our local community and used a Beacon Grant during the COVID-19 crisis to protect the students of Lee County," Rich Kampf, president of Cape Coral Elks Lodge 2596 said.*

Symphony Box Office Serves As Collection Site

In a normal year, the Southwest Florida Symphony runs a food drive at its annual fall season-opener concert to collect non-perishable items for local charities. However, 2020 has been anything but normal, and the symphony's season will open later than autumn.

To continue this tradition of charitable service in these extraordinary times, the symphony is participating in the 10th annual CAN IT! food drive, which benefits Community Cooperative. The symphony's box office, at 7500 College Parkway, Suite 200 in Fort Myers, is serving through November 15 as a drop-off location for non-perishable foods. This also marks the Symphony's participation in the Orchestras Feeding America program that the League of American Orchestras began in 2009.

"We've been hosting a food drive at our opening Masterworks for several years. While we're heartbroken that we

can't collect donations at a performance, we know how important this collection is, especially this year," Symphony Executive Director Amy Ginsburg said. "Show or not, the food drive must go on."

As of mid-September, Community Cooperative had helped to feed 21,000 families, which is double the number of families it helped the previous year. The nonprofit has steadily added new mobile food pantry distribution sites around Lee County over the last few months. More mobile pantry distributions to more families means the need for food donations has become more urgent than ever. The donations wish list includes boxed meal kits; canned meat, fish, fruit, vegetables, pasta sauce and milk; canned or dry soups and beans; peanut butter and jelly; macaroni and cheese; pasta, rice and hot cereals; and grocery bags. The food drive also has an option for online participation for those who prefer not to drop off food in person.

Details about concerts for the upcoming season for Lee County's only professional orchestra and the fourth oldest in the State of Florida will be released soon. For tickets, call 418-1500 or visiting www.swflso.org.*

Venture safely into the AMAZING world of mollusks!

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

WIN A PRIZE ON OUR SCAVENGER HUNT

TAKE HOME A FREE SHELL CRAFT KIT

ATTEND AN EDUCATIONAL PROGRAM AT 2 P.M. DAILY



BAILEY-MATTHEWS
**NATIONAL
SHELL
MUSEUM**

3075 Sanibel-Captiva Rd.
Sanibel, Florida 33957

(239) 395-2233

Open Daily, 10-5



Enjoy our spacious new renovation with lots of room for social distancing. Masks are required for all guests 2 and older. We can't wait for your visit!

Purchase tickets at ShellMuseum.org

OBITUARY



**JANE DIXON FREDERICKS
1935-2020**

Jane Fredericks passed from this life on October 25, 2020 in Fort Myers, Florida. She was born January 20, 1935, the daughter of James and May Dixon. She is survived by her husband of 64 years, John W. Fredericks, her daughter, Diane Richerts, and husband, Joseph, of Newtown, Pennsylvania, and her son, Mark J. Fredericks, and wife, Shelley, of West Milford, New Jersey. Seven grandchildren survive her: James Richerts (Megan), Megan Garvin (Thomas), Katelyn Richerts, Leanne Fredericks, William Fredericks (Olivia),

Douglas Fredericks, and Emily Caudill (Cameron). She had one great-grandchild.

Jane was born in Wayne, New Jersey, grew up in Butler, New Jersey, lived in Oak Ridge, New Jersey for 44 years and in Lake Mohawk, Sparta, New Jersey for the last 20 years. She was a winter resident of Sanibel Island, Florida and vacationed at her home in Mantoloking, New Jersey. She and her husband, John, met in freshman Latin class in high school in 1949, beginning their 71-year relationship.

She graduated from Butler New Jersey High School and earned a bachelor of science degree in elementary education from William Paterson College. She taught elementary school in Kinnelon and West Milford Township, New Jersey. Until her retirement, Jane was active in many civic organizations: trustee of the West Milford Township Library and ran children story hours, a charter member of West Milford Township Woman's Club, which under her tenure as its president, restored the Ryerson Wing at Ringwood Manor in Ringwood, New Jersey. Jane was a founder and past president of the West Milford Garden Club.

An avid gardener all her life, Jane daily maintained one of Sparta's preeminent flower gardens at her home in Lake Mohawk and her extensive garden at the shore. For many years, she ran the flower show at the Newfoundland New Jersey Fireman's Fair. As an organizer and president of Rotary Anns (before women were admitted to Rotary in the 1980s), she raised funds to provide scholarships and became a Paul Harris Fellow, Rotary's most prestigious award. Always active in her church, she was a member

of the Oak Ridge Presbyterian Church in Oak Ridge, New Jersey. For many years, she was the choir director (while John was church organist). She served on Session, the church's governing body, and was a lifetime elder in the Presbyterian church. She was an associate member of the Sanibel Congregational United Church of Christ. Jane was an active member of the Bay Head Yacht Club and the Sanibel Captiva Yacht Club. She belonged to and supported charitable, historical and social community endeavors throughout her lifetime, too numerous to mention with her time, talent and treasure.

Jane was an avid golfer and a winner of a number of trophies. She was a member and past president of Beachview Women's Golf Association on Sanibel

Island and a member of the Lake Mohawk Women's Golf League for many years. Jane enjoyed traveling and singing, but mostly loved and enjoyed her family. Her life was full and productive. She partook of the vast smorgasbord of life, enjoying life with a quick wit, grace and charm and always giving back. When you first met Jane, it was as if you always knew her. Her most enduring legacy is her family.

Funeral arrangements are private for immediate family only in view of the COVID-19 pandemic. In lieu of flowers, donations may be made to the Oak Ridge Presbyterian Church, Jane Fredericks Memorial Fund, P.O. Box 302, Oak Ridge, NJ 07438.

Online condolences may be offered at www.smithmccrackenfuneralhome.com.✱

Healthcare Leader Named To National Board

Hope Healthcare President and CEO Samira K. Beckwith has been elected to the 2021 National PACE Association (NPA) Board of Directors. An NPA member since 2009, she previously served on its board from 2013 to 2019.



Samira K. Beckwith

Beckwith was a pioneer for bringing PACE – the Program of All-Inclusive Care for the Elderly – to Florida as founding president of state's PACE Providers Association in 2010. Under Beckwith's leadership, Hope Healthcare offers five PACE Centers to serve Lee, Collier and Charlotte county seniors at risk for nursing home placement by keeping them healthy, comfortable and independent in their own homes for as long as possible.

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

Churches/Temples

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

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

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

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

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

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

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

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

TEMPLE BETH EL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.

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

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

THOMAS A. EDISON CONGREGATIONAL
Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

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

UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

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

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

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

Plant Smart

Fern Tree

by Gerri Reaves

Fern tree (*Filicium decipiens*) is a small- to medium-sized tree with a pleasing shape and thick evergreen foliage of fine to medium texture.

A member of the soapberry family, it grows 25 to 35 feet high, developing a rounded crown and one to three trunks.

Oddly enough, it's also called Japanese fern tree, a misnomer, since this species is native to India.

The foliage structurally resembles large fern fronds, so it's easy to understand why it's so named. The scientific name derives from Latin words meaning "fern-like foliage" and "deceiving."

The compound leaves have up to 16 pairs of wavy leaflets, each four to six inches long. The leaves are winged, meaning that there are leaflet expansions where they join the stem.

Inconspicuous male and female flowers appear in panicles in the leaf axils in spring or summer.

The clusters of purple olive-like fruit can make this a messy tree, so avoid planting it near a walkway or patio.

It will grow in almost any soil in sun or shade but prefers some sun. It is moderately salt- and drought-tolerant and



Ornamental shade tree native to India

slow-growing.

Because of the symmetrical form and the fern-like foliage, it's typically used as an accent or shade tree. It will also grow in a container.

When choosing species for your yard, always consider more than visual effect.

While this species is attractive and not invasive, it is not native. If you're looking for a small tree, consider

native species too, such as Geiger tree (*Cordia sebestena*), sweet acacia (*Acacia farnesiana*), sweetbay magnolia (*Magnolia virginiana*), wild lime (*Zanthoxylum fagara*), or lignum vitae (*Guaiaecum sanctum*).

And don't assume that because a species is common or looks "tropical" that it's native to South Florida.

Native trees support other native

photos by Gerri Reaves



The leaves resemble large fern fronds, thus the common name

species, such as bees and butterflies and other pollinators, as well as birds and other wildlife.

Sources: *Florida, My Eden* by Frederic B. Stresau; www.edis.ifas.ufl.edu, www.plantbook.org, and www.south-florida-plant-guide.com.

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

Conservancy Raises Funds For Clean Water

More than 100 anglers and fishing guides participated in 44 teams in the Conservancy of Southwest Florida's 27th annual RedSnook Catch & Release Charity Fishing Tournament October 24 and 25. The tournament benefitted the conservancy's commitment to water quality protection, as well as preservation and enhancement of local fisheries.

In light of the pandemic, the traditional in-person Friday Night Kickoff Party was not held. Instead, an online silent auction was available the week before the tournament. Contactless angler buckets and measuring devices were available for participants to pick up prior to the tournament. A virtual award ceremony was also held.

First place winners included:

First Place Guided Bait Division (3,670 points) – Brad Price and John Harris; Guide: Christopher Turner

First Place Unguided Bait Division (3,940 points) – Troy Pruitt and Brian Carlos

First Place Guided Artificial Division (4,120 points) – Jeff Boyd and Kevin Johnson; Guide: Andrew Bostick

First Place Unguided Artificial Division (3,775 points) – Kyle Coar and Pat Butler

First Place Fly Division (2,355 points) Charles Waterman and John Leach; Guide: Ken Chambers

In addition, awards were given in the following categories:

Winning Corporate Team (3,975 points) – Benjamin F. Edwards & Co. Wayne Meland and Jon Kukk; Guide: Andrew Bostick

Largest Snook (35 inches) – Nick Camusi

Largest Red (27 inches) – Terry McMahan

Trash Can Slam (885) – Rick Hatch

Over the years, funds raised at the

RedSnook Catch & Release Charity Tournament have helped support the Conservancy's water quality work.*

WolfStock To Benefit Sanctuary

Shy Wolf Sanctuary Education & Experience Center will host the 2nd annual WolfStock on Saturday, November 14 from 3 to 6 p.m.

The hybrid in-person and virtual concert will feature Henry Gross, founding member of the Fifties Revival Group Sha Na Na. A prolific singer and songwriter, Gross has been entertaining America for over 30 years. During his time with Sha Na Na, he was the youngest person to perform at Woodstock Festival. Shortly thereafter, he began a solo career that included hits like *Shannon*, *Springtime Mama* and *Show me to the Stage*. Gross continues to write, record and release new music that he believes will continue to find its way into the hearts of more and more listeners all

around the world.

WolfStock performances will also include opening artists Justin Ross and The FLORA Top Hits Band. A limited number of VIP Experience sponsor seats are available for the live concert at Shy Wolf Sanctuary. Opportunities start at \$250. VIP guests will experience a selection of microbrews, wine and a custom catered dinner from local food trucks. A personal animal encounter with one of the Sanctuary's 60-plus resident wolves, wolfdogs and other exotic animals will start the unique event.

The full concert will be live-streamed for free to Shy Wolf Sanctuary's 110,000 international fans on Facebook and through Vimeo on www.shywolfsanctuary.org/wolfstock2020. Members of the VIP experience, as well as the virtual audience, will be able to bid on auction items in support of the Sanctuary's resident animals. One of the animals will do a live painting at the event to auction off.

For more information, visit www.shywolfsanctuary.org.*



naturebrackets.com
info@naturebrackets.com



**New Designs Available at
Forever Green Ace Hardware**
2025 Periwinkle Way • Sanibel, FL

For a Full Mailbox
call Dave at
(239) 454-1001



Under New Ownership



**Affordable
ISLAND
Irrigation**

Get a Complete System Check Today!

- Routine System Checks
- Repair of Current System
- New Installations
- Water Audits & Leak Detection
- Residential or Commercial

239-738-9970

AffordableIslandIrrigation@gmail.com



Snook and redfish fishing was nonstop this week with most trips loosing count of fish caught. Out along the beaches, schools of Spanish mackerel made for easy rod bending action. Bait was plentiful, making for another perfect week of fall fishing. Unfortunately, all good things come to a end.

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.✱

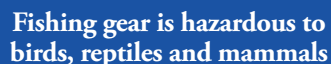


photo provided

BOAT RENTALS

472-5800

Jensen's Marina Captiva Island



CAPT. MATT MITCHELL

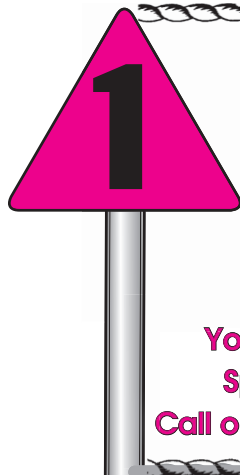


C: (239) 340-8651

email: captmattmitchell@aol.com

Send Us Your Fish Tales

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



ISLAND MARINE SERVICES, INC.

• NEW MOTOR SALES • REBUILT POWERHEADS •
• FACTORY TRAINED •

**MERCURY - MARINER - JOHNSON - EVINRUDE
SUZUKI - YAMAHA - OMC - I/O'S - MERCUISER**

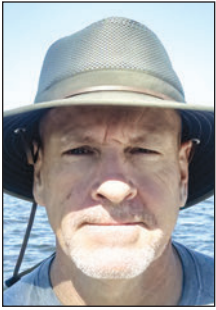
472-3380 • 466-3344



**Your Bottom
Specialist
Call on Paint Prices**

CROW Case Of The Week:

Royal Tern



by Bob Petcher

The royal tern (*Thalasseus maximus*) is known to be a shore hugger that is drawn to sunny islands unless pushed inland after strong storms. These seabirds are distinctive with

bright dagger-like orange bills, shaggy black crowns, long forked tails and pointy wings.

Royal terns dine on fish that are swimming close to the water's surface. They sweep in low, skimming water with their bills or dipping into the surface to pick up prey or floating scraps. They sometimes snare flying fish from the air, or snag food from other birds.

At CROW, a royal tern was admitted from Big Hickory Island in Bonita Springs because it was bleeding from its neck. Upon examination, the patient was found to have an approximate two centimeter laceration on the left side of its neck, and the bird was also underweight. While the wounds were flushed and sutured, it was undetermined as to how the injury occurred.

"It is hard to say for sure, but it is most likely that the wound was caused by some sort of predator attack or discarded



Patient #20-4836 is healing well from its neck laceration

photo by Brian Bohlman

fishing hook," said Dr. Sasha Troiano, CROW veterinary intern. "There were no other wounds aside from the neck laceration seen on this patient."

X-rays were taken to determine if there was any esophagus damage.

"On intake, this bird was stable enough to be anesthetized, which allowed us to take full radiographs and better explore the wound. There were no hooks seen on radiographs. Once the neck was cleaned up, it was clear that the laceration was through the neck skin, but did not appear to be affecting other important internal structures like the trachea or esophagus.

The wound site was cleaned well, gently flushed, and the laceration was sutured closed. Once closed, no bandaging was required," said Dr. Troiano. "The patient tolerated feedings well, leading us to feel confident that there was no esophageal involvement."

The patient was started on pain medication, antibiotics and a refeeding plan. Dr. Troiano detailed the latter.

"With injured or debilitated patients, it is important to introduce food gradually so as not to cause any electrolyte or metabolic disturbance. It is often difficult to tell for sure how long it has been since a given patient last ate," she said. "With our shorebirds, we start with

force feeding a liquid diet, then piscivore care... that is an easily digestible diet. We increase the percent body weight fed over the first day. Then, we progress to a fish analog or fish slurry, again a liquid diet for one day. Then we progress to whole fish. Sometimes this progression is extended over more than two to three days depending on the patient."

The injury has not limited the movement of the patient, nor its appetite.

"This patient has been doing very well, and does not seem to be negatively affected," said Dr. Troiano. "The bird began eating on its own shortly after it was first offered fish, and has continued to eat and gain weight."

After five days of wound management care, the laceration was healing well. It was determined to move the patient to an outdoor shorebird enclosure.

"The patient is doing well outside, continuing to eat and improve waterproofing," said Dr. Troiano. "The patient was not flying for the first few days outside, but has recently started taking some low small flights. It will be kept outside for continued rehabilitation until its body condition is good and it is flying well. At this time, it will be cleared for release."

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.

Free Walk-Up COVID-19 Testing

The Florida Department of Health in Lee County (DOH-Lee), in partnership with Lee County Government, will be providing free walk-up COVID-19 testing throughout Lee County during the month of November. Staff will have 300 tests available at each site for individuals age 4 or older.

There will also be free influenza (flu) and Hepatitis A (HepA) vaccines. Flu vaccine is available for anyone who is not sick age 6 months or older. The HepA vaccine is offered to anyone 18 years and older. All unvaccinated residents are strongly encouraged to get their flu shot as soon as possible. Flu vaccination is the best way to prevent the flu and its potentially serious complications.

Testing is scheduled to begin at 9 a.m. and will continue, weather permitting, until 12:30 p.m. Children under age 4 will be referred for testing to DOH-Lee. There is no fee for the test or vaccines, and no appointment or doctor's order is necessary. No identification is needed. Parking is limited at some sites. These are not drive-thru sites; attendees are asked to walk up to the testing area.

Tuesday, November 10, 9 a.m. to 12:30 p.m. – Old Bonita Library, 26876 Pine Avenue, Bonita Springs

Tuesday, November 17, 9 a.m. to 12:30 p.m. – North Fort Myers Community Pool, 5170 Orange Grove Boulevard, North Fort Myers

Monday, November 23, 9 a.m. to 12:30 p.m. – Estero Park and Recreation

Center, 9200 Corkscrew Palms Boulevard, Estero

Monday, November 30, 9 a.m. to 12:30 p.m., Kurt Donaldson Park, 180 Hunter Boulevard, Cape Coral

Wednesday, December 2, 9 a.m. to 12:30 p.m., – Phillips Park, 5675 Sesame Drive, Bokeelia.✱

University Launches Aviation Degree

Hodges University has launched a bachelor's degree concentration in aviation. Formally named the in interdisciplinary studies in aviation, it opens a pathway for students interested in becoming a commercial pilot. Hodges University is partnering with Part 141 Flight schools in Florida and around the country.

"While students are in flight school, they can also enroll at Hodges University and earn their bachelor's degree," said Dr. John Meyer, president of Hodges University. "They can also earn a credit award for the pilot license itself, helping them complete their bachelor's degree more quickly."

Students can take their classes on campus or online while in flight school. Ultimately, they can complete their degree and obtain their private pilot through commercial licenses in less than three years.

For more information, visit www.pathways.hodges.edu/courses/aviation.✱

UDDERLY GREAT FOOD!

SOCIALLY DISTANCED Indoor & Outdoor Seating

DINE HERE OR TO GO

CRAZY FULL LIQUOR TROPICAL DRINKS

2163 Periwinkle Way, Sanibel Island
239.472.0606 • SanibellIslandCow.com

Bedz For Kidz Founder To Be Honored

submitted by
Jessica Stanfield

Tonight across Southwest Florida, hundreds of children will crawl into their cozy beds, pull up the covers and sleep comfortably, all thanks to one woman.



Cynthia Shafer

During Guardian ad Litem Foundation's inaugural Voices of Hope Gala on Thursday, November 12, Bedz for Kidz program founder Cynthia Shafer will be recognized at the virtual event as the 2020 HOPE Award recipient. The award stands for Helping Other People Excel, which is exactly what Shafer has been doing nonstop for the past 26 years as a dedicated volunteer child advocate.

Voices of Hope's virtual attendees will hear incredible stories about how Guardian ad Litem's volunteer child advocates have impacted the lives of local children. Shafer will be among those sharing her stories. Guests are encouraged to host "watch parties" and invite friends and family members into their homes to enjoy the livestreaming event.

For supporters in Southwest Florida, Voices of Hope Gala tickets are \$100 per person and include a chef-prepared dinner, wine, special gifts, an entry into a drawing for a special prize and opportunities to bid during the live auction and participate in the Fund-a-Need appeal. Supporters living outside of Collier, Lee and Charlotte counties can pre-register to receive a link that allows them to tune into the livestream free of charge and still have opportunities to participate in the live auction and Fund-a-Need.

Since 2001, Shafer and the program she founded has provided nearly 3,000 beds to children in Lee, Collier, Charlotte,

Hendry and Glades counties. The bed represents more than just a place to sleep for these children; it represents a place of their own, a sense of comfort as they navigate an incredibly trying, emotional time.

Bedz for Kidz serves youth who are in the child welfare system after being abused, neglected or abandoned by their parents. Before the courts can assign children to a relative, foster parent or guardian, state law requires that they have a bed of their own. Shafer doesn't want to see siblings split apart during the legal process, so the only way to keep brothers and sisters together during the tumultuous time is to ensure they're assigned to a family willing to take multiple children, and that family must have an extra bed for each new addition.

For two decades, Shafer has been providing bed frames, mattresses, linens, blankets, pillows and stuffed toys, as well as dressers, lamps and end tables. She pounds the pavement asking for monetary and material donations, and writes her own grant applications. She negotiates discounts from local retailers to increase her buying power. She's turned portions of her home into Bedz for Kidz' supply rooms. She and her husband, John, give up their weekends to deliver and assemble beds from Marco Island to Port Charlotte, and Cape Coral to Clewiston, and all points between. And she's done it all while still working as a successful realtor with Lahaina Realty, Inc. and volunteering with Guardian ad Litem as child advocate.

Guardian ad Litem's volunteer child advocates are certified by the courts and serve as the "voice" for abused, neglected and abandoned youth as they navigate the judicial, education and child welfare systems. Proceeds from the Voices of Hope Gala will help the foundation recruit, train and support child advocates, as well as supplement programs that serve area youth. In addition to Bedz for Kidz, the foundation also sponsors a children's needs program that pays for "extras" like tutoring, school field trips, movie tickets, birthday parties and participation in clubs and sports.

Ticket and sponsorship opportunities can be reserved by visiting www.voicesforkids.org/event/voices-of-hope or by calling 533-1435.✱

Grant Allotted For Heights Programs

The Babcock Ranch Foundation has granted \$10,000 to The Heights Foundation to support programs for at-risk children in the Harlem Heights neighborhood of Fort Myers. Funds will be used to enhance School Success programming that supports the continued academic growth of children.

"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 Babcock Ranch Foundation helps ensure our kids have the necessary tools to succeed in school."

The Babcock Ranch Foundation is a Florida non-profit corporation whose mission is to support, enhance and implement projects that positively impact many worthy causes in Southwest Florida.

"We have established a culture in Babcock Ranch that is rooted in giving back, especially to the region's children, by passing on a stable legacy," said Syd Kitson, chairman and CEO of Kitson & Partners, who formed the Babcock Ranch Foundation. "It's part of how our company and our community can 'step up' for the next generation."

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

Care Institute Program Accepts Hope Physicians

Hope Healthcare's Chief of Medical Services Dr. Luis Cortes and Associate Medical Director Dr. Sheeja Kanacheril have been accepted to The Florida House Call Project, a home centered care institute program designed to expand the national footprint of home-based primary care to high need areas.

As home centered care champions, Drs. Cortes and Kanacheril will help grow the workforce of trained and qualified house call providers serving Florida's aging, medically complex patients and develop a foundation for statewide research in Florida and for future national research aimed at strengthening the field and practice of home-centered care.

At Hope Healthcare, Dr. Cortes supervises all physicians and ARNPs and provides palliative care consultations. He holds a doctorate of osteopathic medicine from Philadelphia College of Osteopathic Medicine, a master's from



Dr. Luis Cortes



Dr. Sheeja Kanacheril

Barry University and a bachelor's from the University of Puerto Rico. Dr. Cortes has extensive experience in hospice care.

Dr. Kanacheril serves as Hope Healthcare's team hospice physician while mentoring and educating APRNs, clinical staff and Hope Hospice Care Center staff. She holds a doctorate of osteopathic medicine from Nova Southeastern University College of Osteopathic Medicine and a bachelor's from Tulane University, and is certified by the American Board of Family Medicine.

For more information on Hope Hospice, call 482-4673 or visit www.hopehcs.org.✱

Chamber To Hold Virtual Summit

The Greater Fort Myers Chamber of Commerce will hold its 2020 Business Summit virtually this year, bringing the local business community together for an expanded multi-day summit from Monday through Thursday, November 16 to 19.

The virtual event launches at 4 p.m. Monday with a keynote address Thriving Through These Unprecedented Times: Organizational Health Starts with You by Christin Collins. She will discuss why business leaders need to care for themselves first in order to lead a healthy organization and live a life of optimal well-being.

Virtual workshops will be held at 8 a.m., noon and 4 p.m. on Tuesday and Wednesday, featuring 18 one-hour sessions led by local business leaders.

The lineup of workshop sessions and speakers include:

Understanding Financial Statements – Neil Schnider, Florida Small Business Development Center at FGCU

Cannabis & Its Positive Impacts to Lifestyle & Wellness – Cole Peacock and Terry Tinch, Seed & Bean Market

It's Not a One-Night Stand, It's Your Brand – Christopher Spiro, Spiro & Associates

Pandemics, Racial Justice and Elections: What Employers Need to Know in 2020 and Beyond – Suzanne Boy, Boy Agnew Potanovic, PLLC

Resilience and Community Relationships – Diana Willis and Nicole Nunez, Jason's Deli; Will Prather and Melissa Vogt, Broadway Palm; Jim Larkin, Crowne Plaza at Bell Tower; moderated by Jessica Walker, Markham Norton Mosteller Wright & Company, PA.

Video by the Numbers – Mike Haley, M&M Multimedia

Tax Topics Related to Business – Angela Cooley, Markham Norton Mosteller

Wright & Company, PA.

Introduction to the Florida Institute for Political Leadership – Andrew Wiggins, Florida Chamber of Commerce

Make Your Mess Your Message – Jason Teeters, SecondMuse

When Should You Seek Help From a Physical Therapist? – Joe McGilvrey, Apex Physical Therapy

Building the Ultimate Business Plan – Dorothy Browning, Florida Small Business Development Center at FGCU

Pivoting Your Business – Cole Peacock, Seed & Bean Market

Powering Up Your Marketing & PR Program – Teri Hansen, Holly Boldrin and Melissa Mitchell, Priority Marketing

Generating Sales Success in These New Times – Angela Schivinski, *Florida Weekly*

Resume & Cover Letter Writing – Janeth Castrejon, CareerSource Southwest Florida

Knowing Your Business Ecosystem, Its Attack Surface & Pragmatic Steps to Defend It – John Schlager, Inceptus

How to Find a Job in a Time of Uncertainty – Rose Fuller, FGCU

Government Contracting 101 – Robert Warner, Florida Small Business Development Center at FGCU

The Business Summit will conclude Thursday with a special session titled Introduction to a Conversation about Structural Racism & Implicit Bias led by Tessa LeSage of FutureMakers Coalition, and a closing presentation titled Make 2021 Your Best Year Ever Through the Power of the 5P's by Charly Caldwell, the latter of which will guide business leaders in creating a personal and professional plan for success in 2021.

Cost is \$75 for chamber members and \$99 for non-members. Attendees can choose to attend nine live sessions, including the keynote and closing presentations, and will also receive the recordings of all sessions and presentations. To register, visit www.fortmyers.org/events/business-summit or call 332-2930.✱

Lee Health Hires Vice President

Lisa Martinez has joined Lee Health as its vice president of strategy and innovation. In this newly created role, she will lead the health system's strategic planning process, focusing on proactively identifying and analyzing industry trends and business models that positively impact patient health and health care delivery; developing strategies to improve patient experience while reducing total cost of care; and defining business models and transformative payer strategies that align human, financial and technology resources that influences innovation investments and ensures business agility.



Lisa Martinez

"We are pleased to welcome Lisa to the Lee Health team," said Scott Nygaard, MD, MBA, chief operating officer at Lee Health. "Her impressive track record of strategic leadership for a national organization and understanding of the complexity of today's health care landscape will prove invaluable to our future growth and helping our health system adjust to difficulties created by the coronavirus pandemic."

Martinez spent 20 years at AARP where she most recently served as vice president of business optimization.

While at AARP, she was a consistent driver of growth for the organization and managed a portfolio of more than 15 health care products designed for senior citizens around the country. She was instrumental in leading the organizations Baldrige Performance Excellence journey, including designing training for more than 100 executives on the Baldrige Framework and serving as a Malcolm Baldrige National Quality Award examiner.

Martinez has a bachelor's degree in political science from Brown University and an master of business administration degree from Clark University. She is also a graduate of the executive leadership program at Georgetown University and is certified as a Lean Six Sigma champion.

For more information, visit www.leehealth.org.

Bank Promotion

Sanibel Captiva Community Bank has promoted Scott Taylor to loan closer. He will join the residential loan operations team at the downtown branch, located at 1533 Hendry Street.



Scott Taylor

Taylor is responsible for the assembly, preparation and verification of closing documents, as well as coordinating all aspects of the loan closing process.

Webinar On Buying, Selling A Business

CCOVID-19 has changed lives. Local business owners face a now-or-never scenario to either adjust, adapt and move forward or risk losing it all. Some may find this is the best time to sell their company. For others, today's business world has created opportunities to purchase new businesses and commercial properties.

The Above Board Chamber of Florida recognizes that many businesses are at a crossroads and need expert guidance to help determine their next move. On Thursday, November 12 from noon to 1:30 p.m., this month's webinar *Why Now is the Best Time to Buy or Sell a Business!* on zoom will present a panel of experts to help local businesses understand their options and present information that will help them make difficult but timely business decisions.

If you are considering selling your business or are in the market to buy one, this is a must-attend webinar. Buying or selling a business is one of the most important financial decisions you can make, and one that will have a significant impact on your life. This

webinar will provide attendees with specific information, including pros and cons, to help protect themselves and make wise decisions.

The panel discussion – featuring Welsh Companies Florida, Inc. President/Broker George Vukobratovich, Cushman & Wakefield CEO/Principal Broker Gary Tasman, Edison Business Advisors Certified Business Intermediary Steven Niehaus and Truforte Business Group Certified Public Accountant Jim Bolinger – will provide a rare opportunity to gain insights and knowledge from experts in the field.

Among the topics to be discussed: How COVID-19 has changed the way the market now looks at retail, both online and brick-and-mortar.

Selling your in-demand retail or industrial property. Buyers are actively seeking these, creating the perfect time for many to sell.

Selling your business. This time may be the best opportunity to sell, as businesspeople are currently looking for new opportunities in our community.

Buying a business. Opportunities exist to fill needs created by COVID-19. Purchasing an existing company may be a great way to meet these needs.

Sponsors for the November webinar are Conditioned Air and Edison Business Advisors. To register, visit www.aboveboardchamber.com.

CROW CRAWL

Sunday, November 8 from Noon-4pm



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!



Presenting Sponsor



Win Prizes | Vote For Favorite | Great Food | All Month Long

Information 239-472-3644 ext.#232
www.crowclinic.org Sanibel Island, Florida

Purchase a Passport at:

All Bank of the Islands/Edison National Bank locations
Huxter's Market & Deli | CROW's Visitor Education Center
All Bailey's General Store locations | Participating Restaurants

-OR-

Online at www.CROWClinic.org for pickup at the Sanibel Captiva Chamber of Commerce or CROW's Visitor Education Center

Thank you to our Sponsors!

Executive Chef

TSO

The Silverman Organization, Inc.

VCA

VCA Sanibel Animal Hospital

Sous Chef



THE INNS OF
Sanibel
BEACH & GOLF RESORTS

ROYAL SHELL



Media



Book Review

Always The Last To Know



by Di Saggau

Kristan Higgins' new novel examines a family's difficult complexities from bitter disappointments to quiet strengths. The Frosts would appear to be a typical American family.

Parents Barb and John have been married almost 50 years and are now bored with each other. Their two daughters, the brilliant Juliet, is Barb's favorite, while the free-spirited Sadie is John's darling. All was fine until the day John had a stroke and everyone had to adapt to different circumstances.

The novel is about the decisions and changes made by each character. Everyone has to make important choices about their work, their lives and relationships. Over the course of the novel, they evoke in different ways. Sadie embarrassingly proposes to her boyfriend of two years and is rejected. Barb had been ready to file for divorce from John prior to his having the stroke. Juliet is considering a major career switch when she receives the news. They all gather together to care for John as they figure out each of their own lives.

Higgins skillfully gives insight into everyone's lives and emotions as she paints

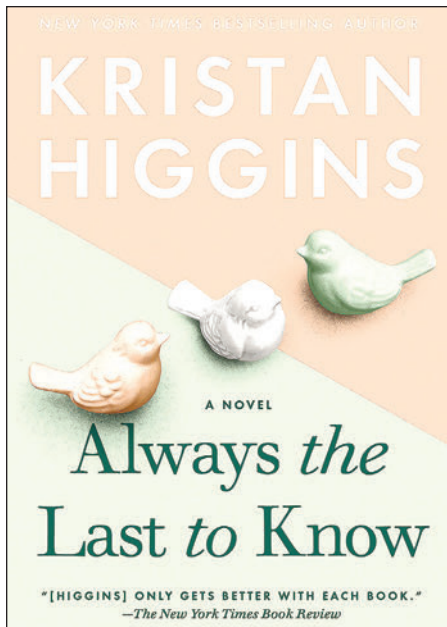


image provided

a picture of her characters. Each has important choices to make as they adapt to changing circumstances. The dynamics of parents and children who show favoritism is handled well. *Always the Last to Know* is a wonderful story for anyone who loves stories about complicated family dynamics and relationships. The Frost family is very complex. The way their relationships evolve throughout the novel and why they all live as they do, makes for entertaining reading.

Sadie decides it's time for her to get married so she proposed to her boyfriend Alexander. And he replies "You nut."

It's the man's job to propose." Only he doesn't, and we find out why later on.

Juliet is an adrenaline junkie, she's married to the perfect husband, has two healthy daughters, a beautiful home and her mother is her best friend. She has panic attacks every now and then, and retreats to her closet to survive

them, feeling safe among her shoes and sweaters. She thinks if she'd known how hard it was to have it all, she would've asked for less.

Always the Last to Know is full of heartbreaking truths and hilarious honesty in a family where two girls couldn't be more different.*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley,
I think my 12-year-old daughter has math anxiety. When she was an elementary student, she did well in math but now her achievement has

gone down and she just hates anything to do with her math work. This is not a good situation. Please give me some ideas to help her.

Corinne P, Cape Coral

Corinne,

Your daughter is not alone with her math anxiety. In a study from 2012, about 30 percent of high school students reported having math anxiety, originally called "number anxiety" by researchers in the 1950s. It is a very common situation.

Stanford University professor Jo Boaler says that for many people, math fears can be traced back to elementary school and, specifically, to timed tests and forced memorization. Dr. Boaler reported that, "Neuroscientists have shown recently that for people with math anxiety, a fear center lights up in their brain – the same as when they see snakes and spiders – and the problem-solving center of the brain shuts down."

This is a real fear. Math anxiety is a valid phenomenon all over the world tied to stereotypes of race and especially to gender. Research shows that mothers are prone to pass that feeling along to their children, especially to girls.

"Don't let your own math anxiety hold your kids back." That means, according to Boaler, "we have to check ourselves when we're talking about math," and never tell our kids, "I'm bad at math, I don't like math, or I didn't do well in math at your age. When kids get that message, their math achievement goes down immediately," Boaler said.

What can we do as parents to improve our kids' attitudes towards math?

Talk about math when you're sharing everyday activities. Sudha Swaminathan, an early childhood education professor at Eastern Connecticut State University, says, "children who are successful in math have parents who point out math even in the most ordinary moments." For example, she says, "You ask them to put their books away. It doesn't fit? Why doesn't it fit? Maybe the book is too tall? Too big? Not only are you introducing the concept of measurements," Swaminathan said, "but you're also introducing a math process: problem solving."

Dr. Boaler's tip is to look out for visual patterns. "Get kids to look and think. We can see patterns in fence posts, in flowers. As children get older, the possibilities

expand. Calendars, timers, money, maps, drawing, measuring, crafts... these are all chances to talk math."

Another important way to develop a math mindset is to play with math using board games, card games, puzzles and even some video games. "Research has shown that when parents just play, they're actually really, really good at pulling out these deep concepts from children – much better than even teachers," Swaminathan said. Board games are particular well suited for this. Research has shown that the more kids play any game with dice and numbered squares like Chutes and Ladders, the better their basic math skills get.

"One thing I would tell parents not to do is to become the teacher in the house," said Swaminathan. "Avoid constantly quizzing your children or marching them through their homework and, for heaven's sake, put away the flashcard. Instead, ask real, open-ended questions."

Open-ended questions can start deep conversations that bring you and your children closer together. They prompt children to describe their thinking out loud which gets them thinking about their own thinking process, the skill of "metacognition." It gets them discussing and reflecting on the properties of shapes, numeration or whatever is being discussed, including non-math topics. The third reason that open-ended questions are a good idea? They don't have right or wrong answers. The fear of being wrong is removed when you engage in open-ended discussions.

No matter if your kids are in preschool or in high school, home should be a safe place where there's "no fear in making a mistake," said Dr. Boaler. "That's basically how children learn."

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

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on November 13 from 8 a.m. to 12:30 p.m.

The Pediatric Specialist Office is located at 15901 Bass Road, suite 102, in Fort Myers. A physician referral is not required. To schedule a screening, call 343-6838.*

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

Available at
www.Amazon.com
www.OutSkirtsPress.com

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

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.✱

Coalition Director Earns Award

Tessa LeSage, FutureMakers Coalition director, Southwest Florida Community Foundation, which serves as the backbone organization for the FutureMakers Coalition, has been awarded the Council for Adult and Experiential Learning's (CAEL) Pamela Tate Rise Award for 2020.



Tessa LeSage

LeSage was unanimously chosen for her service to adult learners and commitment to forging connections between higher education, workforce development and employer partnerships.

CAEL established the Pamela Tate Rise Award in 2018, on the occasion of Tate's retirement as president and CEO of CAEL, to perpetually recognize her commitment to connecting and empowering the community that serves adult learners. The award is a tribute to Tate and acknowledges her dedication to breaking the barriers between higher education, workforce development and employers. With this award, CAEL recognizes those who, like LeSage, have made significant contributions to

expanding the access working adults have to economic mobility, community engagement and continuing higher education.

"It's an honor that Tessa has been recognized by CAEL for her steadfast work for helping adult learners realize their dreams of achieving an advanced degree or certification as well as her in-depth commitment to workforce development and forging corporate partnerships to help the FutureMakers Coalition achieve its 55 percent goal," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation.

LeSage will be highlighted during CAEL's annual virtual conference to be held from November 4 to 6. For more on her award, visit <https://conference.cael.org/awards-2>.

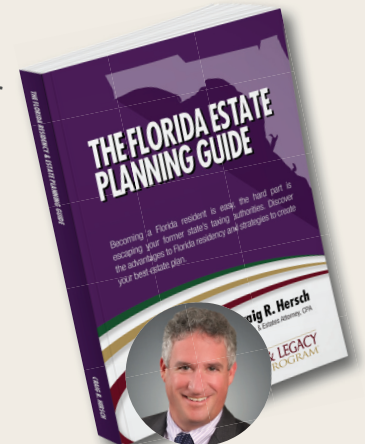
The FutureMakers Coalition aims to transform Southwest Florida's workforce by increasing the proportion of working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent. The coalition has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee, and Charlotte counties.

In January of 2020, Southwest Florida was designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation and received a \$125,000 grant to support local efforts to increase educational attainment.✱

FREE ESTATE PLANNING GUIDE

Is Your Plan:

- maintaining **CONTROL** over your assets while you're alive
- offering **PROTECTION** for you and your loved ones in times of incapacity or uncertainty
- providing the **PEACE OF MIND** knowing everything goes where you want when you pass
- **Most importantly, is your plan up-to-date and Florida-compliant?**



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

CLAIM YOUR FREE GUIDE TODAY:
www.floridaestateplanning.com/freeguide



SHEPPARD, BRETT, STEWART,
HERSCH, KINSEY & HILL, P.A.
ATTORNEYS AT LAW

Main Office Fort Myers:
9100 College Pointe Court,
Fort Myers, FL 33919
Virtual Appointments Available!
Naples & Sanibel by Appointment
239.322.3831



**ISLAND
INSURANCE
SERVICE**



Mark O'Brien
Owner/Agent



Susan Barnes
Personal Lines



Trish Barbone
Agent



Justin Wheeler
Agent

Call our office today
for a new Auto
quote.

We are **HERE**
for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

Will Power

Elections And Market Returns



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

This column is scheduled to run on November 6, but I'm writing it a week ahead, on October 28, before the general election returns. I'm assuming that by the time you pick up this newspaper we'll all know who will take the oath of office on January 20, 2021.

Much has been written and probably will be written about the election's effect on the stock market. Presidents are somehow tied to the financial markets, despite having little to no control over yields and returns. Yes, a president nominates the chairman of the Federal Reserve, whose decisions tend to have economic affect.

Whether a president wants to impose more or fewer regulations over trade and industry also likely has some influence on market performance.

But there are so many variables. Is the presidential election determinative whether our 401(k) accounts increase over the next four years? Ten years?

Surprisingly, they don't, according to research provided to me by Paul Weinstein of the Weinstein Wilkes financial group in Fort Myers. He recently sent me an interesting review of U.S. presidential elections on the stock market prepared by American Funds.

The findings are striking. The bottom line is that it doesn't seem to matter whether the White House is occupied by a Democrat or Republican. The average annual return over 85 years was 11.9 percent for the fund promoted by the firm.

"There have always been tumultuous events," the brochure reads. "The current economic and political challenges may seem unprecedented, but a look back shows that controversy and uncertainty have surrounded every campaign." Overseas conflict and war, market declines and recessions, bankrupt businesses, weather related calamities, labor market struggles and civil unrest are nothing new to our nation. Yet market returns over time remain consistent if you're in it for the long haul.

The brochure also tracks return of this particular investment fund for 10-year periods following each election since 1936. Every 10-year period experienced gains. The smallest existed from 2000-09 (commencing at George W. Bush's first term), while the largest was from 1980-89 (commencing at Ronald Reagan's first term), both Republicans.

Print, online and television news want to grab our attention. The core human emotions of fear and greed are ripened by headlines of market gyrations "caused" by presidential policies. While presidential policies can impact profits, yields and interest rates, which drive market returns, those aren't the only factors.

The effects of presidential policies on your estate plan, however, can have direct impact. As I said at the beginning of this column, I wrote this not knowing who won the White House or Congress. A Democratic sweep could mean drastic changes to federal income taxes as well as federal gift and estate taxes. I'm offering a free online workshop on the topic. You can sign up for that workshop at www.floridaestateplanning.com/ election.

In short, the federal exemptions may decrease while tax rates increase. This will be true regardless who won, as the current federal exemptions sunset at the end of 2025.

So hang on to your portfolio. Don't try to time the market. But do pay attention to changes in the federal tax laws.

©2020 Craig R. Hersch. Learn more at www.sbshlaw.com.✱

Health First

Understanding Herd Immunity



by Julie Rosenberg, MD

Infectious diseases spread when a proportion of individuals in a population are susceptible to the disease. Herd immunity occurs when a significant portion of the

population (the herd) becomes immune to a disease. This immunity helps to limit further disease spread from person-to-person. The risk of infection among individuals who remain susceptible is also reduced by the presence and proximity to individuals who are immune (this is sometimes referred to as a "herd effect"). Although herd immunity reduces the risk of getting a disease, it does not prevent disease in nonimmune individuals. People who do not have immunity to a disease may still contract it even when herd immunity is high.

What percentage of a community needs to be immune in order to achieve herd immunity?

This percentage varies among different diseases. The more contagious a disease is, the greater the proportion of the population that needs to be immune to the disease to stop its spread. For example, a very contagious disease, such as measles, requires more than 95 percent of the population to be immune to stop sustained disease transmission and achieve herd immunity.

How is herd immunity achieved?

Herd immunity may be achieved either through infection and recovery, or by vaccination.

Achieving herd immunity through infection relies on enough people being infected with a disease and recovering from it, during which time they develop antibodies against future infection. Of note, antibodies from a prior infection

may only provide protection for a limited duration of time.

Vaccination is a means of protecting the greatest number of people. Vaccines create immunity without causing illness. By reducing the number of susceptible individuals in the community, vaccination augments herd immunity. Widespread vaccination also reduces the risk for individuals in the population who are more vulnerable (such as those with immunodeficiencies or weakened immune systems due to underlying medical conditions), since disease spread is limited.

Herd immunity and SARS-COV2 (COVID-19)

Coronavirus disease 2019 (COVID-19), caused by the novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), has shown us the devastating impact of a novel, infectious pathogen on a susceptible population. In the United States, there are over eight million clinically confirmed cases of COVID-19 and the virus has claimed more than 220,000 lives.

It is not yet known whether a diagnosis of COVID-19 confers immunity to future infection, and if so, for how long. A small number of cases has been reported of virologically-confirmed COVID-19 patients who experienced a second clinically- and virologically-confirmed acute COVID-19 episode. Further characterization of such cases is needed to understand whether these individuals have been re-infected or could have experienced re-activation of a sustained virus carriage.

Herd immunity to COVID-19 through natural infection is theoretically possible. However, a large proportion of individuals will likely need to be infected and recover to achieve herd immunity from COVID-19. In the United States, it has been estimated that about 70 percent of the population – more than 225 million people – would need to be infected and to recover from COVID-19 to halt the pandemic. Such a situation would likely lead to serious complications, millions of deaths, and would overwhelm an already taxed healthcare system.

Vaccination may be the most reliable

and cost-effective way to prevent COVID-19.

A widespread vaccination program could also lead to herd immunity against COVID-19. Numerous clinical trials are ongoing to evaluate novel vaccine candidates for the prevention of COVID-19 infection. While it is possible that an FDA-approved vaccine could be available for some groups (healthcare workers, elderly individuals) soon, it is unclear as to when widespread vaccination will be available.

The most important public health interventions to slow the spread of COVID-19 include rapid identification and isolation of cases, along with early implementation of physical distancing measures. Until a vaccination program is available, we must work together to prevent disease transmission. We must be vigilant about keeping a distance (six feet or more) between ourselves and others who do not reside in the same household, wearing a face mask when in public places, and washing our hands frequently with soap and water. These best practices will help to stop the spread.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

New Affordable Housing Development

Catalyst Community Capital, a 501(c)3 nonprofit, in partnership with the Lee County Housing Authority and Revital Development Group, has acquired 4.6 acres in Cape Coral to be developed as a 96-unit affordable and workforce housing community. The community, known as Civitas of Cape Coral, will offer one, two and three bedroom units, all of which will be reserved for families that earn 80 percent or less of

the area median income. Rents will range from \$388 to \$1,434, including utilities, filling a large void in the market for rental units that are affordable to the working-class residents of Lee County.

"While one project alone will not solve the affordable housing issue in Lee County, this project is a step in the right direction and will help attract more affordable housing developers and investors to the Southwest Florida market, which should result in more units coming to market," said Joseph Bonora, president and CEO of Catalyst Community Capital.

The \$22 million development will utilize local, state, and federal funding, including 4 percent housing tax credits, mortgage revenue bonds, and \$5.6 million in Community Development Block Grant-Disaster Relief (CDBG-DR) funding from Florida Housing Finance Corporation (FHFC). The project also received \$300,000 in Neighborhood Stabilization Funds from the City of Cape Coral.

"We're excited and eager to get this project built and provide much needed, high quality housing to Cape Coral's hard-working families," said Revital Development Group's President Michael Allan. "We're grateful to the City of Cape Coral for their assistance and support, and look forward to working with Lee County Housing Authority to deliver affordable and sustainable housing to the area."

In addition to affordable rents, Civitas will offer programs to its residents, including employment assistance and financial management education. The development team has also partnered with the Boys and Girls Club of Lee County to build a 2,500 square foot club on site, which will offer after school programs and summer camp.

The development team worked with PDS Architecture, Boral Engineering and NPS Consulting to design the project, which will be 'green building' certified under the National Green Building Standard rating system. Construction is expected to commence in early 2021, and will be the first city's first affordable family housing development in over 20 years.

For more information visit www.revitaldevelopment.com.✱

Superior Interiors

The Perfect Play Space For Children



by Marcia Feeney

The playroom is a great use of space, where your kids can showcase their creativity, hang out with friends and escape to after a long day of schoolwork. But when was the last time you shaped this

space up for your young ones? Why not make it a more enjoyable area for them to play? With just a few ideas you can create the new and improved playroom your kids will adore.

Once you've rummaged through the room and removed any unwanted chairs, trinkets and décor, begin to develop a plan. A well thought-out project (with budget) will allow you to make the best decisions moving forward.

Mix and match colors and patterns. This room is supposed to be fun, isn't it? There's no need to decorate with boring shades layered over white walls – this doesn't set the right vibe for an entertainment area. Be willing to play with adventurous, bright hues mixed with delightful patterns. Don't forget to talk to your kids about color choices – it's their room after all!

Additionally, when it comes to wall decor, don't be afraid to make use of toys. Use wooden blocks to liven up the walls and place jars of marbles and stacks of books throughout the space.

Make things fun and functional. As the saying goes, "If you can't beat 'em, join 'em," so why not give your kids permission to draw on the walls? Not your freshly painted ones, of course. Instead, hang a large dry-erase board or paint a chalkboard wall so the kids can get creative without the paper and magic markers. This is another stylish way to bring character to the space, all while making a fully function design statement.

Invest in a custom shelving unit. Playrooms tend to have a reputation for being the messy area in your house. Is this because your kids are prone to making a mess, or is it the fact that they don't have enough places to store their items? Instead of stuffing their belongings under the bed and in the closet, consider creating a customized shelving unit for the room. Not only will this give the space more character, but it'll ensure organization and your sanity.

When was the last time you gave the playroom an update? Now's the perfect time to surprise your kids with freshly renewed space. Don't take care of the task on your own, however. With the expertise and assistance from a design professional, you can craft the perfect play place that's chic, functional and kid-approved.

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

Business Women To Hold Webinar

Susan McManus, the president of Champions For Learning, The Education Foundation of Collier County, will speak at ABWA Imperial River's monthly chapter webinar on Wednesday November 11 at 6:30 p.m. She will discuss her 27 years of experiences while building a community that is 100 percent engaged in student success. About Susan McManus



Susan McManus

McManus has led the foundation since its infancy, serving on the founding board of directors, and becoming the executive director in 1993. She is a passionate advocate for teachers and students, and values the community's collective voice for education.

Registration and Zoom account required. For details and registration information, visit www.abwaimperialriver.eventbrite.com.✱

From page 1

Garden Festival

answer questions and help visitors find plants for their gardens."

Plants and trees for sale will include palms, fruit trees, bromeliads, hibiscus, butterfly plants, African violets, orchids, air plants, herbs, succulents, cacti and many hard-to-find species. Vendors will also offer garden supplies, such as mulch and special fertilizers. The Edison Garden Shoppe will be open and have unusual tropical and Florida native plants that thrive in Southwest Florida. Ceramic flower pots, vegetable and flower seeds, garden art and gardening gift items will also be available for purchase. The festival is sponsored by Humana and Best Value.

Members receive a discount on Garden Shoppe purchases; guests may

purchase a membership during the event to receive the discount. Members also receive free, unlimited general admission throughout the year, plus free admission to many other museums and gardens across the country through the reciprocal program.

All visitors attending the festival will be required to wear a mask. A limited number of carts will be available, so guests are encouraged to bring a cart or wagon for transporting plants. A designated plant holding tent and loading spot will be offered for anyone needing assistance. Parking and admission to the festival are free (tours of the homes, museum and lab are not included).

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit www.edisonford.org.✱

Shell Point Doctor Earns Champion Award For Florida

Dr. David Nesselroade, staff physician at the Larsen Pavilion Skilled Nursing Center at Shell Point Retirement Community in Fort Myers, has been named the recipient of the 2nd annual Quality Champion Award by FMDA – The Florida Society for Post-Acute and Long-Term Care Medicine.

The award was presented by Dr. Mark Beauchamp, chairman of the Quality Champion Award Committee, on October 24 in a live-streaming ceremony as part of the FMDA's annual conference for the state of Florida.

FMDA's Quality Champion Award is presented in recognition of the skills, talents, expertise, commitment and personal attributes that encompass quality patient-centered care.

"This award honors clinicians who work day-in and day-out to serve the frailest population in Florida's post-acute and long-term care continuum," said Beauchamp during his presentation of the award to Nesselroade. "The recipient of this award embodies the highest standards of dedication, leadership, engagement and innovation, and is personified as a cornerstone in his or her respective field, as well as within the facility or roles served."

Nesselroade has a distinguished medical career at Shell Point, where



Shell Point Medical Director Dr. Gary Goforth with Dr. David Nesselroade photo provided

he has worked for 34 years, including serving as vice president and director of physician services from 1986 to 1996, followed by being a full-time staff physician at the Larsen Pavilion Skilled Nursing Center.

"We feel extremely blessed to have Dr. Nesselroade here at Shell Point," said Dr. Gary Goforth, medical director for the community. "We are thankful for his incredible dedication to his patients and excellence in long-term care medicine."

The Larsen Pavilion, located on The Island at Shell Point, has 219 beds and encompasses a state-of-the-art rehabilitation center, short-term and long-term care, an Alzheimer's unit, hospice and palliative care. For more information, visit www.shellpoint.org.✱

WANT TO AVOID SURGERY, JOINT REPLACEMENT, OR SPINAL FUSION?



CONTACT OUR TEAM TO REVIEW YOUR CASE AND GET BACK TO WHAT YOU LOVE TO DO!

Caring Medical Florida specializes in unique regenerative treatments to strengthen the damaged joint structures that cause chronic pain and osteoarthritis. We also help patients who have already had surgery but have ongoing or worsened pain and symptoms, including complex neck and neurological issues.

- **COMPREHENSIVE H3 PROLOTHERAPY, PRP, & STEM CELL THERAPY**
- **DIGITAL MOTION X-RAY • NERVE RELEASE INJECTION THERAPY**



Ross Häuser, MD

Danielle Matias, MMS, PA-C

Brian Hutcheson, DC

9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

Frankly Speaking



by Howard Prager

Interesting records to talk about today, as well as a Jon Lester beer party. Let's start with some Big Ten stories and college football in the state of Indiana. Indiana and Purdue are both 2-0 for the first time

since 1972, and with Notre Dame 6-0, it's the first time ever that the state has been 10-0 in bowl subdivision football (FBS). (Ball State started playing this past Wednesday). Just to the north, Michigan lost to the Spartans last Saturday. Mel Tucker became the second coach in Michigan State history to defeat Michigan in his first game in the rivalry, following Nick Saban in 1995. Jim Harbaugh is 1-6 against Michigan State and Ohio State at the Big House. He's 29-0 against everyone else. And with a nod to my alma mater, it's the first time Indiana, Purdue and Northwestern all started the season 2-0. Northwestern's game at Iowa began with them digging a 17-0 hole due to two early turnovers, yet they came back to win 21-20. Northwestern is atop the Big Ten West.

One other Big Ten comment. With the Wisconsin-Nebraska game cancelled due to a COVID-19 outbreak of at least 22 players and staff at Wisconsin, practice is on hold for them for seven

days. That means the Badgers will have just two days to prepare for their next game against Purdue. And the game with Nebraska will not be made up. The Big Ten has established some of the strictest protocols in college football. Coaches have to be out 10 days if they test positive, and athletes have to quarantine for 21 days. The lack of flexibility in the schedule could become a major problem if other teams are forced to pause football activities because of the pandemic. A rise in cases in states such as Wisconsin and Illinois could be a problem over the next seven weeks because there are no byes in the schedule. This weekend, the Pac-12 starts their reduced season schedule. This continues to be a developing story both in college and the NFL.

Another developing story in both college and the NFL last weekend was the fighting that occurred. On Sunday, Chicago Bears wide receiver Javon Wims was ejected from the game and the league suspended him for an additional two games after punching Saints defensive back Chauncey Gardner-Johnson in the third quarter. It appears they were going at it with each other beforehand. The immediate impact in the game was that the Bears turned the ball over on downs two plays later. The game went into overtime, and the Saints won by a field goal. Had this not happened, could the Bears have won? On the college front, the SEC fined Florida coach Dan Mullen \$25,000 following a fight at halftime during the Gators' 41-17 win over Missouri on Saturday. Mullen was also issued a reprimand for violating SEC bylaws governing sportsmanship. Three

Missouri players and two Florida players will be suspended for the first half of each of their next games for their role in the fight. "There is no place in college football for the kind of incident that took place at halftime of the Missouri at Florida game Saturday night," said SEC commissioner Greg Sankey. "Everyone involved is responsible for meeting sportsmanship standards throughout each game. Running on the field to confront a game official, the gathering of teams in an on-field confrontation and student-athletes throwing punches are all disappointing at any time, but even more so as we work to support healthy competition during a pandemic."

On another Florida front, Central Florida (UCF) is causing some heads to turn, despite some legal shenanigans by five defensive players who did not make the trip to Houston. The Knights are racking up an average of 652.5 yards per game. Against Houston, they put up 681 yards last weekend. UCF also had a pair of runners who each rushed for more than 100 yards, the first time that's happened since 2006. The NCAA record is 640.1 by Mississippi Valley State in 1984, which had a little known wide receiver by the name of Jerry Rice. The FBS record is by University of Houston in 1989 with 624.8 yards with Heisman winner Andre Ware at QB.

And the good news story of the day is full of suds. The Cubs declined to take on Jon Lester's option year of \$25M for next season. In his six seasons with the Cubs, Lester went 77-44 with a 3.64 ERA in 171 regular-season starts. He helped lead Chicago to the playoffs five

times including the 2016 World Series win. It is still possible that the Cubs will bring Lester back for 2021 at a lower price. But after six years in Chicago, Lester wanted to thank his fans no matter where he pitches next season. On Thursday, Lester tweeted that he would buy each patron at four Chicago bars from Friday through Sunday a Miller Lite to show his appreciation for the support of Cubs fans. He tweeted "Regardless of what's next I want to thank the fans for the past 5 years. So this weekend (10.30-11.1) I'm buying y'all my favorite beer. Make a res at (four well known sports bars) and your 1st @ MillerLite is on me. Just tell 'em to put it on #JonsTab. And mask up, dammit." By Sunday night, 4,838 beers were on his tab. At a time when the bars are hurting in Chicago, not only did Jon Lester salute the fans, he saluted several bars as well with some much needed business. And in a nod to his uniform number, he tipped 34 percent. The grand total was \$47,000. And a Chicago bar Lester did not include in his offer got in on the celebration anyway, selling Miller Lite to raise funds for Lester's favorite charity. The Bleacher Report said it best. "If Lester's Cubs career is indeed over, he provided the people of Chicago with a great gesture and something positive to remember him by."

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.

Draft Proposal Approved For Flounder Fishery

The Florida Fish and Wildlife Conservation Commission (FWC) has approved draft changes to the management of Florida's flounder fishery including several updates that were made since the first draft rule proposal presented in July. The changes will be brought back to the commission in December for final consideration.

A recent stock status update suggested that the flounder fishery statewide has been in a general declining trend in recent years. It is likely overfished and undergoing overfishing on the Atlantic coast of Florida. Other south Atlantic and gulf states have also reported declines in flounder populations and have been making their own regulation changes.

FWC has been working with stakeholders to gather input on this fishery through workshops, online commenting and other resources.

- Draft rule changes include:
- Extend all FWC flounder regulations into federal waters;
 - Increase minimum size limit from 12 inches to 14 inches total length (recreational and commercial);
 - Reduce recreational bag limit from 10 to five fish per person;
 - Establish an October 15 through November 30 recreational closed season;
 - For commercial harvesters using allowable gear: establish a commercial

- trip and vessel limit of 150 flounder from December 1 to October 14, and 50 flounder from October 15 to November 30;
 - Modify the incidental bycatch limit for commercial harvesters using non-allowable gear from 50 pounds to 50 fish;
 - Create a federal waters trawl bycatch limit of 150 flounder from December 1 to October 14, and 50 fish from October 15 to November 30.
- To share your input on this draft proposal or to see more about what items the FWC Division of Marine Fisheries Management is working on, visit www.myfwc.com/saltwatercomments. Learn more about flounder regulations at www.myfwc.com/marine.

Hogfish Recreational Season Closes

Hogfish recreational harvest closed in state and federal waters off the east coast of Florida and Florida Keys on November 1. This closure includes all state waters south of Cape Sable, which is on the Gulf side of Florida and up the Atlantic coast. The Keys/east Florida hogfish season runs from May 1 through October 31. Recreational harvest remains open in state and federal waters north of Cape Sable in the Gulf. Visit www.myfwc.com/marine and click on "Recreational Regulations" and "Hogfish" for more.

From page 1 Quartet

Principal Viola Cynthia Phelps; and Principal Cellist Carter Brey – has brought to fruition a most delectable melodic experience. Although only recently established in January 2017, the ensemble made its first public appearance a mere two months later, at David Geffen Hall in New York City, with a performance of John Adams' 2012 work for string quartet and orchestra, *Absolute Jest*. The quartet debuted internationally during the Philharmonic's European tour with performances at London's

Barbican Centre and the Elbphilharmonie Hamburg in April the same year. Since its founding, the quartet has earned high praise in numerous appearances. The evening's program includes: Franz Schubert's *Quartettsatz, #12 in C minor, D. 703* Felix Mendelssohn's *Quartet #2 in A minor, Op. 13* Anton Webern's *Langsamer Satz (Slow Movement)* Maurice Ravel's *String Quartet* Tickets are \$45. The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For tickets, call 333-1933 or visit www.sbdac.com.

SPORTS QUIZ

1. An ancient Grecian messenger named Pheidippides is believed to be the progenitor of what modern Olympic sport?
2. What Pro Football Hall of Famer and Chicago Bears great was known as the "Kansas Comet" for compiling 4,020 all-purpose yards while playing for the Kansas Jayhawks?
3. Name the Oklahoma State Cowboys football coach who blasted the media in a 2007 press conference, declaring, "Come after me! I'm a man! I'm 40!"
4. What combat sport was developed in the 1920s by brothers Carlos, Oswald, Gastao Jr., George and Helio Gracie?
5. University of Maryland basketball standout Len Bias was selected by what team in the 1986 NBA Draft?
6. Name the IndyCar driver who won the Indianapolis 500 in 2017 and 2020.
7. Who scored the winning touchdown for the Baltimore Colts in overtime of the 1958 NFL Championship Game (a.k.a. "The Greatest Game Ever Played") vs. the New York Giants?

ANSWERS

1. The marathon. 2. Gale Sayers. 3. Mike Gundy. 4. Brazilian jiu-jitsu. 5. The Boston Celtics. 6. Takuma Sato. 7. Alan Arnette.

dearRPharmacist

Factors That Weaken Your Immune System



by Suzy Cohen, RPh

Dear Readers: Everyone talks about masks. I like them and wear them but that is external protection only. While important and useful, I will be

totally honest with you about them. The way we respond from a pathogen has more to do with our internal protection, as in our immune system.

So ask yourself if it's up to par. If it's not, then you need to start fertilizing your garden of microflora (i.e. probiotics) and also avoid or minimize anything that weakens your immune system. In no special order, here are the most common factors that suppress your immune system:

1. Alcohol – People think of this as good for the heart, but studies repeatedly show that free radical harm takes place in your liver, and can lead to compromised liver enzymes as well as hepatotoxicity. If you can't filter out and neutralize poisons and pathogens, your immune system is weaker.

2. Smoking – I can say everything here that I just said for alcohol. Additionally, smoking is a known drug mugger of vitamin C, which everyone knows helps reduce misery from the common cold and flu. If you smoke, you have lower levels of C and, again, this weakens your ability to fight. Furthermore, smoking hurts your lungs and that is one target organ of COVID-19.

3. Junk food – Need I say more than the word "junk?" If you're eating junk food, your body is still starving for nutrients

at a cellular level. You may very well be at a healthy weight and BMI, however, your cells are dying for more nutrition and that means you're immune system is weak.

4. Medications – There are some immune-suppressing medications that people take for autoimmune conditions to slow down the self-directed attack at their own tissue. For example, methotrexate, azathioprine and etanercept are three that come to mind off the top of my head. These are necessary, and I'm not saying to discontinue them... however you should be extra vigilant about exposure, masks, social distancing and so forth. Since you shouldn't stop your medication, just be more careful. Another immune-suppressing category are the steroids such as inhalers for asthma and those used for allergies (prednisone, dexamethasone, hydrocortisone and so forth). Cyclosporine is another used frequently after organ transplants.

5. Infections – If you have the measles, HIV, Lyme disease, bartonella, candida, mold exposure or mononucleosis for example, these types of chronic infections weaken your immunity. Your body is already fighting in these cases, and dealing with an imbalanced set of pro-inflammatory cytokines, so another infection would be harder to deal with because your immune reserves are spent! Supporting your body by eating healthy foods and taking antioxidants is key to keeping your immune system strong. So as we approach the colder months, consider both internal and external methods for immune support. This way you give yourself the best odds. Dietary supplements that may help improve "internal" protection include vitamin D, E, C and zinc. The herbal antioxidants that do this include skullcap, resveratrol, green tea extract, ginger, blueberry and andrographis. There are many others.

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.✱

Plasma Donations Needed To Help Refill Supply

Lee Health is in urgent need of convalescent plasma donations to help refill supply levels. Under an emergency use authorization (EUA), the U.S. Food and Drug Administration has made investigational convalescent plasma available for the treatment of COVID-19 in hospitalized patients as part of the agency's ongoing efforts to fight COVID-19.

Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19. That plasma is then used to treat others with advanced illness as part of the clinical trial. The blood donor must have had a positive test for SARS-CoV-2 (the virus that causes COVID-19), be symptom free for at least 14 days, and be otherwise eligible to donate blood. The procedure is the same as any routine blood donation. After donation, the blood is processed in

the lab to obtain the plasma component. The patient is transfused with the donor's convalescent plasma, which contains antibodies that may attack the virus and may help the patient recover more rapidly.

Here's how the donation program works at Lee Health:

Individuals who have previously tested positive for COVID-19 whose symptoms have resolved for at least 14 days can volunteer to donate blood.

Donors are screened by clinical personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma.

To volunteer, call 343-2332 or email covid.plasma@Leehealth.org

Documented routine blood donation consent is required; forms provided by Lee Health.

If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site.

All donations collected by Lee Health stay in our community and are used exclusively for Lee Health patients. Learn more at www.leehealth.org.✱

Doctor and Dietician

Soup Is On



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

Fall is approaching. You would never know it from the warm weather. We don't know about you, but we are certainly ready for a little cool air.

A favorite fall activity for us is to make soup. Soups are hearty and can provide a lot of nutritional bang for the buck. Soups are a great way to help us stay hydrated as well as boost the immune system. Soups also make putting a meal on the table pretty easy.

The Five Benefits of Eating Soup:

Soups are good for you – If you use the right ingredients, soups are a great way to add vegetables to your diet, because many people find it difficult to get their daily quota of vegetables. What a great variety of "winter" veggies to choose from that are not only tasty but also delicious: pumpkin, butternut squash, carrots and parsnips.

Soups are easy to prepare and inexpensive – Soups do not require a

lot of work and can easily be cooked in the crock pot or Instant Pot. Going heavy on the veggies and lighter on the chicken, fish and beef helps save a few dollars.

Soups stimulate your immune system – Soups truly do help you fight colds and flu, and are a stimulate immune function. Studies actually show that chicken soup can help the common cold especially when you load it with a lot of garlic, onions, celery, carrots, ginger and, our favorite, turmeric!

Soups keep you hydrated and feeling full – Soups will give you some added liquid that helps keep your hydration status up to par.

Soups are a great item to share – There is nothing like sharing some soup with a friend who is feeling under the weather. Make a batch and bring some to a friend. You never know how much it might mean to them.

Some of our favorite soups to make are split pea, chicken, lentil, potato-leek, sweet and sour cabbage soup, butternut squash, beef-vegetable, Thai-coconut-curry and chili (if you want to count that as a soup.) Many of these recipes are listed on www.hauserdiet.com if you want to check them out. But the internet is filled with many other great options as well. Get out that crock pot and fill'r up!

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

Beautifulife:

Hats



by Kay Casperson

This time of year reminds me of the many hats we all wear throughout our lifetime. My birthday is on Halloween, and it has been so much fun to dress up each year as something

different, and many of my costumes require some kind of hat. From a witch hat to the Mad Hatter to the Cat in the Hat, and everything in between.

Interestingly, just putting on a particular hat will make you not only look, but feel like a different person. I have always been a hat lover and over the years, I collected various types of hats. When my grandmother passed several years ago, I asked for her hats, and I still have those today. When I want to be relaxed, I wear a cowboy hat, a baseball hat when I feel sporty, or a fedora when I am feeling fashionable.

The idea of wearing many hats is also related to the various roles we assume in our lives. I can only speak for myself, but as a woman who juggles multiple

hats throughout a day, it would take a fantastic hat maker to keep up with what is needed.

From cook to house organizer, to event planner, then off to the business builder, inspirational leader and visionary. And, in between, keeping all things, people and animals rolling in the right direction. Most importantly, trying to fit in the self-care that is necessary to be able to continue wearing all the hats!

Yes, we all have our share of hats that we put on throughout our days, our weeks and our lives.

Hats have always been and will always be important to me because they represent everything we are and want to be. So, pull out your hats and put your best foot forward in the roles you want to play in life. Don't be afraid to show the world your best and most beautiful hats today and every day.

My affirmation for you this week is:

"I will cherish the many hats I wear throughout my life because they define who I am, who I was and who I want to be."

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



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
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 NOVEMBER 2, 2020

Aries (March 21 to April 19) Deciding to work out that pesky problem (even though you might have been bored, bored, bored with it) should be paying off right about now. Expect to hear some very welcome news very soon.

Taurus (April 20 to May 20) Unexpected news might cause you to rethink a previous conclusion. Don't be bullheaded and try to bluff it out. Make the needed change, and then take a bow for your objectivity.

Gemini (May 21 to June 20) Money matters should be considered as you continue to work out your holiday plans. This is a good time to scout out discounts before demand for them outstrips their availability.

Cancer (June 21 to July 22) A calm period early in the week helps you complete most, if not all, of your unfinished tasks. A new project appears by midweek, and this one could carry some big career potential.

Leo (July 23 to August 22) Positive results from recent ventures continue to pump up those self-esteem levels, making you Fabulous Felines feel you can tackle any challenge anyone wants to throw at you.

Virgo (August 23 to September 22) Family and friends might feel neglected because of your almost total focus on a project. Try to rework your schedule so you can have time for both your loved ones and your work.

Libra (September 23 to October 22) Don't be surprised if you suddenly hear from someone from your past who wants to contact you about the possibility of renewing a long-dormant (if not dead) relationship.

Scorpio (October 23 to November 21) This is a good time to check over what went right and what went wrong with recent efforts. This can provide valuable lessons for projects that will be coming up soon.

Sagittarius (November 22 to December 21) Dealing with people who feel they're always right about everything might be a problem for some. But the savvy Archer should be able to deflate their oversize egos.

Capricorn (December 22 to January 19) This week favors a balance between the demands of your work and your need for fun timeouts. Taking breaks helps restore and keep your energy levels high.

Aquarius (January 20 to February 18) There could be an occasional setback in what you're working on. But look at them as lessons on how to do better as you move along. More supporters turn up to cheer you on.

Pisces (February 19 to March 20) Although a more positive aspect influences this week's course, you still need to be sure that those who will work with you have no reason to work against you. Good luck.

Born This Week: You believe in keeping your promises. It's not always easy to do, but somehow you do it.

MOMENTS IN TIME

- On Nov. 15, 1777, after 16 months of debate, the Continental Congress, sitting in its temporary capital of York, Pennsylvania, agrees to adopt the Articles of Confederation and Perpetual Union. Not until March 1, 1781, would the last of the 13 states, Maryland, ratify the agreement.
- On Nov. 12, 1864, Union Gen. William T. Sherman orders the business district of Atlanta destroyed before he embarks on his famous March to the Sea. Nearly 40 percent of the city was left in ruin.
- On Nov. 11, 1885, George Patton, one of the great American generals of World War II,

is born in San Gabriel, California. Patton was controversial, known to make eccentric claims that he was a direct descendant of great military leaders of the past through reincarnation.

- On Nov. 10, 1903, Mary Anderson receives patent No. 743,801 for her "window cleaning device for electric cars and other vehicles to remove snow, ice or sleet from the window." Anderson tried to sell it to a Canadian manufacturing firm, which said the device had no practical value.

- On Nov. 14, 1914, in Constantinople, capital of the Ottoman Empire, the religious leader Sheikh-ul-Islam declares an Islamic holy war on behalf of the Ottoman government, urging his Muslim followers to take up arms against Britain, France, Russia, Serbia and Montenegro.

- On Nov. 13, 1953, a member of the Indiana Textbook Commission calls for the removal of references to the book *Robin Hood* from textbooks used by the state's schools. She claimed that Robin Hood was a communist because he robbed the rich and gave it to the poor.

- On Nov. 9, 1965, Roger Allen LaPorte, a 22-year-old member of the Catholic Worker movement, immolates himself in front of the United Nations headquarters in New York. Before dying, LaPorte, who was against war, declared that he did it as a religious act.

NOW HERE'S A TIP

- Remember to turn off bathroom fans after 10 minutes. In the winter, if your house is on the dry side, don't use the fan at all: Open the door so the humidity from the shower or bath reaches into the house.

- "To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me. I like salmon, and it's healthy for me!" – LA in Florida

- Need extra dishware or servingware for a holiday meal? Try looking at secondhand stores for large dishes, serving utensils and more. It's sometimes cheaper than getting throwaways, and it's better for the environment. You can always donate them again after the holidays.

- Here's a makeup tip from Captain Obvious: Wet your beauty blender. I didn't know this and had been using it for about a month before my sister told me. So much better. – VA in Florida

- Freeze fruit that is on the verge of spoiling rather than letting it go to waste. You don't even have to use it for smoothies. Chuck a handful of frozen fruit in water or iced tea for added flavor. And it's a superb addition to fancy cocktails.

- "Quick sewing tip: Check your fabric's stretch direction before you lay out your pieces. You'll thank me later." – EF in Missouri

STRANGE BUT TRUE

- In the early 1800s, a railroad marketer set up a head-on collision between two trains as a publicity stunt. Some 40,000 people came to watch, and the resulting boiler explosion killed three spectators. But ticket sales soared, and railways everywhere staged train crashes right up until the Great Depression.

- The Zombie tit is a species of bird that has learned to track down tiny bats, split open their skulls, and feed on their brains.

- On average, a 4-year-old will ask 400 questions in one day.

- One of the weirdest scandals in sports history occurred in 1973 when New York Yankees players Fritz Peterson and Mike Kekich decided to trade families – wives, children, even dogs. After the couples became close friends, Peterson fell in love with Kekich's wife and vice versa. "It's a love story."

PUZZLES

Answers on page 23

Super Crossword

C 5
ACROSS

- ACROSS
- 1 Patronize for purchases

7 Tennis segment won without loss of a point

15 Dude

20 Actress Duff or Swank

21 Not righted, as wrongs

22 Epic about Troy

23 What a siemens is a unit of

26 Open into flower

27 Seamless shift

28 Get fixated

29 Scottish port

30 Viper type

33 — T (just so)

34 Broiling bar

35 Diverse assortments

44 Flip out

46 — help if ...

47 — Khan (Islamic title)

48 Elicit an encore, say

49 Italian entree

55 Ore- —

56 Gift getter

57 Signs off on

58 "My treat"

59 Mars vehicle

61 "Dilate" artist DiFranco

62 Formerly

63 Oakland team

65 Flukes

70 Many a released prisoner

72 Grandpa Walton player Will

73 Tarzan

74 Draw out

75 Jai —

76 Reagan's "Star Wars" prog.

77 Tries to trim down

82 Luau chow

83 Dartboard's rings, e.g.

88 Astral bear

90 Alternate spelling of a word: Abbr.

91 Fair-hiring abbr.

92 Actor Kevin of "Weeds"

93 Part of a routine baby immunization

99 Churn up

100 Stetson, say

101 Ending of ordinals

102 Flow stopper

105 Err in finding the total of

108 Fruity pastries

110 Jaffa citizen

114 Assembly associated with a church creed

118 Put off

119 Cheapest ship

120 Take out of the pier

121 Number of dwarfs

122 Infuriated

123 Gazes

DOWN

1 The Bible's Queen of —

2 Far from flat, as terrain

3 Balsam fir or pine extract

4 Lobby orgs.

5 Part of MFA

6 Beginner

7 Jean- — Godard

8 — whim

9 Actors Kilmer and Avery

10 "And on and on": Abbr.

11 Bit of babble from a crib

12 Once-a-year

13 Old Persian

14 Academy email ending

15 Activity-tracking device

16 Stretchy

17 See 65-Down

18 Mille — (Minnesota county)

19 Fruity beverages

24 Apple buy

25 Police cruiser

31 Post-it note, informally

32 Gyro breads

34 Utah's lily

36 Winans with 12 Grammys

37 Be fond of

38 French for "summer"

39 Govt. health agency

40 Tardy

41 Pitted garnishes

42 The Green Party's Ralph

43 Trades jabs

44 Watch readout, for short

45 "So that's your trick!"

50 For the — (temporarily)

51 Self-pride

52 Run up, as expenses

53 The "A" of OAS: Abbr.

54 Bana of "Troy"

60 Poem of exaltation

61 Suffix with pent-

62 Whale locale

63 Keepsake

64 At least one

65 With 17-Down, Princess or Royal Caribbean

66 Ad — committee

67 Baldwin of "Aloha"

68 Eye suggestively

69 British soldier of old

70 Add zing to

71 Beautify

75 Prefix for "height"

76 Food filter

77 Three, in Ulm

78 Optimistic declaration

79 Interior-design magazine

80 Saints

81 Tax form ID

84 Egg-shaped things

85 Salt, chemically

86 Clergyman's area: Abbr.

87 Ltd. cousin

89 Civil War folk song

94 Trendy

95 Pursued

96 Hauled (off)

97 Clothes

98 Trendy

103 1970s-'80s sitcom

104 Gets as much as one can out of

105 Docs' orders

106 Big name in slushes

107 1970s-'80s skit show

108 "Toodles!"

109 Read digitally

111 — -chef (#2 in a kitchen)

112 Peewee pup

113 Cost an arm — leg

115 Belief system

116 Epoch

117 Guided

King Crossword

ACROSS

- 1 Cracker spread

5 Easter entree

8 "The Thin Man" dog

12 Verve

13 Past

14 Use scissors

15 Sudden temperature drop

17 — Christian Andersen

18 Dueler's ally

19 Pass by

21 Watch chain

22 Foolish

23 Andrews or Edwards, for ex.

26 Path

28 Gaggles

31 Conks out

33 Joke

35 Paint crudely

36 "Yes we can" man

38 Oft-tattooed word

40 Kan. neighbor

41 Mr. Gingrich

43 Tear

45 Curvy-horned antelope

47 Time of the mammoths

51 Churlish one

52 Guiding principle

54 Not working

55 Under the weather

56 Takeout phrase

57 Start a garden

58 Nutritional qty.

59 Health centers

DOWN

1 Chest muscles, for short

2 Lotion additive

3 Body powder

4 The — the line

5 Purse

6 Khan title

7 Motorized bike

8 Embarrassed

9 Crisp-pod legume

10 Supermarket stack

11 Church section

16 Winter forecast

20 Drag along

23 Commotion

24 Little white lie

25 Tall thin person

27 Thanksgiving

29 Seek damages

30 "Chicago" lyricist

32 Slandered

34 Ape

37 Piercing tool

39 Cinderella's horses, really

42 Long-snouted critter

44 Nuisances

45 Wading bird

46 Fashion

48 On

49 Infatuated

50 Cupid's alias

53 Antiquated

MAGIC MAZE ● WHAT'S THAT SMELL?

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

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

- Ammonia
- Garbage
- Roadkill
- Sour milk
- Bad fish
- Garlic
- Rotten eggs
- Sulphur
- Compost
- Limburger
- Sauerkraut
- Wet dog
- Diapers
- Onion
- Sewer gas



Chicken, Sweet Potato and Kale Salad

- 2 chicken breasts
- 2 teaspoons Florida honey
- 1 sweet potato, diced medium
- 4-5 cups kale, chopped
- 3/4 cup dried berries (cranberries or blueberries)
- 1 cup wild rice (optional)
- 1 lemon, zested and juiced
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- 1/4 cup extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil, for roasting
- Sea salt and fresh ground pepper, to taste

Preheat oven to 400 degrees. Coat chicken breasts and sweet potato with olive oil and season with salt and pepper. Roast for about 20 minutes or until chicken reaches 165 degrees and the sweet potato is soft. Remove from oven and set aside. While chicken and sweet potato are roasting prepare the dressing. Combine



Chicken, Sweet Potato and Kale Salad photo courtesy Fresh From Florida

the Florida honey, mustard, lemon juice and zest, garlic, and extra virgin olive oil in a bottle or jar. Season with salt and pepper and shake vigorously to combine. Place the chopped kale and half the dressing in a large bowl. Massage kale for a few minutes, this will help to soften the greens. Add the dried berries, sweet potato, chicken, and wild rice, if using, and mix to combine. Pour over remaining dressing and stir to coat. Cover and place in refrigerator to chill for at least 2 hours before serving.✧

PETS OF THE WEEK Lee County Domestic Animal Services Betty And Jolene

Hello, my name is Betty. I am an 8-year-old gray and white female domestic medium hair cat. My beautiful medium-coated platinum gray coat loves to be brushed, and I will sit in your lap the whole time. My adoption fee is \$10.



Betty ID# A831210

Like the song, my beauty is beyond compare (although I do not have locks of auburn hair). Hi, I'm Jolene. I am a 5-year-old female pit bull mix who is a perfect medium-sized gal weighing just 45 pounds. I am a big fan of toys and will play with you or amuse myself if you are busy. The minute you take a seat, I will take advantage and sit alongside you for

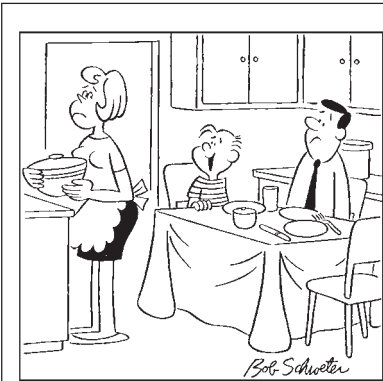
some love and attention. My adoption fee is \$25. November is National Adopt a Senior Pet Month. All pets age 6 and older are considered 'senior' by age at LCDAS, but certainly not in spirit. There are many advantages to adopting a senior pet. Most are already trained! They are calmer and more relaxed. They have plenty of affection and appreciation to give. And there are no big surprises. 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.✧



Jolene ID# A829997

PUZZLES

Answers on page 23



"If I promise to leave room, can I have _____ first?"

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!

Rude

DINES

Dissect

SPEAR

Baby

BUCHER

Emphasize

TREATIE

TODAY'S WORD

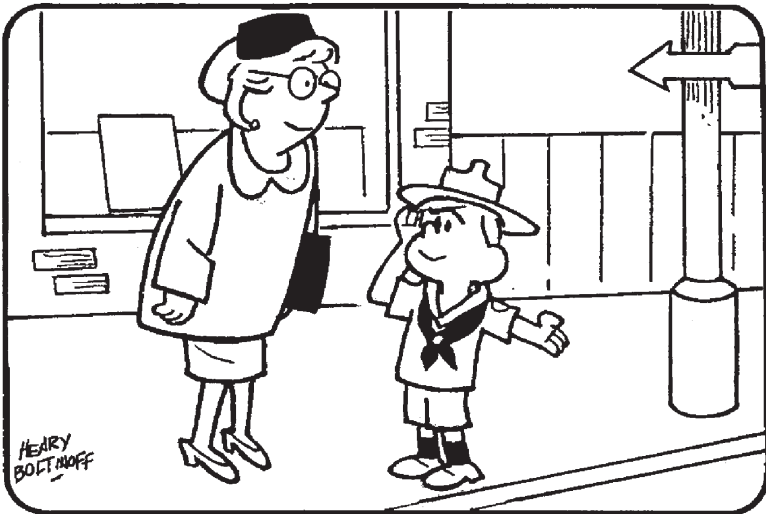
	1		4			9		
7		6			2			8
9				3			7	
	8		1		6	3		
		2		7				5
1		7	8				6	
	4			9				3
3					4	5		6
		8	7				2	

SUDOKU

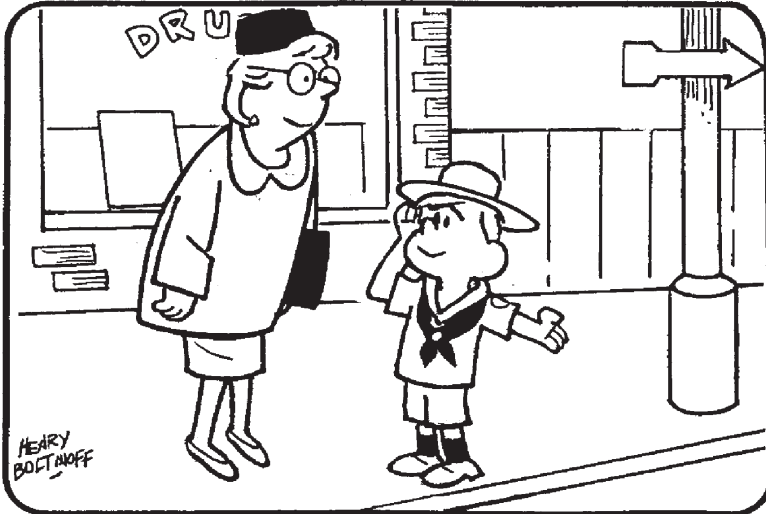
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window sign is missing. 2. Boy's hat is different. 3. Arrow points in opposite direction. 4. Woman's hair is different. 5. Bricks are added to building. 6. Woman's shoes are flats.



FRIDAY
Mostly Sunny
High: 83 Low: 75



SATURDAY
Sunny
High: 84 Low: 78



SUNDAY
Sunny
High: 85 Low: 77



MONDAY
Sunny
High: 84 Low: 79



TUESDAY
Partly Cloudy
High: 82 Low: 75



WEDNESDAY
Cloudy
High: 83 Low: 78



THURSDAY
Cloudy
High: 80 Low: 73

Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:42 am	10:57 am	None	None
Sat	3:38 am	12:06 pm	None	None
Sun	4:55 am	1:13 pm	9:21 pm	None
Mon	6:38 am	12:45 am	9:40 pm	2:13 pm
Tue	8:20 am	2:20 am	10:00 pm	3:04 pm
Wed	9:45 am	3:26 am	10:21 pm	3:48 pm
Thu	10:57 am	4:21 am	10:44 pm	4:26 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:47 am	10:59 am	None	None
Sat	2:43 am	12:08 pm	None	None
Sun	4:00 am	1:15 pm	8:26 pm	None
Mon	5:43 am	12:47 am	8:45 pm	2:15 pm
Tue	7:25 am	2:22 am	9:05 pm	3:06 pm
Wed	8:50 am	3:28 am	9:26 pm	3:50 pm
Thu	10:02 am	4:23 am	9:49 pm	4:28 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	2:36 am	10:44 am	5:35 pm	9:28 pm
Sat	3:27 am	11:42 am	6:35 pm	10:05 pm
Sun	4:23 am	1:00 pm	7:33 pm	11:08 pm
Mon	5:36 am	2:06 pm	8:27 pm	None
Tue	7:50 am	2:10 am	9:16 pm	3:01 pm
Wed	9:33 am	3:23 am	10:01 pm	3:53 pm
Thu	10:55 am	4:27 am	10:40 pm	4:44 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:52 am	2:13 pm	None	None
Sat	5:48 am	3:22 pm	None	None
Sun	7:05 am	4:29 pm	11:31 pm	None
Mon	8:48 am	4:01 am	11:50 pm	5:29 pm
Tue	10:30 am	5:36 am	None	6:20 pm
Wed	12:10 am	6:42 am	11:55 am	7:04 pm
Thu	12:31 am	7:37 am	1:07 pm	7:42 pm

PROFESSIONAL DIRECTORY**ELECTRICAL**

J.T.E. ELECTRIC
SERVICE • RESIDENTIAL • COMMERCIAL • REMODEL

Brady J. Rees
Generator and Service Expert
T | 239-368-9511
C | 239-980-1596
generator@jteelectricinc.com

STANDBY POWER
Authorized Dealer
Lee, Collier, Hendry, Charlotte, Sarasota Counties
Lic.# EC-13002460
204-B Waldo Avenue, Lehigh Acres, FL 33971

GENERAL CONTRACTOR

D.BROWN
GENERAL CONTRACTORS LLC
CGC1517615

BBB
A BBB Accredited Business with an +A Rating

NEW CONSTRUCTION & REMODELS

239-593-1998 | www.dbrowngc.com

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"

TREE WEST
• Tree Trimming • Tree Removal
• Stump Grinding
239-910-3256
info@treewestflorida.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

CONSTRUCTION/REMODELING

COOPER CONSTRUCTION
Custom Homes & Remodeling Specialists
We can design, build and manage any endeavor you can dream up.
239.454.5699
cooperconstruction@embarqmail.com
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

IRRIGATION

Under New Ownership

Get a Complete System Check Today!
• Routine System Checks
• Repair of Current System
• New Installations
• Water Audits & Leak Detection
• Residential or Commercial

Affordable ISLAND Irrigation
239-738-9970
AffordableIslandIrrigation@gmail.com

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE
HOME WATCH • CLEANING SERVICE

JUERGEN SCHREYER
OWNER

ISLAND HOME SERVICE
P.O. Box 1050 • SANIBEL • FLORIDA 33957
WWW.ISLANDHOMESERVICE.COM
INFO@ISLANDHOMESERVICE.COM
PHONE: (239) 472-5247 • CELL: (239) 229-6366

CLEANING SERVICES

Professional Cleaning Services
Residential & Commercial
Construction Clean Up
Interior Windows
Home Watch

Jennifer Watson
(239) 810-6293
brightntidy@gmail.com
Licensed & Insured

FISHING CHARTER

Light Tackle Sport Fishing
Sightseeing • Eco Tours
CAPT. MATT MITCHELL

USCG Licensed & Insured

C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com



The New Math:
\$1 = \$8

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

Thank you for your generosity!

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

Be a Voice for Manatees
Report sick or injured manatees



Learn more at
savethemanatee.org/rescue



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Mail your tax-deductible donation to:

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

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Adoption Center Resumes Lobby Operations

Lee County Domestic Animal Services (LCDAS) is reopening the adoption center lobby to visitors at 10:30 a.m. Saturday, November 7, and will celebrate with Santa as he welcomes pets for photos.

The adoption center will resume regular hours from 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Appointments no longer will be needed for adoptions. Visitors are asked to follow guidelines from the Centers for Disease Control & Prevention for masks and social distancing.

Visitors can have their pet's photo taken with Santa for \$5 from 11 a.m. to 2 p.m. Saturday, November 7. Two photos and a bonus animated photo will be emailed to those who participate.

All proceeds from the photos with Santa will directly benefit the Animal Care Trust Fund (ACTF), which provides

specialized care and services to stray domestic animals of Lee County that may be outside of usual budget constraints. Because of the ACTF, LCDAS helped more than 300 animals be reunited with their families or adopted into loving homes last year.

For more information, call 533-7387 or visit www.leelostpets.com.

Spook Away Energy Vampires

It's time to talk about avoiding energy vampires (aka phantom loads) in your home. Energy vampires or phantom loads are terms that describe appliances and electronics that are left plugged-in even when they are not in use. These items literally drain electricity all-day, everyday.

On average, Americans have 20-plus energy vampires sucking up electricity in their home right now... that is estimated to add nearly \$100 on their electric bills in just one year. Awareness and conservation are key to making an impact on both your electric bill and your carbon

footprint. Slaying these energy vampires is as easy as unplugging things such as phone chargers, coffeemakers and toasters when they are not being used. While it is important to unplug unused appliances and electronics while you are away for extended periods of time like vacation, it is equally important to do it on a daily basis before you leave for work or school. For more tips on conserving electricity, visit www.lcec.net.

Strange But True

It wasn't anything dirty," Peterson told a reporter in 2013. Peterson is still married to the former Mrs. Kekich, but Kekich and the former Mrs. Peterson later split up.

- Dustin the Turkey, a hand puppet from an Irish TV show, has campaigned for president of Ireland in two separate elections – representing the "Poultry Party."
- Pepper spray and tear gas are technically classified as chemical weapons and thus are forbidden in warfare.

- When Prohibition started, alcohol could only be bought for medicinal and religious purposes, from a pharmacy or a doctor. "Medicinal whiskey" was prescribed for just about anything and used to treat conditions such as toothaches and the flu. With a prescription, a patient could legally purchase up to one pint of hard liquor every 10 days.
- The human body gives off enough heat in 30 minutes to bring a gallon of water to a boil.

THOUGHT FOR THE DAY

"I would rather die a meaningful death than to live a meaningless life." – Corazon Aquino

TRIVIA TEST

1. **Measurements:** What does a hygrometer measure?
2. **Television:** What was the postman's name on the sitcom *Cheers*?
3. **Literature:** Which 20th-century novel begins with the line, "For many days, we had been tempest-tossed"?

CLASSIFIED

COMMERCIAL RENTAL

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

OFFICE/COMMERCIAL SPACE FOR RENT


Palm Court Center
2424 Palm Ridge Road, Sanibel, FL 33957
Highly visible ground floor space,
534 square feet. Move in condition.
Formerly Buyer's Choice Realty.
\$ 900 per month.
Landlord pays all common.
Area Maintenance.
Call 973-726-3213
7/31 ★ TFN

VACATION RENTAL


Cottages To Castles
Unique Vacation Rentals
2427 Periwinkle Way
Sanibel, FL 33957
Local: (239) 472-6385
Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 ★ TFN

VACATION RENTAL

Island Vacations
Of Sanibel & Captiva
Million \$ Views Await You!
• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
239-472-7277
1-888-451-7277
1/4 ★ TFN

ANNUAL RENTAL

STUDIO FOR RENT
Studio Apt. Annual or mo.
On Canal, kayaks/bikes.
1 bed, 1 bath, perfect for one.
\$1,600.
Email dn3662@aol.com.
11/06 ★ 11/13

RENTING FOR OVER \$1,500?
Inbox me your monthly rent amount and
I'll send you 3 houses you could
OWN for the same monthly payment.
chip@chipwolfe.com
chipwolfe.com
239-848-0906
REMAX OF THE ISLANDS
6/5 ★ TFN

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

ANNUAL RENTAL

ANNUAL RENTAL
WALK TO BEACH
Duplex, 2/1, UF, screen porch, laund. rm.
\$1,350/mo. Call for info.
472-6747
 Serving The Islands Rental Needs Since 1975 
Gulf Beach Properties, Inc.
11/06 ★ TFN

SERVICES OFFERED

ROGER NODRUFF ELECTRIC
Dock Lighting, affordable LED conversion.
FPE panel replacement, Landscape
Lighting, Generator Sizing, etc, etc, etc.
Call or text Roger 239-707-7203
State License #13002788
4/20 ★ TFN

SCARNATO LAWN SERVICE
Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and
Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com
1/25 ★ TFN

PERSONAL/PRIVATE CHEF
Available to prepare daily/weekly meals
and special event catering for parties up to
20. Professional. Creative. Trustworthy.
References available on request.
Call Chef Paul. 239-339-7051.
10/9 ★ 11/27

CAR DELIVERY SERVICE
Married couple-Non smokers! Will
transport/drive/deliver your Car/SUV/
Motorized camper. CDL with over a million
safe miles! Awesome references!
Call or text 315-559-2714.
10/23 ★ 11/20

SERVICES OFFERED

ENVIROMOW
A Full Service Landscape Co.
• Landscape Design,
Install & Maintenance,
• Tree Trimming by a Licensed Arborist
• Professional Irrigation Repair
• Licensed & Insured Home Watch Service
Residential & Commercial
239-896-6789
11/29 ★ TFN

HELP WANTED

PROFESSIONAL EMPLOYMENT
National Media company,
25 years in business, looking for those
interested in advertising.
• Looking for responsible, articulate
marketing and sales executive Must be
Passionate, patient about advertising, be
able to communicate with clients via Email,
SMS, and over the phone.
• Our goals are to call, contact, and
place our media with
past, present and future clients.
• This is a serious opportunity that
takes commitment,
tenacity, and a positive attitude.
• It is an advertising involved business
with a great reputation
a multitude of clients nationally and
internationally.
Base salary with enormous individual
growth potential.
• Call for an initial online interview.
Based in South Fort Myers.
Call 800-625-4283 for
appointment, ask for Vince.
11/06 ★ 11/13

HELP WANTED

PART TIME MAINTENANCE MAN
Small Sanibel island resort
Call Art at 239-472-1626
11/06 ★ 11/13

BOATS-CANOES-KAYAKS

BASS PRO PROWLER TROLLING MOTOR
48", 55 Lb. Thrust, 5 Speed Forward, 2
Speed Reverse. SS Shaft, 12" Bullet Motor.
Marine Battery Included. On Sanibel, call
Allen 314-603-8665. \$150.
11/06 ★ 11/13

BOAT LIFT RENTAL WANTED
Looking for long-term rental of a
boat lift on Sanibel or Captiva with
direct ocean access.
Call Jim at 603-930-4549.
10/30 ★ TFN

PSA

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

- 4. **Geography:** The Adriatic Sea lies east of which country?
- 5. **History:** Who was the first woman appointed to a U.S. president's cabinet?
- 6. **Advertising:** Which company's mascot was named Poppin' Fresh?
- 7. **Language:** What is a mondegreen?
- 8. **Games:** How much is the Luxury Tax in the board game Monopoly?
- 9. **U.S. Presidents:** Who was the only president to attend Oxford University in England as a Rhodes Scholar?
- 10. **U.S. States:** What does the name Nevada mean in Spanish?

HORTOONS



TRIVIA ANSWERS

- 1. Humidity 2. Cliff Clavin 3. The Swiss Family Robinson 4. Italy 5. Frances Perkins, Secretary of Labor, 1933-45
- 6. Pillsbury 7. A misheard word, phrase or song lyric 8. \$75 9. Bill Clinton 10. Snow-covered

SCRAMBLERS ANSWER

1. Snide 2. Parse;
3. Cherub; 4. Iterate

Today's Word
DESSERT

PUZZLE ANSWERS

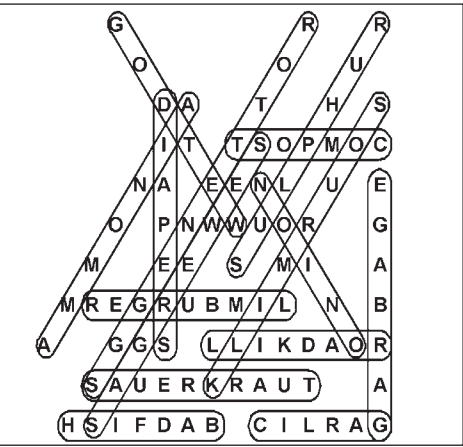
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bay Creek	Bonita Springs	1996	6,977	\$3,375,000	\$2,900,000	62
Barefoot Beach	Bonita Springs	1995	2,869	\$3,000,000	\$2,900,000	182
South Seas Plantation Resort	Captiva	2006	4,391	\$2,649,000	\$2,500,000	78
Salerno	Miromar Lakes	2014	3,963	\$2,549,000	\$2,375,000	28
Imperial Shores	Bonita Springs	2015	4,897	\$2,395,000	\$2,350,000	2
River Reach Estates	Bonita Springs	2006	4,050	\$2,350,000	\$2,325,000	329
Murano	Miromar Lakes	2012	4,591	\$2,435,000	\$2,265,000	101
Tarpon Estates	Cape Coral	2007	4,430	\$2,695,900	\$2,250,000	72
Gulf Cottages	Captiva	1977	1,502	\$2,495,000	\$2,200,000	164
Southport On The Bay	Bonita Springs	1998	3,910	\$2,495,000	\$1,950,000	542



Randy Wayne White ©

WE'RE OPEN!

We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.
Thank you for trusting in us to provide you with a great experience & some sense of normalcy.



Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete Pier



WWW.DOCFORDS.COM



THE ORIGINAL
YUCATAN SHRIMP!

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale